



Freshman Class of 2022!!!

Ponderosa High School Counseling





This is Your Time!

- You are creating your high school blueprint
- You are setting yourself up for your future
- Who do you want to be?
- What do you need and how are you going to do it?



Counseling: What Do We Do?

- We will help support your academics by...
 - Grades/Progress monitoring
 - Course Planning
 - Tutoring (CCC)
- We will support your College/Career Planning through...
 - Guidance Units - Step by Step every year (two times this year!)
 - Individual meetings
 - Resources (CCC)
- We can help you navigate high school by...
 - Helping you set goals
 - Helping you find resources to achieve those goals
 - Reminding you to keep going (even when you fail)
 - Celebrating with you!!!



Ponderosa High School

3661 Ponderosa Road, Shingle Springs, CA 95682

530.677.2281

Fax: 530.677.2299

Fax: Counseling/Transcripts: 530.622.5497



Aeries Portal



Calendars



Bell Schedule



Bulletin



Pearson

Academics/Departments

▶ College & Career Center

▶ **Counseling**

▶ Advanced Placement

▶ District Schedule Policy

▶ Important Information

▶ ISP

▶ New Student Registration

▶ On-Line Forms

▶ Teen Wellness

▶ Transcripts & Diplomas

▶ Departments

▶ Naviance

▶ Registrar

▶ Student Services

▶ Online Driver Education

▶ Regional Occupation
Program/CTE

▶ Library

Counseling

You Are Here: [Home](#) » [Academics/Departments](#) » [Counseling](#)

Notices

COUNSELORS

COUNSELING STAFF

STUDENT GRADES

NAVIANCE

NEED HELP?

FAFQ

COUNSELORS

Welcome!

Welcome to the counseling office website at Ponderosa High School. Counselors assist students and parents in making appropriate decisions relative to educational and vocational objectives, school programs, and relationships with teachers, administrators, and other pupils. There are four counselors at Ponderosa serving approximately 450 students each.

Counselors work with students to develop competencies in the areas of educational, personal, and vocational development. Through individual counseling and group presentations counselors help students select appropriate courses, plan for post-secondary education or training required to reach their career goal, and can assist students personal growth during a student's high school years.

All students are connected to a comprehensive system of support services, activities and opportunities at Ponderosa

—
SUCCESS!!!

It's as easy as

A...B...C!!!





A

Academics



Academic Habits for Success

- ★ Turn in Homework/Assignments complete and on time
- ★ Prepare for Quizzes/Tests
- ★ ASK for help!
 - Teachers
 - CCC for Tutors
- ★ Prepare yourself for the next level course



B

Balance



The Importance of Balance

- Time management and organization
 - Don't procrastinate!!!
 - Use a planner
 - Check Aeries
 - Get rid of distractions
 - Block your time/take breaks
- Don't overschedule yourself
- Get rest, proper nutrition, exercise and downtime
- Communicate and ask for help!

Health is Important

- ★ If feeling overwhelmed or stressed - tell an adult, we are here to help
- ★ For a list of resources for community programs - visit the PHS website/Counseling Resources can be found under the Teen Wellness link

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Aeries Portal | Calendars | Bell Schedule | Bulletin | Pearson

Academics/Departments

- ▶ College & Career Center
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- ▶ **Teen Wellness**
- ▶ Transcripts & Diplomas

Departments

- ▶ Naviance
- ▶ Registrar
- ▶ Student Services
- ▶ Online Driver Education
- ▶ Regional Occupation

Teen Wellness

You Are Here: [Home](#) » [Academics/Departments](#) » [Counseling](#) » [Teen Wellness](#)

[Counseling Services](#) | [Youth Shelter](#) | [Crisis/Suicide Prevention](#)

Kelly James , RN, MS Credentialed School Nurse	Phone: (530) 677-2281, x714 Fax: (530) 677-2299	Ponderosa High School
Karen Demmer , RN Credentialed School Nurse	Phone: (530) 622-3634, x7117 Fax: (530) 622-1802	Oak Ridge High School
Diana Campbell , RN Credentialed School Nurse	Phone: (530) 621-4003, x7103 Fax: (530) 622-6034	Union Mine High School, Mountain View High School, Virtual Academy, Non-Public Schools
Amber Uber , RN Credentialed School Nurse	Phone: (530) 622-3634, x7114 Fax: (530) 622-1802	El Dorado High School, Vista High School, Independence High School

Counseling Services

El Dorado County Mental Health Department
530.621.6200 OR Crisis Line 530.622.3345

Sierra Child and Family Services
530.626.3106

Family Connections El Dorado
530.626.5164

New Morning Youth & Family Services/Counseling
530.6225551

Snowline Hospice Grief & Bereavement
530.621.7820

Counseling for teens by teens
1-877-YOUTHLINE

Youth Shelter

New Morning Emergency Youth Shelter
24-hour hotline
530.626.4190

Child Protective Services
530.642.7100

Crisis/Suicide Prevention

Psychiatric Emergency Services/Suicide Prevention
530.622.3345

The Center Crisis Line
530.626.1131

24-Hour Free Suicide Hotline
800.SUICIDE | 800.784.2433

[SUICIDE PREVENTION RESOURCES](#)



C

Connection

GET INVOLVED!!!



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[Home](#) [School Info](#) [Staff Directory](#) [Academics/Departments](#) [Athletics](#) [Parents](#) [Students](#) [For Staff](#) [LCAP](#)



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Students

▶ [Teacher Websites](#)

▶ **Activities & Clubs**

▶ [Band](#)

▶ [Band Boosters](#)

▶ [Choir](#)

▶ [Clubs](#)

▶ [Dances](#)

▶ [Drama](#)

▶ [Sober Grad Night](#)

▶ [Student Activities](#)

▶ [Yearbook](#)

▶ [Student Store](#)

▶ [FFA](#)

▶ [Google Apps](#)

▶ [Graduation](#)

▶ [Health Services/Hotlines](#)

▶ [Library](#)

Activities & Clubs

You Are Here: [Home](#) » [Students](#) » [Activities & Clubs](#)

[Student Activities Calendar](#) | [Benefits of School Activities](#)

The students of Ponderosa High School are encouraged to participate in a wide variety of clubs and activities while attending school. All students at Ponderosa belong to the Associated Student Body (ASB) and elect officers to represent their needs and concerns. Students wishing to embrace a leadership role on campus may run for an ASB leadership position in the Student Council or take on the responsibilities as a club officer.

Click links at left to view information on the Activities & Clubs at Ponderosa High School.

Student Activities Calendar

Click [here](#) to view the 2018 - 2019 Student Activities Calendar.

Benefits of School Activities

-- From "The Case for High School Activities" published by the National Federation of State High School Associations:

Activities support the academic mission of schools.

They are not a diversion, but rather an extension of a good educational program. Students who participate in activity programs tend to have:

- higher grade-point averages

Athletics

▶ [Athletics Boosters](#)

▶ [Athletics Handbook](#)

▶ [Athletics Eligibility](#)

▶ [Athletic Registration](#)

▶ [Coaches Contact](#)

▶ [Injury Accident Report](#)

▶ [NCAA Eligibility](#)

▶ [Post-Concussion Release](#)

▶ [Sudden Cardiac Arrest](#)

▶ [Sports Physical](#)

▶ [Sports Tryouts & Practices](#)

▶ [Student Accident Insurance English](#)

▶ [Student Accident Insurance Spanish](#)

▶ [Teams/Schedules & Rosters](#)

▶ [Ponderosa School Information](#)

Athletics

You Are Here: [Home](#) » [Athletics](#)

[Special Announcements](#) | [Letterman Jackets and More!](#) | [Important Information](#)

Davy Johnson, Athletic Director | [E-mail](#)
Sharon Fee, Athletic Secretary | [E-mail](#)

530.677.2281, ext. 2288

Special Announcements

- [Athletics ~ 2018 - 2019](#)
- Oct. 23, 2018 - [College Athletics Night](#) Campus [map for College Night](#)
- [Sports Physical Night 2019](#)

Letterman Jackets and More!



Important Information



Naviance

Naviance is a web-based resource for students and parents that encourages and supports post high school career and college planning

- 4 Year Plan
- Career Assessment and Exploration
- Personality Assessments
- College Exploration
- Resume and Planning tools

What's in a 4 Year Plan?

Comparison - High School Graduation and CSU/UC Requirements

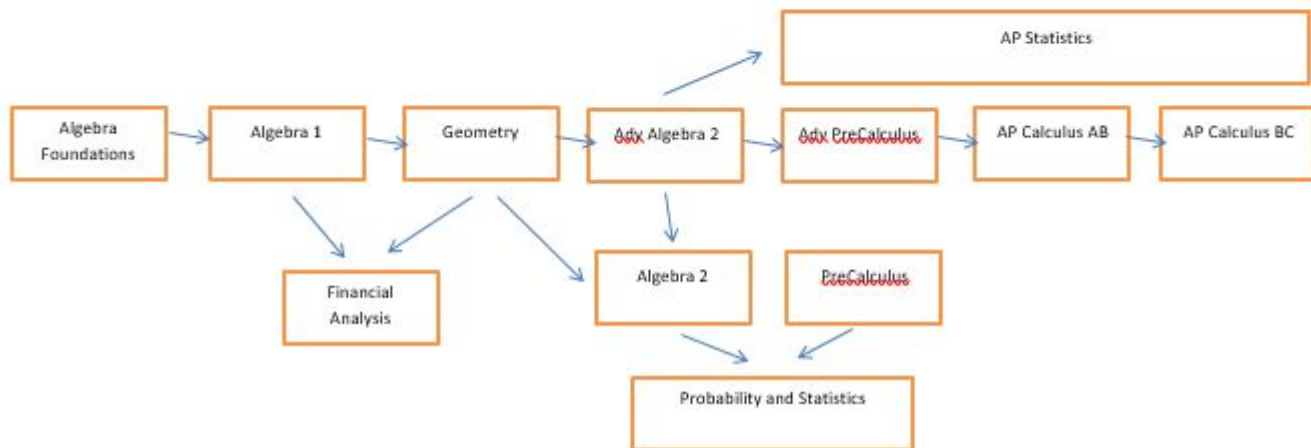
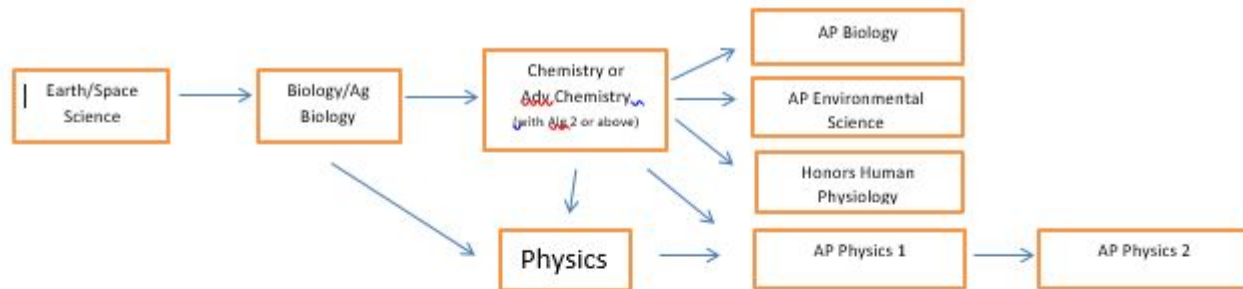
Subjects	High School Grad Requirements	UC/CSU Admission Requirements
<i>Social Studies</i>	3 years (30 credits)	2 years
<i>English</i>	4 years (40 credits)	4 years
<i>Mathematics</i>	3 years (30 credits)	3 years (UC recommends 4)
<i>Science</i>	2 years (20 credits)	2 years (must be lab classes) (UC recommends 3 years)
<i>Foreign Language</i>		2 years (UC recommends 3 years)
<i>Visual and Performing Art</i>		1 year
<i>Electives</i>	80 credits (can be in any area including those listed above)	1 year (College Prep Elective)
<i>Foreign Language OR Visual and Performing Art OR CTE</i>	1 year (10 credits)	
<i>Health Education</i>	1 semester (5 credits)	
<i>Technology Proficiency</i>	1 semester (5 credits)	
<i>Physical Education</i>	2 years (20 credits)	
	*240 Total Credits	*240 Total Credits *Must pass all classes with C or better *ACT or SAT Test

Course Selection

- ★ What is an Advanced or AP Course?
- ★ ROP Courses/CTE - review descriptions
- ★ Plan is not set in stone!
- ★ Make sure to get 9th/10th grade complete, we will revise next year

What's next?

*Minimum Grade requirement for advancement required



PHS 4 Year Plan

[← Back](#)

Add courses to submit, scan, or print this plan.

MANAGE COURSE PLANS

PHS 4 Year Plan Draft Plan [✎ Edit Name](#)

Status: In Progress



LAST UPDATE Monday Oct 29, 2018 [View Activity](#)

Ponderosa High School

Your Plan at a Glance



Minimum Credits Required

240.00

Maximum Credits Allowed

No Limit

Credits in Your Plan

0.00

Credits You Still Need

240.00

Credits You've Completed

0.00



A. History/Social Science

You haven't chosen any courses yet.

[+ Add or change A. History/Social Science courses](#)

B. English

You haven't chosen any courses yet.

[+ Add or change B. English courses](#)


PHS 4 Year Plan - Completed


Back MAKE THIS MY CURRENT PLAN SCAN PRINT

MANAGE COURSE PLANS
PHS 4 Year Plan Draft Plan [Edit Name](#) Status: In Progress

LAST UPDATE Monday Oct 29, 2016 [View Activity](#) Ponderosa High School

Your Plan at a Glance

 <p>240.00/ 240.00 Minimum Credits</p>	<p>Minimum Credits Required 240.00</p> <p>Maximum Credits Allowed No Limit</p>	<p>Credits in Your Plan 240.00</p> <p>Credits You Still Need 0.00</p> <p>Credits You've Completed 0.00</p>
--	--	--



A. History/Social Science

✓ 30.00 credits are in your plan. 30.00 credits are required

US History/Geography

Grade 11
10 Credit(s)

[Remove](#)

American Government

Grade 12
5 Credit(s)

[Remove](#)

World History

Grade 10
10 Credit(s)

[Remove](#)

Economics

Grade 12
5 Credit(s)

[Remove](#)

[+](#) Add or change A. History/Social Science courses

B. English

✓ 40.00 credits are in your plan. 40.00 credits are required

English 1

Grade 9
10 Credit(s)

[Remove](#)

English 2

Grade 10
10 Credit(s)

[Remove](#)

English 3

Grade 11
10 Credit(s)

[Remove](#)

English 4

Grade 12
10 Credit(s)

[Remove](#)

[+](#) Add or change B. English courses

C. Math

✓ 50.00 credits are in your plan. 30.00 credits are required

Algebra 1

Grade 10
10 Credit(s)

[Remove](#)

Algebra 2

Grade 12
10 Credit(s)

[Remove](#)

Geometry

Grade 11
10 Credit(s)

[Remove](#)

D. Science

✓ 50.00 credits are in your plan. 20.00 credits are required

Earth/Space Science

Grade 9
10 Credit(s)

[Remove](#)

Biology

Grade 10
10 Credit(s)

[Remove](#)

AP Biology

Grade 12
10 Credit(s)

[Remove](#)

PHS 4 Year Plan - Completed and Sorted by grade

***check for 60-70
credits/year
*need 70 credits
in one year only
to have 5 classes
(50 credits)
Senior year**

Grade 9	Grade 10
Algebra Foundations C. Math 10 Credit(s)	Algebra 1 C. Math 10 Credit(s)
Earth/Space Science D. Science 10 Credit(s)	Biology D. Science 10 Credit(s)
English 1 B. English 10 Credit(s)	English 2 B. English 10 Credit(s)
Health Health 5 Credit(s)	Life Fitness 2 Life Fitness 10 Credit(s)
ICT Foundations ICT 5 Credit(s)	Spanish 1 E. Language other than English/Elective 10 Credit(s)
Life Fitness 1 Life Fitness 10 Credit(s)	World History A. History/Social Science 10 Credit(s)
Grade 11	Grade 12
A Cappella Choir F. Visual and Performing Art/Elective 10 Credit(s)	A Cappella Choir F. Visual and Performing Art/Elective 10 Credit(s)
Chemistry D. Science 10 Credit(s)	Algebra 2 C. Math 10 Credit(s)
English 3 B. English 10 Credit(s)	American Government A. History/Social Science 5 Credit(s)



Welcome to Naviance Student

User name and password are the same as your school computer login

Email or Username

Password

Remember me

Login

[Need additional help?](#)

Are you new here?

[I'm a guest](#)

[I need to register](#)

Ponderosa High School

3661 Ponderosa Rd.
Shingle Springs, CA 95682-9435
p: 530-677-2281
bruin.eduhsd.k12.ca.us
[Privacy Policy](#)

- Go to the Bruin Website and access a link to Naviance (on any tab)
- SAME log-in as computer log-in EXCEPT the password ***add your initials in front of your password
- **Username:** first four letters of your last name + the last four digits of your student number
- **Password:** first name initial + last name initial + last four digits of your Permanent ID

Welcome, **[Name]**!

Search for Colleges



SEARCH

Welcome Bruins!

Welcome to Family Connection by Naviance!

Ponderosa High School's Family Connection site is designed to assist our students with college and career planning. Utilizing the tools in the tabs above will help you to set future goals for yourself, build a professional resume that can help you to get a job or assist your teachers in writing your letters of recommendation, identify

[Read more](#)

Important To-Dos and Tasks

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

[See All in My Planner](#)

My Favorites

COLLEGES
I'm thinking about

COLLEGES
I'm applying to

COURSES
I'm thinking about

CAREERS AND CLUSTERS
I'm thinking about

What's New

Nothing new to review this visit. Check back later.

STEP 1: Click on Courses and then click on Plan Coursework arrow

The screenshot displays the Naviance Student website interface. At the top, the navigation bar includes links for Home, Courses, Colleges, Careers, About Me, and My Profile. A red arrow points to the 'Courses' link. Below the navigation bar, a dropdown menu is open, showing options: 'COURSES Home', 'COURSES I'm thinking about', 'Explore courses', and 'Plan coursework'. A red arrow points to the 'Plan coursework' option, which has a right-pointing arrow next to it. The 'Plan coursework' option is also circled in red. The main content area is divided into two columns. The left column, titled 'Welcome Bruins!', contains a 'Welcome to Family Connection by Naviance!' section with a 'Read more' button. The right column, titled 'My Favorites', lists three items: 'COLLEGES I'm thinking about', 'COLLEGES I'm applying to', and 'COURSES I'm thinking about'.

Naviance | Student

Welcome, [REDACTED]!

Search for Colleges

Type a college name

Home Courses Colleges Careers About Me My Profile

COURSES Home

COURSES I'm thinking about

Explore courses

Plan coursework

WELCOME TO FAMILY CONNECTION BY NAVIANCE!

Ponderosa High School's Family Connection site is designed to assist our students with college and career planning. Utilizing the tools in the tabs above will help you to set future goals for yourself, build a professional resume that can help you to get a job or assist your teachers in writing your letters of recommendation, identify

Read more

My Favorites

COLLEGES I'm thinking about

COLLEGES I'm applying to

COURSES I'm thinking about

STEP 2 : Click on Manage Course Plans

Naviance | Student

Home Courses Colleges Careers About Me My Planner

Welcome, [Redacted]

Search for Colleges

Plan coursework

Manage Course Plans

SEARCH



Welcome Bruins!

Welcome to Family Connection by Naviance!

Ponderosa High School's Family Connection site is designed to assist our students with college and career planning. Utilizing the tools in the tabs above will help you to set future goals for yourself, build a professional resume that can help you to get a job or assist your teachers in writing your letters of recommendation, identify

[Read more](#)

My Favorites

COLLEGES
I'm thinking about

COLLEGES
I'm applying to

COURSES
I'm thinking about

CAREERS AND CLUSTERS
I'm thinking about

STEP 4 : Click on +

Manage Course Plans

🔍 Type a course name

Create, modify, and submit course plans for approval from your counselor. You can even scan your plan to see how it compares course requirements for colleges you are thinking about. You can create as many course plans as you like. Your "Current Plan" is your primary plan.



Your Current Plan(s)

You haven't created any course plans yet. Create your first course plan by tapping or clicking the plus button.

Your Draft Plan(s)

You don't have any draft plans yet. Create a course plan by tapping or clicking the plus button.

STEP 5 : Select Create Plan from Scratch and click Continue

Naviance | Student Home Courses

Create New Course Plan

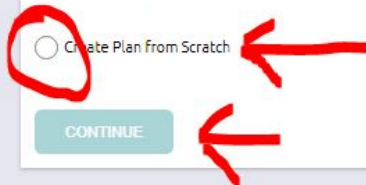
Cancel

STEP 1 — STEP 2
Create New Choose Type

How would you like to create this course plan?

Create Plan from Scratch

CONTINUE



STEP 6 : Click Choose and View Plan for PHS 4 Year Plan

✕ Cancel

Create New Course Plan



STEP 2

Create New

Choose Type

Which type of plan would you like to build?

Plans Suggested By My School

PHS 4 Year Plan

CHOOSE AND VIEW PLAN



Let's Do History Together!

***Select one course
(2 senior year)
per grade and then click
close (it will save)**

A. History/Social Science

Select one course for each grades 10-12

Your Planned Courses in A. History/Social Science



Credits in Your Plan

0.00

Credits Still Needed

30.00

Add/Edit A. History/Social Science Courses

Please choose courses for **each** grade level shown.

Grade 10

Choose **one** of these courses.

AP World History
10 Credit(s)

World History
10 Credit(s)