

Fall 2023

# Junior Newsletter



## College & Career Exploration

Visit: [eduhd.cacareerzone.org](http://eduhd.cacareerzone.org) & sign in with google



### What's your plan?



A **California CareerZone** account can help keep your plan on track...

Take an assessment to see Do some research to see

**GET STARTED**

### 2023 Senior Survey Results

<b>Total Responses</b>	<b>364</b>	
4- Year College	107	29%
2-Yr College- Transfer to 4-Year	134	37%
2- Yr College- Certificate or AA Degree	57	16%
Vocational/Trade	11	3%
Military	9	2%
Work	16	4%
Other	30	8%

PONDEROSA HIGH SCHOOL | HOME OF THE BRUINS

# Class of 2025

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#### College Search Tools:

- **Big Future**
  - \* <https://bigfuture.collegeboard.org/>
  - \* Filter by location, Major, Athletics & more
- **California Colleges**
  - \* <https://www.californiacolleges.edu/#/high-school-planning>
  - \* Search and explore all CA colleges and their specific admissions requirements.

# Junior Year



## 6 things to do this year to prepare for college:

1. Take a challenging course load and get the best grades possible. Consider taking an AP or ROP class next year.
2. Consider taking a Dual Enrollment class through FLC (see page 3).
3. Take standardized tests if possible (see Junior timeline). →
4. Get involved in a club or extracurricular activity that you enjoy.
5. Research careers
  - A. Attend the 5th annual EDUHSD Career Expo on **March 7, 2024**
6. Research colleges
  - A. Visit colleges you are interested in.
  - B. Attend the college presentations that are offered in the CCC during Flex.

## Junior Year Timeline

- October:** If you are considering college athletics, register with the NCAA/NAIA and let your Counselor know.  
Take the PSAT and Online Practice ACT.
- November:** Take the ASVAB, a career aptitude test offered by the military.  
Sign up for an FLC Dual Enrollment course if desired.
- January:** Take the virtual practice tests for the ACT and/or SAT if your college(s) require them.
- Springtime:** Take the SAT and/or the ACT - sign up online (see page 3).  
Attend the annual Career Expo & Job Fair
- Ongoing:** Research colleges online.  
Visit colleges during holiday breaks & summer.  
Look for scholarships & contests with cash awards.

# NCAA/NAIA

[www.ncaa.org](http://www.ncaa.org)

<https://www.naia.org>

**Register NOW!!!**

The Clearinghouse no longer requires SAT or ACT scores as an eligibility requirement for the class of 2025.

Transcripts must be uploaded to the Clearinghouse at the end of junior year (see our Registrar if you have questions about this).

Academic requirements are just as important as A-G's and actually require one more academic class than the 4-year college A-G admissions requirements. Stop by the CCC if you need your transcript reviewed.



# Spring/Summer Test Dates for this School Year

## ACT

February 10, 2024  
 April 13, 2024  
 June 8, 2024  
 July 13, 2024

Register early  
 for a spring test date!



## SAT

March 9, 2024  
 May 4, 2024  
 June 1, 2024

[www.actstudent.org](http://www.actstudent.org)

[www.collegeboard.org](http://www.collegeboard.org)

### Ponderosa High School Graduation Requirements For Class of 2025

<b>English</b>	30 credits
<b>Social Studies</b>	30 credits
(World Hist., U.S. Hist., Gov't., Econ.)	
<b>Math</b>	30 credits
(must include Algebra 1)	
<b>Physical Science</b>	10 credits
<b>Life Science</b>	10 credits
<b>Health</b>	5 credits
<b>Computer Technology (ICT)</b>	5 credits
<b>Physical Education</b>	20 credits
<b>Fine Arts/ Foreign Language/CTE</b>	20 credits
<b>Elective</b>	80 credits
<b>Total:</b>	<b>240 credits</b>

### A-G College Entrance Requirements

- A. **English**—4 years
- B. **Math** —3 years\*\*  
 (Including Algebra 2)
- A. **Social Science**—2 years \*\*
- D. **Lab Science**—2 years \*\*  
 (Biology, Chemistry, Adv Chem, Physics,  
 Anatomy & Physiology, AP Biology,  
 AP Environmental Science)
- E. **Foreign Language**—2 years \*\*
- F. **Visual Performing Art**—1 year
- G. **College Prep Elective**—1 year

\*\*Competitive schools recommend taking at least one additional year.

## Explore Your Options in the CCC

If you haven't been to the College & Career Center lately, your Junior year is definitely the time to stop by for a visit.

- We have information on 4-year colleges, community colleges, technical schools, and apprenticeship programs. Many college representatives visit the College & Career Center to talk to interested students during flex time.
- Don't forget about the ROP program for job skill training. Taking an ROP class is an excellent way to enter the workforce with a highly marketable job skill.

- Military recruiters also visit twice each month during lunchtime. Juniors interested in the military academies or ROTC scholarships need to make contact this year to make sure all requirements are being met.
- Listen to the bulletin for weekly events, college information, and guest speakers in the College & Career Center.

### Want to try a class at Folsom Lake College?

Students in grades 9-12 are eligible to enroll in college courses at Folsom Lake College or El Dorado Center.

- You may enroll in up to 11 units per semester. The process for Spring semester dual enrollment courses starts in Nov.
- There is a 2-step application process that requires both parent & high school counselor approval.
- Stop by the CCC for more information.