

Ponderosa High School

“The Middle Years”

10/11th Grade Information



Pondo Counseling Department

Counseling Dept Website

A – E Katie Hunter, Counselor, ext. 2229

F – K Jim Spratling, Director of Guidance, ext. 2227

L – Rei Lisa Woods, Counselor, ext. 2228

Ren – Z, EL Mandy Fiedler, Counselor, ext. 2269

College and Career Center

Career Center Website

Cammie Escobar, College & Career Guidance, ext. 2224

Committed to student success!

College and Career Planning - Connecting Learning & Life

College Board provides college planning activities...including college and major research, and financial planning.

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

BigFuture

Plan for College ▾

Pay for College ▾

Explore Careers ▾

Communities & Events ▾

My Profile

BigFuture

Finding colleges and careers that are right for you doesn't have to be stressful. Sign in for help planning for life after high school.

Sign In

Career Quiz



Personalized career recommendations in just minutes.

You're more likely to be happy and successful in your work when your job matches your interests.

Take this easy, 15-minute quiz to get matched with careers based on your likes and dislikes.

Sign in to your account to save your career matches after taking the quiz.

Plan for College

Start here with simple steps you can take today to stay on track for college. New steps will unlock and be added to your dashboard throughout t

Unlocked

Win \$40K

0 of 6

Colleges Added

Build Your College List

Find the right college for you.

Find Colleges

Unlocked

Win \$40k

0

Colleges on Your List

Reach 1 2 3

Match 1 2

Safety 1

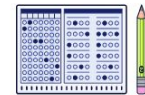
Strengthen Your College List

A mix of reach, match, and safety schools will help you find the right college for you.

Update Your College List

Unlocked

Win \$40K



Practice for the SAT

Take a timed mini section or a diagnostic quiz to boost your score.

Go to Khan Academy

College and Career Planning - Connecting Learning & Life

The California Career Zone provides career searches, interest inventories and preparation requirements...along with planning tools.

<https://www.eduhsd.cacareerzone.org/>

The screenshot shows the California CareerZone website. At the top, there is a blue navigation bar with the logo on the left, which includes the Golden Gate Bridge and the text "California CareerZone powered by Headed2". On the right of the bar are the menu items "Explore", "Decide", and "Grow", each with a dropdown arrow, and a search bar with a magnifying glass icon. The text "You are not signed in: Sign In" is visible in the top right corner.

The main content area features the heading "What's your plan?" centered above three large circular icons. The first icon is blue and labeled "Discover Possibilities", containing icons for a rocket, a heart, a lightbulb, a beach chair, and a person. The second icon is red and labeled "Explore Industry Sectors", containing icons for a smartphone, a map, a cow, a tent, a DNA helix, a microscope, and a truck. The third icon is teal and labeled "Your Career Hub", containing icons for a computer monitor, a handshake, a calculator, a school building, and two people.

Below the icons, the text reads: "A **California CareerZone** account can help keep your plan on track...". At the bottom right, there is a large "GET STARTED" button. Below the button, there are two small icons with text: a puzzle piece icon followed by "Take an assessment to see" and a document icon followed by "Do some research to see".

CAREER TECHNICAL EDUCATION IN HIGH SCHOOL

REGIONAL OCCUPATIONAL PROGRAM

Click links for more info

[Animal Health](#)

[Diesel Engine](#)

[Auto Engine](#)

[Fire Control Technician](#)

[Cosmetology](#)

[Health Careers](#)

[Culinary Arts](#)

[Law Enforcement](#)

[Dental Careers](#)

[Metal Fabrication](#)

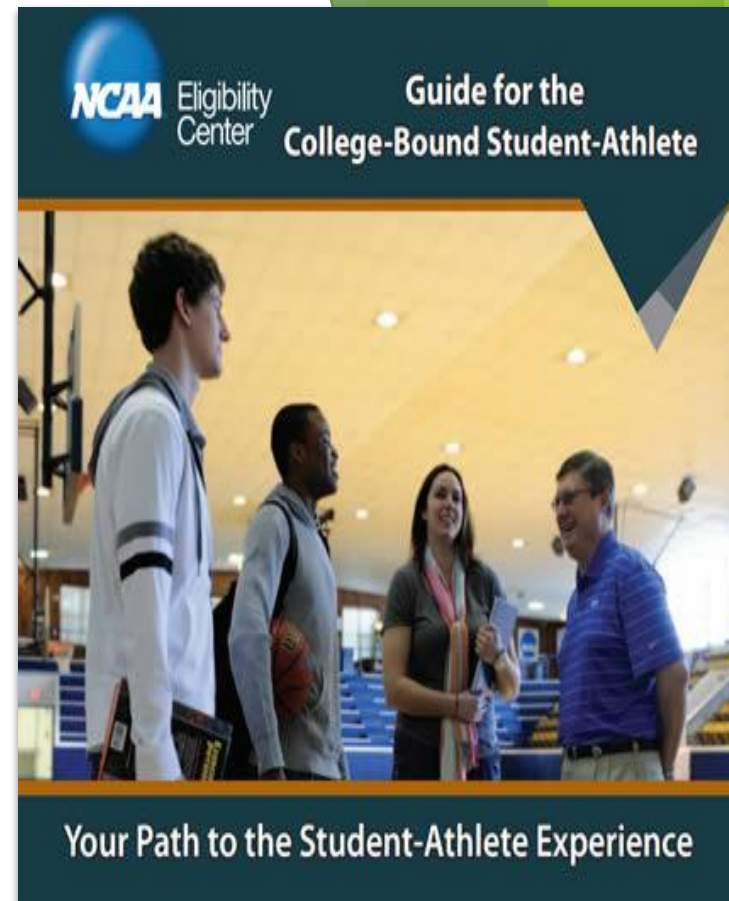
| Program Name | Location | Contact Information |
|-------------------------|----------|---------------------|
| Animal Health | ... | ... |
| Auto Engine | ... | ... |
| Cosmetology | ... | ... |
| Culinary Arts | ... | ... |
| Dental Careers | ... | ... |
| Diesel Engine | ... | ... |
| Fire Control Technician | ... | ... |
| Health Careers | ... | ... |
| Law Enforcement | ... | ... |
| Metal Fabrication | ... | ... |

Link to
ROP Schedule



NCAA / NAIA

- ▶ For student athletes planning on competing at the college level, students should register by the end of their Junior year at www.eligibilitycenter.org for NCAA and <https://www.naia.org/landing/index> for NAIA
- ▶ Student must meet academic eligibility requirements



Planning Guide

10th Sophomore Year

- Focus on your grades
- Begin researching colleges – College Board’s Big Future
- Attend the Electives Fair @ Lunch on 1/19
- Career Exploration CA Career Zone & attend Career Expo on March 7th
- Get involved in an extracurricular activity

11th Junior Year

- Maintain your grades
- Take the PSAT in Oct.
- Take the SAT/ACT in the Spring
- Explore/Visit colleges- College Board’s Big Future
- Attend the Electives Fair @ Lunch on 1/19
- Attend the Career Expo on March 7th

12th Senior Year

- Grades still matter
- Start applying to college and/or community college
- Retake SAT/ACT if needed
- Apply for scholarships & FAFSA

PHS Graduation Requirements vs UC/CSU Admissions Requirements Class of 2025 & 2026

| Subjects | High School Grad Requirements | UC/CSU Admission Requirements |
|---|---|--|
| <i>Social Studies</i> | 3 years (30 credits) | 2 years |
| <i>English</i> | 3 years (30 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> | 2 year (20 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) | |

Ponderosa High School Sequence of Classes



| Freshman | Sophomore | Junior | Senior |
|--|---|--|--|
| <p>English English 1 Adv English 1</p> | <p>English English 2 Adv English 2</p> | <p>English English 3 AP English Language</p> | <p>English English 4 (numerous course offerings available- see Course Catalog) AP English Literature</p> |
| <p>Mathematics Algebra Foundations Algebra 1 Geometry Adv Algebra 2</p> | <p>Mathematics Algebra 1 Geometry Algebra 2 Adv Algebra 2 Pre Calc/AP Pre Calc</p> | <p>Mathematics Geometry Algebra 2/Adv Algebra 2 Prob & Stats/AP Stats Pre Calc/AP Pre Calc Diff Calc / AP Calculus AB</p> | <p>Mathematics Financial Analysis Algebra 2 Prob & Stats/AP Stats Pre Calc/AP Pre Calc / Diff Calc AP Calculus AB/BC</p> |
| <p>Science Earth & Space Science Biology Agricultural Biology</p> | <p>Science Biology Agricultural Biology Environmental Science Adv Chemistry Physics</p> | <p>Science* Adv Chemistry Environmental Science Physics/AP Physics 1 Honors Physiology / AP Biology AP Environmental Science</p> | <p>Science* Adv Chemistry Environmental Science Physics/AP Physics 1 & 2 Honors Physiology / AP Biology AP Environmental Science</p> |
| <p>Health/Tech Proficiency Health & ICT Foundations Exploring Comp Science</p> | <p>Social Studies World History AP World History</p> | <p>Social Studies US History AP US History</p> | <p>Social Studies American Govt & Economics AP Government & AP Economics</p> |
| <p>Physical Education Life Fitness 1</p> | <p>Physical Education Life Fitness 2</p> | <p>Elective</p> | <p>Elective</p> |
| <p>Elective</p> | <p>Elective</p> | <p>Elective</p> | <p>Elective</p> |