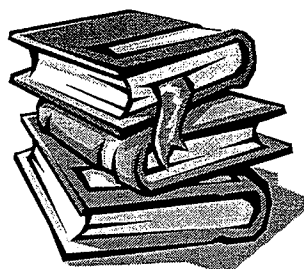


Goal Setting and Future Planning

Bernardo Heights Middle School



Individual Learning Plan

Name: _____

Grade: _____

Educational Goals

Educational Goals during Middle School

- Earn a GPA of 2.00 or above to be eligible for activities, dances and sports.
- Receive no "N"s or "U"s in Citizenship & Effort. Students with all "O"s in citizenship are considered "Rockin' Bobcats" and receive special privileges.
- Have good study skills, homework habits, and classroom participation to be prepared for High School.

Goals for Middle School Success

Goals	Steps to Reaching my Goal
1.	
2.	

Future Educational Goals

- Graduate from High School and Earn a Diploma (see *High School Information* sheet)
- Attend a Vocational School and Receive Training for a Specific Trade
- Join the Military and Receive Specialty Job Training
- Attend a College/University to earn an Associate's or Bachelor's Degree
- Attend Graduate School to earn a Master's Degree, Doctorate Degree, or Other Degree

Career Exploration

Career Possibilities	Education Required:			
	H.S. Grad.	Voc. School	College	Graduate
1.				
2.				

Career Exploration and Interest Inventory Websites

www.cacareerzone.com

www.bls.gov/oco

<http://www.khake.com>

Self-assessment, explore career fields, reality check

Occupational research and outlook

Vocational Information Center – career & technical education

Bernardo Heights Middle School Tracking My Progress

How to Compute Your GPA

Grade
Point
Average

Example

Class	Grade	Value
1. L.A.	A	4
2. Math	B	3
3. Science	C	2
4. Soc. St.	D	1
5. P.E.	F	0
6. Elective	C	2
Total		12

$$\frac{\text{Total Points}}{\text{\# of Classes}} = \text{GPA} \quad \frac{12.0}{6} = 2.0 \text{ GPA}$$

A=4 B=3 C=2 D=1 F=0
AP Coursework: A=5 B=4 C=3

Keep Track of your Progress

1st Quarter

Class	Grade	Value
1. L.A.		
2. Math		
3. Science		
4. Soc. St.		
5. P.E.		
6. Elective		
Total		

GPA = $\frac{\quad}{6}$ =

2nd Quarter

Class	Grade	Value
1. L.A.		
2. Math		
3. Science		
4. Soc. St.		
5. P.E.		
6. Elective		
Total		

GPA = $\frac{\quad}{6}$ =

3rd Quarter

Class	Grade	Value
1. L.A.		
2. Math		
3. Science		
4. Soc. St.		
5. P.E.		
6. Elective		
Total		

GPA = $\frac{\quad}{6}$ =

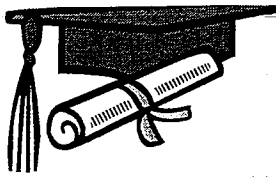
4th Quarter

Class	Grade	Value
1. L.A.		
2. Math		
3. Science		
4. Soc. St.		
5. P.E.		
6. Elective		
Total		

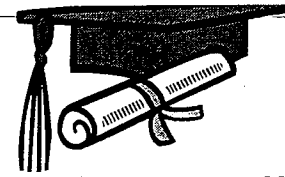
GPA = $\frac{\quad}{6}$ =

Progress Notice/Report Card Timeline 2011-2012

Progress Notices	End of Grading Period	Report Cards Home
September 27 & 28, 2011	October 28, 2011	November 10, 2011
December 12 & 13, 2011	January 20, 2012	February 3, 2012
March 5 & 6, 2012	March 30, 2012	April 13, 2012
May 7 & 8, 2012	June 7, 2012	Mailed home before end of June



High School Information



To earn a PUSD diploma and be eligible to participate in the graduation ceremony, students must earn 230 credits, pass the California High School Exit Exam (CAHSEE), pass the PUSD Computer Proficiency requirement, and meet the California state one-year Algebra proficiency requirement. (Ed Code 523278 – a2, e1)

HIGH SCHOOL COURSE REQUIREMENTS NEEDED (Ed Code 523278 – a2)

PUSD DIPLOMA REQUIREMENTS 230 Total Credits Required to Graduate (5 credits = 1 semester or 1 quarter)			
SUBJECT	CREDIT	SUBJECT	CREDIT
Biological Science	10	Health/ENS 1 at WHS (9 th grade)	5
Civics (12 th grade)	5	Math	20
Economics (12 th grade)	5	Practical Arts	5
Elective	80	Physical Education	20
English	40	Physical Science	10
Fine Arts	5	U. S. History (11 th grade)	10
Fine Arts or Foreign Language	5	World History (10 th grade)	10
TOTAL			230

COLLEGE PREPARATORY REQUIREMENTS (Ed Code 523278 – a2)

“a-g” SUBJECT REQUIREMENTS*

California State University (CSU)

University of California (UC)

SUBJECT	1 YR	1 YR	1 YR	1 YR
a History Two years of history/social science, including one year of U.S. history or one semester of U.S. history and one semester of American government, and . . . for CSU, two semesters of history/social studies from either “a” or “g” subject areas and . . . for UC, two semesters of world history, cultures and geography from the “a” subject area.				
b English Four years English, which can include not more than one year of ESL/ELD courses				
c Mathematics Three years math (algebra I and II, geometry); four years recommended				
d Laboratory Science Two years laboratory science including . . . for CSU, one year of physical and one year of biological science (one of which must be from the “d” subject area with the other from either “d” or “g”) and . . . for UC, at least two of the three core disciplines of biology, chemistry and physics (both from the “D” subject area and three years recommended).				
e Foreign Language Two years of language other than English. Must be the same language.				
f Visual or Performing Arts One year visual and performing arts. Students must complete a single year-long course selected from the disciplines of dance, drama/theater, music or visual arts.				
g College Preparatory Elective One year elective chosen from any of the areas on the approved “a-g” course list, excluding those designated as non-elective (lower-level mathematics, language other than English, and visual and performing arts).				

*A unit is equal to one year or two semesters (two quarters at WHS). Freshman applicants must complete the same pattern of 15 units of required courses.

**Earn at least a C in the required courses. Colleges will only look at A's, B's and C's of your 9th, 10th and 11th grade years when you apply. Senior year grades are looked at when you send in your final transcript. Colleges can rescind your acceptance if your grades decline.

The California High School Exit Examination (CAHSEE)

Purpose and Content

State law requires all students in California public schools to pass this exam to receive a high school diploma. The test consists of two separate parts: An English/Language Arts portion and a Mathematics portion. All questions on the test are based on the California State Board-Adopted Academic Standards. Students have to pass both parts of the test and meet the District's other requirements for graduation to receive a diploma. Once either portion is passed, it never has to be retaken.

The CAHSEE is administered once in grade 10 for all students, twice in grade 11 and up to 5 times in grade 12 for students who have not passed the CAHSEE. A student who has not passed the CAHSEE by the end of grade 12 is entitled to receive intensive instruction and services for two consecutive academic years.

For more information check the California Department of Education website at: <http://www.cde.ca.gov/ta/tg/hs/>

College Entrance Tests

Plan on taking the PSAT test to practice for the SAT I (or ACT) and SAT II Tests

PSAT (Grade 9-11)	Critical Reading = 80 Math = 80 Writing = 80
SAT I* (Grade 11-12)	Critical Reading = 800 Math = 800 Writing = 800 Perfect Score = 2400
SAT II (Grade 11-12)	Beginning in the Fall 2012, the UC's will no longer require the SAT II tests. Students can still choose to submit their scores for consideration as part of their application, just as they do now with AP scores. The Subject Tests may be recommended for certain Majors.
ACT*	General ACT covers English, math, reading, science reasoning Score Range is 1-36

*Either test (SAT I/ACT) is required by the UC/CSU and most 4-year universities.

Take advantage of SAT/ACT prep courses to prepare you for college admissions tests. Check out www.collegeboard.com for the "SAT question of the day".

Start Working on Your Resume Get Involved

- Volunteer work, community service, sports, clubs, ASB, awards, part-time jobs
- Examples of clubs/organizations may include Boy/Girl Scouts, church youth groups, FFA (Future Farmers of America), ASL (American Sign Language), CSF (California Scholarship Federation), DECA (Association of Marketing and Management Students), FBLA (Future Business Leaders of America), YMCA, 4H (Leadership, Citizen, Life Skills), Speech and Debate, Culture Clubs (Persian, Korean, Indian, Japanese, Filipino, Chinese, etc.)
- Pursue leadership positions at all levels – school, community, state, national, international. UC system will give additional points for a leadership position.

Explore Your Options

Community Colleges (107)
California State Universities (23)
University of California (10)
Private Colleges/Universities (Over 60)

UC System: UC consists of nine campuses statewide and one graduate campus (San Francisco) offering four-year programs in a wide variety of fields. It also offers graduate degrees to the doctoral level. UC is committed to serving the top 9% of California's high school graduates.

Estimated Costs –

Tuition fees about \$11,330 per year

*On campus average \$27,858 per year; at home \$21,909

California State University: CSU consists of twenty-three campuses statewide offering four-year programs in a wide variety of fields. It also offers graduate degrees to the doctoral level and credential programs in various educational fields. CSU is committed to serving the top 33% of high school graduates.

Estimated Costs –

Tuition fees about \$5,206 per year

*On campus average \$22,306 per year; at home \$14,870

Private Colleges and Universities: Each campus is independently owned and operated relying on student tuition to a large degree to meet costs. Four-year and graduate degrees are offered. Admissions requirements vary from school to school. Some of the schools are large and others are small and offer personalized campus life. Some examples of private universities or colleges include:

Azusa Pacific University
Loyola Marymount University
Pt. Loma Nazarene University

Mt. St. Mary's College
Stanford University
Pepperdine University

University of San Diego
University of Southern CA
The Claremont Colleges

California Community Colleges: Most California counties have community colleges that offer two-year degree programs and vocationally oriented certificate programs. Students who do not meet the admission requirements for a UC or CSU campus may transfer to a four-year college after successfully completing two years (60 units) of acceptable courses at a community college.

Estimated Costs - \$26 a unit

PUSD Middle School College Readiness Fair: March 7th at Twin Peaks Middle School (630–800 p.m.)

Helpful Web Sites:

www.csumentor.edu	Start your account, setup your profile and explore options
www.Californiacolleges.edu	Explore private and state colleges
www.UCOP.edu	Check out the UC system
www.collegeboard.org	Sign up for SAT I/II online and explore colleges
www.actstudent.org	Find out about the ACT test and preparation; college and career planning
www.fafsa.ed.gov	Federal Financial Aid information
www.fastweb.com	Scholarship search
www.finaid.org	Guide to Financial Aid for college
www.collegeanswer.com	Financial Aid information
www.gocollege.com	Financial Aid and Admissions information

**Tuition prices based on 2010 College Data*

**Bernardo Heights Middle School
Academic Supports and Resources**

Various Subject Support including Math

Compass Learning – <http://cl.powayusd.com>

- Login using student Learningpoint username and password.
- A web-based curriculum system, every PUSD middle school student has been given free access to district approved curriculum activities.
- By accessing this web-delivered tool, PUSD middle school students have an opportunity to expand and extend their personal learning. This unique tool provides content, aligned to the student's MAP score, which utilizes interactive learning games, skill building, and learning resources.

Brainpop.com – <http://www.brainpop.com/>

- Every student at BHMS has a paid subscription to BrainPop.
- The username and password is on the back of student IDs.
- Username: bhms – Password: bobcat
- BrainPOP creates animated, curriculum-based content that engages students in a variety of subjects.

Math Support

Holt Online Learning – my.hrw.com

- A Free online math program linked to student math books.
- Includes a tutorial, practice, and review of each section and chapter covered in the book.
- Comes with a parent tutorial component.
- Obtain usernames/passwords from your math teacher.

Mathvision

- A television homework helpline for 6th through 9th grade students in San Diego County, California.
- It's a **television show**. It's a mathematics homework helpline. It's MathVision!
- Nine certified math teachers available to assist San Diego County students with their mathematics homework every week.
- Call 1-800-MATH543 3pm to 6pm Wed/Thurs during the school year. Free!
- Live televised instruction and phone tutoring 4 pm to 5 pm Wed/Thurs on local San Diego County **Cable TV stations**.

Other Supports:

- Before/After School Education and Safety Program (ASES)/Power Hour
- Bobcat Math Intervention
- Caring Connections Counseling Referral
- Daily Progress Report
- Goal Setting Contract
- Private Tutoring
- Support Groups
- Teachers/Administrators