WELCOME!

8TH GRADE PARENTS AND STUDENTS

January 13, 2022
La Jolla High Admin Team

Principal
Dr. Chuck Podhorsky

Vice Principal
Mrs. Cindy Ueckert

Vice Principal
Mr. Joe Cavaiola
La Jolla High Athletic Director

Aaron Quesnell
CIF/LJHS Athletic Sports

FALL
Cross Country
Football
Girls Golf
Girls Volleyball
Field Hockey
Boys Water Polo
Girls Tennis
Cheer

WINTER
Girls Basketball
Boys Basketball
Girls Soccer
Boys Soccer
Wrestling
Girls Water Polo

SPRING
Badminton
Baseball
Softball
Track & Field
Boys Lacrosse
Girls Lacrosse
Swim & Dive

Boys Volleyball
Boys Golf
Boys Tennis
ASB

Paul Byrne
Whitney Brooks
Cathy Hutchins
Charlotte Gayner
Overview

• LJHS is an awarding winning public school with over 96% of graduating seniors entering universities or colleges.

• Past two years 21 students have been National Merit Finalists and 35 have been commended.
  • One of the top public schools in the nation (Newsweek)
  • Western Association of Schools & Colleges Accreditation (WASC)
  • California Distinguished School
  • Achievement via Individual Determination (AVID) School of Distinction
  • Cum Laude Society chapter

• Rigorous curriculum including 8 honors courses, 19 AP and many UCSD & Mesa College courses.

• 93% of LJHS teachers have Master Degrees or higher.
LJHS

- Students consistently score above the national average on the ACT and SAT exams
  - SAT = 1270 (national average is 1000)
  - ACT = 28 (national average is 21)
- AP Exams = About half of our students take one or more exams each year
  - 78% earn a score of 3 or higher
- Scholar Athletes = Many of our athletes attend highly ranked universities such as: UC Berkeley, Brown, Columbia, Harvard, John Hopkins, NYU, Stanford, UCLA, USC, and UCSD.
Campus

- Over 14 acres including new classrooms, science buildings, robotics lab, and recreational facilities
- Featuring
  - aquatic center with Olympic size pool
  - athletics stadium
  - two gyms
  - practice fields
  - tennis courts
  - library/media center
  - newly renovated cafeteria
  - 400 seat auditorium
- Modernization is complete!
La Jolla High Counseling

A-Fe: Cynthia Crowley
ccrowley@sandi.net

Fi-L: Alex Drozda
adrozda@sandi.net

M-Sc: Rhiannon Soria
rsoria@sandi.net

Se-Z: Clinton McVay
cmcvay@sandi.net

Counseling Secretary:
Megan Cox
mcox@sandi.net
LJHS Graduation Requirements

- **Social Science**: 3 years (World History, US History, Government/Economics)
- **English**: 4 years
- **Math**: 3 years
- **Science**: 3 years (Biology, Chemistry, and Physics)
- **Foreign Language**: 2 years (or just completion of 3-4+)
- **Visual & Performing Art**: 1 year of same course
- **Physical Education**: 2 years and Fitnessgram

GPA = 2.0 or higher

44 Total Academic Credits Required
“a-g” Requirements
(4 Year College Admission Requirements)

a – History/Social Science – 2 years

b – English – 4 years

c – Mathematics – 3 years / 4 recommended
   (UC/CSU requires Integrated Math 2 or Geometry)

d – Lab Sciences – 2 years / 3 recommended

e – Foreign Language – 2 years / 3 recommended

f – VAPA – 1 year

g – College Prep Electives – 1 year or an additional year from another content area

Courses counted towards UC/CSU admission have a “P” or “HP” next to course name.
# English
4 years required

<table>
<thead>
<tr>
<th>Grade</th>
<th>All Advanced classes have prerequisites.</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Identity &amp; Relationships 1-2</td>
</tr>
<tr>
<td></td>
<td>Cluster or Seminar (for identified only)</td>
</tr>
<tr>
<td>10</td>
<td>English 3-4</td>
</tr>
<tr>
<td></td>
<td>Cluster or Adv./Seminar</td>
</tr>
<tr>
<td>11</td>
<td>American Literature</td>
</tr>
<tr>
<td></td>
<td>Regular, Honors, or AP/Seminar</td>
</tr>
<tr>
<td>12</td>
<td>ERWC (Expository Reading, Writing, Composition)</td>
</tr>
<tr>
<td></td>
<td>English Literature – Regular or AP</td>
</tr>
<tr>
<td></td>
<td>or</td>
</tr>
<tr>
<td></td>
<td>Mesa College English 101,205</td>
</tr>
</tbody>
</table>
Mathematics
# Mathematics
3 years required

<table>
<thead>
<tr>
<th>Current Class 8th</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC Math 8</td>
<td>Integrated I</td>
<td>Integrated II</td>
<td>Integrated III</td>
<td>Precalculus Statistics</td>
</tr>
<tr>
<td>(Adv. requires A/B in Math 8 and passing the math assessment test)</td>
<td>Advanced Integrated I</td>
<td>Advanced Integrated II</td>
<td>Advanced Integrated III</td>
<td>Honors Precalculus AP Statistics</td>
</tr>
<tr>
<td>Advanced Integrated I</td>
<td>Advanced Integrated II</td>
<td>Advanced Integrated III</td>
<td>Hnrs Precal Precalculus Statistics</td>
<td>AP Calculus AB or Mesa Math 150 AP Calculus AP Statistics</td>
</tr>
</tbody>
</table>
Lab Sciences
Lab Sciences - 3 years required:  
**Biology, Chemistry and Physics**

Bio Med Pathway Requirement: Biology and Chemistry **and** Physics

<table>
<thead>
<tr>
<th>Grade</th>
<th>All Advanced Classes have prerequisites</th>
<th>Biomedical Pathway (top-down sequence)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Biology or Physics (Adv. or Regular)</td>
<td>Hnrs. Principles of Biomedical Sciences -9&lt;sup&gt;th&lt;/sup&gt; plus Biology (concurrently)</td>
</tr>
<tr>
<td>10</td>
<td>Biology, Chemistry, or Physics (Adv./Honors/AP)</td>
<td>Hnrs. Human Body Systems-10&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>11</td>
<td></td>
<td>*Hnrs. Medical Interventions-11&lt;sup&gt;th&lt;/sup&gt; plus Chemistry or Physics (concurrently)</td>
</tr>
<tr>
<td>12&lt;sup&gt;th&lt;/sup&gt; (If taking four years)</td>
<td>Marine Science AP Environmental</td>
<td>Hnrs. Biomedical Innovation-12&lt;sup&gt;th&lt;/sup&gt; (“g” elective) (Possible internship/2-hour block)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*May earn college credit by exam</td>
</tr>
</tbody>
</table>
Foreign Language
Foreign Language
2 years of the same language (or level 3/4 +) required

<table>
<thead>
<tr>
<th>Grade</th>
<th>Regular</th>
<th>Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th - 12th</td>
<td>Spanish</td>
<td>4th year and after: Honors &amp; AP Spanish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>AP Latin</td>
</tr>
<tr>
<td>7th - 12th</td>
<td>Latin</td>
<td></td>
</tr>
</tbody>
</table>

Please note: Students can also meet this requirement by the LOTE exam, However… The LOTE exam only meets graduation requirement, not college admission requirements.
History/Social Science
3 years required

<table>
<thead>
<tr>
<th>Grade</th>
<th>Advanced Offerings all have prerequisites.</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th</td>
<td>World History/Adv. World History, or AP European History</td>
</tr>
<tr>
<td>11th</td>
<td>US History (Regular, Honors, AP)</td>
</tr>
<tr>
<td>12th</td>
<td>Government and Economics (regular or AP) or Political Science - Mesa College</td>
</tr>
</tbody>
</table>
Physical Education/Athletics
Physical Education
2 years *required in 9th/10th grade

<table>
<thead>
<tr>
<th>Grade</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>*PE 1-2 or Marching Band</td>
</tr>
<tr>
<td>10th</td>
<td>PE 3-4 or Marching Band</td>
</tr>
</tbody>
</table>

Students may be placed in 6th period PE Athletics when coach submits roster for the team and fit within schedule.
Please Note…
PE Marching Band = PE credit, not art- one semester, 2nd semester is Concert Band
Electives Available to Freshmen

- **Visual/Performing Art (VAPA):** Art, Computer Graphic Design, Band, AP Music Theory, Technical Theater, and Theater
- **Computer Science:** Computer Science Discoveries
- **Other:** Journalism, AVID, Yearbook, ASB (Student Government), Green Construction Design (Woodshop)
Electives Offered in 10th – 12th

• We offer a total of 26 elective courses in subject areas of Art, Music, Computers, Theater, Journalism, AVID, Video Production, Yearbook, Woodshop, Psychology and College Classes.

• Students may continue in more advanced levels of many classes.

• See Academic Handbook for full list of elective courses offered.
Career and Technical Education (CTE)

CTE courses can be completed as a single course or as part of a pathway. Each pathway prepares students for successful completion of Common Core State Standards, technical standards, and more advanced postsecondary coursework related to the career.

<table>
<thead>
<tr>
<th>Pathways</th>
<th>Design/Visual/ Media Arts</th>
<th>Production and Managerial Arts</th>
<th>Production and Managerial Arts</th>
<th>Software and Systems Development</th>
<th>Cabinetry, Millwork, and Woodworking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computerized Graphic Design 1-2</td>
<td>Tech Theatre 1-2</td>
<td>Video Production 1-2</td>
<td>Computer Sci Discovery 1-2</td>
<td>Green Tech and Design 1-2</td>
<td></td>
</tr>
<tr>
<td>Computerized Graphic Design 3-4</td>
<td>Tech Theatre 3-4</td>
<td>Video Production 3-4</td>
<td>AP Comp Science Principles</td>
<td>Fine Woodworking</td>
<td></td>
</tr>
<tr>
<td>(not “a-g”)</td>
<td>Theatrical Management and Design 1-2</td>
<td>Broadcast Journalism 1-2</td>
<td>AP Computer Science A</td>
<td>General Construction</td>
<td></td>
</tr>
<tr>
<td>Photography</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


# Sample 4-Year Schedule

<table>
<thead>
<tr>
<th>Grade 9</th>
<th>Grade 10</th>
<th>Grade 11</th>
<th>Grade 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>English</td>
<td>English</td>
<td>English</td>
</tr>
<tr>
<td>2</td>
<td>Math</td>
<td>Math</td>
<td>(Math)</td>
</tr>
<tr>
<td>3</td>
<td>Elective</td>
<td>World History</td>
<td>US History</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gov’t/Econ</td>
</tr>
<tr>
<td>4</td>
<td>World Lang.</td>
<td>World Lang.</td>
<td>(World Lang.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fine Art</td>
</tr>
<tr>
<td>5</td>
<td>PE</td>
<td>PE</td>
<td>Elective</td>
</tr>
<tr>
<td>6</td>
<td>Science</td>
<td>Science</td>
<td>Science</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Elective</td>
</tr>
<tr>
<td></td>
<td>Grade 9</td>
<td>Grade 10</td>
<td>Grade 11</td>
</tr>
<tr>
<td>-------</td>
<td>------------------</td>
<td>-------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>1</td>
<td>English</td>
<td>English</td>
<td>English</td>
</tr>
<tr>
<td>2</td>
<td>Math</td>
<td>Math</td>
<td>Math</td>
</tr>
<tr>
<td>3</td>
<td>Biology</td>
<td>World History</td>
<td>Physics</td>
</tr>
<tr>
<td>5</td>
<td>PE</td>
<td>PE</td>
<td>US History</td>
</tr>
<tr>
<td></td>
<td>Principals of Biomedical Systems</td>
<td>Human Body Systems</td>
<td>Medical Interventions</td>
</tr>
</tbody>
</table>
What to Consider When Selecting Courses…

<table>
<thead>
<tr>
<th>Should my student take an advanced class?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prerequisites, test scores, overall schedule rigor, extracurriculars.</td>
</tr>
</tbody>
</table>

| Teacher recommendations may be considered. |

<table>
<thead>
<tr>
<th>Remediation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students should re-take a class if they earned an “F” or “D” as a semester grade.</td>
</tr>
</tbody>
</table>

| Alternate course selections (in order of preference: 1, 2, 3, 4) are **required for** electives and **for science**: 1\textsuperscript{st} choice, 2\textsuperscript{nd} choice. |

<table>
<thead>
<tr>
<th>Balance: Do not overload!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Think of the “big picture.”</td>
</tr>
</tbody>
</table>
Commitment

It is VERY important that courses are chosen during the sign-up window.

There is **no guarantee** that students will be able to drop a course that he or she signed up for unless it was scheduled in error.

Parents must sign course request forms – both front and back if selecting honors/AP levels. 😊
Summer School

Remediation (make up a D or F)
- **SDUSD** - Offers core classes, regular level only. If same course number, the new grade is calculated into GPA, not the old one.
- **Outside district** - Will fulfill the graduation requirement. Both the new grade and the old grade are calculated in the GPA.

First time courses (for enrichment or to progress to next level)
- **SDUSD** – Not available.
- **Outside district**: Recommend speaking to your counselor FIRST
  - Does not count towards a subject graduation credit, only elective credit.
  - Does not receive a letter grade and will not be calculated into GPA.

*Example: Student successfully completes Integrated Math 2ab over summer. It will be put on transcript as “MATH” & “Pass/No Pass”*
Summer School Considerations

Courses taken to progress to the next level:

*Example: Taking IM2 over summer in order to take IM3 in the fall*

1. Student will be enrolled in the next level based on where they are NOW. (ex. currently in IM1 - will be enrolled in IM2)
2. There is no guarantee that there will be room in the next level class the following fall. (ex. IM2)
3. Prior to the start of school, student must provide official transcript of summer course to counselor/registrar.
4. Must meet pre-requisites for the higher-level course.
   *Note: typically, only regular classes are offered in summer.
   *Refer to Academic Handbook online.
GPA – Grade Point Average

• Final grades each semester

• AP/Honors/College = weighted scale
  A=5   B=4   C=3   (No weight for D’s)

• Athletic Eligibility calculated at each progress report (6 weeks)
  2.0+ Citizenship and Academic

\[
A = 4, \ B = 3, \ C = 2, \ D = 1, \ F = 0
\]

\[
\text{Grade Points} = \text{Grade Value} \times \text{Units Earned}
\]

\[
\text{G.P.A.} = \frac{\text{Total Grade Points}}{\text{Total Units Earned}}
\]
Extracurricular Activities

GET INVOLVED!

- On campus - clubs, athletics, theatre, activities, ASB/yearbook/journalism
- Community service, internships programs
- Summer Opportunities – enrichment classes, service and other programs, language immersion, etc.

Colleges want to see students involved all 4 years of high school.

“Depth; not breadth”
Counseling & College Admissions

• Every LJHS student is assigned a counselor for social and emotional support, academic development, and career guidance.

• Counselors also provide extensive career and college counseling starting with exploration in 9th grade and continue through final decisions in 12th grade.

• Independent College Counselor, Linda Dowley, provides college workshops and seminars that are funded by the Foundation of LJHS.
Student Academic Handbook

www.sandiegounified.org/schools/la-jolla/academic-handbook

- Go to:
  - Academic Tab>
  - Academic Handbook>

- Course descriptions and prerequisites

- Graduation requirements & college planning
LJHS Counseling Website

Counseling tab includes:
- Career Planning
- College Information
- Course Planning
- Financial Aid
- Health and Wellness
- Xello
- Student Opportunities
- Study Skills
- Testing Resources

…and more.

These pages supplement classroom lessons for each grade level and allow families to access many of our presentation materials.
Transition to LJHS

Registration
Muirlands students are automatically registered at LJHS. New families to District will start the enrollment process in March, and will meet virtually with a counselor to choose classes once finished. Please check website for details.

Course Selection for Muirlands
- February 3: Students receive presentation from counselors and Course card.
- Feb 14-15th: Students meet 1-1 with their counselor to submit choices.

School Tour & Link Crew Orientation
- May – welcome night (COVID permitting)
- During fall registration, there are parent and student orientations with our Link Crew.

Athletic Tryouts
Visit [www.ljvikings.com](http://www.ljvikings.com) to review summer tryout schedule and athletic clearance requirements.
- Many fall sports tryouts are in early August with practices prior to school start.
LJHS Resources

Academics - [www.sandiegounified.org/schools/la-jolla](http://www.sandiegounified.org/schools/la-jolla)
- Academic Handbook
- Course descriptions, graduation requirements
- School Guidelines
- Attendance
- Faculty and Staff Directories
- Student Life
- Clubs, Academic teams, study help
- College Admissions

Powerschool - IDs remain the same as at Muirlands

Athletics - [www.ljvikings.com](http://www.ljvikings.com) will provide overview of sports, tryouts and medical clearance requirements. Athletic clearance is required prior to sports participation.

School News
- Sign up for our weekly eNews
- Follow LJHS on Facebook and Instagram
QUESTIONS?

Thank You for Coming!