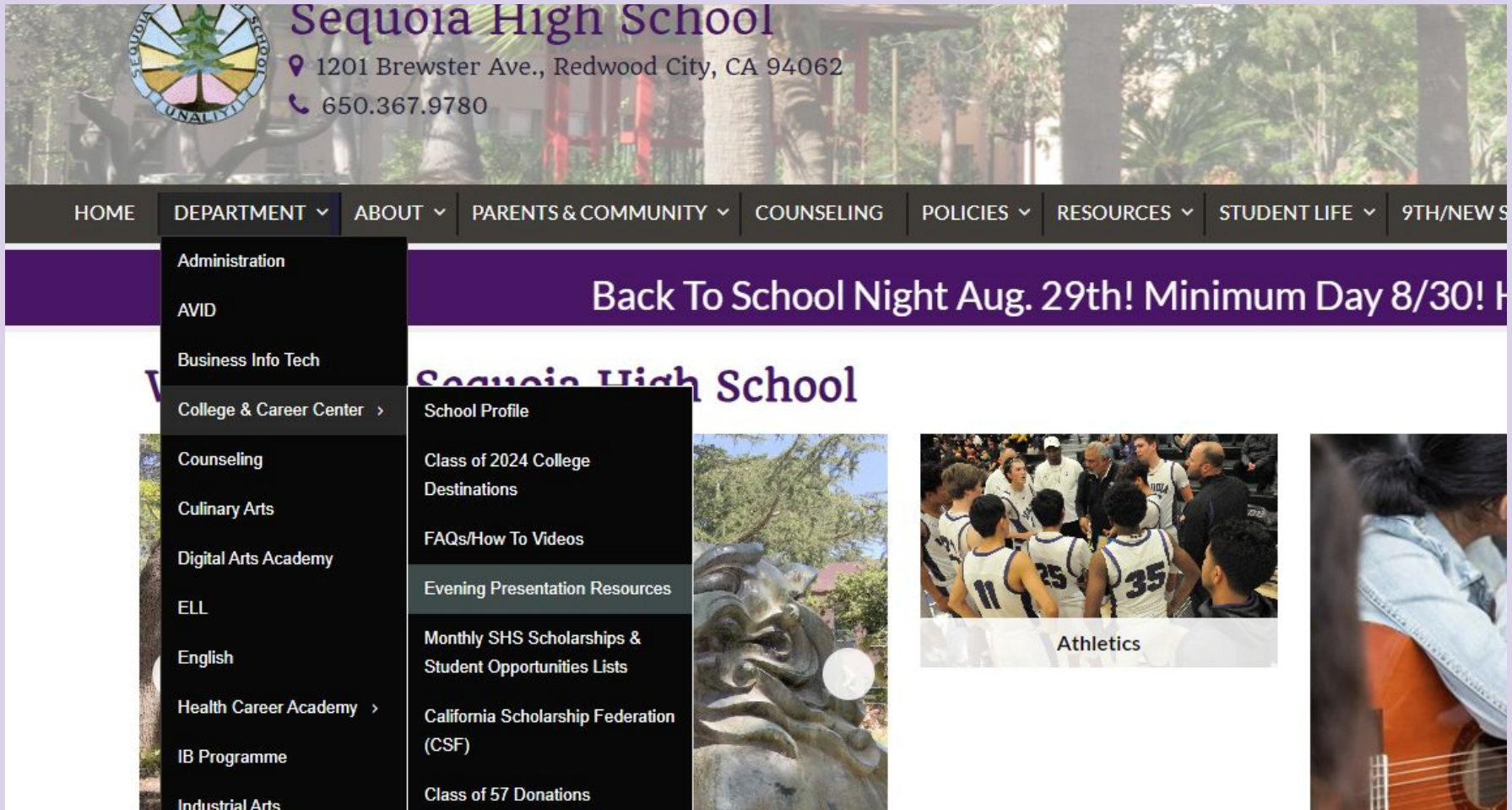


# Today's Presentation is on the Sequoia Website to Download if Needed!



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 school departments. 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' with 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**

# 10th Grade Level Meeting

## ICAP/IB College Information

Elisa Niño-Sears (she/her/ella)

IB Coordinator

[eninosears@seq.org](mailto:eninosears@seq.org)

Magdalena Galvan Rodriguez (she/her/ella)

School Counselor

[mgalvan@seq.org](mailto:mgalvan@seq.org)

Joel Rebello (he/him)

College Career Advisor

[jrebello@seq.org](mailto:jrebello@seq.org)

Teresa Yeager (she/her/ella)

College Career Advisor

[tyeager@seq.org](mailto:tyeager@seq.org)

# **10th Grade Level 4-Yr College Bound College Meeting September 24, 2025**

Joel Rebello (he/him)  
College and Career Advisor  
[jrebello@seq.org](mailto:jrebello@seq.org)

Teresa Yeager (she/her/ella)  
College & Career Advisor  
[tyeager@seq.org](mailto:tyeager@seq.org)

# 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/Yeager**

## PARENTS:

- If you use a different email, you need to change it on Infinite Campus for it to change on Naviance
- Contact Counseling Department

# **10th Grade 4 Year College Bound College Systems Explained**

- CSU
- UC
- Private Schools
- Out of State Public Schools
- College Admissions Testing
- Extra-Curricular Activities Timeline
- How to Use Naviance
- Things to Think about Now

# Four-Year College Systems

CSU, UC, Private and Out of State  
Public Colleges

# CSU/UC Admissions Terms

- **Impacted:** More students apply than space available (term mainly used within California public school admissions)
  - can be impacted at programs and/or majors levels at each school
    - Colleges use “Multiple Factors” if impacted
- **Selectivity: Admit Rate**
- **Eligibility v Selectivity**
  - If planning on going to an impacted or competitive school must go beyond the minimum eligibility

# CSU Minimum Requirements

Minimum Requirements For Guaranteed Admission to  
Non-Impacted and Local Campuses

- Graduate from HS
- 15 A-G Courses Completed with a C or better
- A-G 2.5 GPA (courses taken during 10-11th grade except SLO)

*No letters of recommendation required*

*No written personal statement required*

*No transcript sent until requested (either 7<sup>th</sup> semester or after graduation)*

*No Early Action/Early Decision Programs*

*SAT/ACT Requirement Suspended Indefinitely*

# Campuses use different Supplemental Factors for Impaction

Some campuses are fully impacted

Some programs/majors within on a campus are impacted

You can look at the “Multiple Factors” each campus uses to determine admission each year

- [First Time Freshman Supplemental Factors by Campus](#)
- [Impacted Undergraduate Majors and Campuses 25-26](#)

**Very Selective CSU Campuses (Typical GPA above 3.5 for most majors for 2023)**

Fresno, Fullerton, Long Beach, Los Angeles, San Diego State, SLO, San Jose State

**Good News, if you apply to our local CSU (San Mateo County Residents)**

- **San Francisco State and Cal State East Bay**

- If meet minimum requirements, will be admitted

[Impacted Programs at the CSU](#)

# Cal Poly SLO's Selection Criteria

## Admissions

FIRST-YEAR STUDENT ▼

TRANSFER STUDENT ▼

GRADUATE STUDENT ▼

INTERNATIONAL STUDENT ▼

Cal Poly requires you to declare a major when submitting your application. Our selection process considers many factors for admission in an objective format in which applicants compete against other applicants within the same major. When we review your application, we consider:

### Your Intended Program of Study

We evaluate and admit students by their major. Admission is competitive in all majors.

### Course Work

We look at the college-prep course work you have taken during high school, including the courses you have in progress or planned during 12th grade. Our selection process is based on your self-reported information. Please do not send us official transcripts unless we request them.

→ **HIGH SCHOOL COURSE REQUIREMENTS.**

### GPA

For the purposes of your application, we'll consider your 9th-11th grade weighted GPA. That number is calculated from college-prep course work as designated on your application. Weight is granted for courses designated as "honors," "college-level," "advanced placement" or "international baccalaureate" for up to eight semesters.

### Standardized Test Scores

**Test scores for Fall 2021 admission decisions will NOT be considered.**

Dates and Deadlines

#### ▼ Selection Criteria for First-Year Students

First-Year Student Profile

High School Course Requirements

Testing Information (ACT/SAT)

Application Resources

Cost and Aid

➤ Once You're Accepted

Admit by Major



# San Jose State's Selection Criteria

**Freshmen applicants to programs in the College of Engineering** will be ranked using a modified eligibility index that will take into consideration applicants' math GPA in addition to the factors listed above.

Impaction Consideration  
Factor: College of Engineering  
Only

Impaction Point  
Calculation Value

Math Coursework Grade Point Average (GPA)	400 points x Math GPA
---	-----------------------

[See specific impaction results for freshmen](#)

# How Can You Become More Competitive for CSU

- Go beyond the minimum A-G course work
- Grades are the most important factor in admission
  - Maintain high GPA
  - Retake courses with grades lower than a “C”
- Take some IB courses
  - Can receive up to 8 semester honors points to add to your GPA

# UC Minimum Requirements

## Minimum Requirements For Guaranteed Admission

- 15 A-G Courses Completed with a C or better
  - average UC admitted student has 23 completed
- 3.0 GPA
  - Weighted using a maximum of 8 honors/IB courses

## Application Includes:

- Four Personal Insight Questions @350 words each
- List of Activities and Honors

***UC DO NOT Require Letters of recommendation***

***Transcripts are not sent until after graduation from high school***

***No Early Action/Early Decision Programs***

**SAT/ACT Requirement Suspended Indefinitely**

# How UC Applications are Reviewed

From UC website

## Comprehensive Review

While all UC campuses use the same 13 factors to evaluate applications, **they often apply these factors differently.**

Review the selection process of each campus on the UC website

### UC COMPREHENSIVE REVIEW FACTORS

1. Grade-point average
2. Performance in and number of courses beyond minimum A-G requirements
3. UC-approved honors courses and advanced courses
4. Eligibility in the Local Context (ELC)  
– CA residents only
5. Quality of senior-year program of study
6. Academic opportunities in California high schools
7. Outstanding performance in one or more academic subject areas
8. Achievements in special projects
9. Improvement in academic performance
10. Special talents, achievements and awards
11. Participation in educational preparation programs
12. Academic accomplishment in light of life experiences
13. Geographic location

*Note: No single factor determines admission.*

# UC:How to Become a More Competitive Applicant NOW

From UC's Early Academic Outreach Program (EAOP)

- **Take advanced courses**, including community college and summer school offerings.
- **Aim for a higher GPA** by studying more, especially for IB classes, which offer bonus GPA points.
- **Committed Participation in academic enrichment and extracurricular activities** that are meaningful to you and reflect your interests.

# How to Be Competitive for a UC STEM Major

From the 2023 UC Conference:

Examples of what readers see on competitive applications for students applying to STEM Majors

## Maximize Activities and Awards

- Concurrent enrollment - STEM related courses
- Attend STEM Related Programs
- Projects - passion for STEM - rebuilding new car, creating app
- Utilize the Personal Insight Questions
- Volunteer in STEM related fields

# Out of State Public Schools

Each school has their own requirements with regards to classes/rigor, grades, tests (SAT/ACT/Test Optional), essays etc.

- Most are **BIG RESEARCH** Institutions
  - Students have many research opportunities
- Most are **not impacted**
  - If you meet the minimum requirements, you are admitted to most programs. Good opportunities for Engineering/Nursing
- **Most CA Residents will pay out of state fees**
  - Some colleges give CA Residents discount fees for students with strong GPAs and test scores - look at a college's Non Resident Financial Aid webpage
- Some have applications like Private Colleges which require LOR and other SHS documents
  - University of Michigan and University of Colorado, Boulder

*Use UC: How to Become Competitive Slide as Guideline if needed*

# Private Colleges/Universities

Each school has their own requirements with regards to classes/rigor, grades, tests (SAT/ACT/Test Optional), essays etc.

- More complex application process
- Application includes both student and SHS staff to submit
  - Personal Statement
  - Supplemental Questions Specific to Each School
    - Why do you want to go to .....?
  - School Documents
    - Teacher Letters of Recommendation
    - Counselor Report

*USE UC: How to Become Competitive Slide as Guideline*

# How do Private Schools and Out of State Public Schools Review Applications?

Varies Individually - Most privates use holistic model

We recommend:

- You read through individual college websites to see what they value
  - For Example: 80% of students study abroad or do community service
- Look at the degree of competition of the college on the Student/Freshman Profile Page
  - For Example: What is the average GPA? SAT? Number of Honors Courses?
- Attend College Presentations
  - At school through Naviance and in the local area by looking at college websites and the weekly newsletter

# Look at Student or Freshman Profile

## Freshman Profile

3.46–4.02

MIDDLE 50 PERCENT GPA

14%

ASIAN AMERICAN

6%

BLACK OR AFRICAN  
AMERICAN

16%

HISPANIC OR LATINO

3%

NATIVE AMERICAN

2%

NATIVE HAWAIIAN OR  
PACIFIC ISLANDER

Thirty-six percent of freshmen are ethnic and racial minorities. The individual groupings listed above add to more than the total, because a growing number of freshmen identify with more than one race or ethnicity.

# Standardized Testing Information

# ACT/SAT Testing Information

## Major Testing Requirement Changes since Covid

- Need to research individual schools (it changes year to year)

## Terms to Know and Research

- *Test Flexible*
- *Test Optional*
  - student chooses to submit or not when applying
- *Test Blind*
  - colleges not consider test scores when applying

## Worried about Test Optional

“Always been a holistic review process and now even more is” --Kenyon College

# 10<sup>th</sup> Grade Testing Timeline

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

# WHAT IS YOUR IMPACT?

Get Involved!

# Brown Admissions Quote About A Student's Activities

“We don't care about what you do,  
we care that YOU care about what  
you do”

- Get involved in things you are passionate about.
- Demonstrate Commitment, Leadership, Growth

# 10<sup>th</sup> Grade: Impact on Community & School

	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Inside School	try out clubs and activities	Choose one or two activities you want to commit to in high school <b>Become an active participant!</b>	Become a formal leader or plan an event within the club. Commit to the club beyond lunchtime meeting	As a leader, make responsible decisions that create an impact at school
Outside School/	<ul style="list-style-type: none"> <li>•Learn about community service opportunities</li> <li>•Continue outside activities of interest</li> </ul>	<ul style="list-style-type: none"> <li>•Commit to a volunteer opportunity for 1 hr a week</li> <li>•Continue outside activities of interest</li> </ul>	<ul style="list-style-type: none"> <li>•Continue volunteering</li> <li>•Continue outside activities of interest</li> </ul>	<ul style="list-style-type: none"> <li>•Continue Volunteering</li> <li>•Continue outside activities of interest</li> </ul>

How Can You Prepare Now

# What you can do to figure out what type of college is the right fit?

- Sign up for college visits at Sequoia (listed on Naviance)
- Look at College Events in Weekly Newsletter
- Attend virtual or in person college fairs
  - [NACAC Virtual College Fairs](#)



# Connect with Colleges on Their Websites

➔ [CONTACT STUDENT FINANCIAL SUPPORT](#)



## Connect with Current Students

Blue Jay Connection lets you ask current students what it's like to live and study at Hopkins. Build relationships with people who share your background or interests while learning how our dynamic community will support you.

➔ [CONNECT WITH CURRENT STUDENTS](#)

# Things to Think About Now!

- How are your grades? Do you have any D's or F's that would make you ineligible to apply for college? *(sign up for credit recovery program with counselor)*
- Are your courses rigorous enough? *Consider an IB Class.*
- ALWAYS update your extracurricular activities log in Naviance resume. *Babysitting, working, sports, clubs, community involvement*
- Enter Contests and Scholarships - *Naviance/Weekly Newsletter*
- Attend College Fairs to learn what colleges offer- *Weekly Newsletter*
- Read the Weekly College & Career Newsletter

**How Do You Use Naviance as a  
Sophomore to Help You Prepare?**

# Naviance Colleges tab:

You are viewing Naviance Student as Terri Camuso

Naviance

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

TC EN 46 Log Out

**Terri's Future Planning**

**Plan Your Future**

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

**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

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
✓ <a href="#">Complete Class of 2018 Senior Exit Survey</a> Task	None	07/15/25
✓ <a href="#">Class of 2016 Senior Exit Survey Task</a> Task	None	

[Go to My Planner](#)

**Search for a College**

Enter name

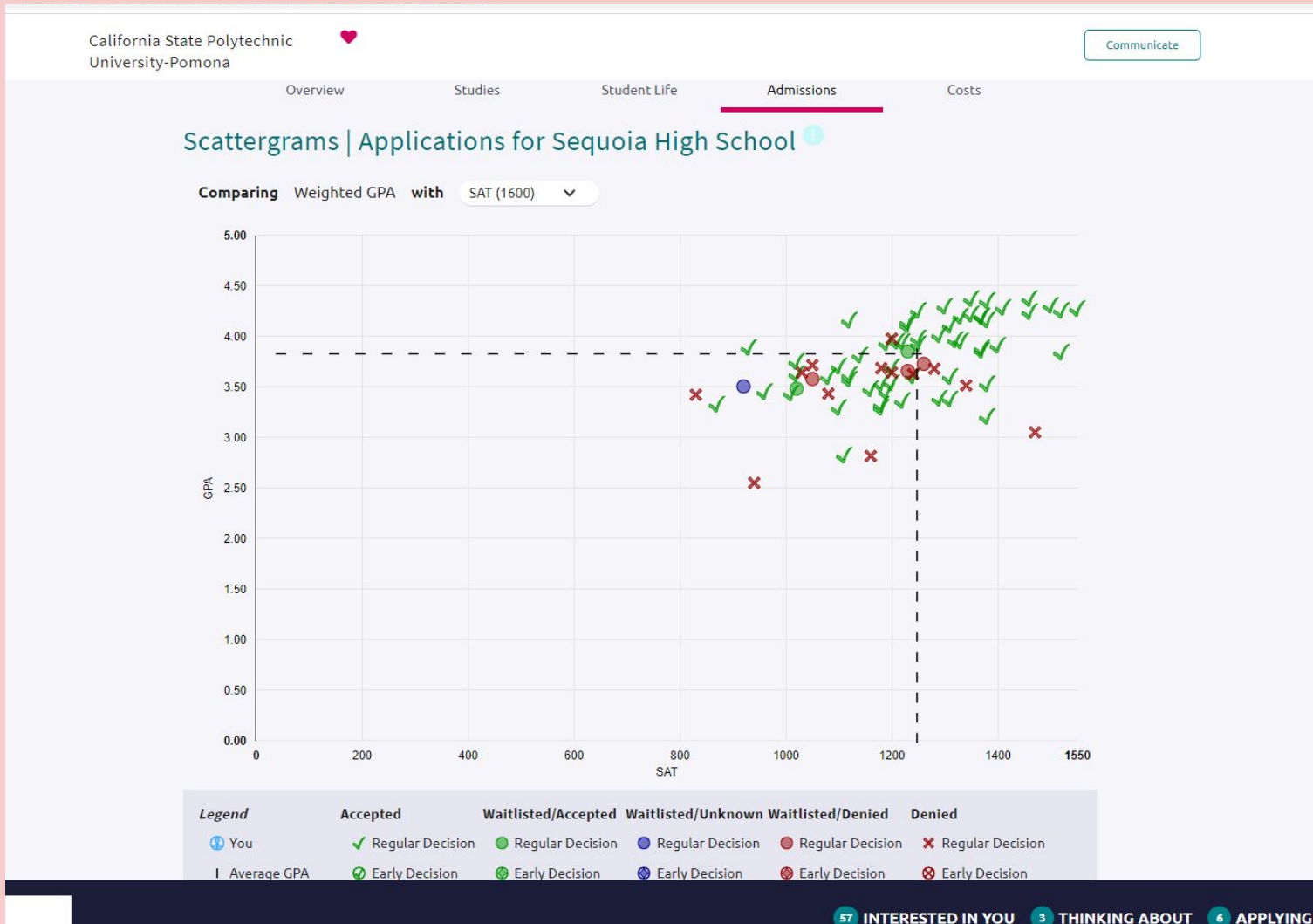
Search

**What's New**

- Add new colleges to **Colleges I'm Thinking About** (research using **Scattergrams**)
- Sign up for a **College Visit**
- Research Scholarships on **Scholarship List**

# Colleges I'm Thinking About

## Scattergrams compares you to SHS grads



# Sign Up for a College Visit at SHS

The screenshot displays the Naviance Student interface. The top navigation bar includes the Naviance logo, a language dropdown set to English, and links for Give feedback, new messages, and LOG OUT. The main navigation menu has links for Home, Colleges (which is highlighted), Careers, About Me, and My Planner. On the left, a sidebar contains Quick Links, MORE SEARCH OPTIONS (with links to SuperMatch®, Advance college search, and College lookup), MY COLLEGES (with links to Upcoming college events, Colleges match, Colleges Visits (highlighted), Colleges I'm thinking about, and Colleges I'm applying to), and COLLEGE RESEARCH. The main content area is titled 'College Visits' and features a search bar. Below this, a list of college visits is shown, each with a date, college name, location, registration deadline, and a 'Register Now' button. A red arrow points to the 'Register Now' button for Lehigh University.

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

Click  
*Register Now*

# Top Things to Prepare

1. Get the best grades you can
2. When choosing courses for 11th and 12th grades, make sure you have include rigorous courses if planning on applying to competitive colleges
3. Find out what you want in a college
  - NOT JUST THE NAME aka “It is a good school”
4. By the end of your junior year, have a good idea of what colleges you are attending
5. Make an impact in your community - Get Involved!

# **Make the Process Enjoyable**

Focus on the positive activities in your life and positive characteristics you possess instead of what you have not done.

There is a college for EVERYONE!



College & Career  
Preparedness



Academics & Art  
Enrichment



Mental Health &  
Wellness



- 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!**



# THANK YOU

Please contact us with further questions at:

**Teresa Yeager (she/her/ella)**

College & Career Advisor

[tyeager@seq.org](mailto:tyeager@seq.org)

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

**Joel Rebello**

College Career Advisor

650-306-6258

[jrebello@seq.org](mailto:jrebello@seq.org)

Ignaitis: All HCA, Study Skills Students & Last names A-L

Emails preferred for faster response

The logo is a stylized, blocky letter 'S' with a geometric, almost octagonal shape. It is rendered in a dark purple color and is centered behind the main text.

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

**Sophomore IB Information Meeting**  
**September 24, 2025**

# Your Sequoia IB Team



**Elisa Niño-Sears “Ms. Niño”**

IB Coordinator & CAS Coordinator

(650) 367-9780 ext. 63103

[eninosears@seq.org](mailto:eninosears@seq.org)

*Bilingual English & Spanish, she/her/ella*



**Estreya Zamora “Ms. Zamora”**

Asistente Administrativa IB

(650) 367-9780 ext. 63108

[ezamora@seq.org](mailto:ezamora@seq.org)

*Hablo español e inglés, ella/ella*



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!**



# 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 labeled "SEARCH SITE" and a navigation menu with links: "DISTRICT", "SCHOOLS", "LANGUAGE", "Naviance", "Calendar", "Staff Directory", "CANVAS", "Google Login", and "Infinite Campus".

The main banner features the Sequoia High School logo on the left, which is a circular emblem with a tree in the center and the words "SEQUOIA UNION HIGH SCHOOL" and "UNALTY" around it. To the right of the logo, the text reads "Sequoia High School" in a large, dark purple font, followed by the address "1201 Brewster Ave., Redwood City, CA 94062" and the phone number "650.367.9780". The background of the banner is a photograph of a school building surrounded by trees.

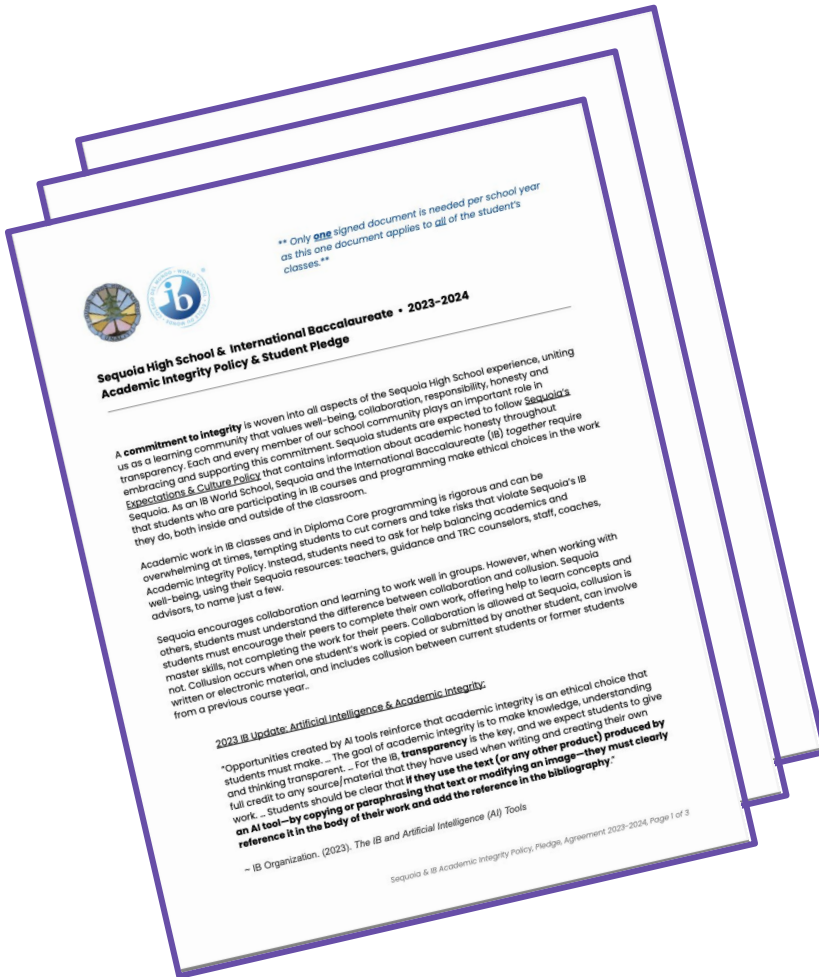
Below the banner is a dark purple navigation bar with white text links: "HOME", "DEPARTMENT", "ABOUT", "PARENTS & COMMUNITY", "COUNSELING", "POLICIES", "RESOURCES", "STUDENT LIFE", and "9TH/NEW STUDENT ORIENTATION".

The breadcrumb trail below the navigation bar reads: "HOME > PARENTS & COMMUNITY > IB Programme".

The main content area is divided into two sections. On the left is a dark grey sidebar with the heading "PARENTS & COMMUNITY" in white. Below this heading is 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 purple "S" logo in the background. The text on the banner reads: "¡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.

# 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?



# IB Terminology

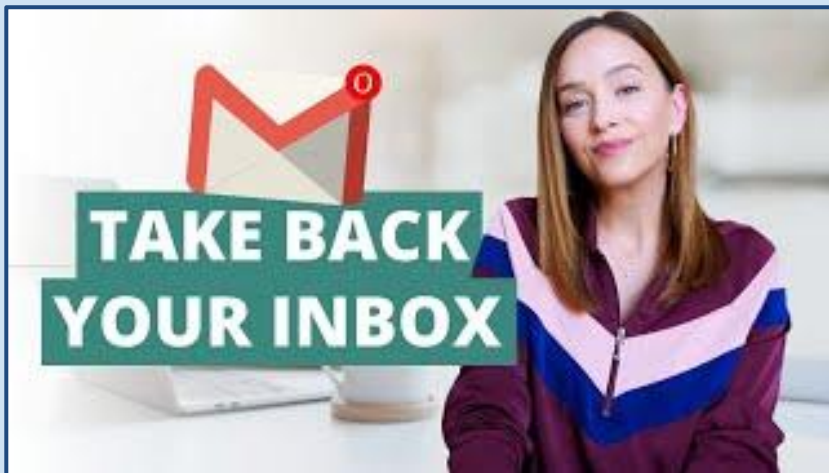
- **ICAP** = International College Advancement Program (9th & 10th in English, Social Studies, French & Spanish)
- **IB** = International Baccalaureate Program (11th & 12th, worldwide)
- **DP Course Student** = A student taking one or more individual IB courses, not the full diploma
- **IB for All**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

# Tips to support your sophomore

- **Coach your student** from the *sidelines*.
- **Learn together**, empathize, talk about failures and fixes.
  - eg. set aside time to **process** email each day – to take *action*, not just *look* at it – plus a longer session on the weekend.
  - eg. 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 sophomore

## Conquering email:



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



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

# Tips to support your sophomore

- For example, help your student figure out what **calendar & productivity systems** work *for them*.
  - 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 sophomore

**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	Play Time-Movie Night 7pm - 10pm
8pm		Math HW 7pm - 7:45pm	Down Time, 7:30pm -	Enrichment Activity 7pm - 9pm	Math HW, Study for test 7pm - 8pm		
		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					

# My sophomore is struggling...

**Before your student drops an ICAP/IB Prep course, please**

- **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!* 

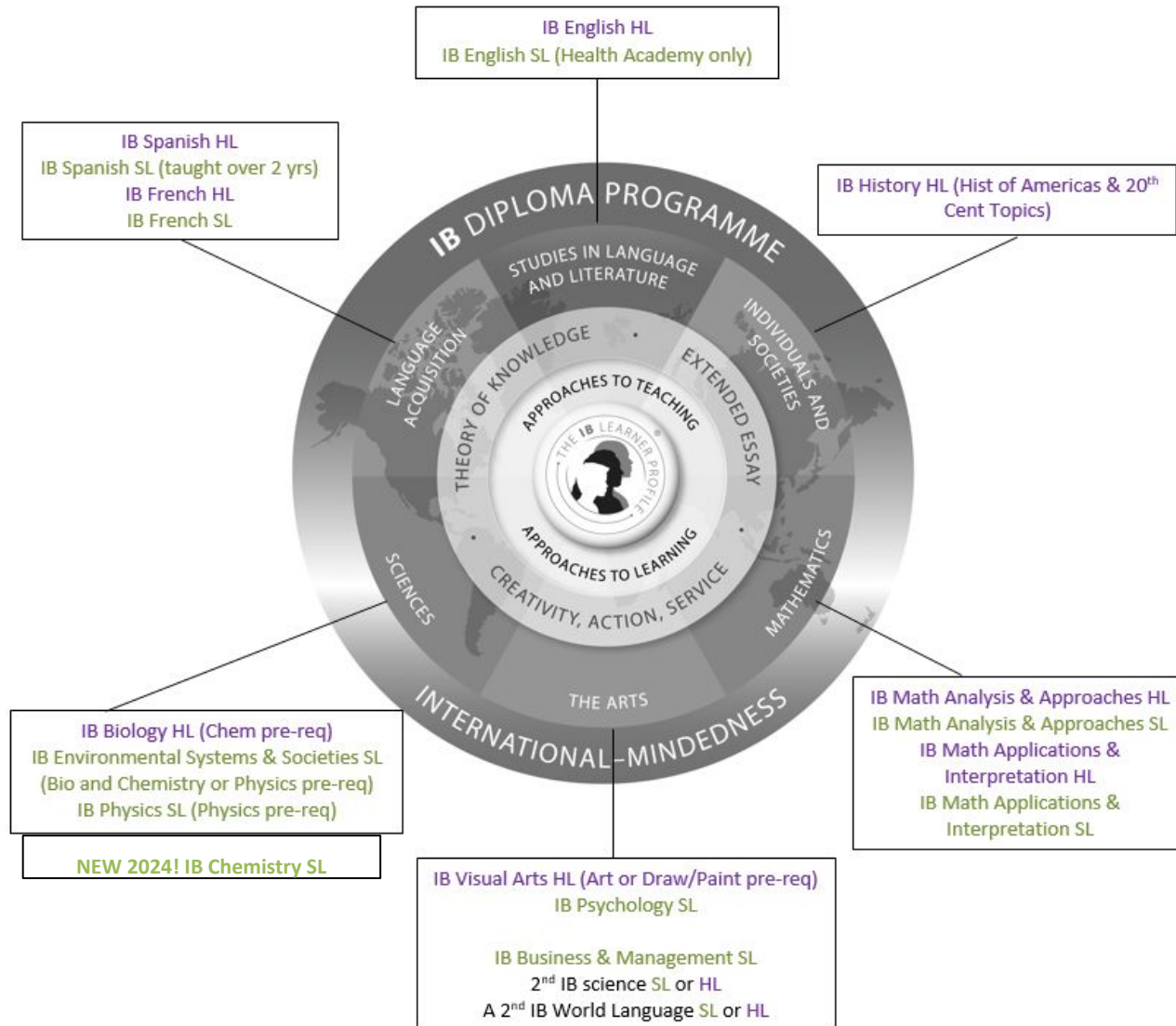
# Customize your IB work



**Participate in IB Classes as an IB Course Student**

**Choose SL or HL**

# IB's Sequoia Course Offerings



# What is SL vs. HL?

- **SL = Standard Level**

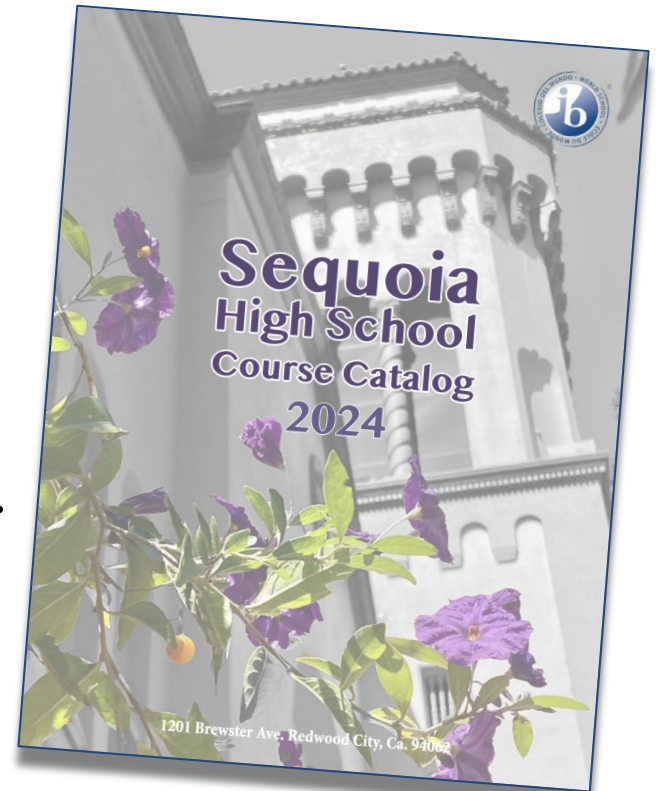
- 150 hours of instruction minimum
- Taught over 1 or 2 school years
- SEQ's 1-year SL courses = IB Psychology, IB Business & Management, IB Physics, IB Math Analysis SL, IB Math Applications SL
- SEQ's 2-year SL courses = IB Spanish, IB French, IB ESS

- **HL = Higher Level**

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

# How do I get into an IB Course?

- Register for courses with your Counselor
- 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 Physics:** Physics
  - IB Physics recommended for senior year so you have more math under your belt
- **IB Chemistry:** Chemistry
- **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 Applications Prep

\* Spanish II NS students are also eligible *with* special teacher recommendation

# 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

From the IB Community Blog...

<b>IB Analysis and Approaches</b>	<b>IB Applications and Interpretation</b>
<p>“for students who enjoy developing their mathematics to become fluent in the construction of mathematical arguments and develop strong skills in mathematical thinking. They will explore real and abstract applications, sometimes with technology, and will enjoy the thrill of mathematical problem solving and generalization.”</p>	<p>“for students who are interested in developing their mathematics for describing our world, modelling and solving practical problems using the power of technology. Students who take Mathematics: Applications and interpretation will be those who enjoy mathematics best when seen in a practical context”</p>

# IB Math Pathways

IB Analysis and Approaches	IB Applications and Interpretation
<ul style="list-style-type: none"><li>- More Calculus</li><li>- No calculator &amp; calculator exams</li><li>- More theory based</li><li>- Fewer problems in real life context</li><li>- Deeper dive into fewer topics</li></ul>	<ul style="list-style-type: none"><li>- More Statistics</li><li>- Can always use a calculator</li><li>- More problems in real life context</li><li>- Less theory based</li><li>- Covers many topics, doesn't go as deep into each topic</li></ul>

# IB Math Pathways

What do you want to study in college?

IB Analysis and Approaches	IB Applications and Interpretation
<ul style="list-style-type: none"><li>– Math</li><li>– Engineering</li><li>– Chemistry</li><li>– Computer Science</li><li>– Economics</li><li>– Physics</li><li>– Biology*</li></ul> <p><i>*A biology major often requires Calculus in college, but Statistics are very integral to the study of Biology.</i></p>	<ul style="list-style-type: none"><li>– Psychology</li><li>– English</li><li>– History</li><li>– Business</li><li>– Art</li><li>– Music</li><li>– Sociology</li><li>– Political Science</li><li>– Biology*</li></ul>

# IB Math Pathways

What type of math do you like to do?

IB Analysis and Approaches	IB Applications and Interpretation
<ul style="list-style-type: none"><li>● Derive formulas</li><li>● Prove things</li><li>● Graphing without a calculator</li><li>● Solving complex equations without a calculator</li><li>● Understand the theory behind why the math works</li><li>● Calculus</li></ul>	<ul style="list-style-type: none"><li>● Do problems based in a real life situation</li><li>● Use a calculator</li><li>● Use math to model a situation and then answer questions</li><li>● Statistics</li></ul>

# 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	Prior Classes	Other factors to consider
<b>IB ESS Y1 &amp; Y2</b>	11 & 12	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.
<b>IB BIOLOGY Y1 &amp; Y2</b>	11 & 12	C or higher in Chemistry	IB Biology is a two-year course.
<b>IB PHYSICS</b>	11 or 12	C or better in Physics, or pass department placement exam	Concurrent enrollment in IB Math Applications Prep, Analysis Prep, or higher.
<b>IB CHEMISTRY</b>	11 or 12	C or higher in Chemistry	Concurrent enrollment in IB Math Applications Prep, IB Math Analysis Prep, or higher

# IB PHYSICS

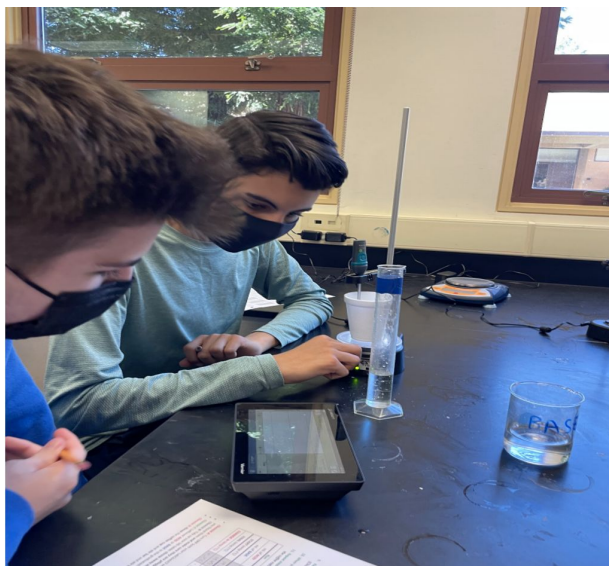
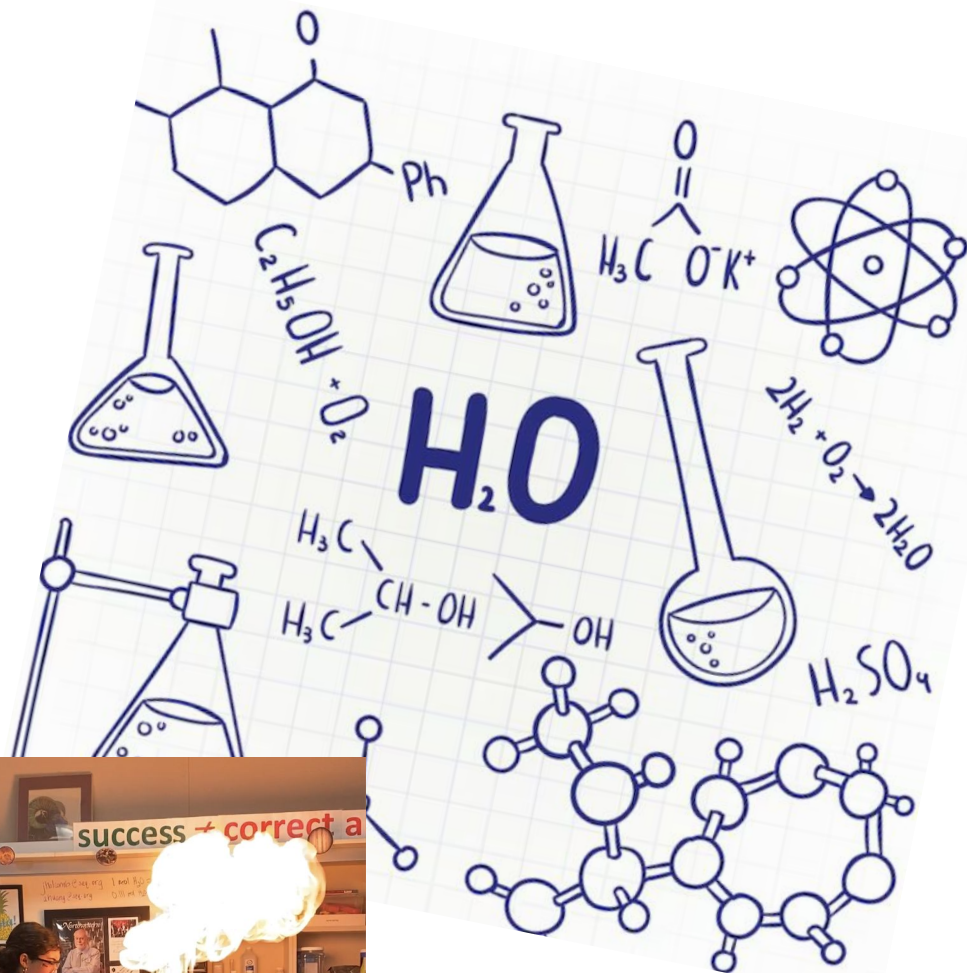
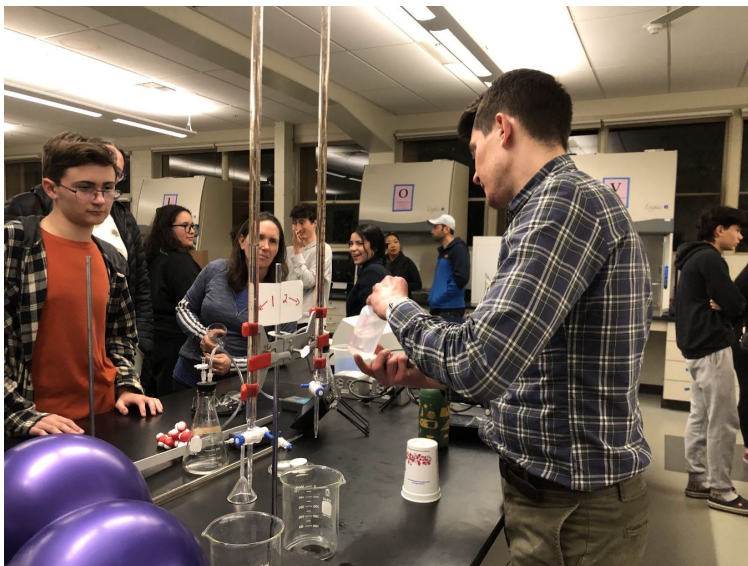
Have you already taken physics?  
Do you love problem solving and  
want to dive deeper into concepts  
you saw in physics?

**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 year 1, followed by year 2 during their senior year.



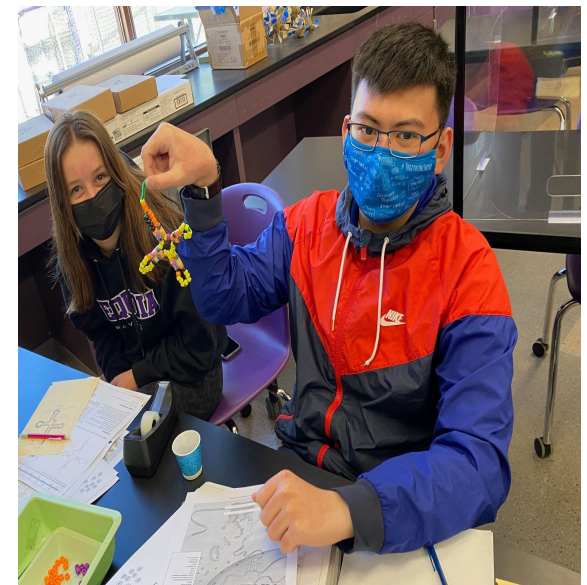
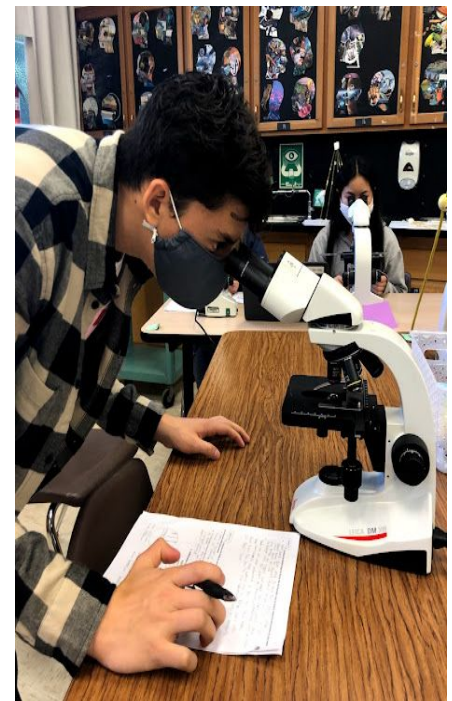
# IB BIOLOGY Y1 - Y2

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>

# 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.

# Customize your IB work



**Take IB Classes as an IB Course Student, SL or HL**

**or**

**add in the full IB Diploma**

# How do I choose Course or DP?

**Course Student** = A student taking one or more individual IB courses, not the full diploma. **Focus on your areas of interest and passion when choosing your courses.**

**Diploma Candidate (DP)** = 11th & 12th grade. A student taking an IB class in each of the six subject areas **PLUS complete IB Core (TOK, EE, CAS)**

**Which one is better?** It's not about better or worse: it's which one is the best "fit" for your student. Needs to be the student's choice!

# What's the IB Diploma Program?

**IB DIPLOMA  
PROGRAMME  
IN 60 SECONDS**

# IB Diploma Requirements

Complete 1 IB course in each of 6 subject areas

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**Complete either:**

3 Higher Level exams +  
3 Standard Level exams

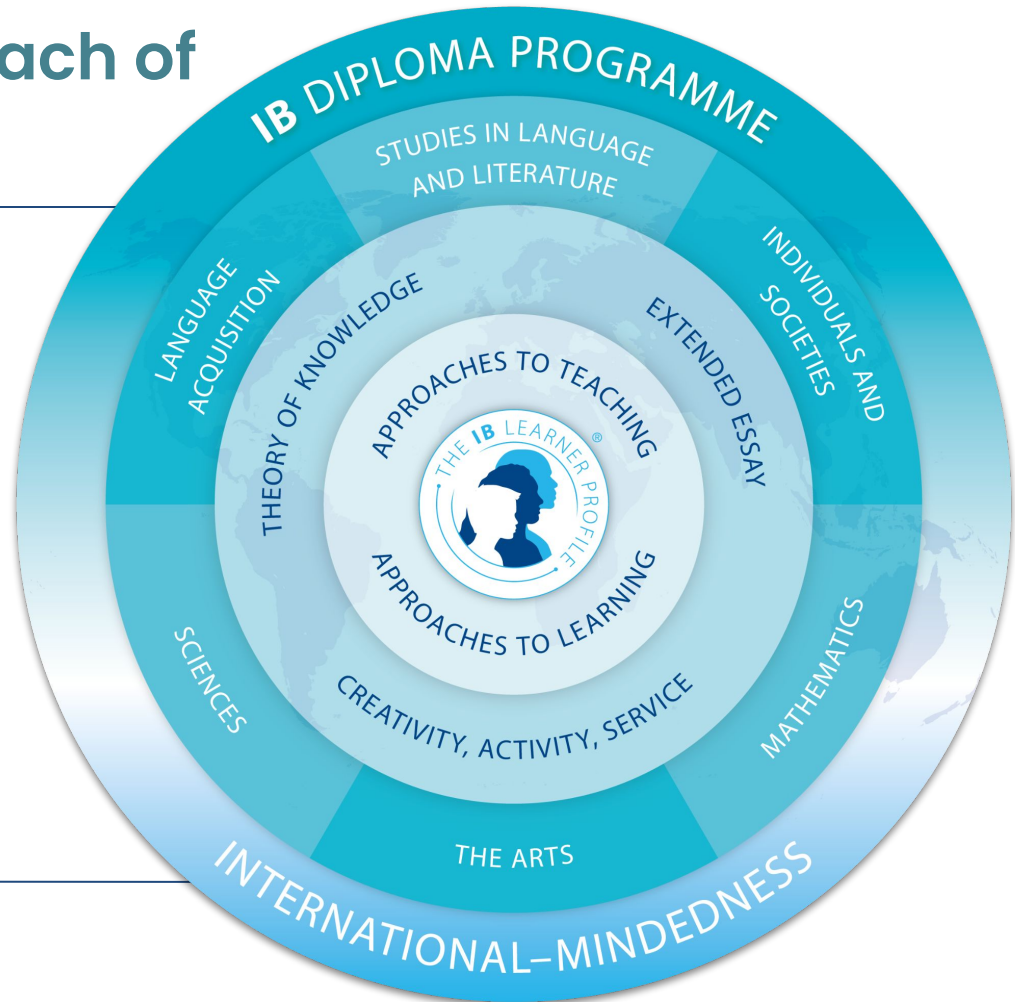
*or*

4 Higher Level exams +  
2 Standard Level exams

---

**Complete the IB Core:**

- Theory of Knowledge (TOK)
- CAS
- Extended Essay (EE)



# What is the IB Diploma?

**One student's explanation.** (High school in the Philippines, College at Cornell)



# What's TOK?

- Theory of Knowledge is a 7<sup>th</sup> class (not necessarily 7<sup>th</sup> period), receives a weighted GPA point

“The TOK course, a flagship element in the Diploma Programme, encourages critical thinking about knowledge itself, to try to help young people make sense of what they encounter. Its core content is questions like these: What counts as knowledge? How does it grow? What are its limits? Who owns knowledge? What is the value of knowledge? What are the implications of having, or not having, knowledge? ”

*~ IB Theory of Knowledge Guide*

# What's CAS?

## **Creativity, Activity, Service**

1) **Meaningful CAS experiences** focused on growth: a personal interest, skill, talent

- 18 months, 3–4 hours per week

2) **CAS Project** = a collaborative project, initiated by the student, that tackles one or more strands of CAS

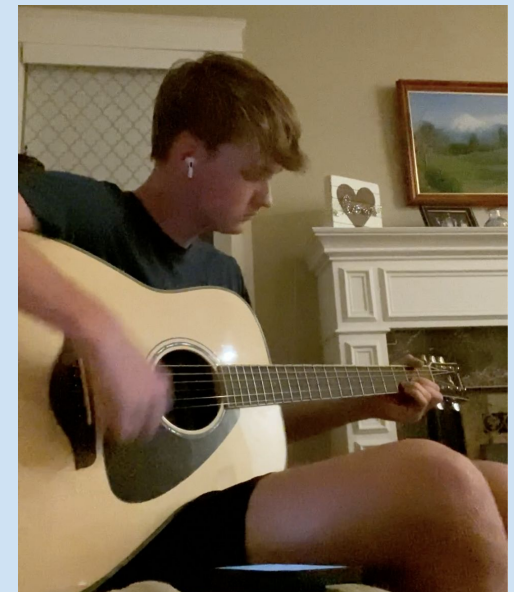
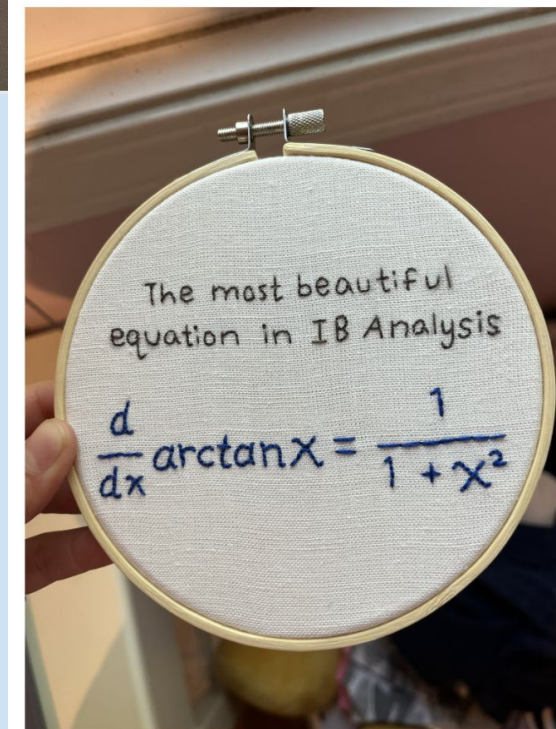
- 1 month or longer

# WHY CAS?


- A flexible framework for you to create your own personal learning journey
- Motivation to try something new
- Find passions & interests
- Take a break from studying... Balance!
- Student wellness
- Community engagement
- Authentic experience, not the feeling that you're "checking a box"
- Reflection for self-awareness and growth



# CAS is about balance, exploration, fun!



## Challenge & Skills

 Collaborative Skills

Initiative &amp; Planning

Assistant coach



IF

Ivan Franco Hernandez

Tue, Oct 1, 2019

#### Challenge & Skills

#### Collaborative Skills

Initiative &amp; Planning

Assistant coach

This picture was taken after my belt ceremony on 4/26/18 (April 30, 2018)



# CAS is about balance, exploration, fun!

 Collaborative Skills

 Global Engagement

 Initiative & Planning

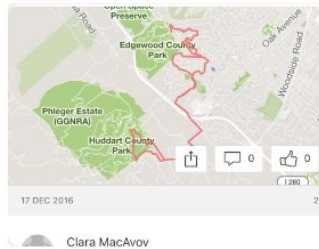
Mural Painting




 Commitment & Perseverance


 Strength & Growth

Biking

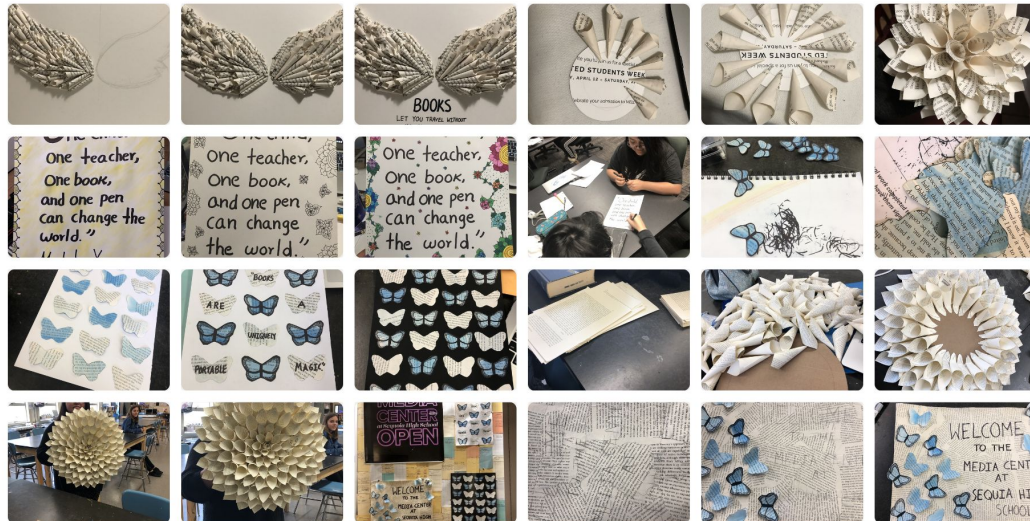


 Collaborative Skills

 Commitment & Perseverance

 Initiative & Planning

Book Art for the School Library



The initial microphone and transmitter organization (January 17, 2018)



# CAS is about balance, exploration, fun!

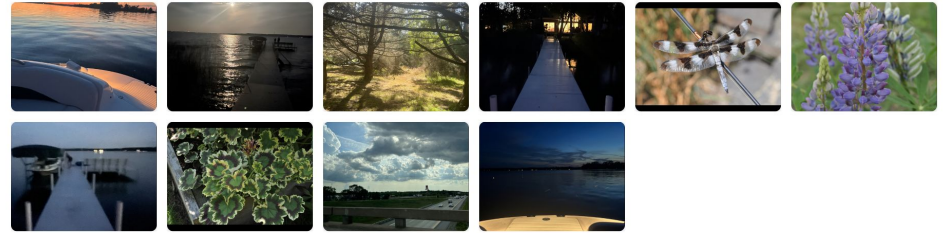
## SUSTAINABLE BAY AREA MUNCHIES

- Gala and Lou CAS project -



[Home](#) [Sustainability and Food](#) [Blog- Restaurant Reviews and Rankings](#) [Groups](#) [Members](#) [Followers](#)

## SUSTAINABLE BAY AREA MUNCHIES



Aug 1, 2023



Josephine (Josie) Ollmann

Tue, Aug 1, 2023

Challenge & Skills

Commitment & Perseverance

Initiative & Planning

Photography

### Creativity Reflection July:

#1 Description: This month I took photos in Idaho I got some of a baby bird. I also took photos in Minnesota of the moon, a trail I walked on, my grandmothers yard, some deer, food, a store, my cousin and friends.

#2 Feelings: I felt very lucky to be seeing such beautiful things. It sometimes feels repetitive but I saw a lot of pretty things and I am excited about sharing some of them. Sharing them with friends and family is nice.

#3 Evaluation: I took a lot of photos this month. Some of them turned out really nice. I liked some of the ones I took at night a lot so overall

# What's the Extended Essay?

- **4,000 word independent research paper**
- **YOU choose the topic based on a deep passion or interest, something related to one of your IB subjects**
- **You will be matched with a staff member who shares your interest, will support and supervise you along the way**
- **Start research and writing your junior year, final draft due in fall of your senior year**

# What can we write about?

## Just a *few* past examples:

- To what extent does the “brain plasticity” theory explain how students' academic performance is affected by sleep deprivation?
- How was the Star Wars license responsible for saving LEGO from bankruptcy in the early 2000's?
- What was the role of LGBTQ+ women in the feminist movement and to what extent did they achieve their goals?
- How does Robert Frost use the concept of nature to examine the themes of ambivalence, isolation, and morality?

# What can we write about?

## Just a *few* past examples:

- To what extent did the Bracero Program influence the development of the United Farm Workers and its success?
- How Can We Best Support the Growing Population with Sustainable Design During Global Warming?
- To what extent did the medical testing on minorities and People of Color lead to increased fear of medicine and vaccines?
- In what ways is calculus applied to the construction of roller coasters?

## Extended Essay Support

[illegible]

## Media Specialist

Use dedicated time on campus to complete the assignment and create community

## Canvas Course IB CORE

- EE Benchmarks
  - EE Kick-off & Introduction  
Jan 12 - 10:00
  - EE2 - Academic Analysis of Academic Essay  
Jan 23 - 10:00 - 10:00
  - EE3 - Understanding the Assessment Criteria Reading & Quiz  
10:00 - 10:00
  - EE4 - Declaration of EE Subject  
Feb 10 - 10:00 - 10:00
  - EE5: The Research Question  
Jan 10 - 10:00
  - EE6 - Declaration of EE RQ 5 Supervisor in ManageBac  
Feb 20 - 10:00 - 10:00
  - EE7: Research and Citations  
Mar 10 - 10:00 - 10:00
  - EE8 Outline and Google Folder  
Mar 10 - 10:00

# Balancing passions

*"You can have it all, just not all at the same time." ~Betty Friedan*

- **Full Diploma is a BIG commitment**
- DP can limit course elective selections. You may have to pick your priorities. It's ok to pick passions like Band, Advanced Dance, Choir, Orchestra, Student Leadership, ASB, Drama, Journalism etc. over the Diploma.
- Consider Pamoja (online IB courses) for a fee. ALL courses are 2 years. Scholarship available for students in FRPL program.

# Balancing passions

## **Assess your balance – academics and health.**

- How are you doing academically?
- What is your stress level and emotional health?
- Aim for balance between GPA & rigor, challenging yourself. (Avoid D's in all ICAP/IB courses, all A's with no honors). Colleges do care about your transcript and GPA.

**However, work on learning where to push and where to pull back,** honor your needs to stay balanced and healthy

- Every student has their own strengths and challenges, peaks and valleys
- Don't do the Diploma just because your friend is, or just because your parent wants it.

# I'm IN! How do I sign up for DP? What's the timing?

- Attend mandatory meeting in **January** for 10<sup>th</sup> graders
  - Complete Diploma interest form
- Declare Diploma candidate in **Spring** at the end of 10<sup>th</sup> grade
  - Sign up for TOK during course registration & ensure 11<sup>th</sup> grade schedule has correct SL/HL courses
  - Attend mandatory Diploma Kick Off Meeting last week of school, update Diploma interest form
- Complete **Summer** IB Diploma Assignments
- Attend mandatory IB flex sessions **Fall** semester of 11th grade.
- TOK and EE start **January** of junior year

# 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.**

**For individual questions, please contact:**

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