

SENIOR MEETINGS

Ponderosa High School

2025-2026



COLLEGE & CAREER PLANNING OVERVIEW

- Transcript Review / Graduation Requirements/CAASPP Incentive
- Career Exploration and Opportunities
- College Admissions Information (2 year & 4 year)
 - Requirements
 - Important Dates & Websites
 - SAT/ACT Test Updates
 - Letters of Recommendation
 - Paying for College
- Senior Resources and Upcoming Events



Credit Summary (aka Graduation Requirements) - will review in the next slide

Grd 9 First Semester 21-22 PONDEROSA HIGH SCHOOL			p 0413 Spanish 3 B 5.00 5.00	Credit At: 30.00 Crmp: 30.00 TGPA: 2.83		
p 0101 English 1 B 5.00 5.00						
p 0212 Algebra 1 A- 5.00 5.00						
p 0271 Life Fitness 1 B- 5.00 5.00			p 0121 English 3 B- 5.00 5.00			
p 0305 Earth/Space Sci C 5.00 5.00			p 0183 US History/Geog C+ 5.00 5.00			
p 0412 Spanish 2 A- 5.00 5.00			p 0227 Adv Algebra 2 B 5.00 5.00			
0451 ICT Foundations B+ 5.00 5.00			p 0320 Adv Chemistry C 5.00 5.00			
Credit At: 30.00 Crmp: 30.00 TGPA: 3.17			p 0553 Culinary I A- 5.00 5.00			
Grd 9 Second Semester 21-22 PONDEROSA HIGH SCHOOL			p 0601 Art A 5.00 5.00			
p 0101 English 1 A- 5.00 5.00			Credit At: 30.00 Crmp: 30.00 TGPA: 3.00			
p 0212 Algebra 1 B 5.00 5.00			Grd 11 Second Semester 23-24 PONDEROSA HIGH SCHOOL			
p 0265 Health A 5.00 5.00			p 0121 English 3 B- 5.00 5.00			
p 0271 Life Fitness 1 B 5.00 5.00			p 0183 US History/Geog B+ 5.00 5.00			
p 0305 Earth/Space Sci B 5.00 5.00			p 0227 Adv Algebra 2 C 5.00 5.00			
p 0412 Spanish 2 A- 5.00 5.00			p 0320 Adv Chemistry C+ 5.00 5.00			
Credit At: 30.00 Crmp: 30.00 TGPA: 3.50			p 0553 Culinary I A 5.00 5.00			
Grd 10 First Semester 23-24 PONDEROSA HIGH SCHOOL			p 0601 Art A- 5.00 5.00			
p 0111 English 2 B- 5.00 5.00			Credit At: 30.00 Crmp: 30.00 TGPA: 3.00			
p 0174 World History B 5.00 5.00			Grd 11 Second Semester 23-24 FOLSOM LAKE COLLEGE			
p 0221 Geometry B 5.00 5.00			p 0050 Fin. Accounting A 12.00 12.00			
p 0273W Life/2:Weight B 5.00 5.00			Credit At: 12.00 Crmp: 12.00 TGPA: 4.00			
p 0311 Biology C 5.00 5.00			Work in Progress- PONDEROSA HIGH SCHOOL			
p 0413 Spanish 3 C 5.00 5.00			p 0144 CSU-ExpEdg/Wrtg 5.00 0.00			
Credit At: 30.00 Crmp: 30.00 TGPA: 2.67			p 0171 American Govt 5.00 0.00			
Grd 10 Second Semester 22-23 PONDEROSA HIGH SCHOOL			p 0223 Pre-Calculus 5.00 0.00			
p 0111 English 2 B- 5.00 5.00			p 0556 Culinary II 5.00 0.00			
p 0174 World History B 5.00 5.00			p 0679 SchServ/TchAide 5.00 0.00			
p 0221 Geometry B 5.00 5.00			Total Credit: 25.00			
p 0273W Life/2:Weight A 5.00 5.00						
p 0311 Biology C 5.00 5.00						
Course Tags: * = Non Academic; + = Honors (weighted) p = College Prep						
Weighted Term Avg			CREDIT SUMMARY			
Acad GPA (9-12)	3.0719	3.0719	Subject Area	Credit Req'd	Compl	Needed
Acad GPA (10-12)	2.9344	2.9344	World History	10.00	10.00	-
Total GPA (9-12)	3.0685	3.0685	U S Hist/Geog	10.00	10.00	-
Credit Attempted	192.00		Amer Government	5.00	-	5.00
Credit Completed	192.00		Economics	5.00	-	5.00
			Physical Science	10.00	10.00	-
			Life Science	10.00	10.00	-
			Cr Arts/For Lang/CTE	20.00	20.00	-
			Physical Education	20.00	20.00	-
			Health	5.00	5.00	-
			Computer Tech	5.00	5.00	-
			English	30.00	30.00	-
			Algebra 1	10.00	10.00	-
			Mathematics	20.00	20.00	-
			Geometry	-	-	-
			Electives	80.00	42.00	38.00
			* TOTALS *	240.00	192.00	48.00
School Enter: 8/9/2021						
Class of 2025						

Graduation Requirements

<u>Course Requirements</u>	<u>Credits</u>
English	30
Social Studies	30
Math	30
Science (1 Life and 1 Physical Science)	20
Health	5
Computer Technology	5
Fine Arts <u>or</u> World Language <u>or</u> CTE	20
Physical Education	20
Additional Credits	80
Total	240



CAASPP Incentive

[Link sent](#) out through Parent Square

English

- If a student scores “Standard Met/3” students can elect to have one semester's grade in English (grades 9-11) changed from a D to a C. The course had to be taken during their 9th, 10th, or 11th grade years.
- If a student scores “Standard Exceeded/4,” students can elect to have one semester's grade in English (grades 9-11) changed from a C to a B or B to a A. The course had to be taken during their 9th, 10th, or 11th grade years.

Math

- If a student scored “Standard Met/3” on the CAASPP, they can choose one semester from Algebra 1, Geometry, or Algebra 2 to receive a grade bump from D to C- or C to B-. The course had to be taken during their 9th, 10th or 11th grade years.
- If a student scored “Standard Exceeded/4” on the CAASPP, they can choose one semester from Algebra 1, Geometry, or Algebra 2 to receive a grade bump from D to C- or C to B- or B to A-. The course had to be taken during their 9th, 10th or 11th grade years.

Science

- If a student scored “Standard Met/3” on the CAST, they can choose one semester from Earth & Space Science, Biology, Adv Chemistry, or Physics to receive a grade bump from a D to C- or C to B-. The course had to be taken during their 9th, 10th or 11th grade years.
- If a student scored “Standard Exceeded/4” on the CAST, they can choose one semester from Earth & Space Science, Biology, Adv. Chemistry, or Physics to receive a grade bump from a D to C- or C to B- or B to A-. The course had to be taken during their 9th, 10th or 11th grade years.

A person with a backpack is standing on a rocky path, looking up at a large, multi-tiered waterfall cascading down a steep, mossy rock face. The scene is lush with greenery. The image has a teal overlay, and there are green geometric shapes in the bottom left corner.

What should I do
with my future?

What should I do
after high school?

What Are *MY OPTIONS* After High School?



4-year college or university



2-year community college



Trade and certificate programs



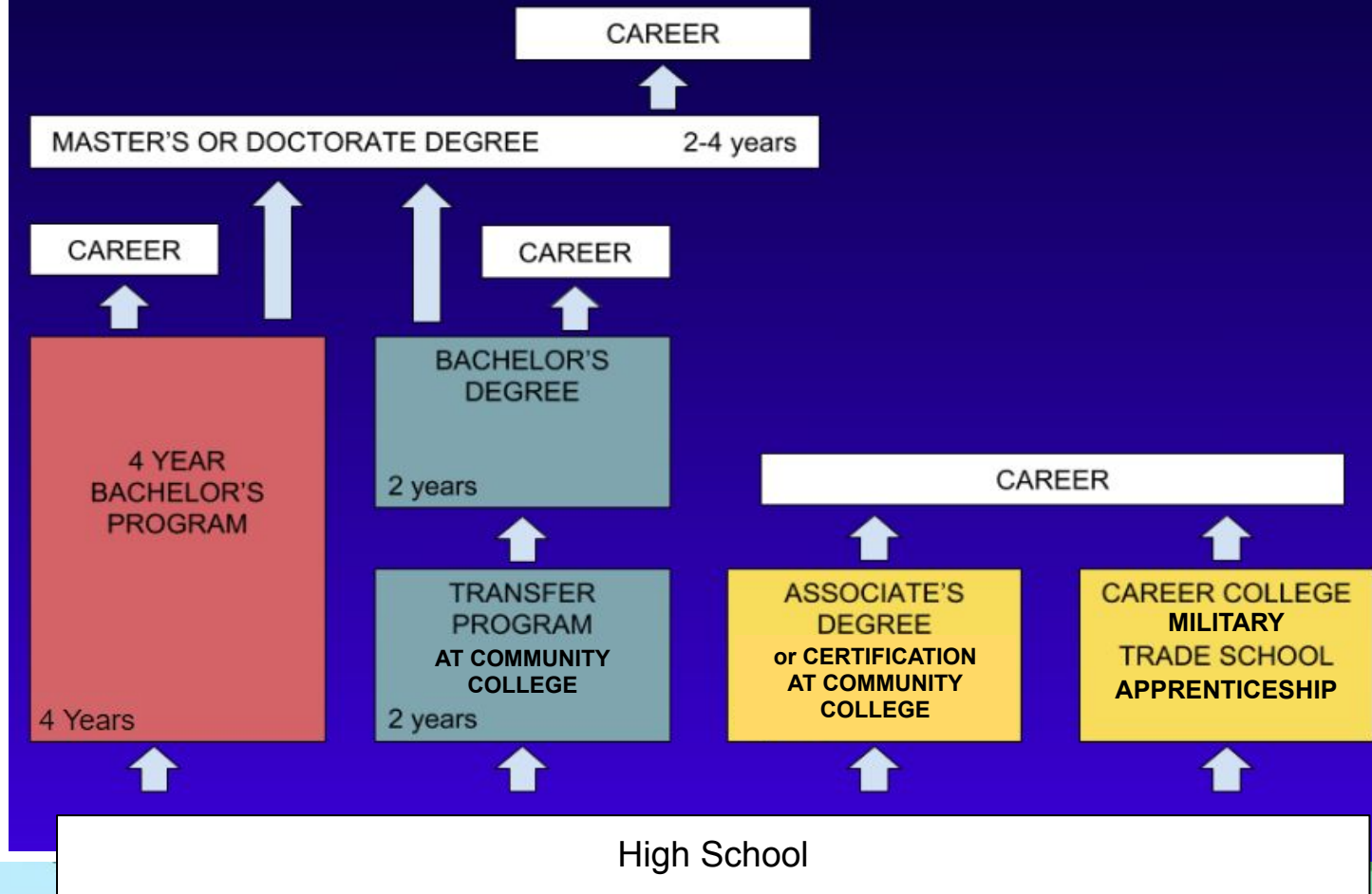
Military



Going straight into the workforce



Multiple Ways to Gain Post-Secondary Skills



Begin with a Career in Mind!

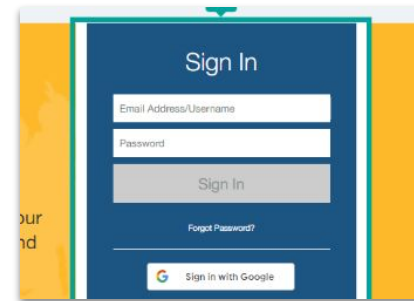
1st Step: Identity Career Goal or Career Interests

2nd Step: Identify Major / Required Training

3rd Step: Identify the Appropriate Post-Secondary Program

Planning for your future via CaliforniaColleges.edu

1. Log in to [Californiacolleges.edu](https://californiacolleges.edu) using Google Account



You can use California Colleges to help with:

College Exploration & Applications

Career Exploration & Planning

Financial Aid & FAFSA

Career Exploration via CaliforniaColleges.edu

Under “Career” select the different assessments you would like to complete. Each assessment you choose will have an instruction video to watch. You can save careers that you are interested in to add to your profile.

The screenshot displays the 'Career' section of the CaliforniaColleges.edu website. The top navigation bar includes 'Career' with a dropdown arrow. Below it, the 'ASSESSMENTS' menu is visible, listing 'Interest Profiler', 'Work Values', 'Intelligences', 'Personality', and 'Skills'. The 'Related Careers' section is also shown, featuring a table of career options with columns for 'Career', 'Growth Outlook', and 'Favorite'.

Career	Growth Outlook	Favorite
Anthropology and Archaeology Teachers, Postsecondary	NA	♥
Geographers	NA	♥
Geography Teachers, Postsecondary	NA	♥
Diagnosticians	Grow Rapidly	♥
Sociologists	NA	♥
Area, Ethnic, and Cultural Studies Teachers, Postsecondary	NA	♥
Archivists	Grow Rapidly	♥
Sociology Teachers, Postsecondary	NA	♥
Biological Science Teachers, Postsecondary	Grow Rapidly	♥

College Search via CaliforniaColleges.edu

Under “Colleges” select the College and/or Major Search Tool.

The screenshot displays the CaliforniaColleges.edu website interface. The top navigation bar includes the logo, "Educator Dashboard", and links for "College", "Career", and "Financial Aid". The "College" link is selected, and a dropdown menu is open, showing options for "EXPLORE" and "APPLY". Under "EXPLORE", the "College Search Tool" is highlighted. Under "APPLY", there are links for "Launch from CaliforniaColleges.edu", "California Community Colleges Application", "California State University Application", and "University of California Application". A sidebar on the left shows filters for "California Only", "All U.S.", and "California College Type". The main content area shows a list of 15 colleges, sorted by Name. The list includes California State University-Bakersfield, California State University-Chico, California State University-Dominguez Hills, California State University-East Bay, California State University-Fullerton, and California State University-Long Beach. Each entry displays the college name, location, enrollment size, public status, average net price, and acceptance rate.

EXPLORE

- College Search Tool
- Major Search Tool

APPLY

- Launch from CaliforniaColleges.edu
- California Community Colleges Application
- California State University Application
- University of California Application

Other Applications

- Common Application
- Common Black College Application

15 Colleges

College	Enrollment	Public	Avg. Net Price	Accept. Rate
California State University-Bakersfield Bakersfield, California - City	8,336 Medium	Public 4-year	\$6,567/year	88%
California State University-Chico Chico, California - City	13,160 Medium	Public 4-year	\$15,187/year	94%
California State University-Dominguez Hills Carson, California - City	12,730 Medium	Public 4-year	\$4,438/year	91%
California State University-East Bay Hayward, California - Suburban	10,562 Medium	Public 4-year	\$10,874/year	97%
California State University-Fullerton Fullerton, California - Suburban	37,125 Large	Public 4-year	\$6,283/year	87%
California State University-Long Beach Long Beach, California - City	34,243 Large	Public 4-year	\$9,731/year	47%

4 Year College Option



Photo: [CSU, Chico](https://www.csuchico.edu/)

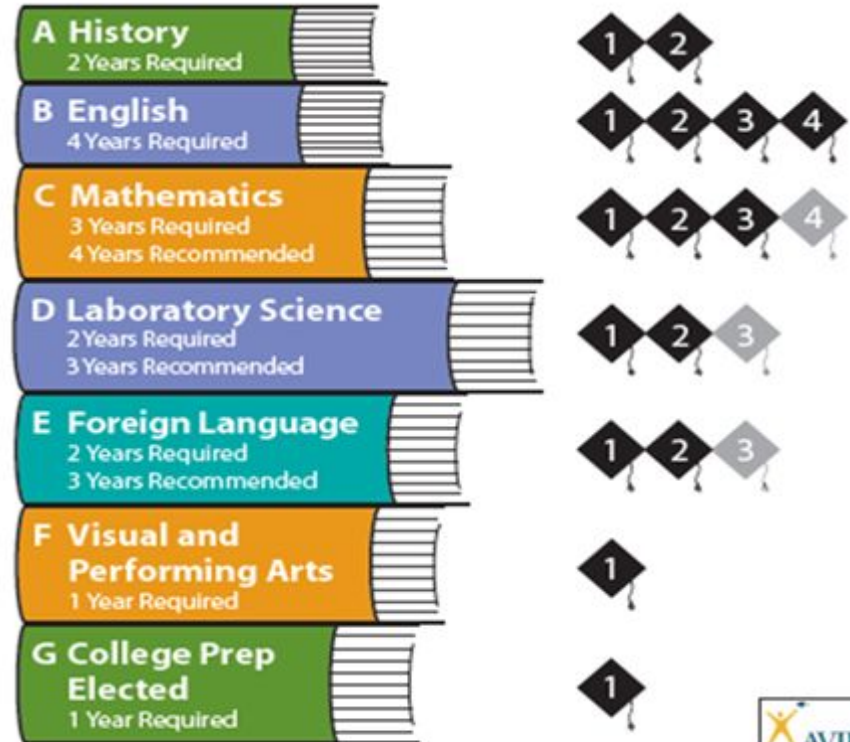


4 Year College Option Straight out of high school

- Grades of C or better required.
- Some universities may want to see involvement in extracurricular activities.
- SAT/ACT may be required for admission at some out-of-state or private schools.

You can go to **COLLEGE**

A–G Requirements*
California State University ♦ University of California



* Grades of C or better required.

UC / CSU Admissions

University of California

9 Campuses

Average Tuition: \$13,800 per year

Tuition, Room & Board, etc.: approx. \$41,000

SAT/ACT Test Not Required*

4 Personal Insight Questions

Personal insight questions

No Letters of Recommendation

Online Application:

<https://apply.universityofcalifornia.edu>

Apply October 1-December 1

\$80 application fee per campus



* SAT/ACT scores may
be used for consideration
of course placement

California State University

23 Campuses

Average Tuition: \$7,500 per year

Estimated COA by Campus

Tuition, Room & Board, etc.: approx. \$27,000

SAT/ACT Test Not Required*

No Personal Statement/Essay

No Letters of Recommendation

Online application:

<https://www.calstate.edu/apply>

Apply October 1-December 1

\$70 application fee per campus



UC / CSU Application Help and Live Links

University of California

[How to apply](#)

[Applying as a freshman | UC Admissions](#)

[Dates & deadlines](#)

[Personal insight questions](#)

[How applications are reviewed](#)

- Coursework other than A-G, Educational Preparation Programs, Volunteer and Community Service, Work Experience, Awards and Honors, Extracurricular Activities, 3.0 minimum GPA, Personal Insight Questions

[After you apply](#)

California State University

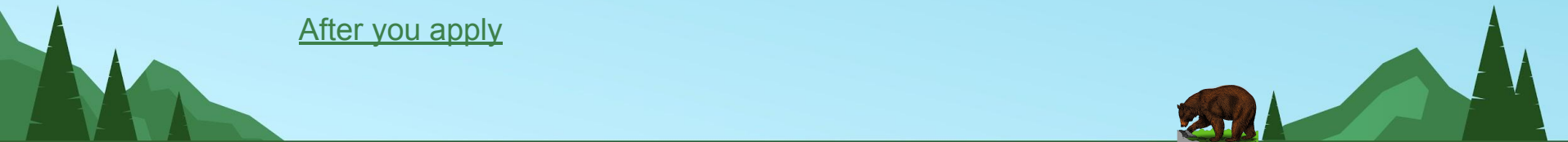
[Freshman | CSU \(application\)](#)

[Choosing a Campus | CSU](#)

[Choosing a Degree | CSU](#)

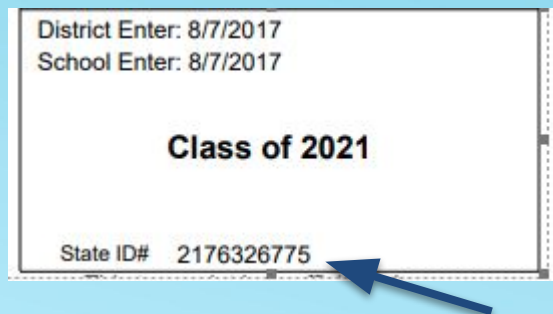
[Getting into the CSU | CSU](#)

[CSU Impaction by Major and/or Campus](#)



You will need your SSID Number to apply to the CSU / UC

Located in two places



District Enter: 8/7/2017
School Enter: 8/7/2017

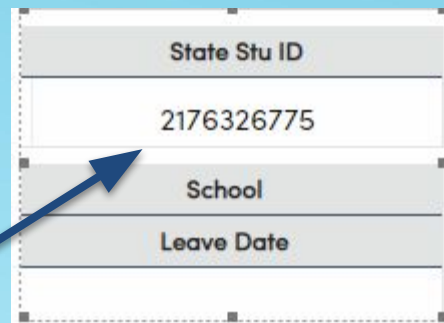
Class of 2021

State ID# 2176326775

A blue arrow points to the State ID# 2176326775 at the bottom left corner of the transcript snippet.

Bottom Left Corner of Transcript

OR



State Stu ID
2176326775
School
Leave Date

A blue arrow points to the State Stu ID 2176326775 in the demographics screen snippet.

On the Demographics Screen (in Aeries Portal) under the Student Data 2 tab. Box is labeled "State Stu ID"

College Admissions Testing

SAT: www.collegeboard.com

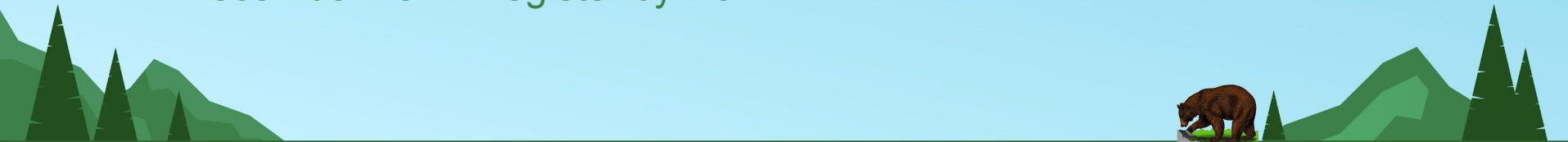
COST: \$68.00

- October 4 Register by Sept 19
- November 8 Register by Oct 24
- December 6 Register by Nov 21

ACT: www.act.org

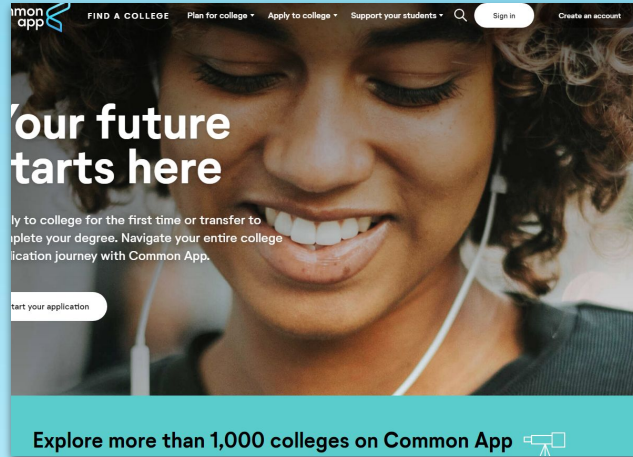
COST: \$68.00 (\$93 w/Writing)

- October 18 Register by Sept 12
- December 13 Register by Nov 7



Private School Applications

www.commonapp.org



*Or apply through the colleges specific application on their website.

Deadlines and requirements vary with each private school.
Check with each individual school for more information.

Out of State Colleges

- Check school's website for application information and deadlines
- Out-of-state tuition (usually more \$\$\$)
- Residency requirements vary
- Admission requirements and deadlines vary - check with each school
- WUE (Western Undergraduate Exchange) - www.wiche.edu
 - Tuition Reduction!
Some restrictions may apply - check with the college



Welcome to Your WUE Savings Finder.

Search among hundreds of undergraduate degrees offered at the WUE rate of 150% of resident tuition (or less) by 160+ public colleges and universities across the West. Find the school and program that fits your geographic and educational goals. [Click here](#) for a downloadable list of participating schools.

Start here to save an average of \$10,895 a year!

Search for School or State/Territory

State/Territory Where You Want To Enroll Degree Type Student Status

All States/Territories All Degree Types All

Clear Clear Clear

☐ Show Only Online Majors Available at WUE Rate ☐ Show Only Interstate Passport Schools [Clear All Filters](#)

\$\$\$\$\$ Financial Aid \$\$\$\$\$

SCHOLARSHIPS

There are over 180 local scholarships available for Pondo seniors. Check your email for information to be sent out at the beginning of November. There will also be a lot of Scholarship Workshop Flex Offerings in November and December.

1. Complete a FAFSA application (scheduled to open Oct. 1)
 - a. FAFSA has made changes!
 - i. Reduced number of questions automatic transfer of data from IRS, aid eligibility formulas
 - b. Due to new California State Assembly Bill (AB 469), every senior is required to complete a FAFSA application or complete a waiver
2. Complete the CSS Profile (only if your college requires it)

FINANCIAL AID INFORMATION NIGHT

Wednesday, November 13, 2025

Ponderosa High School - 6pm

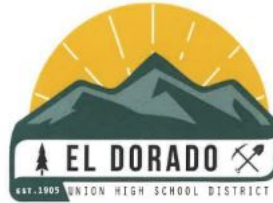
Do I send a transcript with my college application?

- **UC / CSU** - send transcripts at the end of Senior year via Parchment *unless otherwise communicated by the college/university*.
- **Common Application** - Counselor will upload via Secondary School Report & Mid Year report. End of year transcripts to be sent via Parchment.
- **Out of State or other universities** not using Common App or Coalition - check with each school on transcript process via Parchment.
- **Community College** - send transcripts at the end of Senior year via Parchment

To learn more about Parchment Online Services see link on the [PHS website.](#)



EDUHSD College Fair Link



COLLEGE FAIR

2025

MONDAY
SEPTEMBER 29th

Union Mine High School
6530 Koki Lane, El Dorado, CA
6:30 - 8:30 p.m.

Representatives from colleges, universities, technical
schools and the military will be there.

Don't miss our amazing breakout sessions at 5:30 p.m.

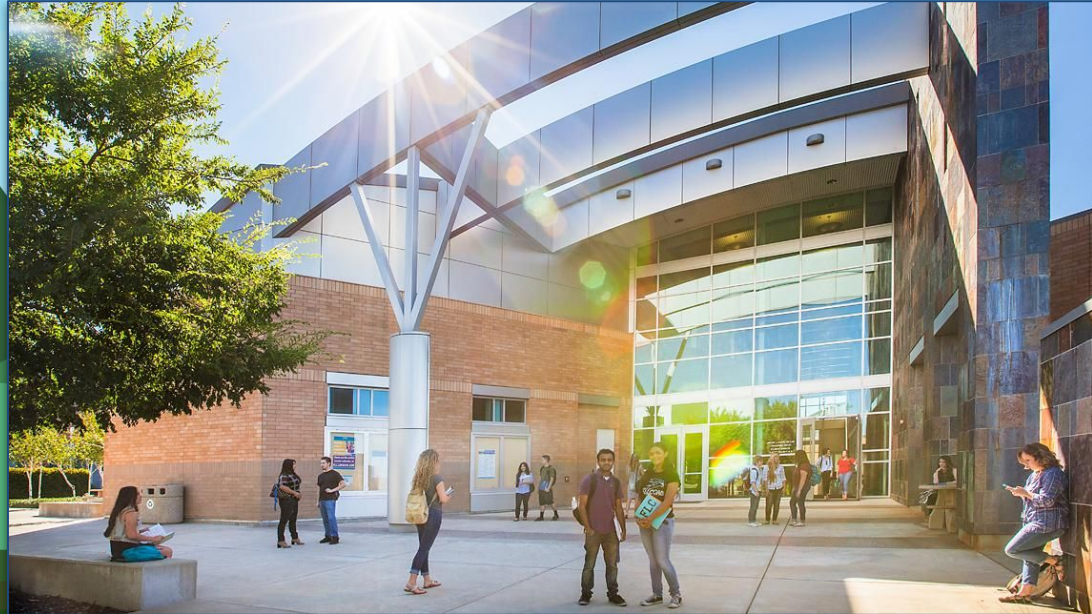
- UC/CSU Admissions Panel
- Community College & Trades Pathways
- US Military Academy Information



Community College Option



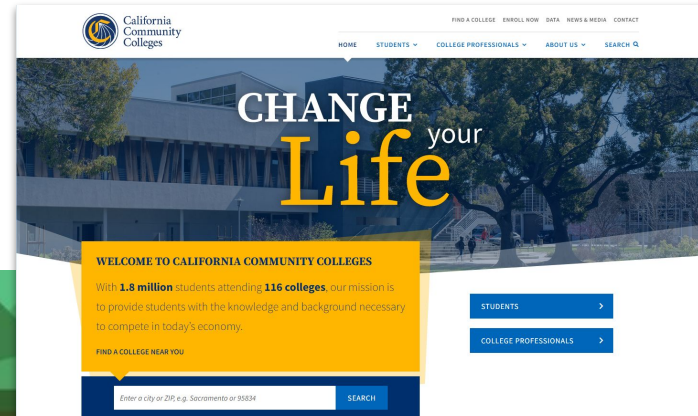
CALIFORNIA
COMMUNITY
COLLEGES



Why Attend a Community College?

1. Career Training
2. Associates Degree
3. Prepare to Transfer to a University - *Increase your chances of getting into a 4-year university of your choice!*
4. You can get a head start in college by taking Dual Enrollment classes while in high school!
5. Community College is less expensive!!

<https://www.cccco.edu/>

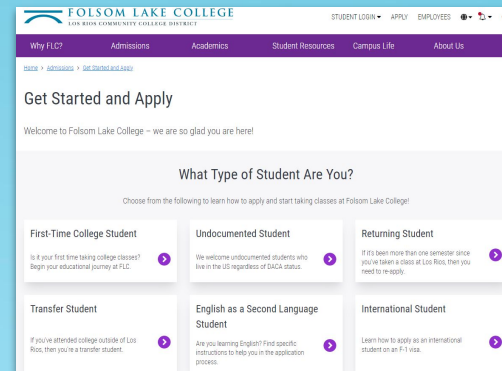


Community College APPLICATION Steps

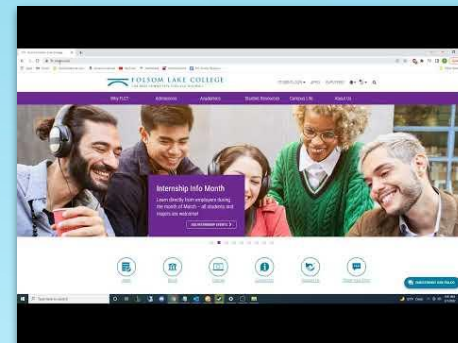
[Click for FLC Enrollment Steps](#)

- 1 Apply to Folsom Lake College
- 2 Save Money – Apply for Financial Aid
- 3 Set Up eServices and Los Rios Gmail
- 4 Complete Orientation
- 5 Check Your Math and English Placement
- 6 Meet With a Counselor and Pick Your Classes
- 7 Enroll in Classes
- 8 Pay Your Fees

Summer / Fall 2026 Application workshops during
Flex in February 2026.



Watch helpful videos!!



Careers without Bachelor's Degree

Examples of high-paying careers that only require an Associate Degree or CTE training

- **Radiation Therapist**
 - Median pay: \$80,160
 - Job growth through 2024: 14%
- **Diagnostic Medical Sonographer**
 - Median pay: \$69,650
 - Job growth through 2024: 26.4%
- **Occupational Therapy Assistant**
 - Median pay: \$59,010
 - Job growth through 2024: 42.7%
- **Dental Hygienist**
 - Median pay: \$72,910
 - Job growth through 2024: 18.6%
- **Geological and Petroleum Technician**
 - Median pay: \$56,470
 - Job growth through 2024: 11.8%



Certificate Programs



Advanced Manufacturing

The manufacturing sector is critical to California's economy. Demand for graduates is expected to rise for years to come. Career pathways include welding, machining, industrial maintenance, engineering, and design.



Advanced Transportation and Logistics

As a world leader in clean energy, California offers promising job opportunities for graduates interested in the intersection of vehicles, fuels, and new technologies. As higher standards for fuel efficiency are adopted, the need for workers in this area is expected to intensify.



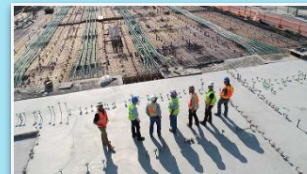
Agriculture, Water, and Environmental Technologies

When most people think about agriculture, they might only envision farming or ranching. But modern agriculture and its associated sciences have widespread impacts – from health and safety to biosecurity and environmental sustainability.



Business and Global Trade

The demand for employees with an education in business administration, marketing, accounting, trade and customs, personnel management, and related areas is strong – every industry needs people with the ability to organize, plan, and manage.



Energy, Construction and Utilities

Students who choose this career path set themselves up for job security in California and across the globe as this industry expands. Potential careers include architecture, engineering, inspection, and jobs in the construction trades, such as plumbing and carpentry.



Health and Life Sciences

Health care services encompasses careers in hospitals, ambulatory services, nursing, and residential care facilities. With jobs in urban and rural areas, health care is among the few industries that offers mobility and regional diversity.



Information Communication Technologies and Digital Media

Information communication technologies (ICT) affect how people work, communicate, organize, manage their lives, and more. California companies are global leaders in this dynamic and evolving space.



Public Safety and Service

Public safety is a good fit for students who care about making a difference in their communities and want to help people. This field includes police work, emergency response, and disaster relief.



Retail, Hospitality, and Tourism

The retail, hospitality, and tourism sector provides a wide range of career possibilities, from the sales room floor to head chef to hotel management.

Click sectors for live links



RESEARCH COLLEGES

CollegeBoard.org

<https://bigfuture.collegeboard.org/>

California Colleges

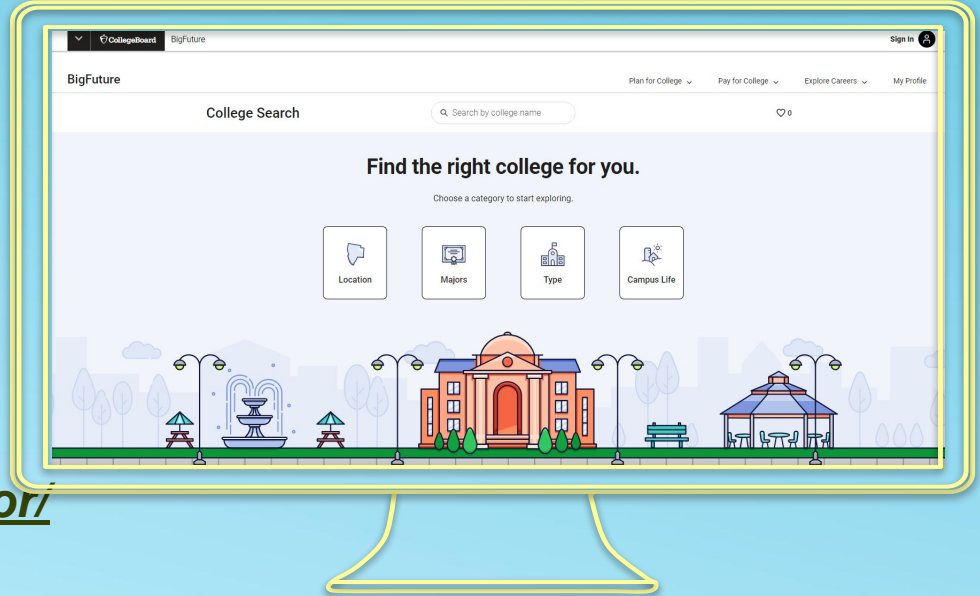
californiacolleges.edu

College Navigator

<https://nces.ed.gov/collegenavigator/>

College Scorecard

<https://collegescorecard.ed.gov/>



Get hands on experience via Career Colleges or Apprenticeships

A trade school or career college

sometimes referred to as a vocational school, technical school, or vocational college, is a post-secondary institution that's designed to give students the technical skills to prepare them for a specific occupation.

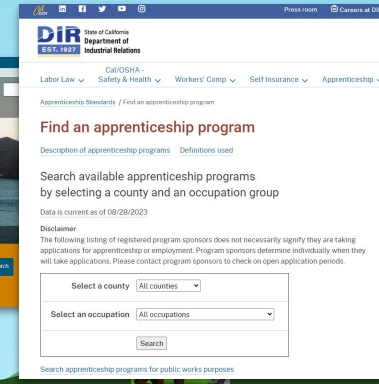
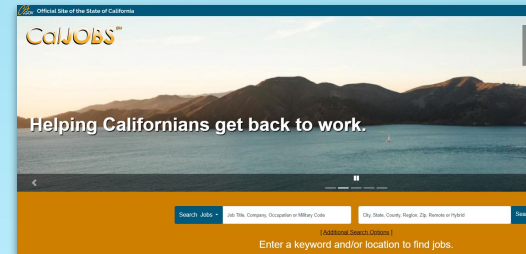
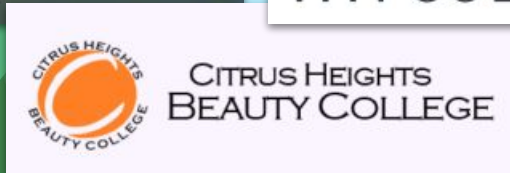


Apprenticeships

Training in the trades (plumber, electricians, carpenters, etc) provides SKILLED hands-on experience leading to full-time jobs.

Search for apprenticeships at

Cal Jobs or Dept of Industrial Relations



MILITARY OPTION



Military Branches and How to Get Started

<https://www.military.com/>



Army
FULL/PART TIME



Marine Corps
FULL/PART TIME



Navy
FULL/PART TIME



Air Force
FULL/PART TIME



Space Force
FULL TIME



Coast Guard
FULL/PART TIME

Explore your options- *click on live links*

- Talk to a recruiter
 - Visit College & Career Center
- Take the ASVAB - Hosted by the PHS College & Career Center
- Research ROTC Programs in College
- Enlistment

ASVAB- November 3 @ 1PM in CCC

WANT TO PLAY SPORTS IN COLLEGE?

Learn about NCAA/NAIA

www.eligibilitycenter.org

<https://www.naia.org>

- Seniors must be registered already!
- ACT/SAT scores (if taken) must be sent directly to the Clearinghouse. Check the website in January for an update on the NCAA testing requirement.
- Send transcripts at the end of Junior year
- Academic requirements just as important as A-G's



Upcoming Senior Flex Opportunities

9/11- Admissions counselor from University of Nevada Reno

9/16- Admissions counselor from Texas A & M

9/23- Senior Presentation Q & A Session w/ the Counselors

9/30- Admissions counselor from UC San Diego

10/2- Admissions counselor from Oregon State University

10/7- College application workshop

10/9- Admissions counselor from University of Redlands

10/14- UC Application PIQ Workshop w/ UCD Counselor

10/16- Admissions counselor from Southern Oregon University



Search Career Center or Escobar, C to sign up!

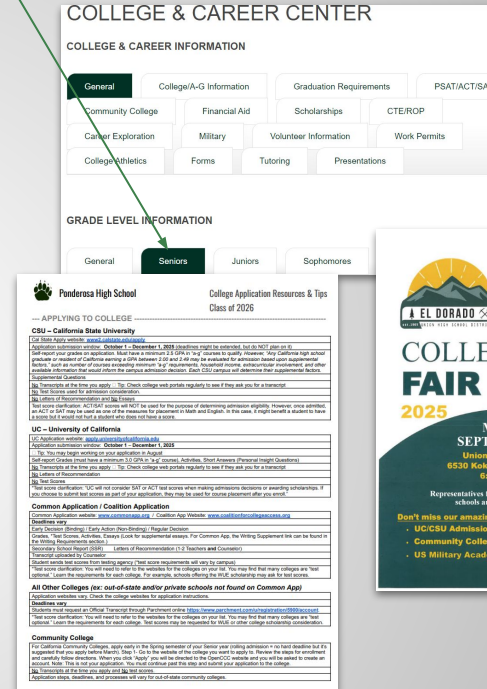


Flex Name	Category
<input type="text" value="Escobar, C"/>	<input type="text"/>
Escobar, C	Career Center

Know where to find your resources!

(this presentation will be available on the Senior page to access live links)

1. College and Career Center Website
2. College Applications Tips PDF
3. Fall Senior Newsletter
4. Parent/Student Square Messages
and daily bulletins
5. Upcoming Flex Opportunities
College Rep Visits, College Application
& Scholarship workshops, etc.
6. College Fair
7. Come and visit the Career Center!



The Wellness Center

How to Access:

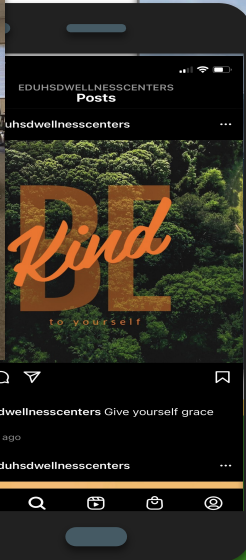
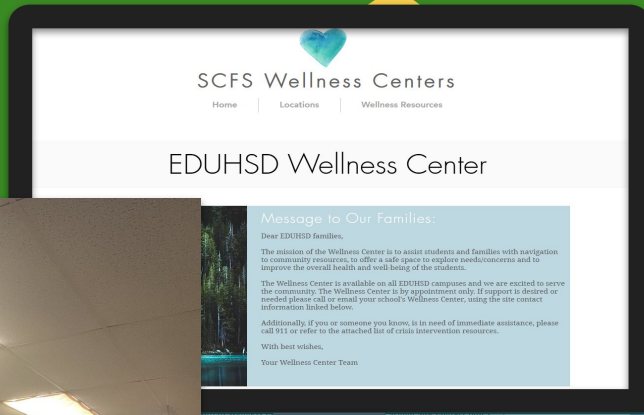
Students can request to meet with the Wellness Center directly by emailing or calling.

You can also ask your student's counselor to submit a referral.

The Wellness Center also has a website full of resources!

Follow the Wellness Center on Instagram
[@eduhsdwellnesscenters](https://www.instagram.com/eduhsdwellnesscenters)

www.scfswellnesscenters.org



If you have any questions, feel free to reach out to your counselor or the College & Career Center!

PHS Counselors & Career Center Staff

A – D

- Mrs. Katie Hunter - khunter@eduhsd.k12.ca.us

E-Leo

- Mr. Jim Spratling (Director of Guidance) - jspratling@eduhsd.k12.ca.us

Ler– Rod

- Mrs. Lisa Woods - lwoods@eduhsd.k12.ca.us

Roe – Z, EL

- Mrs. Mandy Fiedler - mfiedler@eduhsd.k12.ca.us

College & Career Center Specialist

- Mrs. Cammie Escobar - cescobar@eduhsd.k12.ca.us



THANK YOU!



We are here to help!!