

Counseling Corner @raid.ersrise

October Dates to Remember:

- October 1 College Information Night
- October 1 FAFSA / CADAA Applications open
- October 4 Black College Expo
- October 9,10 Midterms
- October 15 College Application Workshop 1:30-2:30 in Raider cafe
- October 21 FAFSA CADAA Cash for College Workshop
- October 22 PSAT Online Exam
- October 24 Deadline to register for November SAT

Daily Announcements



Midterms are coming up fast! Utilize **Academic Outreach** and available tutoring resources to prepare for your exams! Where? Raider Cafe after school; snacks and late bus available. When? Monday, Tuesday and Thursdays.

PSAT: Students who signed up to take the PSAT will receive a slip of information about their **testing date, location, and time** one week before testing.

UC Berkeley: Visit the UC Berkeley Admissions website for information about the College Information Day on October 25, 2025, and the main [UC Berkeley events calendar](#) for ongoing events.

Spotlight on NYU: [LUXURY & RETAIL MBA](#) Program

Designed for students who are committed to business careers in luxury, fashion, beauty, lifestyle and retail. Gain relevant real-world experience and earn your MBA in one year. Luxury & Retail MBA gives the tools of business to those pursuing careers in the luxury or retail sectors across industries. A specialized core and elective courses complement built-in immersive opportunities. Throughout the specialized program, Luxury & Retail students create a diverse portfolio of experiences by participating in built-in industry projects. The specialized format allows students to complete a full-time MBA in one year. Graduate with a focus in luxury and retail through core coursework and experiential learning projects that are built into the 52-credit curriculum.

[WUE- Western Undergraduate Exchange:](#) WUE is the nation's largest regional tuition savings program in terms of student enrollment and estimated savings. Eligible students from participating Western states and Pacific territories pay no more than 150% of in-state tuition at 170 public colleges and universities across the region — opening doors to out-of-state options while keeping costs manageable.

Seniors: Do not forget to apply for [Scholarships](#) and submit your FAFSA or CAADA to qualify for financial aid and Free Grants (Cal Grant, Middle Class Scholarship, Promise Grant, etc..)

If you are a Senior submitting the FAFSA application. Then you need to create an **FSA ID** (FSA ID is a unique username and password required to complete and electronically sign the FAFSA: Free Application for Federal Student Aid) **Create your FSA ID by Scanning the QR Code**



SCAN ME

RISE CENTER Counselor of the Day - October

Monday	Tuesday	Wednesday	Thursday	Friday
Mrs. Cramer	Ms. Straessler Ms. Alduenda	Ms. Price	Mrs. Clark	Mrs. Ozeroff

Exploring College Majors: What is it?

Actuarial Science is the study of identifying and evaluating risk, specifically for insurance companies and pension plans. The curriculum offers you both the mathematical and functional business components, which are necessary for the training of an actuary. The program also prepares you to take the first four examinations offered by the Society of Actuaries and the Casualty Actuarial Society. The courses required also satisfy the three Validation by Educational Experience (VEE) areas of Economics, Finance, and Applied Statistical Methods.

The **Entertainment, Media & Technology (EMT)** program enables MBA and undergraduate students to understand and manage the entire spectrum of the entertainment and media business, from its impact on the economy and the digital revolution to the global opportunities that technology creates. With a focus on both the business and content aspects of the industry, the program offers students a range of courses with practical and real-life application. Courses deal with the marketing, finance, management, accounting, legal, and economic issues facing entertainment and media firms. Industries covered include, film, home video, television, cable, music, sports, and publishing.

A **Game Design** major is an interdisciplinary undergraduate degree that combines creative and technical skills to teach students how to create video games and other interactive media. The curriculum covers the entire game development process, from initial concept to a published product, and integrates elements from computer science, digital art, creative writing, and psychology.

Most programs include extensive hands-on, project-based work and team collaboration, which helps students build a professional portfolio before graduating.

Game design skills, such as understanding player motivation, creating engaging user experiences, and systems thinking, are highly transferable to various industries.

The integration of game design elements into non-game contexts is known as "gamification". Industries like healthcare, education, architecture and urban planning, automotive and industrial design, military defense and simulation, marketing, and film, use these skills to create training simulations, improve engagement, and visualize complex data.

Unique & Interdisciplinary Majors

Unique college majors with good job outlooks include those that address evolving societal needs, such as Cybersecurity, Forensic Accounting, and Environmental Science, as well as interdisciplinary fields like Biomedical Engineering. Related fields like Data Science and Logistics and Supply Chain Management also show strong employment prospects.

Cybersecurity: A growing field that addresses the increasing need for digital security through courses in cryptography, cloud security, and digital forensics.

Forensic Accounting: Combines finance and investigative skills to prevent and detect fraud, with strong demand in both the public and private sectors.

Biomedical Engineering: An interdisciplinary field focusing on applying engineering principles to biological and medical problems, with strong growth potential in healthcare and medical device industries.

Environmental Science: Addresses critical global issues related to climate change and environmental stewardship, with increasing demand for professionals in conservation and sustainability.

Emerging and In-Demand Fields

Data Science and Analytics: A highly sought-after field that analyzes large datasets to extract valuable insights, applicable across many industries.

Logistics and Supply Chain Management: With its broad applicability and increasing importance in global business, a degree in this area can open doors to many management and operational roles.

Emergency Management: Addresses community and critical infrastructure preparedness in the face of natural disasters or other crises.

Tips for Choosing a Major






Focus on Versatility: Consider majors like Business Administration or Communication, which provide versatile skills applicable to a wide range of industries.

Look at Societal Trends: Majors that address current and future challenges, such as climate change (Environmental Science) or technological advancements (Computer Science and Cybersecurity), often have robust job outlooks.

Combine Your Interests: Look for interdisciplinary options that blend your passions, like the science and engineering aspects of Biomedical Engineering.

JOBS IN HEALTHCARE

There are *lots* of careers in healthcare besides being a doctor or nurse — some are patient-facing, others are more behind-the-scenes. Here's a breakdown by Required Educational Degree, Career, Salary range, and projected Job Growth:

Career	Salary Range	Fastest Projected Job Growth - Why It's Growing?
 Certificate Programs (Fast Entry-Level - Months)		
Phlebotomist	\$35k–\$50k	~10% More lab testing, bloodwork in preventive and chronic care.
Pharmacy Technician	\$35k–\$50k	
Dental Assistant	\$40k–\$55k	
Psychiatric Technician	\$35k–\$50k	~20% Rising demand for mental health & substance use treatment.
Medical Assistant	\$35k–\$50k	~14% Expanded outpatient/primary care clinics.
Surgical Technologist	\$50k–\$70k	
Sterile Processing Tech	\$35k–\$50k	~10% Growth in surgeries and infection-control standards.
Medical Coder & Biller	\$45k–\$65k	
Home Health Care/ Personal Care Aide	\$30k–\$40k	~20–25% Aging population prefers home care over nursing homes.
 Associate's Degree (2 years, some can advance further)		
Radiologic Technologist	\$60k–\$80k	~6–9% More imaging needed for diagnosis/treatment
Ultrasound Technician	\$65k–\$85k	~14% Preferred over invasive procedures, growing outpatient imaging
Respiratory Therapist	\$65k–\$85k	~13% Higher rates of asthma, COPD, and long-term lung issues
Dental Hygienist	\$75k–\$100k	
Health Information Tech	\$45k–\$65k	
Occupational Therapy Asst.	\$55k–\$70k	~19–25% Demand for rehab & daily living assistance
Physical Therapist Asst.	\$55k–\$70k	~22–26% Growing rehab needs due to aging & injuries
 Bachelor's Degree (4 years)		
Medical Lab Scientist	\$60k–\$80k	~11% More diagnostic testing & advanced lab work
Social Worker (Medical)	\$50k–\$70k	
Dietitian/Nutritionist	\$60k–\$75k	~7–9% Chronic disease prevention, wellness focus
Patient Advocate	\$40k–\$60k	
Public Health Specialist	\$60k–\$90k	~12–15% Pandemic prep, community health, prevention focus
Healthcare Administrator	\$90k–\$130k	
Medical / Health Services Mngr	\$90k–\$130k	~23% More healthcare facilities & complex systems
 Master's Degree (6+ years)		
Occupational Therapist	\$80k–\$110k	~14% Support for rehab and independent living
Speech-Language Pathologist	\$75k–\$100k	~19% Increased autism & speech-related services
Psychologist (some Master's)	\$80k–\$120k	
Epidemiologist (Master's option)	\$70k–\$110k	
Nurse Practitioner	\$120k–\$150k	~40–45% Filling physician shortages, chronic care
Physician Assistant	\$110k–\$140k	~20–26% Expanding access to primary/specialty care
 Doctorate (Advanced Professional Roles - 6-10 years)		
Pharmacist (PharmD)	\$120k–\$150k	
Dentist (DDS/DMD)	\$160k–\$220k	
Psychologist (PhD/PsyD)	\$80k–\$120k	
Physical Therapist (DPT)	\$85k–\$115k	~15% Rehab demand, aging population
Optometrist (OD)	\$120k–\$150k	
Audiologist (AuD)	\$75k–\$100k	
Chiropractor (DC)	\$70k–\$100k	
Podiatrist (DPM)	\$140k–\$180k	
Epidemiologist (Doctorate)	\$70k–\$110k	

Bachelor Degree Programs at California Community Colleges

- Community college bachelor degree programs offer **lower cost of attendance** for a BA/BS*

Community College: ~\$25,000
CSU: ~\$35,000
UC: ~\$45,000

- Community college campuses are often located closer to students' homes
- Fewer impacted programs (i.e., full or wait listed)
- Unique programs not offered at nearby CSU/UC

* Costs are approximate

Campus	Programs
Antelope Valley College	Airframe Manufacturing Respiratory Care
Bakersfield College	Industrial Automation Research Laboratory Technician
Cerritos College	Dental Hygiene
Cypress College	Funeral Service Dental Hygiene
De Anza College	Automotive Technology Management
Feather River College	Equine & Ranch Management Agriculture Ecosystem Restoration & Applied Fire Management
Los Angeles Mission College, Moorpark College	Biomanufacturing
Mt. San Antonio College	Histotechnology
Rio Hondo College	Electronic Digital Instrument (EDI), Performance & Production of Electronic Music B.S. Automotive Technology B.S.
San Diego City College	Cyber Defense & Analysis
San Diego Miramar College	Public Safety Management
Santa Ana College	Occupational Studies Paralegal Studies
Shasta College	Healthy Information Management
Ventura College	
New Programs Coming Soon	
Mission College	Emergency Services Administration
Rio Hondo College	Electronic Digital Instrument
San Bernardino College	Water Resource Management
Santa Ana College	Automotive technology
Siskiyous College	Paramedicine



Vocational, Occupational or Technical Programs



- Cal Grant C:** Provides free money to attend a vocational, occupational or technical program. Trade schools or community college vocational training courses can provide students with an alternative to four-year college programs. No GPA Required.
- Shorter degree pathways** and potentially lower tuition costs are benefits of trade schools or by participating in the wide variety of certificate programs offered at all 116 California Community Colleges.

- Firefighting and fire technology
- Craft brewing
- Engineering
- Automotive technology
- Applied cybersecurity
- Stem cell and gene technologies
- Cloud computing
- Culinary arts
- Electricity and construction trades
- Machine technology
- Criminal justice
- Agriculture Science
- Business – Sales and Marketing
- Medical Billing and Coding
- Exercise Science
- EMED: Paramedic Studies
- Family & Consumer Sciences
- Commercial Interior Design
- Fashion Design Merchandising
- Marine Science
- Administrative Office Assistant
- Advanced Aircraft Structures



College Information Night

Wednesday, October 1st

6 pm to 7 pm

RCHS Cafeteria

Please join us to hear from College Representatives for admissions and financial aid information.

University of California (UC system)

10 campuses

UC Berkeley
UC Davis
UC Irvine
UCLA (Los Angeles)
UC Merced
UC Riverside
UC San Diego
UC San Francisco
(graduate/health sciences only)
UC Santa Barbara
UC Santa Cruz

California State University (CSU system)

23 campuses (largest 4-year public university system in the U.S.)

CSU Chico, CSU East Bay, Cal Maritime, San Francisco State, San José State, Sonoma State, Cal Poly Humboldt, CSU Sacramento, CSU Stanislaus, CSU Fresno, Cal Poly SLO, CSU Bakersfield, CSU Monterey Bay, CSU Channel Islands, CSU Dominguez Hills, CSU Fullerton, CSU Long Beach, CSU Los Angeles, CSU Northridge, Cal Poly Pomona, CSU San Bernardino, San Diego State, CSU San Marcos

California Community Colleges (CCC system)

116 colleges across the state

Organized into 73 districts

Serve over 1.8 million students annually

CCCs with On-Campus Student Housing:

Cerro Coso Community College (Mammoth Lakes)
College of the Redwoods
College of the Siskiyous
Columbia College
Feather River College
Lassen College
Napa Valley College
Orange Coast College
Reedley College
Santa Rosa Junior College
Shasta College
Sierra College
Taft College
West Hills College Coalinga

FALL/WINTER 2025–26 CASH FOR COLLEGE WORKSHOPS

STUDENTS: File your FAFSA or CA Dream Act Application by March 2, 2026!

APPLICATION CHECKLIST

School Name: River City High School 1 Raider Ln. W Sac 95691

Location (or Zoom Invite): Cafeteria 6:00 - 8:00 PM

Please bring your **CHARGED STUDENT CHROMEBOOK**.

Some of the information you might need to complete your application includes:

- ☐ Prior-year (2024) tax information (1040s and W2s)
- ☐ FSA ID for Parent and Student Contributors (FAFSA filers ONLY)
- ☐ Driver's License, if you have one
- ☐ Social Security Card, if you have one
- ☐ Alien Registration Card, if you have one
- ☐ List of colleges you are interested in
- ☐ Most current bank statements
- ☐ Any records of untaxed income

**The deadline
to apply is
March 2, 2026!**



For more information, please visit <https://cash4college.csac.ca.gov/>

CSAC
CALSOAP
SACRAMENTO
CONSORTIUM

SCOE
Sacramento County Office of Education
EDUCATION EMPOWERS

CSAC
CASHFOR
COLLEGE



PRESENTED BY: NATIONAL COLLEGE RESOURCES FOUNDATION

SACRAMENTO BLACK COLLEGE EXPO™



EVENT HIGHLIGHTS:

- MEET WITH OVER 50 COLLEGES
- GET ACCEPTED ON THE SPOT
- MILLIONS IN SCHOLARSHIPS AVAILABLE
- SOME COLLEGES WAIVE APPLICATION FEES
- CERTIFICATE AND TRADE SCHOOLS
- LIFE CHANGING SEMINARS
- CELEBRITIES AND PRIZES \$\$\$

Saturday
Oct. 4, 2025

10:00am - 3:00pm

Sacramento State University
6000 J Street, Sacramento, CA



REGISTER TODAY



****BRING 10 COPIES OF YOUR TRANSCRIPTS

WIN A SCHOLARSHIP
DEADLINE: Sept. 22, 2025
Info at:
NCRFoundation.org/Scholarship



For more information please visit
NCRFoundation.org

Powered By:



SACRAMENTO
STATE





SACRAMENTO STATE

2024 *hornet* DAY

Friday, November 1

10:00 AM - 2:00 PM



Sacramento State's signature event is returning! Take a tour, meet academic majors and learn about student success programs!

Join Us for Future Hornet Day!

- Application Workshop (for prospective Fall '25 applicants)
- College Resource Fair (meet college reps and majors)
- Tours
- Transfer Lounge (for Spring 2025 transfer students)

Interested in joining the Hornet Family for Fall?

Get your Fall admissions eligibility reviewed and receive application assistance at our Admissions One-Stop! Bring your unofficial transcripts!



csus.edu/apply/admissions/future-hornet-day



filwss@csus.edu



Register Today!



FUTURE HORNET WORKSHOPS

Weekly virtual workshops every
Wednesday & Thursday afternoon until
October 2024 covering:

- The Cal State Apply application
- How to become a future Sac State Hornet
- Sac State 101

Some workshops may include guest speakers highlighting
Sac State's resources and student centers aligned with
supporting our students and their needs.



[Click here](#) to register
or scan the QR code:



SACRAMENTO STATE

Admissions and Outreach
(916)278-1000 | admissions@csus.edu

13th Annual Virtual FERIA *de* EDUCACIÓN



FREE EDUCATIONAL FAIR FOR SPANISH - SPEAKING STUDENTS AND FAMILIES!

**WORKSHOPS, FAFSA/CADAA
ASSISTANCE, IMMIGRATION CLINIC,
AND MORE!**

**SATURDAY, OCTOBER 11, 2025
9:00 AM - 4:00 PM**

**REGISTER HERE:
[TINYURL.COM/2025FERIA](https://tinyurl.com/2025FERIA)**



13^a Anual FERIA *de* EDUCACIÓN VIRTUAL



FERIA GRATUITA PARA ESTUDIANTES, FAMILIAS, Y LA COMUNIDAD

¡TALLERES, ASISTENCIA CON
FAFSA/CADAA, CLÍNICA DE INMIGRACIÓN
Y MUCHO MÁS!

SÁBADO 11 DE OCTUBRE DEL 2025
9:00 AM - 4:00 PM

REGÍSTRESE AQUÍ:
[TINYURL.COM/2025FERIA](https://tinyurl.com/2025FERIA)



CSUN®

CALIFORNIA
STATE UNIVERSITY
NORTHRIDGE



CSUN®
OPEN HOUSE

**Saturday,
Oct. 25, 2025
8:30 a.m. to 1 p.m.**

Calling all high school juniors, seniors and upper-division transfer students!

Join us for a fun and informative day on campus and learn how CSUN will help you achieve your goals.

You can even get hands-on help with your Cal State Apply application.

Visit csun.edu/csun-open-house for more information.

**REGISTER
TODAY!**



qrcc.me/t0u6b87y0wiw

Questions? Contact Student Outreach and Recruitment at (818) 677-2967 or outreach.recruitment@csun.edu.



ATTENTION, COUNSELORS!

Want to bring a group of students to Open House? Scan the QR code below to register your group.



qrcc.me/t0u6raj8kr7



Follow @csunapply for an inside look at CSUN life.

When I was a kid, my brother took my last ice cream sandwich. I flipped my lid! My mom was upset with me for yelling, but I was convinced—I *couldn't help it*.

Then there was the time my teacher announced a test on my birthday. I sulked the rest of the week. Again, I told myself, *I can't help it*.

And when my pet goldfish lived for only 7 days...well, you get the picture.

Life is full of things we can't control—tests, siblings, pets, even the weather. What I didn't realize back then is that resilience doesn't come from controlling those things. It comes from recognizing what I do control: my reaction, my focus, my choices.

That's exactly what today's diagram helps kids practice. It guides them to sort their worries into three circles—control, influence, and concern—so they can stop pouring energy into what's outside their control, and put it where it really counts.

Try making your own Circle of Control to help work through your stressors. Brainstorm strategies you can use to focus more on what you can Control.

Renee Jain
MA Applied Positive
Psychology
University of Pennsylvania
Founder of GoZen

CIRCLE OF CONTROL

Everyone worries. We worry about things like school, friends, or even the weather. Worries are normal, but they can also be overwhelming. When that happens, it's helpful to sort them in a Circle of Control!

