

Welcome to Sophomore year! ✨ ✨ ✨

What to expect

- ♥ Guidance lesson
- ♥ Login to CCGI
- ♥ Complete self-awareness activity
- ♥ Meet with your counselor
- ♥ Complete follow up survey



Murrieta Valley High School

Counseling Department



Mr. Luevano
A-DI & MSJC



Mr. Vandenburg
Do-K & CTE



Mrs. Thornburg
L-Pa & IB



Mrs. Castro
Pe-Ve & AP



Mrs. Mendoza-Montoya
Vi-Z, AVID & EL



Mr. Bosna
Assistant Principal



Mrs. Cortez
Mental Health Specialist



Mrs. Velasquez
Guidance Technician A-K



Mrs. Finch
Guidance Technician L-Z



Mrs. Duarte
Counseling Secretary



Murrieta Valley High School

Service and Commitment to Every Student Every Day Without Predictions

District Home

Our Schools

Translate Language | Staff Login



Athletics



Counseling



Enroll



Office 365



Student Store



24/7 Reporting



<https://www.murrieta.k12.ca.us/mvhs>

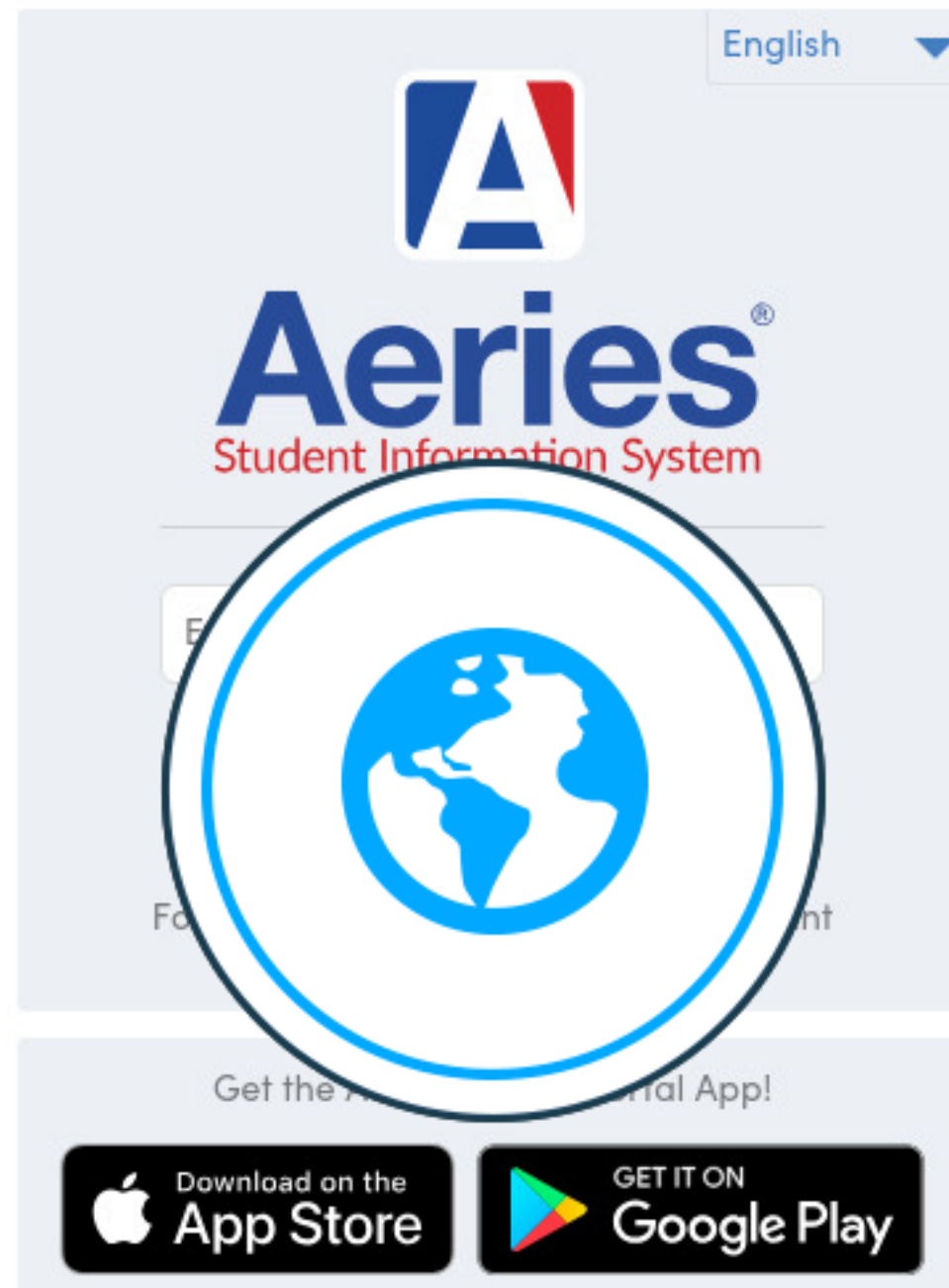
Congratulations Class of 2024!

Cheering for our Students Everyday!

Be a part of our Award Winning Performing Arts!



Murrieta Valley USD



<https://aeriesnet.murrieta.k12.ca.us/parent/LoginParent.aspx?page=Default.aspx>

For assistance call your local school registration office

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U.C. A-G Requirements Gangnam Style Parody

Review of A-G and Graduation requirements

1

Graduation Requirements

<u>English</u>	<u>4 years</u>
<u>Math</u>	<u>3 years</u>
<u>Science</u>	<u>3 years</u>
<u>Modern World Hist</u>	<u>1 year</u>
<u>U.S. History</u>	<u>1 year</u>
<u>Gov/Econ</u>	<u>1 year</u>
<u>Health/Career/ICT</u>	<u>1 year</u>
<u>PE</u>	<u>2 years</u>
<u>VPA</u>	<u>1 year</u>
<u>Foreign Language</u>	<u>1 year</u>
<u>Electives</u>	<u>5 year long courses</u>

2

A-G requirements

<u>English</u>	<u>4 years</u>
<u>Math</u>	<u>3 years (4 reccom.)</u>
<u>Science</u>	<u>2 years (3 reccom.)</u>
<u>History</u>	<u>2 yeary</u>
<u>VPA</u>	<u>1 year</u>
<u>Foreign Language</u>	<u>2 years (3 reccom.)</u>
<u>College Prep elective</u>	<u>1 year</u>

All A-G courses must be passed with a C or higher

3

Other Graduation requirements

- 40 Hours of community services
(*Must be verified non profit organization*)
- Pass the Junior reflective task
- Pass the Senior culminating Project
- Clear all discipline and tardies

weighted classes

-AP, IB, and MSJC Annex classes are weighted

-you receive an extra POINT in GPA

- "C", it gets bumped to a "B" (3.0)
- "B", it gets bumped to a "A" (4.0)
- "A", it gets bumped to a "A++" (5.0)

"D's" do not bump up

Murrieta Valley High School					
p	1021	Adv English I	A	5.00	5.00
+ p	1918	AP Human Geo	A	5.00	5.00
p	1930	Leadership	A+	5.00	5.00
p	2217	Adv. Math II	A+	5.00	5.00
*	2700	PE 9	A+	5.00	5.00
p	3025	Biology CP	A+	5.00	5.00
	7560	Career/ICT	A+	5.00	5.00
Credit Att: 35.00 Cmp: 35.00 TGPA: 4.14					
Murrieta Valley High School					
p	1021	Adv English I	A-	5.00	5.00
p	2212	Math I	A+	5.00	5.00
p	3025	Biology CP	A+	5.00	5.00
p	4050	ASL Lang I	A	5.00	5.00
	5516	Foods & Nutrition	A+	5.00	5.00
p	7231	Adv DanceChoreo	A	5.00	5.00
	8075	Health	A+	5.00	5.00
Credit Att: 35.00 Cmp: 35.00 TGPA: 4.00					

When you take an AP, IB, or MSJC class, they are "weighted" out of a 5.0 scale vs 4.0 scale.



COLLEGE CREDIT OPTIONS

These are ways you can earn college credit during high school

ADVANCED PLACEMENT AP

English

AP English Language
AP English Literature

Math

AP Pre-Calculus
AP Calculus BC
AP Statistics
AP Computer Science

History

AP European History
AP US History
AP World History
AP Government
AP Human Geography
AP Psychology

World Language

AP Spanish Language
AP Spanish Literature

Science

AP Biology
AP Chemistry
AP Physics

INTERNATIONAL BACCALAURATE IB (18)

(11th & 12th grade)

Calculus SL
Statistics SL
Economics SL
English HL 1/2
French SL
German SL
Spanish SL/HL
History HL 1/2
Music HL 1/2
Psychology SL, HL 1/2
Physics SL, HL
Sports Science SL
Theory of Knowledge

MSJC ANNEX (8)


(10th-12th grade)

ASL 101
CSIS 113
English 101/103
History 103/104
History 111/113
Dance 100
Sociology 101
Political Science 101

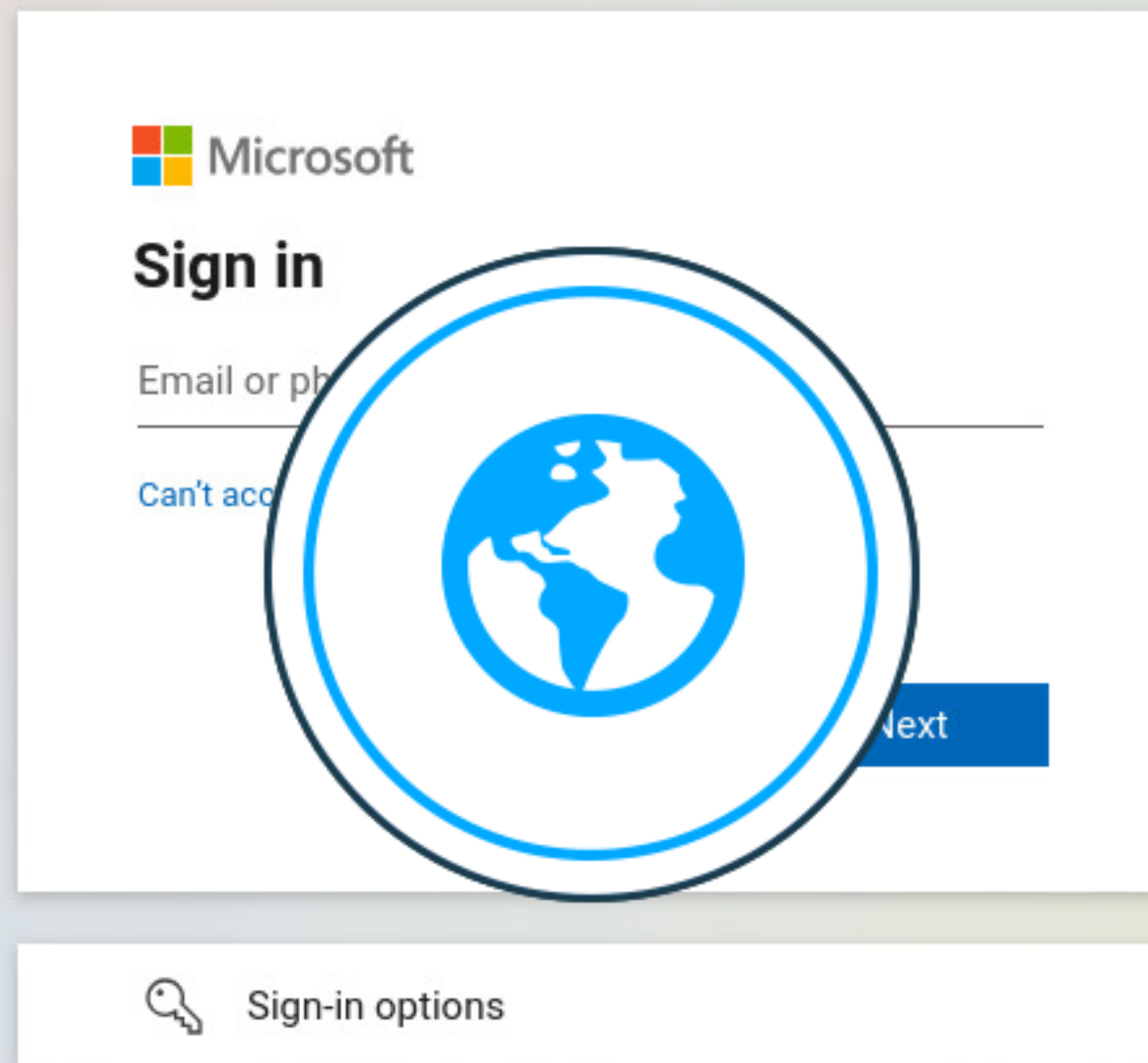


Time to Climb

Time To Climb

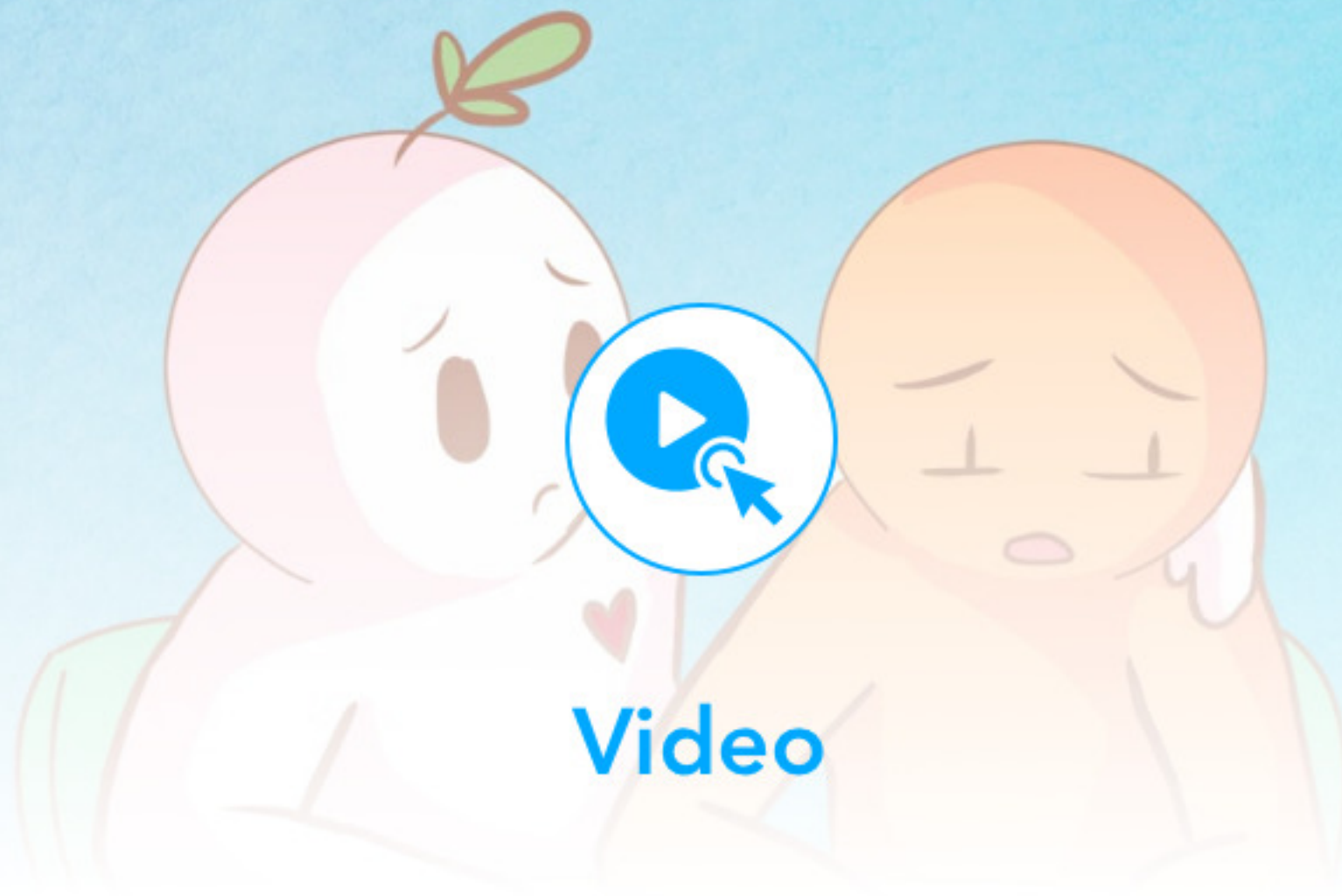


What is self awareness ?



<https://forms.office.com/r/dHicJ9fhR2>

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10 Things Only Self-Aware People Do

Self awareness

The ability to identify our own feelings, values, strengths, and limitations, as well as how our feelings and thoughts influence what we do

Discussion:
Discussion:
Why is it important to be self aware?
When was a time you struggled with being self aware?



Self Awareness Tools

Which one can you work on during your 10th grade year?



Chose your words wisely

Be open to new ideas

Manage time wisely

Journal

Practice patience

Use emphathy

Accept your failures

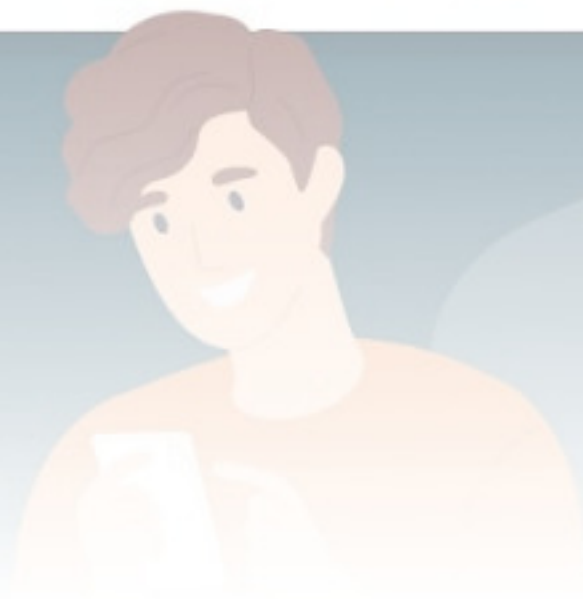
Be humble

Ask for feedback

Self talk

HOW TO

FIND THE RIGHT CAREER



Video



How to Choose the Right Career Path in 7 Simple Steps

CCGI

Multiple intelligences activity

Login to [Californiacolleges.edu](https://californiacolleges.edu)

Email: 9 digit student ID @mvusd.org

If you forgot your password click reset password

If you are new or that does not work, please work with your counselor to reset your password manually when you meet with them



Multiple intelligences (MI) is a theory that suggests that people have different ways of learning and different types of intelligence that they use in their daily lives. The theory was introduced by Howard Gardner in 1983 and is based on the idea that intelligence is not a single, general ability, but rather a range of abilities that people continually learn and develop throughout their lives.

How to access this tool in CCGI

To access the intelligences activity

1. Login to [Californiacolleges.edu](https://californiacolleges.edu)
2. Hover over the Career tab at the top of the page
3. Click on Intelligences
4. Take the full assessment
5. Review and reflect upon your results

Learn About Your INTELLIGENCES



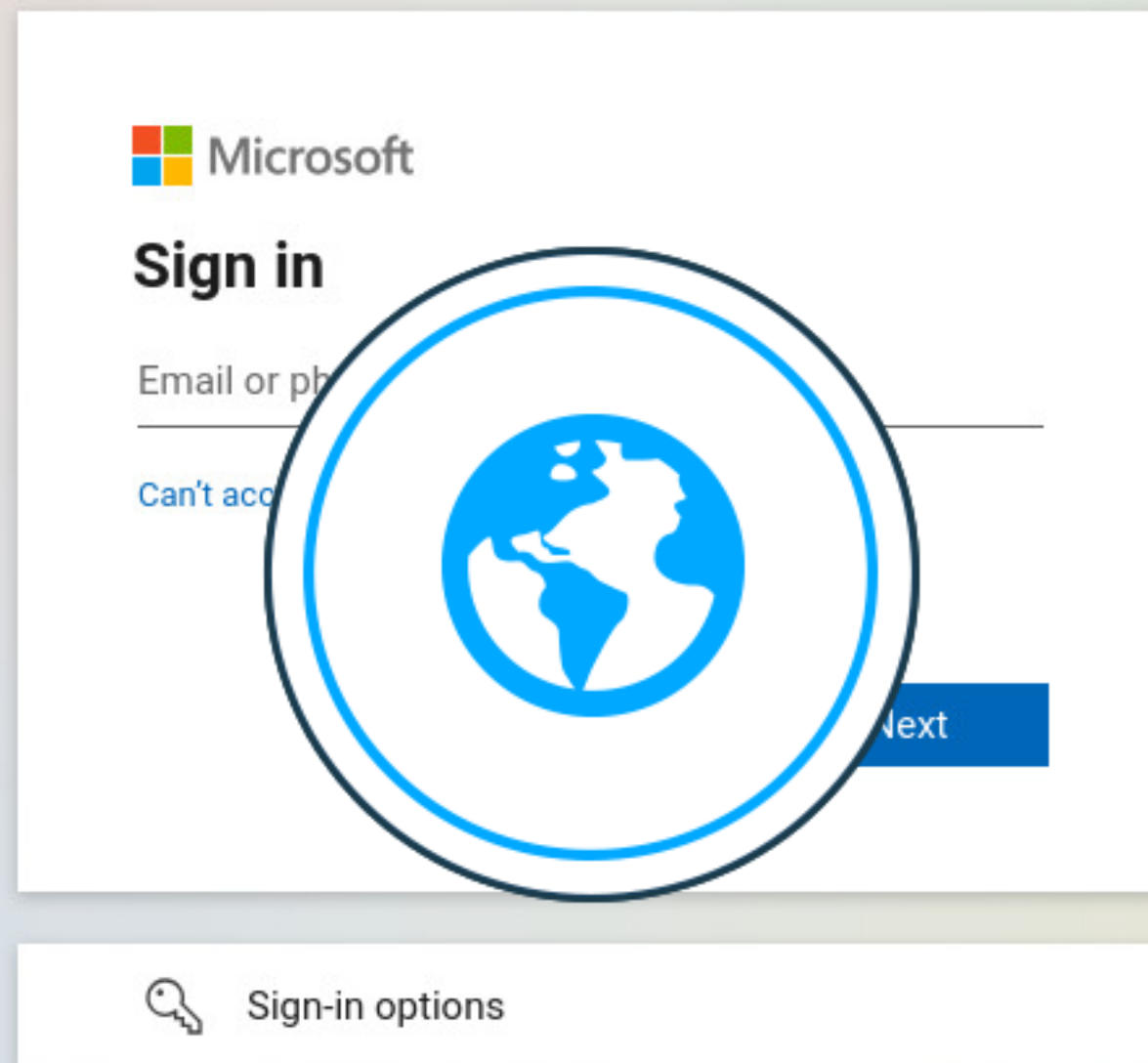
1 Rate your abilities and preferences



2 Review your strengths and challenges



3 Explore careers that match your strengths



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Review of what to do

Login to CCGI

Complete the
multiple
intelligences
activity

Complete the worksheet

Reflect upon what
you learned about
yourself

Meet with your counselor

Be open to
sharing. We are
here for you

