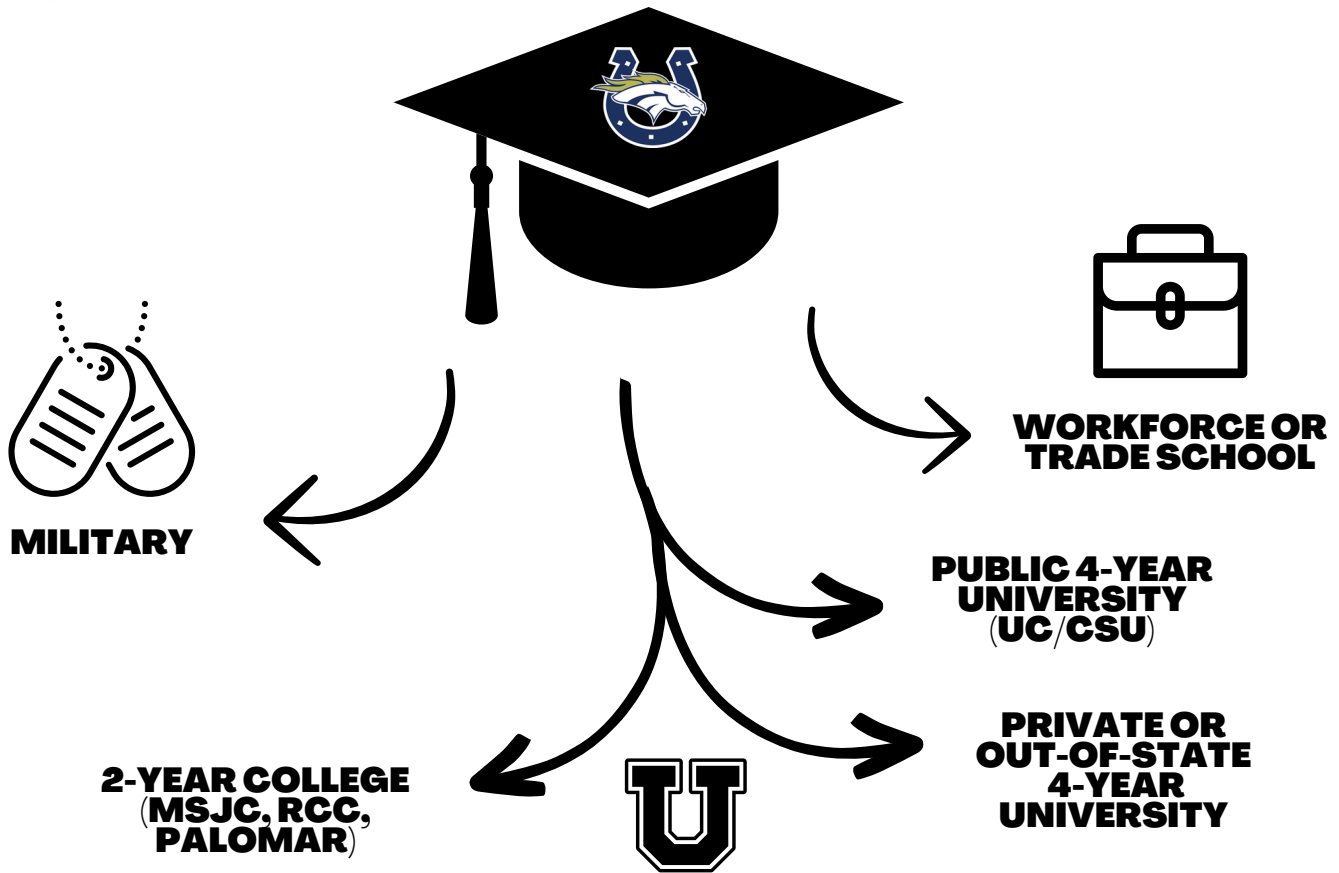




FRESHMEN



GRADUATE WITH A-G

Aim to pass your graduation requirements plus additional A-G courses with a C or higher

- ☐ Explore colleges and careers through CCGI
- ☐ Have a list of colleges
- ☐ Apply for scholarships and CalKids!

EXPLORE CTE

Interested in the workforce?
Explore our Career and Technical Education offerings in the arts, engineering, health, public services, and technology industries before course selection in the spring. View on Course Catalog linked at vmhs.net.

BE INVOLVED

Another way to explore pathways is through clubs. We have over 50 clubs to connect you to a community that matches your cultural identity or interests.

- ☐ Join or start a club. View more on vmhs.net.
- ☐ Consider joining AFJROTC if considering the military.

**CRY NOW.
LAUGH LATER.**

Feeling overwhelmed? Scan the QR codes on the right for resources to help you get through the year!



**What's stress
& anxiety?**



**Change
to Chill**