



Welcome
Class of
2022
&
2023



Principal

Mr. Bacalia

Agenda

Positively impact UHS
as a student & parent

Future Focused Four-
Year Plan

Tips for success

There is help, please
accept it!

GSRR

Plan for college with the
CCCC

Prepare for testing

- PSAT
- APs
- SAT
- AC

Positive Impact



Parent Education Nights

Stay Connected

(Virtual) Coffee with the
Principal

Parent Association

Student + Admin book
studies

What's next?

- **Check your transcript:**
 - Make sure grades, classes and credits you have earned appear on your transcript.
- **Review your four-year plan:**
 - Make sure you are on track to fulfill all graduation requirements including: Health, PE, and at least one Fine Art. All UHS students take 6 classes each year; no early graduation.

Alternative to PE

UHS Marching Band, Color/Winter Guard, OR a
University High School sport

+

MUST complete the Alternative to PE
required paperwork. theresa.hurley@tusd1.org

+

Must pass assessment



UHSPA

University High School
Parent Association

Katrina Messing

ALE Program Specialist

Katrina.Messing@tusd1.org

(520) 225-1316



Penguin 2 Penguin & more

Ms. Hernandez
Maria.hernandez3@tusd1.org



Penguin 2 Penguin

Connect with P2P on Instagram:

@uhspenguin2penguin

P2P Email:

penguin2penguin20.21@gmail.com



Assistant Principal Rodriguez



Mrs. Rosalinda Rodriguez
Rosalinda.Rodriguez@tusd1.org

Tips & Resources

- Meet with your counselor, Mrs. Palos (College and Career Readiness Coordinator), or Mrs. Minor (UHS Writing Coach)
- **Find a club** you like & join or start a club of your own
- Participate virtual school functions, events, and Campus Connection time!
- Use the scheduled **Conference Periods** on Monday, Tuesday, Thursday, & Friday mornings.
- Find a **virtual “study buddy”** and/or form a **study group**.

Sign up for Remind Text 81010

- **10th Grade**

Last Names...	Students:	Parents:
A-G	@uhs2023ag	@uhsp2023ag
H-O	@uhs2023ho	@uhsp2023ho
P-Z	@uhs2023pz	@uhsp2023pz

- **11th Grade**

Last Names...	Students:	Parents:
A-L	@uhs2022ak	@uhsp2022ak
M-Z	@uhs2022lz	@uhsp2022lz

The background of the slide features a large, faint, circular seal of the University of Georgia. The seal contains the text "UNIVERSITY OF GEORGIA" around the top and "CULTIVATING SCHOLARS SINCE 1976" around the bottom. In the center of the seal is a stylized figure of a person, likely a scholar or student, holding a book or a similar object.

PBIS

Positive Behavior Intervention Supports

- We the Penguins are:

Responsible Respectful Future Focused:

- “What are you putting online?”
- Are you dressing professionally?
- When you’re overwhelmed, are you asking for help?
- When the pressure is on are you continuing to show academic integrity?
- Are you pursuing your passions?”

We the Penguins...

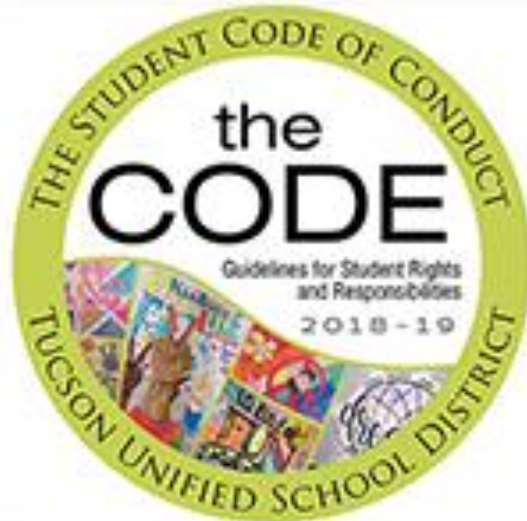
	Are Responsible
In the Classroom	<ul style="list-style-type: none">• Are prepared & on time for class• Observe academic integrity practices• Do not share test information with other students• Do not leave class unless we need to use the restroom or have an appointment• Use technology only when applicable
Around Campus	<ul style="list-style-type: none">• Throw away trash (our own and others')• Take care of other Penguins when they need help• Carry our student ID at all times• Use a pass when leaving class
Off Campus	<ul style="list-style-type: none">• Model leadership• Lend help to others• Follow the rules of the trip or group we are with• Are safe and make decisions that would make our community proud of us• Take care of one another and respect the physical and social boundaries that each of us has• Respect one another's privacy and avoid gossip or sharing secrets

We the Penguins...

	Are Respectful
In the Classroom	<ul style="list-style-type: none">• Celebrate the ideas of others• Encourage classroom participation• Assist and engage in learning with substitute or guest speakers
Around Campus	<ul style="list-style-type: none">• Avoid profanities and degrading vocabulary• Greet members of the Penguin community as we see them around campus• Welcome and assist guests we see on campus• Embrace differences in one another
Off Campus	<ul style="list-style-type: none">• Showcase our team or group to the best of our ability• Celebrate and praise UHS when we are out in public• Help people we meet who are in need• Avoid addressing concerns about the Penguin Community by criticizing them on the internet

We the Penguins...

	Are Future Focused
In the Classroom	<ul style="list-style-type: none">• Participate in class• Are leaders in groups• Seek information• Model integrity• Ask for help!
Around Campus	<ul style="list-style-type: none">• Create positive relationships• Attend events (athletics, fine arts, fundraisers) that support other clubs and activities• Feed our interests through joining clubs, athletics, fine arts and celebrating peers in our interests
Off Campus	<ul style="list-style-type: none">• Avoid behaviors that can negatively impact our health, friendships, and goals• Find volunteer and service opportunities that we are passionate about• Stand up for what we believe is right• Intern, Apprentice, Shadow, Network!• Make good decisions about what we put out on the internet (Would we be proud for our boss to see it?)



TUSD Student Code of Conduct

TUSD Student Code of Conduct

Guideline for Student Rights and Responsibilities

<http://www.tusd1.org/Information/Resources/Student-Guidelines>

College Ready & AP Tests



Ms. Palos

megan.palos@tusd1.org

College & Career Readiness Coordinator



ECAP Portfolio

An ECAP (Education and Career Action Plan) reflects a student's current plan of coursework, career aspirations, and extended learning opportunities in order to develop the student's individual academic, career goals and postsecondary plans.

- At UHS, ECAP Portfolios will be completed in Office 365 Notebooks (same TUSD login)
- ECAP Notebooks will be shared with students by the end of August
 - 4 Year Plan
 - Reflection of Interests
 - Major/Career Exploration
 - College/Post-Secondary Research
 - Goal Setting & Action Plans
 - Counselor Meeting Summaries

Future Focused Meetings

- At UHS students are Responsible, Respectful, & ***Future Focused***
- Attend meetings by English teacher & period
- 8:00am – 9:00am conference period
*must arrive on time!

9th Grade

- Meeting 1: Intro to ECAP, reflections & goals, resume

10th Grade

- **Meeting 2: interests, preferences & careers**
- **Meeting 3: career exploration & majors/pathways**

11th Grade

- **Meeting 4: college search (vocab, tools, resources)**
- **Meeting 5: college research, update resume**
- **Meeting 6: college app preparations**

12th Grade

- Meeting 7: senior year & post-secondary overview
- Meeting 8: college/post secondary check-in, goal setting

College Readiness

10th Grade

- ☐ Get involved
- ☐ Explore interests
- ☐ Research pathways & careers
- ☐ Participate in class
- ☐ Think about your post-secondary goals and your 4-year plan

11th Grade

- ☐ Building a college list & college/scholarship research
- ☐ Attend college & university visits
- ☐ Becoming familiar with admissions vocabulary
- ☐ Taking college tests
- ☐ Getting to know counselors
- ☐ Participate in class (rec letters!)

P_{reliminary} SAT

- *2nd or final* of 3 PSAT tests that students take at UHS
- The PSAT measures the skills and knowledge needed to be ready for and successful in college & career
- Help you improve your skills and future test scores (SAT)
 - *Prediction of SAT score (same scale)*
- High scores help with admissions to summer programs & opportunities
- Junior year test can lead to big scholarships!

Sophomore/Junior Students

- January this year – Official Date TBD
- FREE! No payments needed for 10th or 11th graders

PSAT Preparation

- Free practice at www.satpractice.org
 - Made by the creators of the test & Khan Academy
- More testing resources at www.tusd1.org/uhs/testing
- Doorway to College Annual Prep Seminar:
 - Multiple dates/times this Fall
 - Discounted Price - \$95
 - Register: www.doorwaytocollege.com
 - Use Coupon Code: RinconTestPrep at checkout
 - 5 hours of instruction
 - Study guide
 - Practice test
 - Test taking methods & time management

AP Testing

- AP exams correspond to the AP classes you are taking this year:
 - 10th: European OR World History ...Chemistry?
 - 11th: English Language, US History, Physics, & (math? electives?)
- Passing scores on AP exams can earn you credit at the college you attend OR the ability to move past introductory courses
- High scores can help show college admissions a your proficiency in the subject
- AP exams take place in May, but the **registration process begins *this fall***

Step 1 – Get Connected to AP!

- Visit: www.collegeboard.org to create a College Board account
 - Make sure account is in the student's name
 - Make sure account is associated with the student's email address – one they check frequently
 - Username should be some form of the student's first & last name or their matric # so that it's professional
 - Record this username & password and keep it somewhere safe, you'll need to access this account often throughout their 4 years of high school (PSAT, AP's, SAT's)
- After account is created, they will need to make sure they "Join" the AP online classroom for each AP course they are enrolled
 - These codes come from their classroom teacher and are unique to each Teacher & Class Period

Create CollegeBoard Account Meeting

- *Wednesday, August 26th at 8:00am*
- *Zoom Meeting ID: 895 4754 0944*

All students who don't have an account by this date MUST attend the meeting to create an account.

Step 2 & 3 - AP Test Registration

****DO NOT take action yet!!!***

We'll notify you when registration is open & give detailed instruction.

- Cost \$95/exam
- To register for an AP test, you must complete by Nov 1st
 - 1) Pay a \$40 deposit per exam OR complete a Fee Waiver***
 - 2) Register online*** through your College Board account
- Your deposit & online selection = registration
 - *We order exams based on the deposits we receive and your online selection. If both of these steps are not completed by Nov 1, a test will not be ordered!*
- Fee Waivers: need-based fee waivers are available - if you fill out a fee waiver, do not pay a deposit, but you will still need to select your tests online: <https://bit.ly/uhsAPfeewaiver>

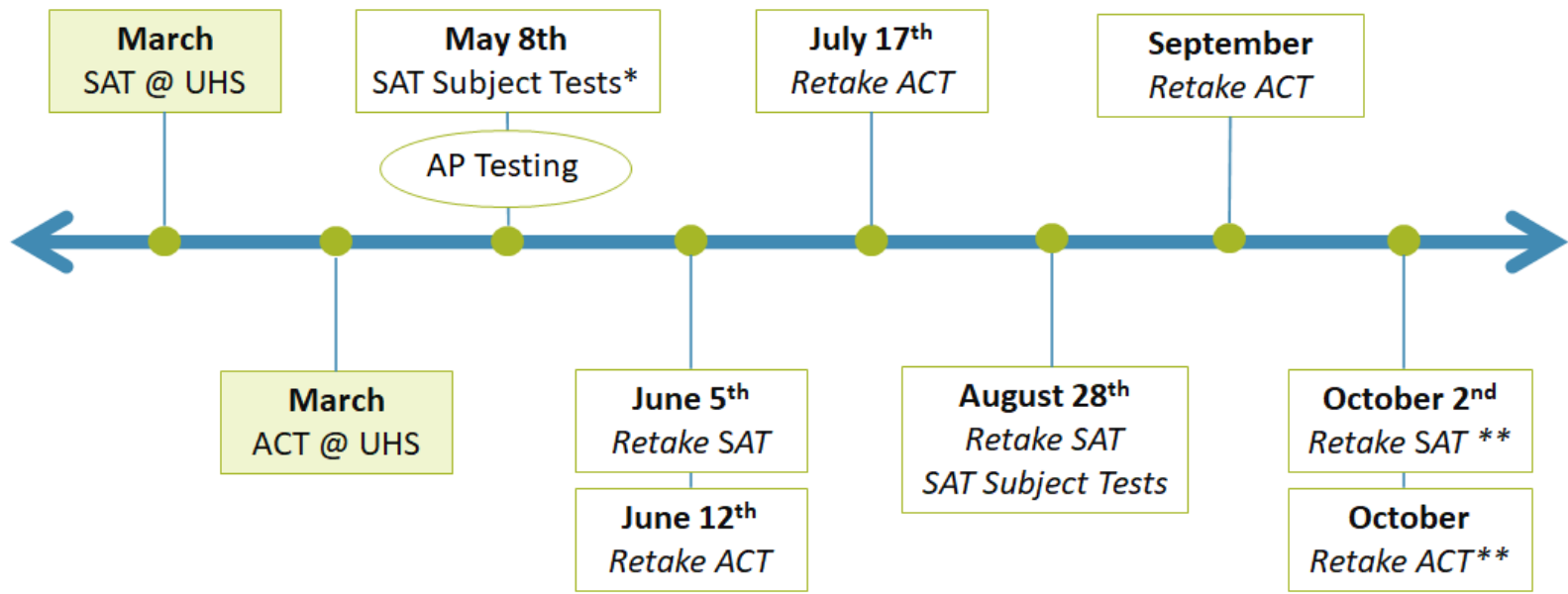
SAT & ACT *JUNIORS*

- All institutions will accept either
- Take each test once to start

SAT	ACT
<p>1) At UHS (cost \$): March</p> <p><u>Registration required:</u> more info to come later in semester</p> <p>SAT = \$52.00 SAT w/essay = \$68.00</p>	<p>1) At UHS for <u>FREE</u>: March</p> <p><u>NO registration required</u></p> <p><i>*ACT w/essay is not given at this time – but also very rarely needed by colleges & universities</i></p>

11th Grade:

Testing Timeline: What tests do I take and when?



Junior College-Ready Family Seminars

Mark your calendars!

- Q1 – October 6: College Admissions Testing
- Q2 – December 1: Building your College List
- Q3 – February 23: Financing College
- Q4 – April 27: Planning & Preparing for College App Process

- All meetings will take place at 6:00pm
- Zoom links to follow

September To-Do's

- ☐ Study for the PSAT (see the Helpful Resources section for links)
- ☐ Create a professional email (Ex: name.lastname@gmail.com)

Featured College of the Month:

*Cost of Attendance typically includes tuition, room/board, fees, books, personal & travel expenses



Mark Your Calendars!

Tuesday, August 29: Club Fair in the Cafeteria during Conference Period

Friday, September 15th: Half-Day

Tuesday, October 24: TUSD College Night @ 6:30-8:30pm at the Tucson Convention Center

- Over 200 colleges will be present!
- Admissions & parking is free

Wednesday, October 25: PSAT Test Day

- All freshmen will take the PSAT at UHS during school hours
- You must pay \$17 in the business office (need-based fee waivers available, see Ms. Brown)

Opportunities

College Admissions Info Session! Emory University, Johns Hopkins University, Washington University in St. Louis, University of Virginia & University of Notre Dame

- Wednesday, August 30th @ 7:00PM
- Register here: (FREE!) - hosted at The Greener School

Scholarships

It's never too early to apply for scholarships! Apply early and often.

Arizona Milk Producers Milk Mustache Competition - Weekly winners until November 21, 2017

Take a photo of yourself with a milk mustache somewhere neat or interesting. Take a photo of yourself with a milk mustache somewhere neat or interesting! Weekly winners until Nov. 21st and then top winners will win scholarships up to \$12,000.

Social Media Scholarship - DUE: August 31, 2017

Write a short essay explaining how you think social media would, from a future employment perspective, benefit your career and help you become more marketable to potential employers.

We the Future Contest - Application DUE: September 17, 2017

Create an entrepreneurial, petition/essay, song, STEM, short film, or PSA about the constitution.

Hiking Ambition Scholarship - Application DUE: September 30, 2017

Create a piece of content between 500 - 1,000 words promoting a practical approach to a healthy lifestyle during high school, college or university years (whichever is relevant to you) and how these habits can be sustained over a lifetime.

Montem Health & Wellness Scholarship - Application DUE: September 30, 2017

Create a piece of content between 500 - 1,000 words promoting a practical approach to a healthy lifestyle during high school and how these habits can be sustained over a lifetime. Please demonstrate knowledge of health and wellness and discuss why healthy living is a lifetime endeavor.

Sign up for the College & Career Newsletter!

www.tusd1.org/uhs/cccc



University High School College & Career Newsletter September 2017

Want this newsletter sent directly to your email so it's easier to read? Sign up here: <http://eepurl.com/c0H8kz>

Class of 2021,

Welcome back to school and congratulations on your first month at UHS! I know you've already been hard at work with your studies and getting to know a new school. I hope these first few weeks of school have been great!

As you continue through your year, I'll be sending out these monthly newsletters to help you stay on top of the steps that will help you in high school and beyond. Following the items in the "to-do" list



CCCC Counselors & Coordinators

Lori Minor

lori.minor@tusd1.org

Appointment:

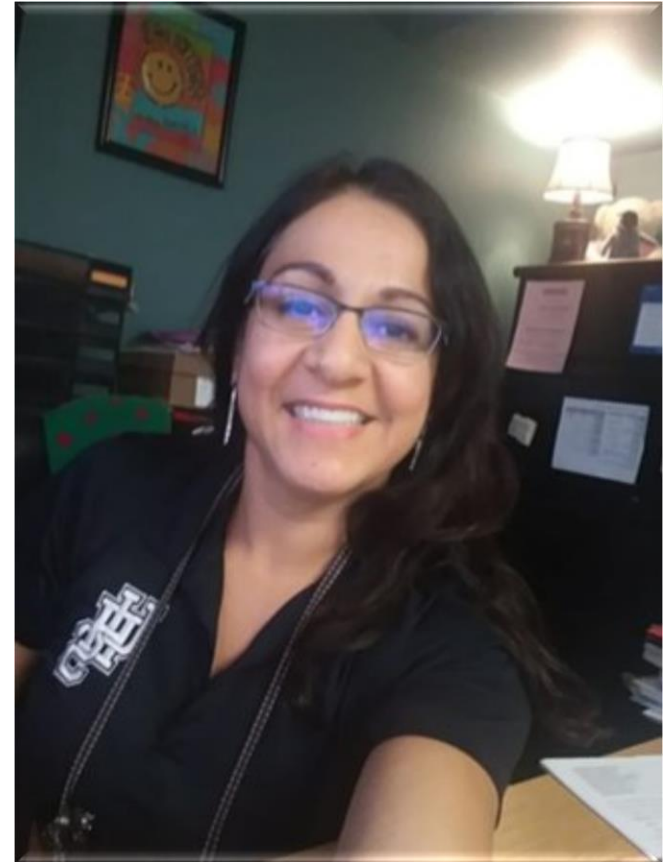
uhs/cccc@tusd1.org



Sophomore Counselor

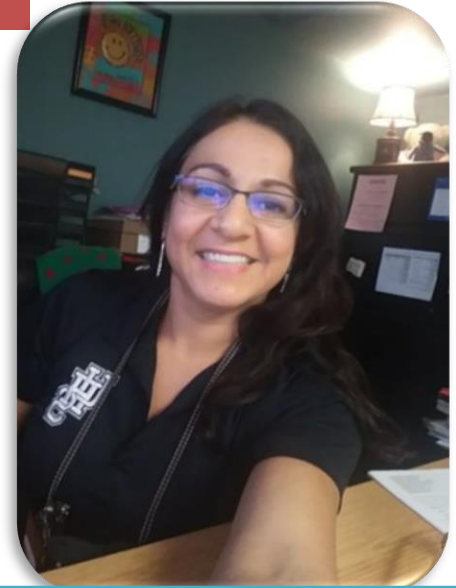
Ms. Morales

Noemi.Morales@tusd1.org





Ms. Hernandez (9th Grade)



Ms. Morales (10th Grade)



Ms. Villagio
Junior/Senior Alpha A-G



Mr. Donahue
Junior/Senior Alpha H-O



Mr. Flores
Junior/Senior Alpha P-Z

**UHS
Junior/Senior
Counselors**

Amy Villagio:

Juniors & Seniors Alpha A-G

Amy.Villagio2@tusd1.org

Thomas Donahue:

Juniors & Seniors Alpha H-O

Thomas.donahue@tusd1.org

Marcos Flores:

Juniors & Seniors Alpha P-Z

Marcos.Flores@tusd1.org

Meet with your counselor!!!

- Reasons to meet with your counselor
 - Relationship Building
 - Stress management
 - College/Scholarship letters of recommendation
 - College Information
 - Access to college trips/recruiters
 - Scholarship/Financial Aid information
 - Internship opportunities

How do I set up an appointment?

- **Go the University High School website**
<http://www.tusd1.org/uhs/CCCC>
- **Click on Book Appointment**
- **Choose assigned counselor**

Preparing for your senior year:

1. ECAP Resume <https://portal.azcis.intocareers.org/>
2. Be intentional about actions & interactions
3. College & scholarship research
4. READ THE NEWSLETTER (and follow to-do's)
5. Get used to checking your email daily
6. Visit the CCCC often!

Take care of yourself

- **Sound Mind, Body and Spirit**
- Counteract stress through yoga, breathing breaks, mini-meditations, exercise, and positive self-talk.
- SLEEP!! Sleep deprivation can make you tired, moody, anxious and likely to be depressed.
- Counteract sleep deprivation by Sleeping (at least 8 hours)

What do we provide in the CCCC?

- Counseling
- College & Career Counseling
- Financial Aid Counseling
- College admissions rep visits
- Fly in college visit info
- Essay writing specialist
- PB&J Club (LL05)
- Academic Planning
- College research materials
- ECAP
- COLE enrollment
- MTSS
- IEPs
- Interview Prep (Scholarships - Flinn, Gates, Dorrance, Coolidge, etc.)
- Organizational strategies
- Conflict resolution/mediation
- Alternative to PE packets
- Study Groups
- Tutoring
- Internship opportunities
- ACT/SAT Prep
- Computer & printer access
- Summer program info
- Community Resources (YOTO)
- Safe place for students
- Before and after school work space
- 504s
- Testing accommodations
- AP testing resources lending library
- Mock college & career interviews
- Testing administration & coordination for AP, SAT, PSAT, ACT, AZELLA, Benchmarks, Science AIMS

UHS Administration



Joel Bacalia
Principal

Joel.Bacalia@tUSD1.org



Andrea Evans
Assistant Principal

Andrea.evans@tUSD1.org



Rosalinda Rodriguez
Assistant Principal

Rosalinda.Rodriguez@tUSD1.org

Takeaways

- Positively impact UHS as a student & parent
- Future Focused Four-Year Plan
- Tips for success
- There is help, please accept it!
- Plan for college with the CCCC
- Prepare for testing
 - PSAT
 - APs
 - ACT (Juniors only)
 - SAT (Juniors only)

Penguin Pride!



