

Freshman ICAP/IB & College Grade Level Meeting

Wednesday, October 8, 2025

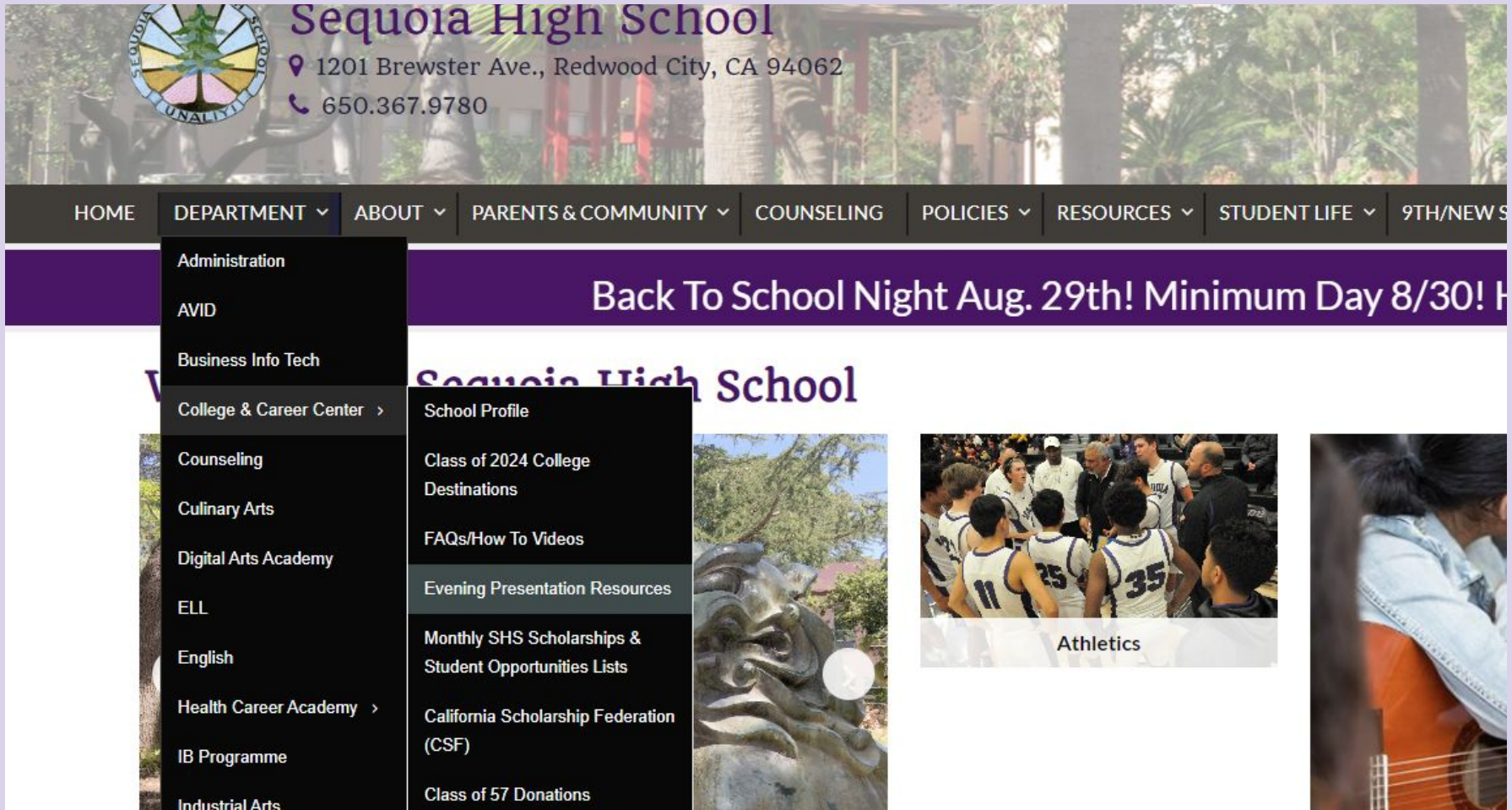
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Today's Presentation is on the Sequoia Website to Download if Needed!



The image shows the header and navigation menu of the Sequoia High School website. The header features the school's logo, name, address, and phone number. Below the header is a navigation bar with links to various sections. A dropdown menu is open under the 'DEPARTMENT' link, listing various departments and programs. A purple banner across the middle of the page reads 'Back To School Night Aug. 29th! Minimum Day 8/30!'. Below the banner, there are three main content areas: a list of links for the 'College & Career Center', a large image of a tree sculpture, and a section for 'Athletics' featuring a photo of basketball players.

Sequoia High School
1201 Brewster Ave., Redwood City, CA 94062
650.367.9780

HOME | DEPARTMENT ▾ | ABOUT ▾ | PARENTS & COMMUNITY ▾ | COUNSELING | POLICIES ▾ | RESOURCES ▾ | STUDENT LIFE ▾ | 9TH/NEW S

Back To School Night Aug. 29th! Minimum Day 8/30! H

Sequoia High School

College & Career Center ▸

- School Profile
- Class of 2024 College Destinations
- FAQs/How To Videos
- Evening Presentation Resources
- Monthly SHS Scholarships & Student Opportunities Lists
- California Scholarship Federation (CSF)
- Class of 57 Donations

Athletics

Get Ready to Go to a 4–Year College NOW

COLLEGE 101

1. College Terms to Understand: A-G, GPA & Grades & Rigor, Selectivity, and Admit Rate
2. How to Read SHS Transcript
3. Beyond the Classroom
4. Naviance (Sequoia's college research & organization software)
5. College Admissions Exams
6. What you can do now

College Terms: A-G, GPA & Grades & Rigor, Selectivity, and Admit Rate

Understand College Subject Requirements

College Term: A-G Coursework

- **A–G coursework** is the name given to the series of courses required for admission to the University of California (UC) and to California State University (CSU). Each high school has an approved list of courses.
- Become familiar with A–G courses at your student's high school.
- Encourage your student to challenge themselves by taking Honors and IB courses in their strongest subjects starting in the sophomore year to be a **competitive student**

A-G Course Requirements

Area	Subject	Units
A	History/Social Science	2 years
B	English	4 years
C	Mathematics	3 years, 4 recommended
D	Lab Science	2 years, 3 recommended
E	Language other than English	2 years, 3 recommended
F	Visual and Performing Arts	1 year (must be consecutive semesters)
G	Elective	1 year
	Total	15 A-G Course Minimum

Information Above From UC EOP Resources

UC Case Study: Minimum vs Competitive 4 Yr Plan

COURSEWORK: CHOOSE WELL AND DO WELL — TWO CASE STUDIES

Below are examples of two students' high school coursework. Student A took 15 courses by the end of his senior year, the minimum number to qualify for admission. Student B took 23 courses, including one community college course. Taking into account only the academic records below, Student B is more likely to be accepted to the university and selected by her top-choice campuses. By taking honors and Advanced Placement courses and going well beyond the minimum requirement, this student shows that she can do well in college.

STUDENT A

"a–g" SUBJECT CATEGORY	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
a. History		World History	U.S. History	Government
b. English	English 1	English 2	English 3	English 4
c. Math	Algebra 1	Geometry	Algebra 2	
d. Lab Science		Biology	Chemistry	
e. Language Other Than English		Spanish 1	Spanish 2	
f. Visual and Performing Arts		Band 1		
g. College Preparatory Electives (AP) from a.–f.				Economics

STUDENT B

"a–g" SUBJECT CATEGORY	9TH GRADE	10TH GRADE	11TH GRADE	12TH GRADE
a. History		World History	AP U.S. History	Government
b. English	English 1	English 2	Honors English 3	AP English Literature
c. Math	Geometry	Algebra 2	Honors Pre-Calculus	AP Calculus
d. Lab Science		Biology	AP Chemistry	AP Physics
e. Language Other Than English	Spanish 1	Spanish 2	Spanish 3	AP Spanish
f. Visual and Performing Arts	Theater 1	Theater 2	Adv. Acting 1 & 2*	
g. College Preparatory Electives (AP) from a.–f.	Physical Science		Psychology	Economics

*concurrent enrollment community college

Grades(GPA) and Rigor = Transcript

Usually the two most important factors in admission selection

GPA is looked at differently by each school

- Most Private Colleges do not have a minimum GPA
- UC minimum is 3.0
- CSU minimum is 2.5

Rigor

- Choose courses that will challenge you while also studying topics you are interested in
- Selective/Competitive schools are not just looking for minimum coursework and GPA
 - Once a student chooses a course they must get a good grade to be competitive.
 - Students must receive a “C-” or higher for A-G credit (and most colleges)

NOTE: IT is not always easy to makeup a “D” in summer school because of budget cuts so try best to pass the class

College Terms on SHS Transcripts

Weighted GPA –HP

Includes IB courses given extra point
 --This is the GPA SHS uses for private colleges

Unweighted GPA-

All courses taken at SHS

A-G Courses – P

Approved UC/CSU courses

CA Cal Grant GPA-

10-11th (no PE, college or remedial courses)

Weighted 10-12 A-G GPA -

Only includes A-G course work (courses –P)

GPA Summary			
Cumulative GPA (Weighted)	4.000		
Cumulative GPA (Unweighted)	4.000		
CA Cal Grant GPA	4.000		
Weighted 10-12 A-G GPA	4.000		
#4136693 Sequoia High School			
Course	Mark	Weight	Credit
2014-2015 Grade 08 Term 10			
257000 Upward Bound	A-	7.5000	7.5
Credit: 7.500 GPA: 4.000 U/W GPA: 4.000			
2015-2016 Grade 09 Term 1			
203000 Life Skills	A-	2.5000	2.5
160011 PE-1	A+	2.5000	2.5
Credit: 5.000 GPA: 4.000 U/W GPA: 4.000			
2015-2016 Grade 09 Term 2			
401100 AVID I	A+	5.0000	5
129600 Community Service-Project Read	CR	1.0000	1
5 CSF Member	CR	0.0000	0
051182 English I ICAP-P	A	5.0000	5
191200 World Studies 2-P			
Credit: 32.500 GPA: 4.000 U/W GPA: 4.000			
#4150622 Canada College			
Course	Mark	Weight	Credit
2016-2017 Grade 10 Term 10			
133500 Intermediate Algebra	A	10.0000	10
Credit: 10.000 GPA: 4.000 U/W GPA: 4.000			
Work In Progress			
133600 Algebra II/Trig-P			5.000
174085 AS Chemistry-HP			5.000
401200 AVID II			5.000
052082 English II-ICAP-P			5.000
196882 Mod Euro Hist-ICAP-P			5.000
160021 PE-2			2.500
077360 Spanish III-NS-P			5.000
Credit Summary			
Curriculum Program: SUHSD Grad Requirements			
SUHSD			
Requirements	Earned	Required	Remaining
Social Studies	5.000	35.000	30.000
English	10.000	40.000	30.000
Math	20.000	20.000	0.000



College Terms: Selectivity and Admit Rates

What is a **selective college**?

A college that does not admit everyone that applies,
so applicants must be **COMPETITIVE**

The lower the rate, the more selective the college

Highly Selective: Under 20% admit rate

Selective: 20-30% admit rate

Fall 2024 UCLA's admit rate was 9%

GOOD NEWS!!!!

Over 65% of colleges admit over half of students who
apply

Beyond Academics



Generous Giving Awareness Services Assistance Moral Care Aid Mission
Helping
Charity Life Volunteer Time
Altruistic Community Rescue Support Hope Teamwork Person
Contribution Assisted
Adult
Respect
Together
Mission

Colleges want to know what the student does outside of the classroom. They do not value one activity over another - want to know what you do with your time

It can be anything from babysitting your sibling to playing a sport

9th Grade: Impact on Community and School

	9 th	10 th	11 th	12 th
Inside School	Tryout clubs and activities	Choose one or two activities you want to commit to in high school Become an active participant!	Become a formal leader or plan an event within the club. Commit to the club beyond lunch time meeting	As a leader, make responsible decisions that create an impact at school
Outside School	•Learn about community service opportunities •Continue outside activities of interest	•Commit to a volunteer opportunity for 1 hr a week •Continue outside activities of interest	•Continue volunteering •Continue outside activities of interest	•Continue Volunteering •Continue outside activities of interest

Be Active Outside of the Classroom

College Term: *Sustained Commitment*

- **Sustained Commitment:** Participating in a few activities over a long period of time is much better than “collecting hours” – one hour on this and another on something else
- Competitive students should complete about 100 hours a year in outside activities that they **enjoy!**
- Should include community service
- Students should be **able to write about why** they chose the activities they did-
How did you make an impact?
- Do what you are interested in not what “looks good on an application”

“What’s cool to you, is cool to us”-- Rice University Admissions Office

Standardized Exams: PSAT/SAT/ACT

Changes in Testings Since COVID

Colleges are rethinking their testing policies and policies are continually changing

TERMS:

- **Test Optional**
 - Student may submit test score or not
- **Test Free (formerly Test Blind)**
 - Do not use test scores in admissions (IE:UC/CSU)
- **Test Flexible**
 - Students have options of turning in a standardized test

Fair Test Website: 2085 colleges are either test blind or optional

Note: 11th/12th Graders - Register on own through College Board/ACT

If you need accommodations, you need to get approved by SAT and/or ACT How to request at SHS are on website under [SAT](#) [ACT](#)

9th Grade Testing Timeline

	How to Sign Up	9 th	10 th	11 th	12 th
PSAT	No registration Taken during school day			2 nd or 3 rd Wed in Oct	
SAT School Day	Register with College & Career Center on Sequoia's Campus			Spring	
SAT Reasoning	Register on own www.sat.org Pay fee			Spring March, May	Fall If needed
ACT	Register on own www.act.org Pay fee			Spring Feb, April	Fall If needed
IB	Register with Ms Nino-Sears			May	May

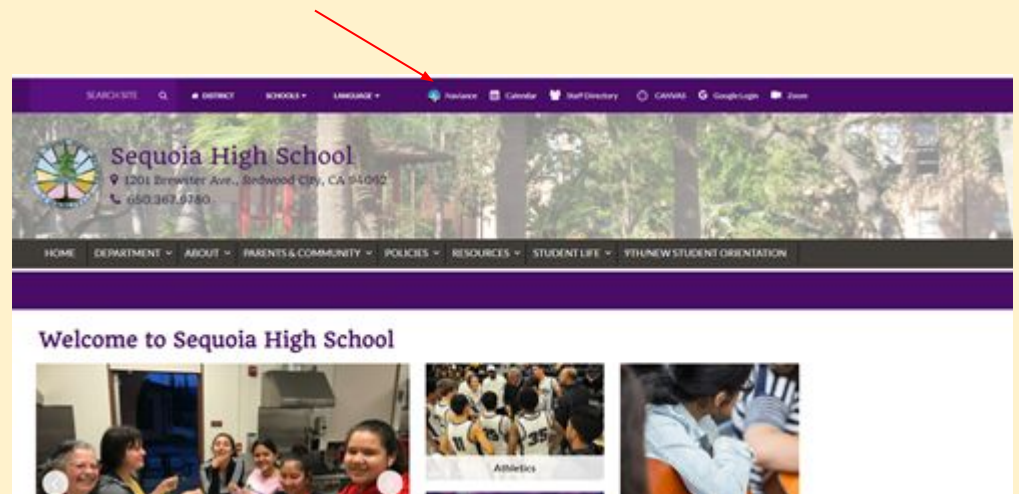
What is Naviance?

How Do You Use Naviance as a Freshman?

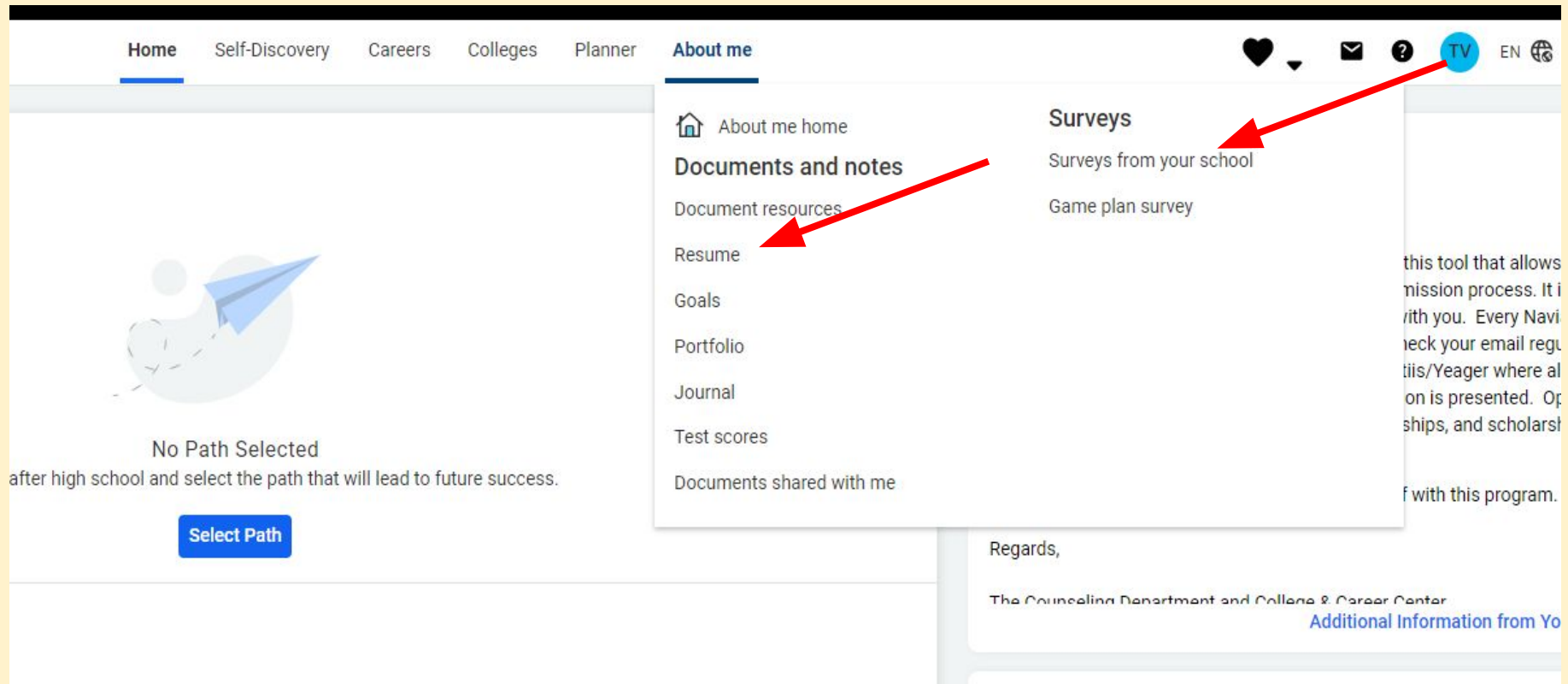


What is Naviance?

- College information and organizational software purchased for all Sequoia students
- Students have accounts- parents' account available by contacting counselor but not needed
- Access through Sequoia's website



About Me Tab: Access to Resume & Surveys



- Update: **Resume**
- Complete Required Surveys: **Surveys from Your School**

Naviance: College Tab

You are viewing Naviance Student as Terri Camuso

Naviance

Home Self-Discovery Careers **Colleges** Planner About me

Terri's Future Planning

Plan Your Future

Quickly access your path highlights, favorite information from your school, and more from

College Home

Find Your fit

- SuperMatch College Search
- College Match
- College Events
- Scattergrams
- Advanced College Search
- College Lookup

Research Colleges

- Colleges I'm Thinking About
- College Visits
- College Compare
- College Resources
- Acceptance History
- Enrichment Programs
- College Maps

Apply to College

- Colleges I'm Applying To
- Manage Transcripts
- Letters of Recommendation
- Test Scores

Scholarships & Money

- College-Specific Scholarships
- National Scholarship Search
- Scholarship Search
- Favorite Scholarships

ed to offer this tool that allows you to investigate, mission process. It is also the way your counselor Every Naviance email gets sent to your school email larly. It is important to read the Weekly Newsletter ties, events, and college specific information is tings, volunteer opportunities, internships, and

Please feel free to "click" around familiarize yourself with this program.

Regards,

The Counseling Department and College & Career Center

[Additional Information from Your School](#)

Tasks from My School

Task Or To-Do	Priority	Date
✓ Complete Class of 2018 Senior Exit Survey Task	None	07/15/25
✓ Class of 2016 Senior Exit Survey Task Task	None	

[Go to My Planner](#)

What's New

Search for a College

Enter name

Search

- Sign up for **College Visits**
- Look at **Scholarships and Contests**
- Add Colleges to **Colleges I'm Thinking About**
- Look at **Scattergrams**

Colleges Tab: Colleges I'm Thinking About

The screenshot shows the 'Colleges I'm Thinking About' tab in the SHS application system. A green confirmation banner at the top states '1 colleges successfully added'. The left sidebar contains 'Quick Links' and 'MY COLLEGES' sections. The main content area features a table of colleges with columns for College, Delivery type, Added By, Expected Difficulty, Application Deadlines, and Interest. A 'MORE' dropdown menu is open for the first row, showing options like 'SEND AN EMAIL', 'SCATTERGRAMS', and 'VISIT WEBSITE'.

Quick Links

- MORE SEARCH OPTIONS
- SuperMatch®
- Advanced college search
- College lookup

MY COLLEGES

- Upcoming college events
- Colleges match
- Colleges Visits
- Colleges I'm thinking about**
- Colleges I'm applying to
- Letters of recommendation

Confirmation
1 colleges successfully added

Colleges I'm thinking about Search for colleges

+ Add Colleges to List Compare Me

UPDATE INTEREST MOVE TO APPLICATION LIST REMOVE + = extended profile available

College	Delivery type	Added By	Expected Difficulty*	Application Deadlines	Interest
☐ California State Polytechnic University-Pomona		Student	N/A	Other (Fall Admission) November 30	N/A
☐ University of Michigan-Ann Arbor		Student	N/A	Multiple Deadlines	N/A
☐ University of Southern California - School of Cinematic Arts		Student	N/A	N/A	N/A

MORE

- SEND AN EMAIL
- SCATTERGRAMS
- VISIT WEBSITE
- MORE

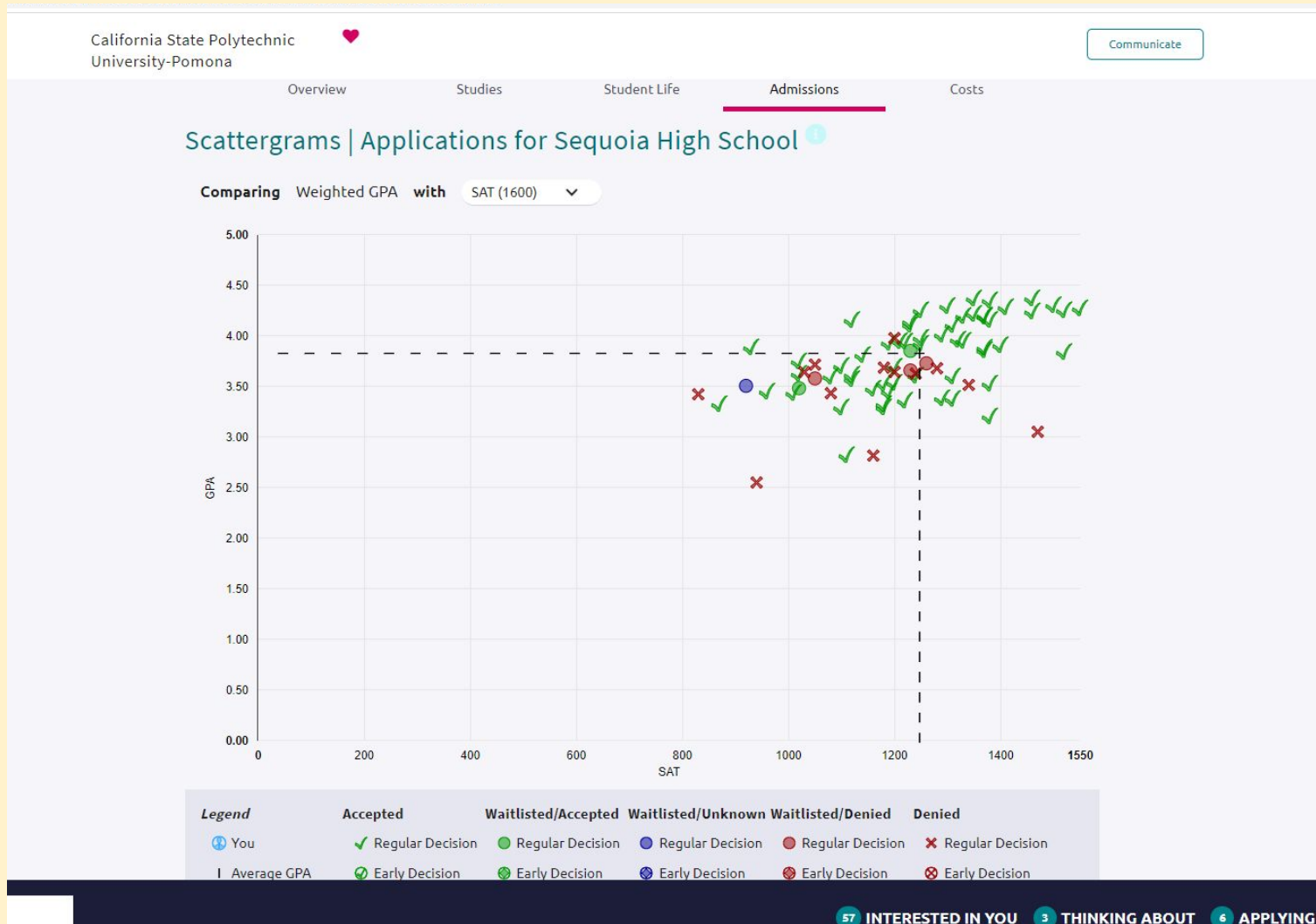
If the school is on your list and visits SHS, you will be emailed a notice to register

Find out more specific college information by clicking on the links

Colleges Tab:

Colleges I'm Thinking About

Scattergrams compares you to SHS grads



Colleges Tab: College Visits

Sign Up for a College Visit at SHS

Naviance | Student

English Give feedback new messages LOG OUT

Home Colleges Careers About Me My Planner

Quick Links

MORE SEARCH OPTIONS

SuperMatch®

Advance college search

College lookup

MY COLLEGES

Upcoming college events

Colleges match

Colleges Visits

Colleges I'm thinking about

Colleges I'm applying to

COLLEGE RESEARCH

College Visits Search for colleges

AUGUST Tue 28 10:30AM	Lehigh University College and Career Center. Room 115	REGISTER BY Tuesday, Aug 28 2018, 12:30PM	Register Now View Details
AUGUST Thu 30 09:30AM	University of Delaware College and Career Center. Room 115	REGISTER BY Wednesday, Aug 29 2018, 11:30AM	Register Now View Details
SEPTEMBER Tue 04 02:15PM	Azusa Pacific University College and Career Center. Room 115	REGISTER BY Tuesday, Sep 4 2018, 04:15AM	Register Now View Details
SEPTEMBER Wed 05 08:00AM	University of San Francisco College and Career Center. Room 115	REGISTER BY Tuesday, Sep 4 2018, 10:00AM	Register Now View Details
SEPTEMBER Wed 05 09:30AM	Carnegie Mellon University College and Career Center. Room 115	REGISTER BY Tuesday, Sep 4 2018, 11:30AM	Register Now View Details

Click
Register Now

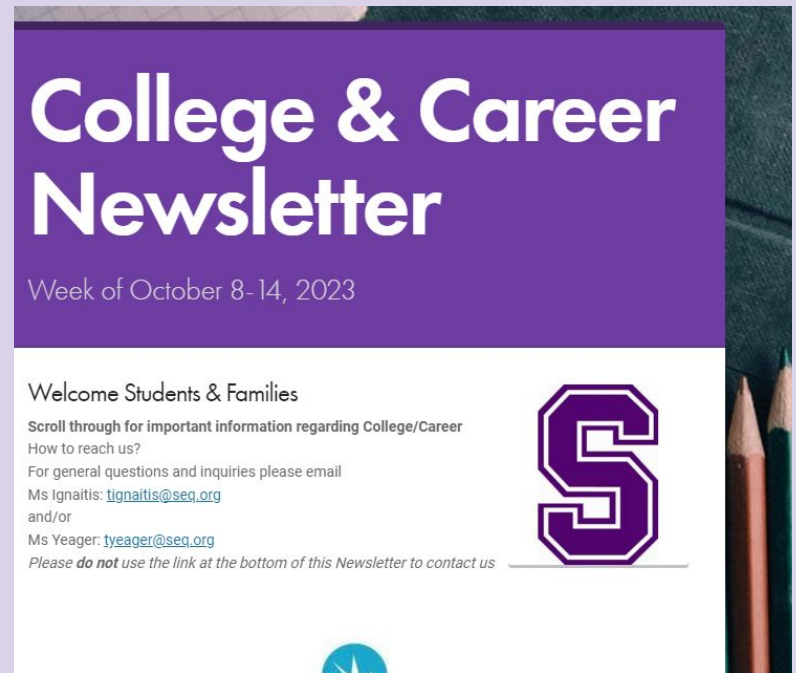
Students
may not miss
class to
attend a visit
without
registering in
advance and
getting
permission
from your
teacher

While students can attend visits to almost all colleges, when an admission officer schedules a visit with Sequoia he/she is mostly likely going to be reading your application if it is a private college.

Weekly Email Newsletter

- Strongly recommended to read all Naviance emails
- It is the main source of information surrounding the college application process specific to Sequoia
- ALL student opportunities that come through College/Career Center are published in email
- IF a student is not receiving the email, after checking SPAM folder, email Rebello or Yeager

PARENTS: If you use a different email, you need to change it on Infinite Campus for it to change on Naviance - **contact counselor**



It Pays To Be Involved and Get Good Grades

Check out RaiseMe

- RaiseMe: platform that helps 9-12th grade students prepare for college by earning scholarships for their achievements in school.
- Students create a portfolio and select colleges they're interested in attending.
- As they add achievements to their portfolio - grades, club or sports participation, even college visits - they can see the micro-scholarships add up.



Student Opportunities: Academics Beyond the Classroom

What are opportunities are you taking advantage outside the classroom that relate to your academic interests?

- School Level: Sign up for academic club - Physics Club, Robotics Club
- Community Level: Local contests, internships, workshops, Stanford and Berkeley free programs
- State and National Level: Girls/Boys State, NASA Programs, Contests, Scholarships

What you can do to figure out about colleges now

- Sign up for college visits at Sequoia (listed on Naviance)
- Happening NOW!
- Go on college websites and register as a student interested in their college
- Attend colleges events/fairs
 - Check out Newsletter



International Universities

- Like all universities, international institutions have very specific requirements and some are very different from US universities.
- It is important to do your research early, if it is a possibility of attending a school outside of the US
- International schools participate in NACAC Fairs
- All have representatives that are willing to speak to students about the process

Upcoming Presentations for 9th Graders

SPRING

- Rebello/Yeager will meet with students to go over their transcripts and A-G Requirements, create a resume
- Counselors complete a 4-YR plan with all 9th graders individually

Mr. Rebello: All HCA, Study Skills Students and Last names A-L

Ms. Yeager: All DAA, ELD Students and Last names M-Z

Ninth Grade College Day

- Wednesday, October 22, 2025
- All 9th graders will be visit local colleges and universities
- Complete the permission slip today: bit.ly/CDSEQ2025



Help From the College & Career Center

Parents/Guardians - encourage your students to advocate for themselves when they have questions

- Students can drop in the College/Career Center at lunch if they have questions
- Make it a habit to read the Weekly Newsletter
- Attend college events at Sequoia as well as off campus



College & Career
Preparedness



Academics & Art
Enrichment



Mental Health &
Wellness



- Support for High-Level IB Classes
- Credentialed College Counselor
- On-campus PSAT & SAT (11th)
- Equipment for IB Chemistry Lab and supplies for IB Art and other arts courses
- Release time for teachers to write college recommendations
- Funding for College Counselors to visit schools & promote Sequoia students
- After school math tutoring
- Teacher and student minigrants
- Mental Health Counselor

Help SHSEF reach its
\$650,000 fundraising
goal!

DONATE TODAY!



The logo of Sequoia High School, featuring a stylized 'S' inside a square frame, is centered in the background of the top banner.

¡Bienvenidos! Bienvenue! Welcome to **Sequoia High School's**
International Baccalaureate Programme

Freshmen IB Information Meeting

October 8, 2025

Your Sequoia IB Team



Elisa Niño-Sears “Ms. Niño”

IB Coordinator & CAS Coordinator

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eninosears@seq.org

Bilingual English & Spanish, she/her/ella



Estreya Zamora “Ms. Zamora”

Asistente Administrativa IB

(650) 367-9780 ext. 63108

ezamora@seq.org

Hablo español e inglés, ella/ella

Please visit our website

<https://www.sequoiahs.org/PARENTS--COMMUNITY/IB-Programme/index.html>

The screenshot shows a web browser displaying the Sequoia High School website. The address bar shows the URL: [sequoiahs.org/PARENTS--COMMUNITY/IB-Programme/index.html](https://www.sequoiahs.org/PARENTS--COMMUNITY/IB-Programme/index.html). The browser's tab bar includes several open tabs: "Inbox (206) - enin...", "Sequoia High Sch...", "Today: Todoist", "Sequoia Union Hig...", "ManageBac | Elisa...", "Sequoia Master S...", "Sequoia CA Live D...", and "My IB Home".

The website's header is purple and contains a search bar, navigation links for DISTRICT, SCHOOLS, and LANGUAGE, and icons for Naviance, Calendar, Staff Directory, CANVAS, Google Login, and Infinite Campus. Below the header is a banner image of a school building with trees. On the left of the banner is the Sequoia Union High School District logo. To the right of the logo, the text reads: "Sequoia High School", "1201 Brewster Ave., Redwood City, CA 94062", and "650.367.9780".

Below the banner is a dark navigation bar with links: HOME, DEPARTMENT, ABOUT, PARENTS & COMMUNITY, COUNSELING, POLICIES, RESOURCES, STUDENT LIFE, and 9TH/NEW STUDENT ORIENTATION. Below this bar is a breadcrumb trail: HOME > PARENTS & COMMUNITY > IB Programme.

The main content area is divided into two sections. On the left is a dark sidebar with the heading "PARENTS & COMMUNITY" and a list of links: "Guides for IC, Canvas & Zoom", "Freshman and New Student Orientation 2023-24/Orientación Para Estudiantes Nuevos y de 9º Grado", "Incoming 9th Graders/New Students", "8th Grade Shadowing Program", and "Assessment Calendar". On the right is a large blue banner with a stylized 'S' logo and the text: "¡Bienvenidos! Bienvenue! Welcome to Sequoia High School's International Baccalaureate Programme".

NEW Sequoia IB Academic Integrity Policy



- All students participating in IB courses and programming required to read and sign the pledge.
- Policy includes updated guidance on the use of artificial intelligence.
- Policy available in English and Spanish on IB page on school website.
- Thank you for reviewing this important policy with your Sequoia student.

Special Event



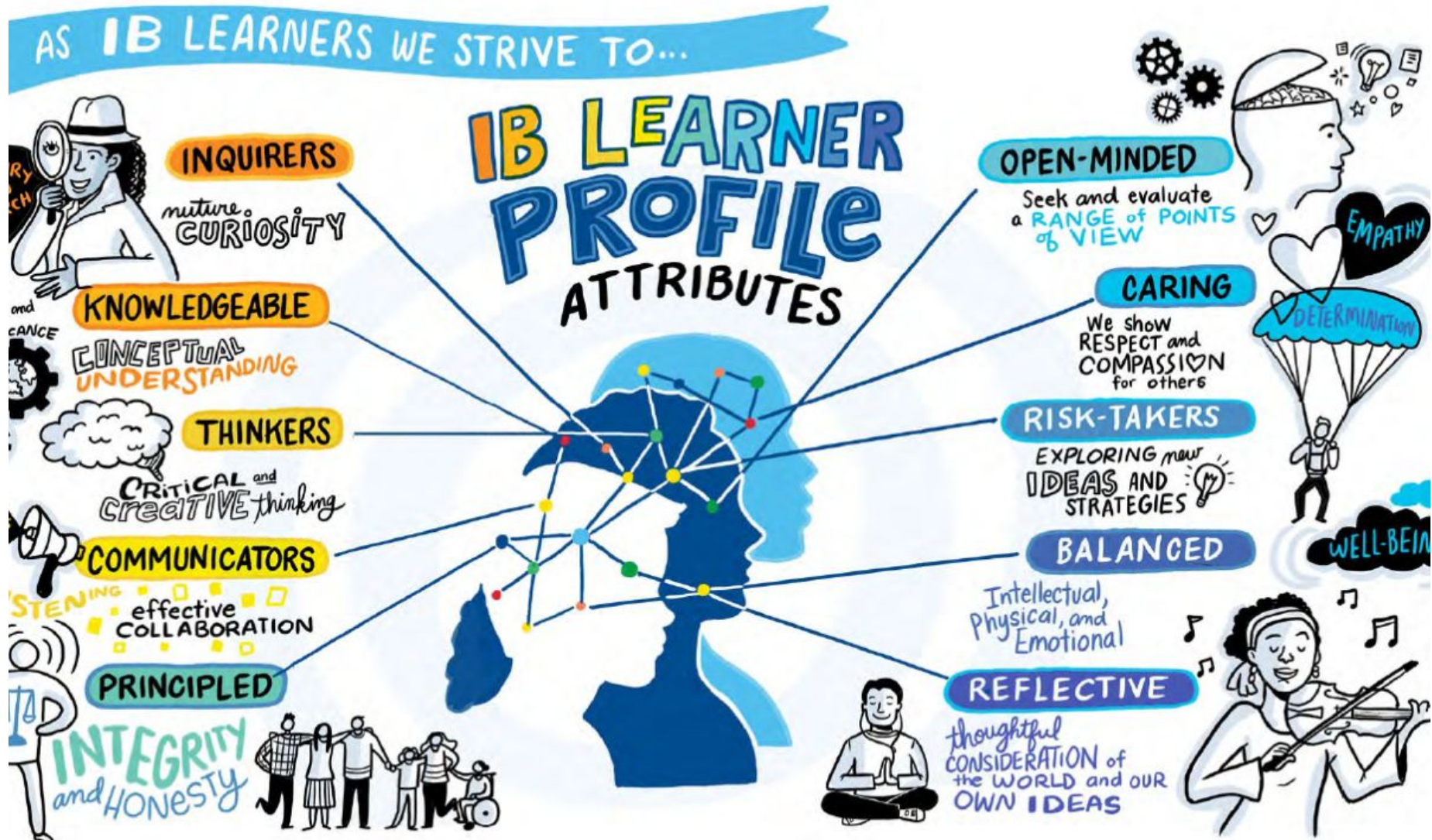
Helping Students Navigate AI with Confidence and Curiosity

- **Thursday, October 9** · 5:30 – 6:30pm PDT
- Parent Venture, Join the Online Event: Link [HERE](#)
- Recording available [HERE](#)

Why participate in IB at Sequoia?

- IB prepares students with skills to be successful in college and beyond:
 - critical thinking
 - writing and communication
 - independent research skills
 - time management, and much more.
- Students develop an international perspective, appreciation of other cultures, viewpoints, truths.
- Possible credit in college, saving money and time.
- Possible placement in more advanced course in college.

Why participate in IB at Sequoia?



Tips to support your freshman

Move towards coaching your student from the *sidelines*.

- Start slowly but surely preparing for more independence in college.
- **For example:** Students need practice taking care of school tasks on their own: filling out forms, dropping them off, writing important emails to adults, etc.
- Parents **can help** freshman get organized, help think through deadlines and calendar issues, help student consider options to address problems... but **encourage student to take care of it**, whenever possible and appropriate.

Tips to support your freshman

What messages – direct and indirect – are you sending when you talk this year? How are you talking about school?

Are you...

- only talking about grades?
- only talking about college?
- spending a long time talking about where your neighbor's kid got into school and why?

Tips to support your freshman

What messages – direct and indirect – are you sending when you talk this year? How are you talking about school?

*...Or are you talking about **learning, about making mistakes and repairing them, about the world, about messiness, about love.***

- Can you work the IB Learner Profile into your conversations?

Tips to support your freshman

What messages – direct and indirect – are you sending when you talk this year? How are you talking about school?

- **For example:** If your student tells you they got a B- on a test, help them figure out how to ask for help, help them think through what they can try differently moving forward?
- Guide **Reflection**, Not Reporting – Ask why it mattered, not just what happened. Help them focus more on valuable lessons and the resilience of taking next steps.
- **Celebrate Growth, Not Perfection** – Highlight learning from challenge and change.

“It’s not what you earn, it’s what you learn.”

~ Dr. Denise Pope, Stanford GSE.

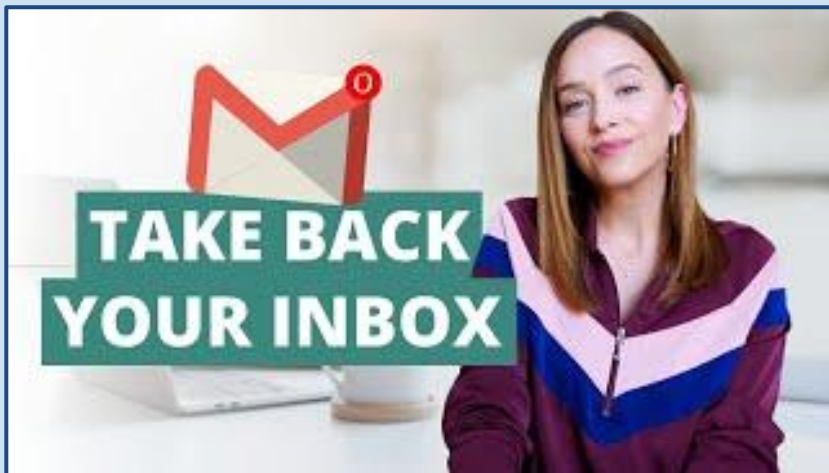
Tips to support your freshman

Learn *together*. Use this first year to figure out your systems.

- **For example:** How to manage **email**?
- set aside time to **process** email each day– to take *action*, not just *look* at it– plus a longer session on the weekend.
- learn how to **manage** your email inbox so that it works for you – how to use filters, unsubscribe, change notification settings, separate email accounts.

Tips to support your freshman

Conquering email:



<https://youtu.be/LNjhlGg1h9k?si=aGeYEHXIHm6qQTQR>



<https://youtu.be/oLdHnWLbn4A?si=glrpeYqSnucj0wBd>

Tips to support your freshman

- Explore what **calendar & productivity systems** *work for you.*
 - put in all commitments and appointments.
 - helpful, timely reminders
 - block class time, work time for each subject, exercise, fun time, family time, chores, sleep!
 - troubleshoot, make changes if there are not enough hours in your day
 - productivity apps like Todoist, Notion can help

Tips to support your freshman

Rudy Raven Calendar

Sun Sep 24 – Sat Sep 30, 2023 (Pacific Time - Los Angeles)

	Sun 9/24	Mon 9/25	Tue 9/26	Wed 9/27	Thu 9/28	Fri 9/29	Sat 9/30
9am		Classes 8:30am - 3:40pm	Classes 8:30am - 3:40pm	Classes 8:30am - 2:30pm	Classes 8:30am - 3:35pm	Classes 8:30am - 3:35pm	
10am	Boba with Friends 10am - 11:30am						Family Breakfast 9:30am - 10:30am
11am							Job 11am - 5pm
12pm	Homework Time 12pm - 3pm						
1pm							
2pm							
3pm				Club Meeting 2:30pm - 3:30pm			
4pm	Prep for Club Meeting 3:15pm - 4:15pm			Down Time, 3:30pm -			
5pm	Family Hike & Dinner 4:30pm - 6:30pm	Afterschool sports 4pm - 6pm	Afterschool sports 4pm - 6pm	Afterschool sports 4pm - 6pm	Afterschool sports 4pm - 6pm	Afterschool sports 4pm - 6pm	
6pm							House Chores 5:30pm - 6:30pm
7pm	Finish Homework 7pm - 8:30pm	Family Dinner, 6:15pm -	Math Study Group 6:15pm - 7:15pm	Family Dinner, 6:15pm -	Family Dinner, 6:15pm -	Play Time -Friends & Football Game 6:15pm - 9pm	
8pm		Math HW 7pm - 7:45pm	Down Time, 7:30pm -	Enrichment Activity 7pm - 9pm	Math HW, Study for test 7pm - 8pm		Play Time-Movie Night 7pm - 10pm
		English HW, 8pm - 8:	Spanish HW, 8pm - 8:		Write English Paper 8pm - 9:30pm		
9pm		Science HW, 8:30pm -	History HW 8:30pm - 9:30pm	Elective HW 9pm - 10pm	Science Lab Write up,		
		Down Time 9:15pm - 10pm					

Tips to support your freshman

Set aside time each weekend to review CANVAS **together**, troubleshoot, and make a plan for the week.

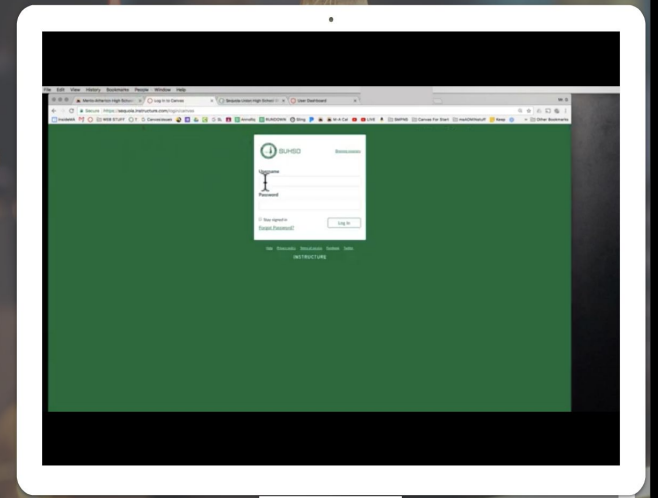
Do you know how to access CANVAS as a parent?

This [tutorial here](#) will help!

Make sure to set notifications so that they feel helpful, not overwhelming!

Canvas for Parents

This nine-minute video outlines the basics of Canvas navigation, including helpful tips and pointers for parents & guardians



My freshman is struggling...

- **ask your student to speak to teacher, ask for help** (afterschool, flex periods, in class, talk to a former favorite teacher)
- **try free tutoring** ([Varsity Tutoring](#), afterschool, during flex, organize a peer study group)
- **investigate further: is it something else?** (don't have any friends in class, feeling intimidated/overwhelmed but it will pass, it could work if I reduced hours elsewhere)
- **listen and support your student's decision** (consider bandwidth, stress level, health, adulting skill of saying "no" to say "yes"). *[Send them to me in Room 130!](#)*



Customize your IB work

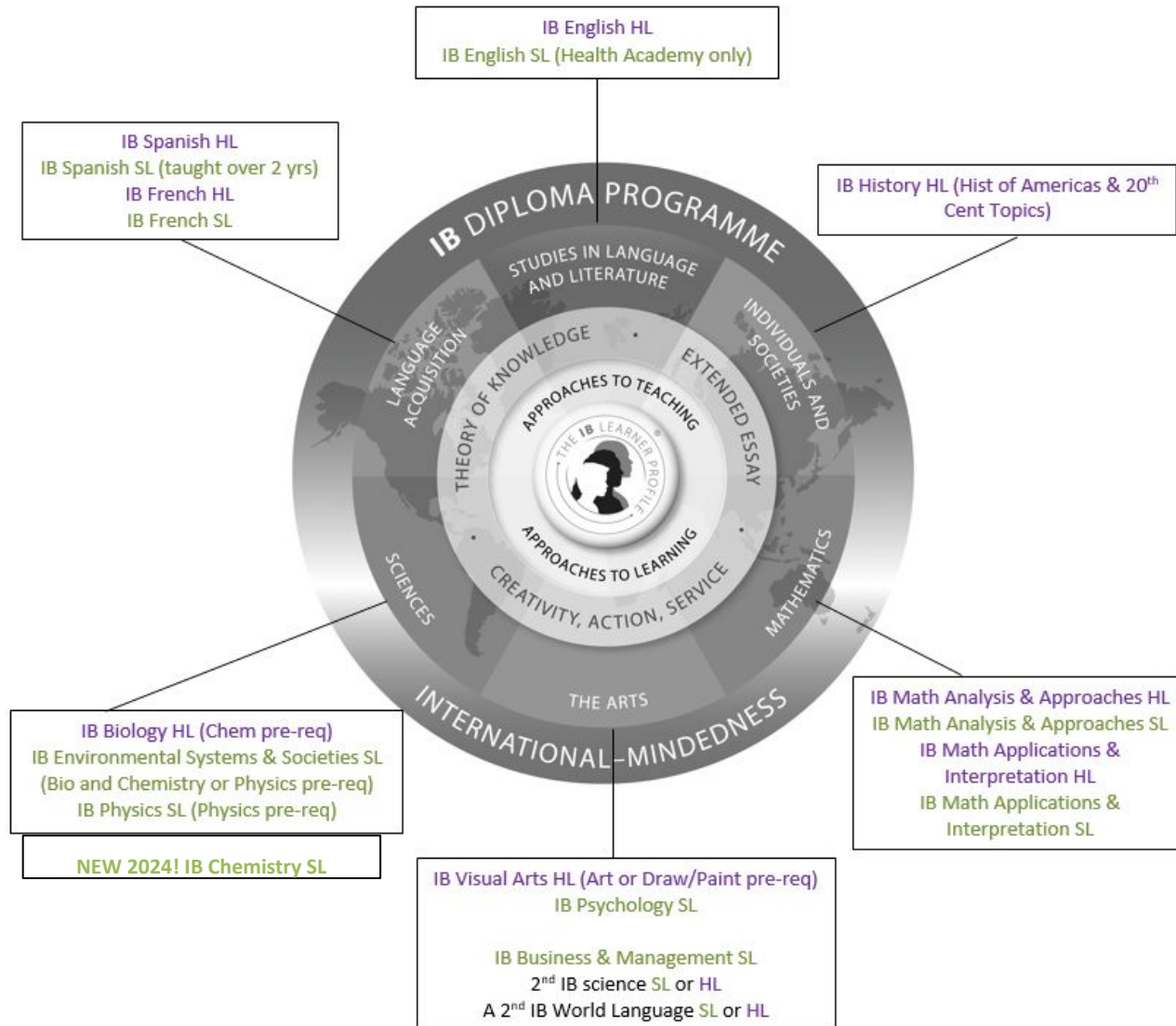


Meet with your Counselor in the spring
to select courses for 10th grade
and form a tentative 4-year plan

IB Terminology

- **ICAP** = International College Advancement Program (9th & 10th in English, Social Studies, French & Spanish)
- **IB** = International Baccalaureate Program (11th & 12th, worldwide)
- **Course Student** = A student taking one or more individual IB courses, not the full diploma
- **IB for All** = Sequoia wants every student to take at least one IB course before graduating
- **Anticipated** = 11th grader participating in full IB Diploma Program
- **Diploma Candidate (DP)** = 12th grader participating in full IB Diploma Program

IB's Sequoia Course Offerings



What is SL vs. HL?

- **SL = Standard Level**

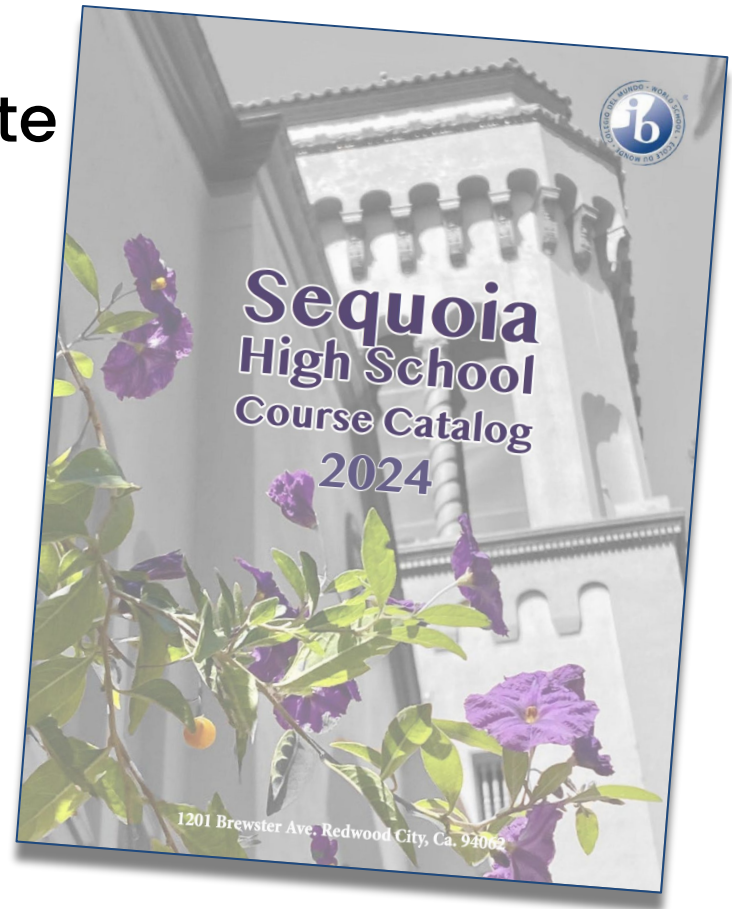
- 150 hours of instruction minimum
- Taught over 1 or 2 school years
- SEQ's 1-year SL courses = IB Psychology, IB Business & Management, IB Physics, IB Math Analysis SL, IB Math Applications SL, IB French SL (teacher rec only)
- SEQ's 2-year SL courses = IB Spanish, IB ESS

- **HL = Higher Level**

- 240 hours of instruction minimum
- Taught over two school years

How do I get into an IB Course?

- Take a look at the [Course Catalog](#) on the school website
- IB Courses vary on requirements:
 - Some IB courses have prerequisites.
 - Some courses have recommended courses
 - Some IB courses have no prerequisites



IB Courses with Prerequisites

- **IB Chemistry:** Chemistry
- **IB Physics:** Physics
 - IB Physics recommended for senior year
- **IB Visual Arts:** Draw/Paint or Art 1
- **IB Spanish Y4 & IB French Y4:** Completion of level III prior to junior year with C- or higher (Span 2/3 ICAP, French 2/3 ICAP, Spanish III, French III or Span III NS)
- **IB Math Analysis:** IB Math Analysis Prep
- **IB Math Applications:** IB Math Analysis Prep

IB Courses with Recommendations

NOT required. **Only suggested.** Can still access IB without them. Subject to Change.

IB Environmental Systems & Societies:

1) Biology and 2) Chemistry *or* Physics

IB Biology:

Chemistry

IB Math Pathways

IB Analysis and Approaches	IB Applications and Interpretation
- More Calculus - No calculator & calculator exams - More theory based - Fewer problems in real life context - Deeper dive into fewer topics	- More Statistics - Can always use a calculator - More problems in real life context - Less theory based - Covers many topics, doesn't go as deep into each topic

IB Math Pathways

What do you want to study in college?

IB Analysis and Approaches	IB Applications and Interpretation
– Math – Engineering – Chemistry – Computer Science – Economics – Physics – Biology* <i>*A biology major often requires Calculus in college, but Statistics are very integral to the study of Biology.</i>	– Psychology – English – History – Business – Art – Music – Sociology – Political Science – Biology*

IB Math Pathways

What type of math do you like to do?

IB Analysis and Approaches	IB Applications and Interpretation
● Derive formulas ● Prove things ● Graphing without a calculator ● Solving complex equations without a calculator ● Understand the theory behind why the math works ● Calculus	● Do problems based in a real life situation ● Use a calculator ● Use math to model a situation and then answer questions ● Statistics

IB Science Pathways

IB Science Pathways
(this does NOT include non-IB options, but that does not mean you can't take them!)

BIOLOGY for all 9th graders

Chemistry

Physics

IB Chemistry SL

**IB Biology
Y1 & Y2 HL**

**Environmental Systems
and Societies
Y1 & Y2 SL**

IB Physics SL

- Can take IB Physics junior or senior year, just need Physics first
- Can take IB Chemistry junior or senior year, just need Chemistry first
- Can take IB Physics simultaneously with IB Bio, IB ESS or Chemistry
- Can take IB Chemistry simultaneously with IB Bio, IB ESS or Physics

Discuss w/teacher
first! Takes extra
dedication to succeed
at two sciences at once

IB Science Pathways

Prerequisites

COURSE	YEAR	Prerequisites	Other factors to consider
IB ESS Y1 & Y2	11 & 12	No prerequisites. (Recommended: C or higher in Physics, Chem, or Biology)	Can fulfill either physical or life science requirement. IBESS is a two-year course. Satisfies IB Group 3 or 4 requirement.
IB BIOLOGY Y1 & Y2	11 & 12	C or higher in Chemistry	IB Biology is a two-year course.
IB PHYSICS	11 or 12	C or better in Physics or pass department placement exam	Concurrent enrollment in IB Math Applications Prep or Analysis Prep or higher.
IB CHEMISTRY	11 or 12	C or better in Chemistry or pass department placement exam	

IB PHYSICS

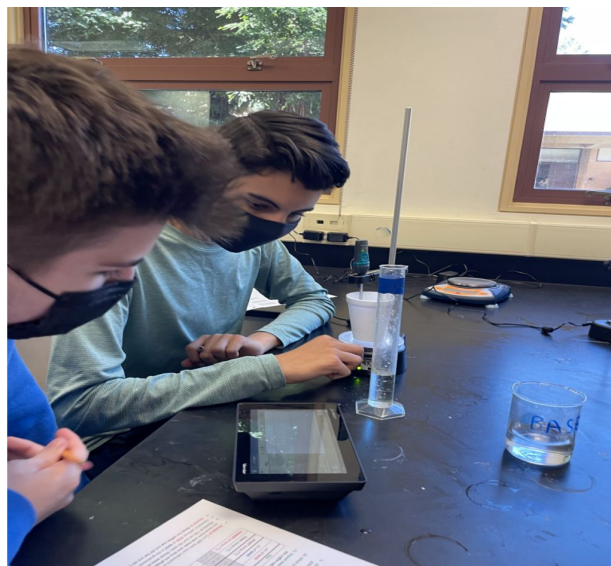
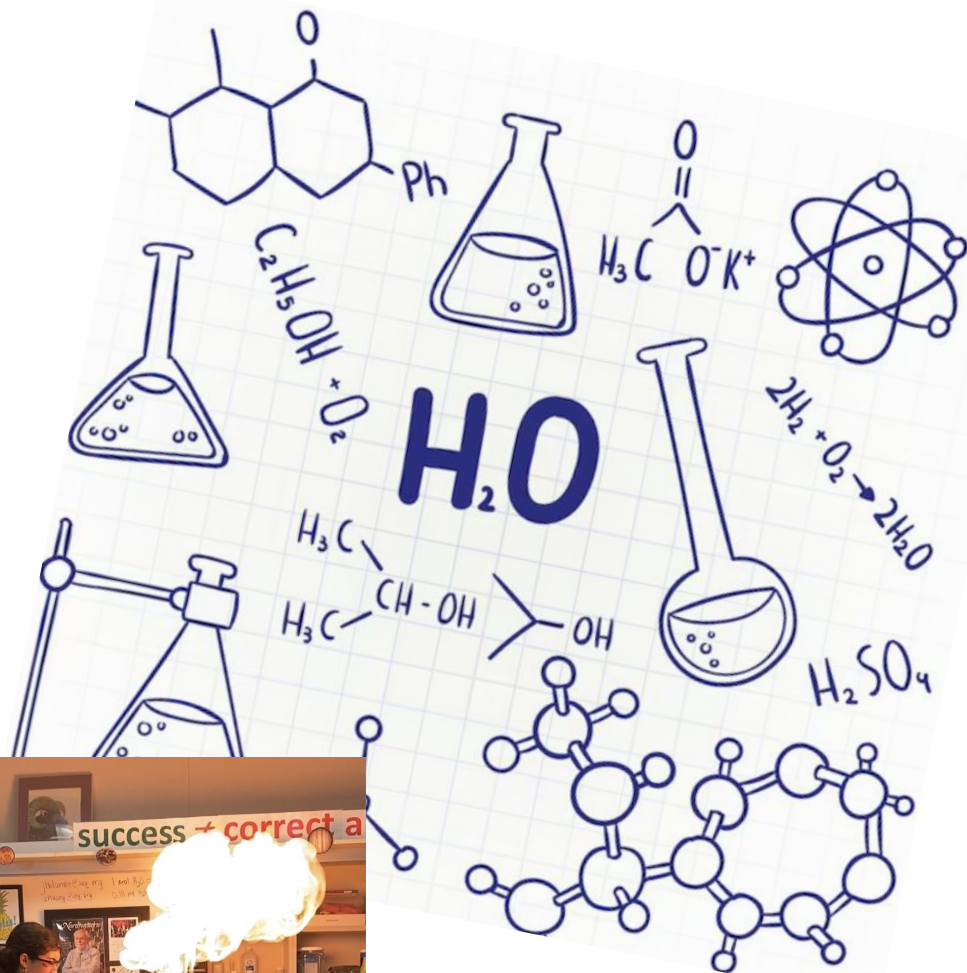
Have you already taken physics?
Do you love problem solving and
want to dive deeper into concepts
you saw in physics?

Consider this: IB Physics is an intro to
college freshman-level
trigonometry-based physics and
covers mechanics, waves, electricity
and magnetism, and modern physics.

Emphasis placed on strong
experimental design, technique, and
analysis.



IB CHEMISTRY



IB ESS Y1 - Y2

IB ESS = IB Environmental Systems and Societies

Do you want to learn more about global environmental issues like human population growth, climate change, biodiversity loss, and how humans impact life on Earth? Consider taking IB Environmental Systems and Societies in 11th and 12th grade

Consider this: This is a two-year course equivalent to coursework you would see in an introduction to environmental sciences at a college or university. Juniors take Y1 and Seniors take Y2.



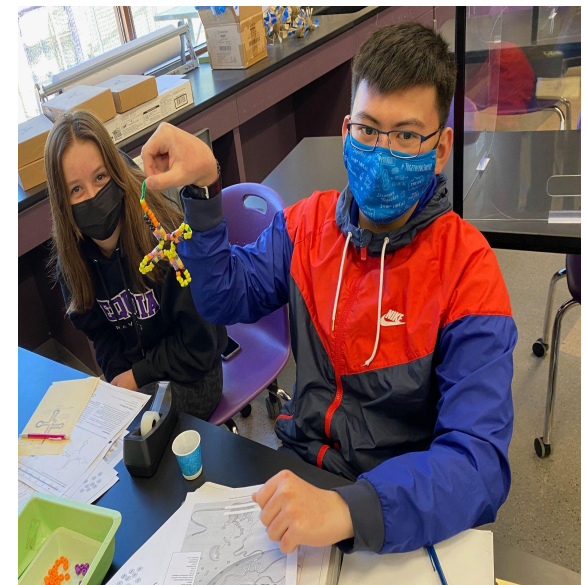
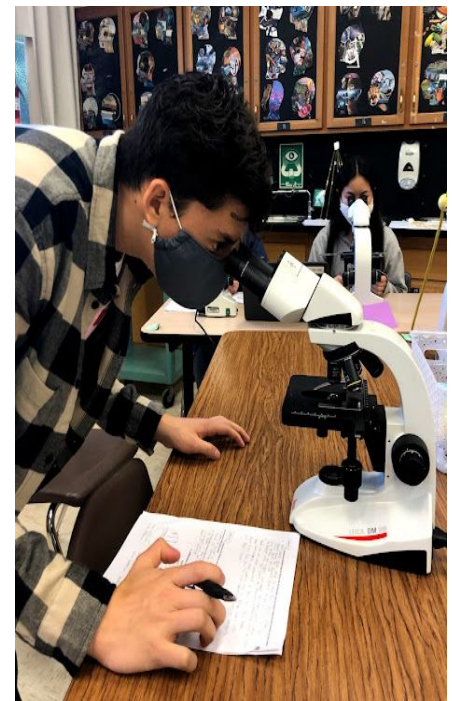
IB BIOLOGY Y1 - Y2

Do you love biology and want to learn more about the detailed processes and intricate systems that occur within life on Earth??

Consider this: **This is a two-year course equivalent to coursework science majors would see in their first years of a biology major.**

Current IB BIO Y1 one students say it is important to take chemistry before IB BIO Y1 because before you will need to be able to understand:

- elements and their properties
- bonds, bonding, ionic/hydrogen/covalent bonds
- chemical structures (diagrams of simple molecules)



IB Science Pathways

Each college and university has different requirements and preferences so students need to research this carefully for particular majors. However, in our experience, generally speaking, we've found this table to be helpful to students deciding which IB science(s) to take in 11th-12th grade.

What do you want to study in college?

IB Biology	IB Physics	IB Environmental Systems & Societies	IB Chemistry
Biology Biochemistry Chemistry Physiology Psychology Environmental Science Biostatistics	Engineering Physics Computer Science Astrophysics Particle Physics Math	Environmental Science Biology Chemistry Geology Engineering Political Science Economics Journalism	Chemistry Chemical Engineering Biochemistry Biology Environmental Science
<i>Course designed for students interested in life sciences</i>	<i>Course designed for students interested in physical sciences and math</i>	<i>Multidisciplinary course designed for students interested in life sciences, physical sciences or social sciences</i>	<i>Course designed for students interested in physical and life sciences</i>



College & Career
Preparedness



Academics & Art
Enrichment



Mental Health &
Wellness



SHSEF

SEQUOIA HIGH SCHOOL
EDUCATION FOUNDATION

- Credentialed College Counselor
- Mental Health Counselor
- On-campus PSAT & SAT (11th)
- Support for High-Level IB Classes
- Equipment for IB Chemistry Lab
- Supplies for IB Art and other arts courses
- Instrument repair and replacement
- Performing Arts A/V equipment upgrades
- After school math tutoring
- Teacher and student mini-grants

Help SHSEF reach its
\$650,000 fundraising
goal!

DONATE TODAY!



Looking ahead to our 10th grade Meeting

We will cover A LOT:

- More about the benefits of IB, finding balance
- Customizing your IB Experience:
 - HL vs SL
 - IB Diploma vs. DP Course
 - Creativity, Activity, Service (CAS)
 - Extended Essay (EE)
 - Theory of Knowledge (TOK)
- Spring IB Exams
- And more! *(all available on our IB webpage)*

Advanced Placement (AP): **Caution**

Sequoia High School does not administer AP Exams.

If a student is self-studying for AP, they need to find their own location to take those tests.

The College and Career Center does not recommend self-studying and taking AP tests for subjects offered at Sequoia in IB, at any level of IB. For students who are applying to international programs, they should consult with the College and Career Center immediately.

Advanced Placement (AP): **Caution**

We are aware that in the community, people are giving advice that you must take AP tests to be competitive in college admissions. **This is contrary to all conversations with college admissions representatives.**

Colleges are evaluating you based on the context of the school you go to.

“But someone told me an AP score at the end of junior year helps me with showing my skills/talents?” If your IB course is a two year course, colleges are looking at your course schedule and grades you receive. They are not looking for an AP or IB exam score at the end of junior year. Better to spend your energy doing a GREAT job in your IB course.

IB Spring Exams – We need your help



Parents, we are counting on you!

Please plan on donating one or two half days to Sequoia during exam month

April 28th through May 20th, 2026.

You will receive an email in March asking you to sign up to assist with one or two exams.

Thank you!

This presentation will be available soon on Sequoia's Website.

Please feel free to log off or continue for general Q&A and IB Alumni Video "Advice for Getting Started at Sequoia".

For individual questions, please contact:

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IB Coordinator

eninosears@seq.org

Joel Rebello (he/him)

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Teresa Yeager (she/her/ella)

College & Career Advisor

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Q & A Time • Sequoia IB Alumni Panel

Please enjoy this Sequoia IB Alumni Panel's Advice for Sequoia Ninth Graders. Q & A will start as soon as video finishes.

(8 minute video)

