

WELCOME TO
ST. AUGUSTINE HIGH SCHOOL



Class of 2021
College Night

TONIGHT'S AGENDA

- Graduation Requirements/Transcripts
- NCAA Eligibility Requirements
- ACT/SAT Information
- Extracurricular Involvement
- Strategies for school success
- Naviance



COUNSELING SERVICES

- Counselor for last names A-Ga: **Tim Golden**
 - (619) 282-2184 ext. 5523
 - **tgolden@sahs.org**
- Counselor for last names Gb-Pa: **Julia Mekrut**
 - (619) 282-2184 ext. 5578
 - **jmekrut@sahs.org**
- Counselor for last names Pb-Z: **Dr. Jerry Rey**
 - (619) 282-2184 ext. 5531
 - **jrey@sahs.org**
- Freshman Counselor: **Carl Bronson**
 - (619) 282-2184 ext. 5537
 - **cbronson@sahs.org**

GRADUATION REQUIREMENTS

(260 CREDITS)

| Subject | Requirement | Notes |
|----------------------------------|-----------------------|---|
| Religion (40 credits) | 8 semesters (4 years) | Includes 1 semester of Social Justice in 12 th grade |
| English (40 credits) | 8 semesters (4 years) | |
| Math (40 credits) | 8 semesters (4 years) | Includes Geometry & Alg II |
| Social Studies (30 credits) | 6 semesters (3 years) | Includes: World Hist, US Hist, Civics & Economics |
| Science (20 credits) | 4 semesters (2 years) | Includes Biology |
| Foreign Language (20 credits) | 4 semesters (2 years) | Of same language |
| Visual & Performing Arts (10) | 2 semesters (1 year) | Of same discipline |
| Physical Education (20 credits*) | 4 semesters (2 years) | *Athletic season(s) option |
| Electives (20 credits) | 4 semesters (2 years) | |
| Intersession (20 credits) | 4 semesters (4 years) | Includes speech |

University and High School Graduation Requirements

- A-G Requirements

- **A-Social Science**-2 years required
- **B-English** – 4 years required
- **C-Math** – 3 years required
*4 years recommended
- **D-Lab Sciences** – 2 years required
*3 years recommended
- **E-Foreign Language** – 2 years required *3 years recommended
- **F-Visual and Performing Arts** – 1 year required
- **G-Electives** – 1 year

- Saints

- 6 Semesters = 3 years
- 8 Semesters = 4 years
- 8 Semesters = 4 years
- 4 Semesters = 2 years
- 4 Semesters = 2 years
- 2 Semesters = 1 year
- 4 Semesters = 2 years (PE, Religion, Speech)

WHAT DO COLLEGES LOOK AT?

1. Transcripts
2. Test scores (ACT/SAT)
3. Extracurricular Activities
4. Strength of schedule
5. Application Essay/Recommendations

St. Augustine High School
 3266 Nutmeg St
 San Diego, CA 92104

School Phone (619) 282-2184
 School Fax (619) 282-1203
 School Code 052880
 www.sahs.org

Address: [REDACTED] DOB: [REDACTED] Credits Earned: 205.0
 Gender: Male PE Req. Met: Yes
 Grade: 12 Enter Date: 3/23/2011
 Weighted Cum GPA: 3.78

| 2011-2012, Grade 09 | | | | | 2012-2013, Grade 10 | | | | | 2013-2014, Grade 11 | | | | | 2014-2015, Grade 12 | | | | |
|----------------------------------|----|-----|-----|--|----------------------------------|----|-----|-----|--|--|----|-----|----|-----|---------------------------------------|----|-----|----|--|
| S1 | CR | S2 | CR | | S1 | CR | S2 | CR | | S1 | CR | S2 | CR | | S1 | CR | S2 | CR | |
| St. Augustine High School | | | | | St. Augustine High School | | | | | St. Augustine High School | | | | | Sevenstar Academy | | | | |
| Semester I | | | | | Semester I | | | | | Semester I | | | | | | | | | |
| Faith Survey | B | 5.0 | | | Old Testament | A | 5.0 | | | Ethics I Morality | A | 5.0 | | | Civics | A | 5.0 | | |
| English IA | A | 5.0 | | | English II A | A | 5.0 | | | AP English Language and Composition | B | 5.0 | | | <hr/> | | | | |
| Algebra I | A | 5.0 | | | World History | A | 5.0 | | | AP United States | B | 5.0 | | | St. Augustine High School | | | | |
| Biology | B | 5.0 | | | Geometry | A | 5.0 | | | History | | | | | Semester I | | | | |
| Spanish II | A | 5.0 | | | Chemistry | B | 5.0 | | | Algebra | A | 5.0 | | | Comparative Religions | | | | |
| Physical Education I/Football | A | 5.0 | | | Spanish III | B | 5.0 | | | II-Trigonometry | | | | | AP English Literature and Composition | | | | |
| Intersession | | | | | Intersession | | | | | AP Spanish Language | B | 5.0 | | | AP Microeconomics | | | | |
| Speech | A | 5.0 | | | Film Production Class | P | 5.0 | | | Art IA: Drawing | A | 5.0 | | | AP Statistics | | | | |
| Semester II | | | | | Semester II | | | | | Leadership | P | 0.0 | | | Environmental Science | | | | |
| Church and Sacraments | | A | 5.0 | | New Testament | | B | 5.0 | | Intersession | | | | | Art IIIA Ceramics | | | | |
| English IA | | A | 5.0 | | English II A | | A | 5.0 | | The History and Practice of the Game of Golf | A | 5.0 | | | Leadership | | | | |
| Algebra I | | B | 5.0 | | World History | | B | 5.0 | | Semester II | | | | | Intersession | | | | |
| Biology | | A | 5.0 | | Geometry | | A | 5.0 | | Christian Vocation | | | A | 5.0 | Business Internship | | | | |
| Spanish II | | A | 5.0 | | Chemistry | | B | 5.0 | | AP English Language and Composition | | | B | 5.0 | Semester II | | | | |
| Physical Education I/Health | | A | 5.0 | | Spanish III | | A | 5.0 | | AP United States | | | B | 5.0 | Spiritual Leadership for a Just World | | | | |
| | | | | | Track & Field Team Participation | | CR | 0.0 | | History | | | | | AP English Literature and Composition | | | | |
| | | | | | | | | | | Algebra II | | | A | 5.0 | AP Macroeconomics | | | | |
| | | | | | | | | | | -Trigonometry | | | | | AP Statistics | | | | |
| | | | | | | | | | | AP Spanish Language | | | B | 5.0 | Environmental Science | | | | |
| | | | | | | | | | | Art IB: Drawing | | | A | 5.0 | Art IIIB Ceramics | | | | |
| | | | | | | | | | | Leadership | | | A | 5.0 | | | | | |

GRADING SYSTEM

| Percent | GPA Pts | AP/Honors Pts |
|----------|---------|---------------|
| A 90-100 | 4 | 5 |
| B 80-89 | 3 | 4 |
| C 70-79 | 2 | 3 |
| D 65-69 | 1 | 1 |
| F 0-64 | 0 | 0 |

R=Repeated Course
 AU=Audited Course
 260 Credits Required for Graduation
 8 Semesters of Religion Required
 CUM GPA is weighted without PE

Four-Year Plan



SAINTS FOUR-YEAR PLANNER WORKSHEET

Student's Name: _____

Class of: **2021**

| Freshman Yr: 2017-18 | Sophomore Yr: 2018-19 | Junior Yr: 2019-20 | Senior Yr: 2020-21 |
|------------------------------------|--|--|--|
| Faith Survey/Sacraments: | Old/New Testament: | Ethics & Rel./Chr. Voc.: | Rel.: <u>EthicsII</u> Rel: <u>Intro Phil</u> |
| Math: <u>Algebra 1</u> | Math: <u>Geometry</u> | Math: <u>Algebra II (Trig)</u> | Math: <u>Honors Pre-Calculus</u> |
| English: <u>IA</u> | English: <u>IIA</u> | English: <u>IIIA</u> | English: <u>IVA</u> |
| Soc. Studies: <u>World History</u> | Soc. Studies: | Soc. Studies: <u>US History</u> | Soc. Studies: <u>AP US Gov</u> |
| Science: | Science: <u>Biology</u> | Science: <u>Chemistry</u> | Science: <u>Physics</u> |
| For. Lang.: <u>Spanish I</u> | For. Lang.: <u>Spanish II</u> | For. Lang.: <u>Spanish III</u> | For. Lang.: |
| P.E.: <u>P.E.1</u> | P.E.: | P.E.: | P.E. <u>Weight Training</u> |
| VAPA: | VAPA: <u>Art 1-Drawing</u> | VAPA: | VAPA: |
| Computers: | Computers: | Computers: | Computers: |
| Elective: | Elective: | Elective: | Elective: <u>Psychology</u> |
| Intersession: <u>Speech</u> | Intersession: <u>Cycling</u> | Intersession: <u>Sport Fishing</u> | Intersession: <u>Internship</u> |
| Summer Sch.: | Summer Sch.: | Summer Sch.: <u>Economics</u> | |
| 9 th Credits: _____ | 10 th credits: _____ Total: _____ | 11 th credits: _____ Total: _____ | 12 th credits: _____ Total: _____ |
| Cum. GPA: _____ | Cum. GPA _____ | Cum. GPA _____ | |
| Svc. Hours/Site _____ | Svc. Hours/Site _____ | Svc. Hours/Site _____ | Svc. Hours/Site _____ |

Co-curriculars:

Career plans/Prospective Colleges:

NCAA REQUIREMENTS

Division I (16 core courses)

4 – years of English

3 – years of Math

2 – years of Natural/Physical Science

2 – years of Social Studies

1 – year of additional English, Math, or Science

4 – years of additional courses (any area above, foreign language, Honors Philosophy, Comparative Religions, Religion in America)

*Minimum GPA of 16 core courses must be AT LEAST 2.300.

**Sliding scale with ACT/SAT scores and GPA will be used to determine eligibility

Division II (16 core courses)

3 – years of English

2 – years of Math

2 – years of Natural/Physical Science

3 – year of additional English, Math, or Science

2 – years of Social Science

4 – years of additional courses (any area above, foreign language, Honors Philosophy, Comparative Religions, Religion in America)

*Minimum GPA of 16 core courses must be AT LEAST 2.200.

**Sliding scale with ACT/SAT scores and GPA will be used to determine eligibility



NCAA Eligibility – Div 1 worksheet

| | |
|----------------------------|--|
| ENGLISH | |
| ENGLISH | |
| ENGLISH | |
| ENGLISH | |
| MATH | |
| MATH | |
| MATH | |
| SCIENCE | |
| SCIENCE (physical) | |
| ENGLISH/MATH/SCIENCE | |
| SOCIAL STUDIES | |
| SOCIAL STUDIES | |
| ADDITIONAL APPROVED COURSE | |
| ADDITIONAL APPROVED COURSE | |
| ADDITIONAL APPROVED COURSE | |
| ADDITIONAL APPROVED COURSE | |

*Additional approved courses include: Foreign Language, Science, Social Studies, Comparative Religion, Religion in America, Intro to Philosophy, Honors Philosophy, Fundamentals of Speech (intersession), Marine Biology (intersession)

*10 of 16 must be completed before beginning senior year

*GPA of these 16 classes must be 2.3 or higher

*Pre-Algebra is NOT an approved math course

St. Augustine NCAA Worksheet

NCAA Division 1 and 2 Eligibility Requirements:

1. Minimum 2.3 GPA in core courses by end of 11th grade
2. 10 of 16 core courses completed by end of 11th grade (7 of the 10 must be in English, Math and Science)
3. Meet the sliding scale requirement for GPA and ACT/SAT scores (details at: http://fs.ncaa.org/Docs/eligibility_center/Quick_Reference_Sheet.pdf)

| Subject | Year 1 | Year 2 | Year 3 | Year 4 |
|--|--------|--------|--------|--------|
| English | | | | |
| Math (Algebra 1 & up) | | | | |
| Science | | | | |
| Social Science | | | | |
| Additional Year: English, Math or Science | | | | |
| Additional 4 Years: Language, English, Math or Social Science, Religion | | | | |

Reminders:

| What to do | How | When | Date Completed |
|-----------------------------------|--|----------------------------------|----------------|
| Register with NCAA | www.eligibilitycenter.org | Spring of 11 th grade | |
| Send Transcript to NCAA | Saints Registrar, Jeannie Oliwa | Spring of 11 th grade | |
| Send Official Test Scores to NCAA | www.collegeboard.org www.act.org Enter code: 9999 at registration | Any time you take an SAT or ACT | |

SAT

<http://www.collegeboard.org>

- Redesigned SAT is in effect now
- 2 sections: Evidence-based Reading/Writing, Math
 - Essay section optional (check w/ specific colleges)
 - Return to 1600 scoring scale (800 per section)
 - Length: 180 minutes (230 with essay)
 - Aligned more with what is being taught in high school
 - Traditionally taken for the first time in Spring of junior year

PSAT

<http://www.collegeboard.org>

- PSAT 8/9
 - Taken on October 19th by all 9th grade students
 - Results available electronically in mid-December
 - Both sections are scored out of 720, meaning the highest maximum score is 1440.
 - Connect to Khan Academy (www.khanacademy.org/sat) for free personalized practice recommendations for the SAT based on PSAT results as well as practice tests

PSAT

<http://www.collegeboard.org>

- PSAT/NMSQT
 - 10th grade this test is taken for practice and preparation information.
 - 11th grade PSAT score used to determine National Merit scholarships.
 - Both sections are scored out of 760, meaning the highest maximum score is 1520.

Your Evidence-Based Reading and Writing Score

380 | 160 to 760

Your Nationally Representative **18th** Sample Percentile



1 Your scores indicate you are close to being on track for college readiness, but you need to continue to strengthen your skills.

Let's get you back on track, so you won't have to take noncredit courses in college. You have free, personalized recommendations waiting for you on khanacademy.org/sat

Your Total Score

860 | 320 to 1520

Your Nationally Representative **28th** Sample Percentile

Keep in mind, the PSAT/NMSQT[®] and SAT are on the same scale.

Your score shows you how you would have scored that day on the SAT.¹ How well you do depends on what you do next!

Your Math Score

480 | 160 to 760

Your Nationally Representative **47th** Sample Percentile



✓ You are on track for college readiness.

Stay on track and continue your progress. Start now with your free, personalized recommendations waiting for you on khanacademy.org/sat

The College and Career Readiness Benchmark

Reaching your grade-level Benchmark means that you are likely on track to be ready to succeed in select first-year, credit-bearing college courses.

■ Need to strengthen skills ■ Approaching Benchmark ■ Meets or exceeds Benchmark

The red, yellow, and green ranges in the test scores and subscores reflect your areas of strengths and weaknesses compared to the typical performance of students in your grade.

Test Scores 8 to 38 range¹



Cross-Test Scores 8 to 38 range

19 Analysis in History/Social Studies
18 Analysis in Science

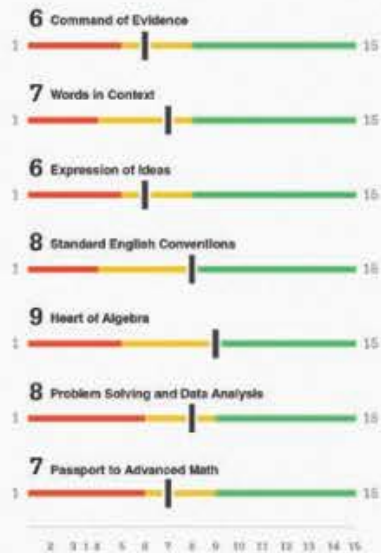
When you take tests more than once, your scores may differ slightly upon each testing occasion. This expected variation is considered your score range, and reflects the range your scores will likely fall in upon retesting. For the PSAT/NMSQT[®], these ranges are approximately:

Total: Your score is 40 points.
Sections: Your score is 20 points.
Test Scores and Cross-Test Scores: Your score is 3 points.
Subscores: Your score is 2 points.

Remember that you will receive scores in the same areas when you take the SAT.

1. Beginning in March 2016.

Subscores 1 to 15 range¹



Ima B. Student

John F. Kennedy High School, 125456, 2015, Grade 10, ID: #94968807



[HTTP://WWW.ACT.ORG](http://www.act.org)

- Scores in 5 content areas
 - English, Math, Reading, Science, Writing
- Curriculum based achievement test (what you learned in school)
- Only 1598 out of 2.5 million students last year had a perfect composite score of 36
- Score of 30 is in the 94th percentile
- Score of 21 is the national average

SAT VS. ACT

- Which one should he take?.... Do both
 - The tests are different and some students perform better on one type than the other.
 - Colleges will accept scores from either test and no universities have a preference.
 - Send the scores for the test you do best on.
 - Retake the exam you do best on. Some schools will let you Super Score (combine different sections for different sittings) while others will simply just take the best score from one sitting.
 - Through Princeton Review, SAHS offers free practice tests on campus (all grades) and discounted prep classes for 11th grade students

EXTRACURRICULAR INVOLVEMENT

- Quality over Quantity
- Long-term commitment
- Growth into leadership position
- Highlight activities related to major or career goal

EXTRACURRICULAR INVOLVEMENT

(“CAMPUS LIFE” TAB ON SAHS HOMEPAGE)

Academic League/Quiz Bowl

Art Club

Big Brothers

Drama Club

FIFA Club

Fishing Club

Hogar Infantil Club

Interact Club

Investment Club

Math Club

Mock Trial

Reading Ambassadors

Rugby

Table Tennis

African American Alliance

The Augustinian (Newspaper)

College Prep Club

EP Save-a-Life Club

Fil-Am Club (Filipino)

Frisbee Golf

Hungry Eats Club

International Rescue

Key Club

Men of Service

Pre-Medical Club

Restless Hearts Club

Spanish Club

Ultimate Frisbee

Don't see one you like? Create your own!

EXTRACURRICULAR INVOLVEMENT

- Athletics:
 - Fall: Cross Country, Football
 - Winter: Basketball, Roller Hockey, Rugby, Soccer, Surfing, Wrestling
 - Spring: Baseball, Golf, Lacrosse, Swimming/Diving, Tennis, Track, Volleyball

- *A season of a sport can be used as a semester of PE credit if approved by the coach

STRATEGIES FOR SUCCESS

- Utilize teachers' tutorial time (academics tab on SAHS homepage 'tutorial schedule')
- Check grades on Canvas regularly
- Use planner in class to stay organized
- Communicate with teachers
- Complete all homework & study for tests
- Challenge yourself but don't take too heavy of a load; don't over-commit
- Eat healthy & get enough sleep
- Utilize the counselors to help plan your future

NAVIANCE

[HTTP://WWW.NAVIANCE.COM](http://www.naviance.com)

- Freshman will activate their accounts in January.
- Parents will have their own account as well
- Personality Profiles, Career Interest Inventory, Resume Builder, College Search/Match, and much more.



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