



SEQUOIA ADULT SCHOOL



2025-2026 SCHOOL PROGRAMS



TABLE OF CONTENTS



Welcome Message	01
Mission Statement	02
High School Diploma	03
High School Equivalency	04
Testing Center	06
ESL	07
Student Testimonials	08
Career/College Transitions	09
Student Support Services	10
Vocational Tech	11
Community Partnerships	12
Student Ambassadors	13



WELCOME MESSAGE

Dear Community Members,

Welcome to Sequoia Adult School! Our team is committed to empowering students through high-quality education.

As we enter the 2025-2026 academic year, we continue to offer diverse programs, including ESL, High School Diploma, High School Equivalency, and Career Technical Education. With flexible morning and evening classes, we cater to the needs of all learners. Innovation drives our programs. Our Word Processing and Presentation Tools course provides hands-on training in Google Docs, Google Slides, and Microsoft Office, with the opportunity to earn college credit.



We're proud to partner with the College of San Mateo on the ELL Healthcare Pathways Grant, offering a Dental Assistant Program with ESL support. We also continue our Bridge Summer class, helping students transition to Canada College.

At Sequoia Adult School, we celebrate each student's journey and provide the guidance and resources to help them succeed.

Warm regards,

Tatiana Roganova

Director, Sequoia Adult School

Queridos miembros de la comunidad,

¡Bienvenidos a la Escuela de Adultos Sequoia! Nuestro equipo está comprometido a empoderar a los estudiantes a través de una educación de alta calidad.

Al comenzar el año académico 2025-2026, seguimos ofreciendo una variedad de programas, incluyendo ESL (Inglés como Segundo Idioma), Diploma de Escuela Secundaria, Equivalencia de Escuela Secundaria y Educación Técnica y Profesional. Ofrecemos clases flexibles por la mañana y por la noche, brindamos apoyo a las necesidades de todos los estudiantes.

Nos enorgullece asociarnos con el Colegio de San Mateo ofreciendo un Programa de Asistente Dental con apoyo en ESL. También continuamos con nuestra clase de verano como un puente, ayudando a los estudiantes en su transición a Canada College. Nuestro Programa de Embajadores Estudiantiles impulsa el liderazgo a través del apoyo en la inscripción y en iniciativas comunitarias como la colecta de juguetes.

En la Escuela de Adultos Sequoia, celebramos el camino de cada estudiante y brindamos la orientación y los recursos necesarios para ayudarles a alcanzar el éxito.

Saludos cordiales,

Tatiana Roganova

Directora, Sequoia Adult School



MISSION STATEMENT



Sequoia Adult School's mission is to provide an equitable and innovative education that equips diverse adult learners with the knowledge and skills to achieve their personal goals and transition to college and careers.

La Misión

La misión de la Escuela de Adultos Sequoia es proporcionar una educación equitativa e innovadora que equipe a diversos aprendices adultos con los conocimientos y habilidades para alcanzar sus metas personales y hacer la transición al colegio y a carreras profesionales.

Schoolwide Learner Outcomes

- Students will acquire the skills and knowledge to transition to higher levels of education and into the workforce.
- Students will learn how to access and navigate resources to foster active participation in their communities.
- Students will acquire the technological skills to be able to navigate a rapidly evolving digital society.
- As self-directed learners, students will develop and assess their own personal goals and will learn independently and collaboratively in a diverse environment.

Resultados de los estudiantes en toda la escuela

- Los estudiantes adquirirán las habilidades y conocimientos para transicionar a niveles superiores de educación y al ámbito laboral.
- Los estudiantes aprenderán a acceder y navegar recursos para fomentar una participación activa en sus comunidades.
- Los estudiantes adquirirán las habilidades tecnológicas para poder navegar en una sociedad digital en rápida evolución.
- Como aprendices autodirigidos, los estudiantes desarrollarán y evaluarán sus propias metas personales y aprenderán de manera independiente y colaborativa en un entorno diverso.

HIGH SCHOOL DIPLOMA (HSD)



- If you attended a high school and have 40 units remaining, you can complete your diploma credits in our High School Diploma program.
- In person and online program - Edgenuity
- Submit a copy of your high school transcript to the counselor for review to determine your eligibility for the HSD program.
- Attend a mandatory orientation session, which is scheduled regularly.

CLASS HOURS

9 a.m. - 12 p.m. | 6:30 - 9:15 p.m.
Monday-Thursday | Monday-Thursday



ALL CLASSES ARE FREE!

You must be 18 years old or older to attend the adult school.

For the schedule of orientations and classes, go to our school website and click on the orientation link at www.seqsas.org.

For more information contact:
Carmen Paredes
(650) 306-8866 ext. 77905
Email: cparedes@seq.org



HIGH SCHOOL EQUIVALENCY (HSE)



GED/HiSET Preparation

Many Sequoia Adult School graduates have received their HSE certificate, gone on to college and obtained better jobs. You can be one of them!

Tutoring is available for extra support. We will help you every step of the way!

Join us at the Sequoia Adult School and earn a High School Equivalency Certificate that meets the high school diploma requirements for most employers, vocational training, and colleges.

We offer FREE IN PERSON GED/HiSET Classes

9 a.m. - 12 p.m.
Monday-Thursday

6:30- 9:15 p.m.
Monday-Thursday

Our classes will prepare you for the following tests:

- Reading
- Writing
- Social Studies
- Math
- Science?**

Scholarships are available to help pay for the tests.

ALL CLASSES ARE FREE!

You must be 18 or older to attend the adult school.

For more information contact:
Carmen Paredes, Guidance Info Specialist
(650) 306-8866 ext. 77905
Email: cparedes@seq.org



PROGRAMA DE EQUIVALENCIA DE ESCUELA SECUNDARIA (HSE)



Preparación para el diploma de GED/HiSET

Muchas personas han recibido su certificado de equivalencia de la escuela preparatoria (HSE por sus siglas en inglés) y han continuado sus estudios en la universidad y conseguido mejores empleos. Tú puedes ser uno de ellos.

Hay tutorías disponibles para un apoyo adicional. ¡Te ayudaremos en cada paso del camino!

Por favor, únete a nosotros en la Escuela de Adultos Sequoia. Obtén un Certificado de Equivalencia de la Escuela Preparatoria que cumple con los requisitos de diploma de escuela preparatoria para la mayoría de los empleadores, entrenamiento profesional y las universidades.

Ofrecemos clases GRATUITAS de GED/HiSET en persona

9 a.m. - 12 p.m.
lunes a jueves

6:30 - 9:15 p.m.
lunes a jueves

Nuestras clases te prepararán para las siguientes pruebas:

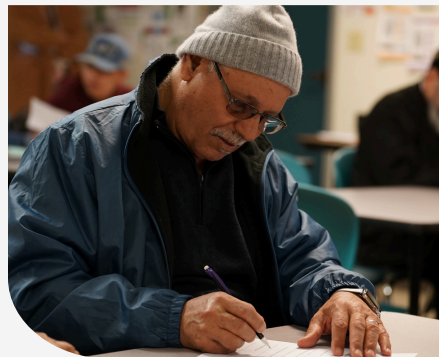
- Lectura
- Escritura
- Ciencias Sociales
- **Ciencia ?**
- Matemáticas

Hay becas disponibles para ayudar a pagar los exámenes.

¡TODAS LAS CLASES SON GRATIS!

Debe tener 18 años o más para asistir a la escuela de adultos.

**Para mas informacion contacte
Carmen Paredes,
Especialista en Información y Orientación
(650) 306-8866 extensión 77905
Correo electrónico: cparedes@seq.org**





TESTING CENTER

HiSET®



Candidates will be tested in the five core areas: Reading, Writing, Mathematics, Science, and Social Studies.

The total cost for all five subjects is \$175, including a one-time \$20 fee.

Price Per Subject: \$31

Includes:

- Your HiSET test
- Same day scoring except for writing exam
- A personalized score report
- Transcript and Certificate

How to Register:

- Create a test-taker account at <https://hiset.org/>
- Schedule and pay for your tests online.



Candidates will be tested in four content areas: Languages Arts, Mathematics, Science, and Social Studies.

The total cost for all four subjects is \$164.

Price Per Subject: \$41

Includes:

- Your GED test
- Same day scoring
- A personalized score report
- Transcript and Certificate

How to Register:

- Create a test-taker account at www.GED.com
- Schedule and pay for your tests online.

¡Exámenes de HiSET/GED están disponibles en español!

Any questions please contact the Testing Center office at
(650) 306-8866 ext. 77907

ENGLISH AS A SECOND LANGUAGE (ESL)

Sequoia Adult School's ESL program offers English classes at five levels, from Literacy to Intermediate. The ESL curriculum is designed to help students develop their English language skills and increase their ability to participate in the community, pursue a career, and help their families. Completing the highest level also provides a possible pathway to community college.

Morning Classes

9 a.m. - 12 p.m.
Monday-Friday
In Person

Evening Classes

6:30-9:15 p.m.
Monday/Wednesday or
Tuesday/Thursday
In Person

Level placement of students is determined by an assessment given at the orientation.



El programa de ESL de la Escuela de Adultos Sequoia ofrece clases de inglés en cinco niveles, desde el nivel básico hasta el nivel intermedio. El plan de estudios de ESL está diseñado para ayudar a los estudiantes a desarrollar sus habilidades en el idioma inglés y aumentar su capacidad para participar en la comunidad, seguir una carrera y ayudar a sus familias. Completar el nivel más alto también proporciona un posible camino hacia el colegio comunitario.

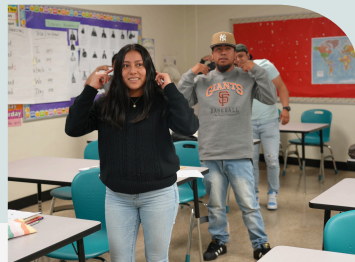
Clases por la mañana

9:00 a.m. - 12:00 a.m.
lunes - viernes
En persona

Clases por la noche

6:30 - 9:15 p.m.
En persona
lunes y miércoles
martes y jueves

El nivel de los estudiantes está determinado por la puntuación del examen que tomarán en la orientación.





STUDENT TESTIMONIALS

I'll never forget the moment I decided to attend adult Sequoia School. After struggling to find purpose and direction, I realized that I needed to take control of my education and future. I am a full time mother of two, a Wife, with a full time job and still manage to attend school in the evenings. The supportive instructors and staff have helped me set and achieve my goals, and I am close to earning my high school diploma and gaining the skills and confidence I needed to succeed. The environment at Sequoia Adult School is supportive and inclusive, with a focus on helping you achieve your goals. The school's commitment to creating a welcoming atmosphere is evident in its resources, such as the diverse range of programs and services available also suggests a dedication to meeting the unique needs of each student.

My goal is to be able to secure better job opportunities, improve my relationships, and become a more confident and self-assured person. I'm forever grateful for the experience and education I am receiving at Sequoia adult School, and I highly recommend it to anyone looking to transform their life. If you are a mother thinking about graduating , Considering sequoia adult school is a great step towards achieving your education goals.



Andrea - HSD student

I came to Sequoia Adult School because I am a soccer coach. When I got the job as a coach, I was lucky to be accepted because of the years of experience I have in soccer and not my English. The club asked me to join Sequoia Adult School and learn English for the job. I needed to speak English to talk with the referees as well as my players. The school has helped me out a lot. It has helped me in speaking with my players that only know English and also with their parents. The school has been incredible. After 35 years of not going to school, it has been incredible to learn and communicate better.



When I first got here to the school, I didn't know anything. Since being at Sequoia Adult School there have been some changes in my life and career. From the first day of school I noticed the change because my two kids at home speak English now I can understand what they are saying. As a coach I can speak to my players and they can understand what I am trying to say when I need to adjust our game on the field. The community at the school is great. Many different nationalities and hard working students. It's an incredible experience to be at the school. To not have any more fear in communicating in English. I feel that I have a lot of confidence and it has helped me a lot.

- Roberto, SAS Student



CAREER/COLLEGE TRANSITIONS



Interested in College? Do you need help applying for jobs?

Sequoia Adult School students can receive the following services from the Transition Navigator:

- Career Exploration and referral to community partner Jobtrain
- Access to connections with resources in the area
- Goal-Setting Presentations - Guidance on transition pathways and college information
- College application assistance and financial aid assistance
- Resume writing and Interview Critique

Learn and receive information about a career you are interested in. And much more!

Alexis Garcia

650-306-8866 ext. 77935

algarcia@seq.org

¿Interesado en la universidad? ¿Necesita ayuda para solicitar empleo?

Los estudiantes de Sequoia Adult School pueden recibir los siguientes servicios del Transition

Navigator:

- Exploración de Carreras y referencia al socio comunitario JobTrain
- Acceso a conexiones con recursos en la comunidad
- Asistencia con solicitudes universitarias y ayuda financiera
- Redacción de currículum y crítica de entrevistas

Alexis Garcia, Navegadora de Transición

650-306-8866 ext. 77935

algarcia@seq.org



STUDENT SUPPORT SERVICES

Sequoia Adult School strives to provide sufficient and relevant student support services to ensure students' success and the ability to achieve their goals. The school offers a variety of student support services.

They include:

- **Financial Aid Advising & Transition Support**
- **Community Partner Referrals** – Connecting students with local resources
- **Information & Resources on:**
 - Immigration
 - Career Technical Education (CTE)
- **Health & Mental Health Support** – Referrals to clinics and organizations, in collaboration with:
 - Stanford Teen Health Van
 - Free food distribution with Peninsula Food Runners
- **Community Information Sessions** – Presentations from local service providers
- **Tutoring & Mentoring Assistance** – Academic and personal support for student success

If necessary services are unavailable on site, Sequoia Adult School provides students with information about community resources or refers them to other community based organizations (CBOs).





VOCATIONAL TECH

Workforce Training for Career Advancement

Office Assistant I and II

Develop job-ready skills with our Workforce Training courses in office technology. Designed for Level 3 and Level 4 ESL students, these hands-on courses provide practical training in creating professional presentations, managing office documents, and using essential workplace software. Students gain real-world experience to prepare for administrative roles in a variety of professional settings.

E-Commerce

Level 4 ESL students can gain workforce-focused training in online business through our hands-on E-Commerce course. This program covers every step of the online sales process, from creating product listings and managing transactions to leveraging platforms like eBay, personal websites, and social media for digital marketing. Students complete an entire e-commerce transaction— from listing to sale to fulfillment — providing practical, real-world experience in digital commerce, logistics, and online entrepreneurship.

Dental Assistant Class

Designed for Level 3 and Level 4 ESL students, SAS is excited to collaborate with the College of San Mateo through the ELL Healthcare Pathways Grant. This partnership will offer a comprehensive Dental Assistant Program through the community college, with dedicated ESL support from SAS to help students succeed.

"How to Start Your Own Business"

This course is designed to help those who want to start their own business in the United States. Participants will learn how to obtain an ITIN Number and use it to establish a structure for their business through Renaissance Center Workshops.





COMMUNITY PARTNERSHIPS

Sequoia Adult School (SAS) is an active member of the San Mateo County Consortium for Adult & Career Education, which brings together five adult schools and three community colleges to align educational services and support student success. Our Director, Assistant Director, and Transition Navigator serve on the Steering Committee and participate in workgroups to enhance collaboration and program effectiveness.

The Transition Navigator plays a key role in guiding students toward college opportunities at Cañada College, Skyline College, and the College of San Mateo. SAS also refers students to JobTrain, where they receive career guidance and job placement support.

To address student barriers, SAS collaborates with various community organizations. The Stanford Cardinals Clinic provides healthcare services, while the International Institute of the Bay Area offers legal assistance.

The Transition Navigator works closely with the San Mateo Public Library to ensure students can easily access library resources. Weekly food support is provided through Peninsula Food Runners, and our newest partner, El Concilio, helps meet diverse community needs.

Additionally, SAS partners with Goodwill San Francisco to offer an e-commerce course with integrated ESL support. Each year, the SAS Community Advisory Meeting brings together stakeholders to help shape new course offerings and student support services.

Through these partnerships, SAS continues to expand opportunities and remove barriers, empowering students to achieve their goals.



San Mateo
County
libraries



renaissance
entrepreneurship center



MULTICULTURAL
INSTITUTE



San Mateo
Public Library



STUDENT AMBASSADORS

Student Ambassadors Program: Building Community, Workforce Skills & Opportunity
Since its launch in Fall 2023, the Student Ambassadors Program has become an essential part of our school community. Over the past year, ambassadors have played a crucial role in helping new students register and complete assessments—an effort that has significantly strengthened our Community School Outreach and fostered a welcoming and supportive environment for all.

Beyond registration and orientation, ambassadors actively participate in school events such as Lunar New Year celebrations, International Women's Day, and Día de los Muertos (Day of the Dead), where they create a traditional Ofrenda (altar) to honor loved ones. They also assist with holiday decorations and program activities, contributing to the school's vibrant cultural life.

Through these activities, ambassadors gain workforce readiness skills, including customer service, communication, teamwork, and problem-solving. Additionally, Office Assistant I and II students earn course credit for their participation, further developing their administrative and professional skills.

This year, ambassadors helped make the Toy Drive an even greater success than before. In collaboration with the Multicultural Institute, they provided gifts for the children of migrant workers, showcasing their leadership and commitment to service, community engagement, and workforce development.





PLEASE JOIN US!

Phone
(650) 304-8866

Website
www.seqas.org

3247 Middlefield Road, Menlo