



Preparing for College and Careers

A GUIDE TO LIFELONG SUCCESS FOR STUDENTS AND FAMILIES

LOS ANGELES UNIFIED SCHOOL DISTRICT



PARENT COMMUNITY SERVICES BRANCH

This college and career guide was developed by Families In Schools and has been adapted for use by LAUSD.

Dear Students and Families:

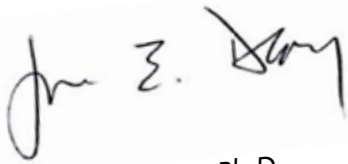
Our motto, "All Youth Achieving," reflects the Los Angeles Unified School District's commitment to preparing 100% of our students for college and careers. Our schools require all students to master 21st century competencies with the expectation that they experience a rigorous college preparatory (A-G) course of study in high school, a successful transition to college, and eventually attain rewarding careers.

A high school education alone is no longer sufficient. Today's society requires education beyond high school, whether it is a technical education, a two-year community college, or a four-year college or university. With a high school diploma alone, young people have limited options for employment and for a secure future. Ninety percent of the fastest-growing jobs in this country require post-secondary training. The average earnings of a college graduate are almost twice as high as that of workers with only a high school diploma. This income gap will continue to increase due to rapid technological advances and the competitive nature of a global economy.

To prepare our children for college, families and schools must work together as partners setting the same high expectations for academic success. In addition, families must understand the various details and sequence of the college going process. This brochure helps families ensure children take the appropriate courses and tests along the way. It also provides a wealth of resources to make college accessible, affordable, and attainable.

At LAUSD, our desire is for each student to have a fulfilling future; we know this is your goal as well. Together we will build such a future for all of our children.

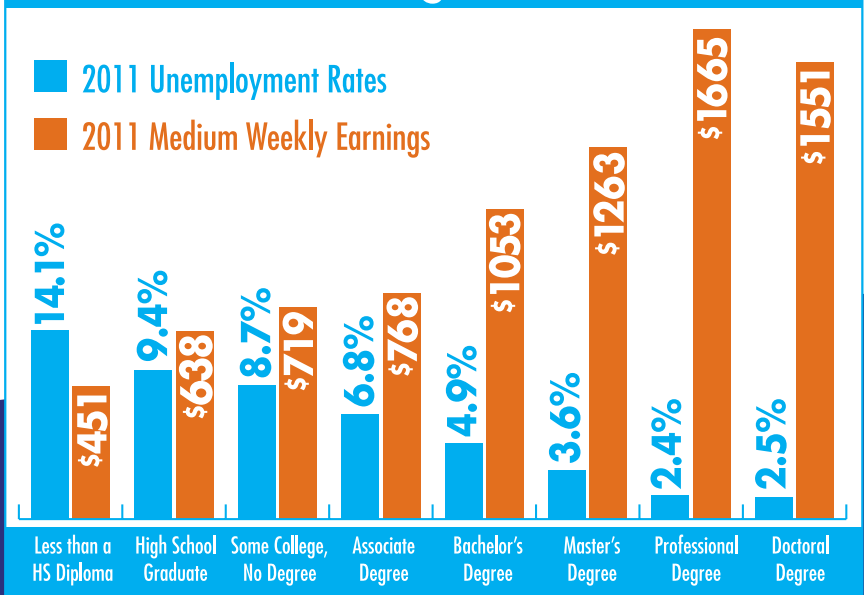
Sincerely,



John E. Deasy, Ph.D.
Superintendent



Benefits of Higher Education



Note: Data are 2011 annual averages for persons age 25 and over. Earnings are for full-time wage and salary workers. Source: Bureau of Labor Statistics, Current Population Survey.

THE FAMILY'S ROLE

1

Set high expectations with your child. Include college as a goal!

2

Monitor your child's progress in school.

3

Take steps with your child to prepare him/her for college.

FAMILIES

In Middle School...

- Meet with teachers regularly to discuss your child's academic progress.
- Attend school-sponsored activities regarding college preparation.
- Help your child maintain a high Grade Point Average (GPA), especially in English, mathematics, and science.
- Encourage your child to participate in academic enrichment and extracurricular activities like clubs, sports and volunteer work.
- If available, have your child take the ACT Explore or PSAT (practice admission exams) to prepare him/her for future tests.
- Explore high school options that best suit your child's needs and interests.
- Visit your child's future high school and meet with the school counselor before she/he begins high school.
- Encourage your child to ask questions and seek help from teachers if he/she struggles in class. Take advantage of after-school tutoring if your child needs additional help.
- Begin exploring colleges and scholarship options.

In High School...

- Meet often with school counselor(s) and teachers to discuss your child's academic progress.
- Encourage your child to maintain a 3.0+ GPA in college preparatory (A-G) classes. (See **Preparing for College** section)
- Ensure your incoming 9th grader enrolls in a Summer Bridge program, if available, to smoothly transition into high school.
- Explore financial aid options and Expected Family Contribution (EFC) by using the FAFSA 4Caster (www.fafsa4caster.ed.gov).
- Attend workshops to learn about financial aid and the preparation for a career and college.
- Encourage your child to participate in enrichment and extracurricular activities (i.e. summer programs, college classes, volunteer opportunities, etc.).
- Work with your child and school counselor to identify a variety of colleges to apply to (public, private, in- and out-of-state).
- During senior year, complete the necessary financial aid applications.
- Visit college campuses on weekends, during the summer, and/or on holiday breaks, and encourage your child to keep all options open. Contact the college admissions department to schedule a guided tour.
- Help your child select a college that best meets his/her interests and career goals.

"The best thing I can do to ensure my child's future is to help my child stay focused and study hard. There are many opportunities for her, and it is possible to reach high goals."

– Parent



COLLEGE PLANNING RESOURCES

California Colleges
www.californiacolleges.edu

KnowHow2Go
www.knowhow2gocalifornia.org

College Board
www.collegeboard.com

Center for Student Opportunity
www.csopportunity.org

**Black Excel:
The College Help Network**
www.blackexcel.org

**Historically Black Colleges
and Universities Mentor**
www.hbcumentor.org

THE STUDENT'S ROLE

1

Set goals for college and careers.
Dream big!

2

Know what you need to do to prepare for college and careers.

3

Seek support to reach your goals.

“College is possible – you just have to believe and work hard at it.”

– Student

STUDENTS

In Middle School...

- Begin exploring colleges and careers on the internet and at the library. It's never too early to get started.
- Develop strong time management and study skills.
- Get A and B grades, especially in your English, math, and science classes.
- Join clubs or programs that can develop your skills.
- Build a network of friends that support your college-going goals.
- Participate in programs that enable you to visit colleges, take community college classes, and experience college life.
- Take and pass Algebra I with a grade of C or better.
- Talk to your counselor about taking the ACT Explore exam or PSAT in 8th grade.
- Explore a variety of high school options and programs. Choose one that suits your interests and academic needs.
- Read for pleasure to improve your comprehension and vocabulary skills.

In High School...

- If available, take the ACT Explore and/or the PSAT in 9th grade and the ACT Plan in 10th grade.
- Work with your school counselor to ensure you are taking academically challenging classes.
- Seek academic support and tutoring to help you maintain a 3.0 GPA or better.
- Get involved in extracurricular activities at school or in the community through clubs, sports and volunteering.
- Pass the CAHSEE and all your classes with a grade of C or better. Repeat classes with a D or F.
- If eligible, take community college classes.
- Research and apply for scholarships on a monthly basis.
- Take at least one Advanced Placement (AP) class if possible.

In 11th grade...

- Take the PSAT to qualify for the National Merit® Scholarship Program.
- Register to take the SAT Reasoning, SAT Subject Exams and ACT+ writing exams during the spring.
- Keep a list of exams, applications, and financial aid deadlines for senior year.
- Visit college campuses in person and/or virtually. Check if colleges will offer free travel opportunities.
- Complete mock college applications, finalize your admissions' essay, update your resume, and complete a "Brag Sheet" to brag about your accomplishments and activities.

In 12th grade...

- Submit college applications during the fall semester. Pay attention to details and deadlines.
- Submit a FAFSA application by March 2 of senior year. Don't miss deadlines!
- Submit a CSS Profile application for private schools requiring this document. Deadlines vary by institution.
- Be patient. Colleges will notify you of their acceptance decisions in late spring.
- Select a college that fits your wants and needs by the May 1st commitment deadline.

Tell your teacher and your counselor that you want to go to college!



ACADEMIC SUPPORT RESOURCES

Khan Academy

www.khanacademy.org

Power My Learning

www.powermylearning.com



Congratulations, you made it!

PREPARING FOR COLLEGE

LAUSD prepares its graduates for the 21st century workplace by making the high school diploma a document that gives students the choice to transition straight into a California 4-year college or into a career. You must talk to your counselor to ensure your classes match the requirements for competitive and non-competitive colleges and universities.

College Requirements Include:



Grade Point Average – Students must earn a minimum of a C grade on A-G classes for university admissions. By 2017, LAUSD will require a C or better to pass A-G classes.



A-G Course Pattern – Students must take the required A-G classes to be eligible to apply for four-year colleges/universities. For competitive colleges/universities, make sure to take above the minimum. LAUSD graduation requirements include the minimum A-G classes.



Entrance Exams – All colleges/universities will require students to take entrance exams. To prepare for these exams, enroll in a variety of challenging academic classes, read a wide selection of books with diverse themes and use available exam study materials. Contact your counselor to explore how to pay for exam fees.



Extracurricular Activities – Colleges seek to admit students with a variety of interests and backgrounds. The best way to diversify and develop your talents is by getting involved. Also, remember many scholarships are based on how active you are in school clubs, sports teams, and/or volunteering in the community.

Grade	Count	Points
A	3	12
B	2	6
C	1	2
D		
F		
Honors		
Totals	6	20
Calculated GPA		3.33
Calculate		

Visit CSUmentor.edu to get an estimated GPA.

UC/CSU A-G Minimum & Recommended Requirements

	Subject	Minimum	Recommended
A	History/Social Science	2 years	
B	English	4 years	
C	Math: Algebra 1, Geometry and Algebra 2	3 years	4 years
D	Science with Lab 1 year physical science 1 year biological science	2 years	3 years
E	Language other than English Must be the same language	2 years	3 years
F	Visual/Performing Arts	1 year	
G	College Prep Electives	1 year	

Type of Exam	When should I take the exam?	Which colleges will accept my scores?		
		California State University	University of California	Independent/Private Colleges
ACT Explore (If available) ACT Plan (If available) PSAT Exam	9th grade 10th grade 11th grade	(Scores are not reported to colleges)		
AP Exams (Recommended)	End of the school year in which the class is taken	✓	✓	✓
SAT Reasoning Exam or ACT Exam with Writing (Required)	11th grade (Spring semester) 12th grade (Fall semester)	✓	✓	✓
SAT Subject Exam* *Check with colleges for required subjects.	End of the school year in which the class is taken		✓	✓

PLANNING TOGETHER TO PAY FOR COLLEGE



FINANCIAL AID and **EARLY PLANNING** can make college affordable. Financial aid and early planning can help offset college expenses.

1

Apply early for financial aid.

2

Invest in the future by starting a savings plan early.

3

Ask for financial advice from a professional at a bank or other financial institution.

4

Students should apply for scholarships throughout middle and high school.

WHAT IS FINANCIAL AID?

Financial aid helps students and their families pay for college. It may be in the form of:

- **Grants:** Aid from the state or federal government that does not have to be repaid (unless, for example, you withdraw from school).
- **Scholarships:** Aid from a university or private organization that does not have to be repaid.
- **Work-Study:** A federal program that allows students to work a part-time job (on-campus or off-campus) to earn money for college.
- **Loans:** Borrowed money that must be repaid. Student loans have low interest rates and are paid back beginning 6 months after college graduation. Parent loans, with slightly higher interest rates, must be paid while students are in school.

HOW DO I GET FINANCIAL AID?

The financial aid application process occurs during the **spring semester of the 12th grade year.*** The priority filing period (the best time to apply to ensure you will receive financial aid) is between **January 1 and March 2** each year.

**Students applying Early Decision or Early Action should inquire to see if any financial aid paperwork should be submitted during the fall of senior year.*

IMPORTANT FINANCIAL AID APPLICATIONS AND FORMS

Free Application for Federal Student Aid (FAFSA):

Fill out the FAFSA to receive federal and state financial aid. The application provides critical information about your ability to pay for college (called your *Estimated Family Contribution*), which determines how much and what types of financial aid you are eligible to receive.

Cal Grant GPA Verification Form: Complete this form to qualify for California grants.

Scholarships: Many private organizations and colleges offer merit-based or need-based aid to students. Research scholarship opportunities through your high school's college office and the internet, and start applying as soon as possible.

CSS Profile: Some independent colleges encourage students to file this form to receive additional financial support. Deadlines vary by college.



FINANCIAL AID RESOURCES

Scholarshare College Savings Plan
www.scholarshare.com

California Student Aid Commission
www.csac.ca.gov

Federal Student Aid Commission
www.fafsa.ed.gov

US Department of Education
<http://studentaid.ed.gov/>

Fast Web
www.fastweb.com

Latino College Dollars
www.latinocollegedollars.org

College Board
www.collegeboard.com

I Can Afford College
www.icanaffordcollege.com
Futuros (AB540 Information)
www.futuros-california.org

MALDEF (AB540 Information)
www.maldef.org

Scholarships.com
www.scholarships.com

Hispanic Scholarship Fund
www.hsf.net

United Negro College Fund
www.uncf.org

Thurgood Marshall College Fund
<http://www.thurgoodmarshallfund.net/scholarship/about-scholarships-program>



AB540 & CA DREAM ACT

California legislation (AB540) allows qualified students to pay in-state tuition regardless of family residency.

- The California Dream Act of 2011 allows AB540 students to become eligible to apply for state-funded financial aid.
- Students who meet AB540 criteria can apply for and receive non-state funded scholarships for public colleges and universities.
- Students can apply and receive state-funded institutional grants, community college fee waivers, Cal Grants and Chafee Grants.

For criteria and more details visit:
http://www.csac.ca.gov/dream_act.asp

EXPLORING CAREERS: STUDENTS' ROLE

1

Take a career or personality assessment to find out what occupations match your interests.

2

Explore your career interests by participating in activities and workshops.

3

Learn about the education level required for careers that interest you.

4

Learn about the different college majors connected to your career of interest.



HIGHER EDUCATION OPPORTUNITIES IN CALIFORNIA

	Community Colleges (CC)	California State University (CSU)	University of California (UC)	Independent/Private Colleges
Length of undergraduate program(s) offered	2 years	4 years	4 years	2 or 4 years
Degrees Offered	Associate's Degree (AA/AS) AA/AS Transfer Program Certificate and Vocational Programs	Bachelor's Degree (BA/BS) Masters Degree (MA/MS)	Bachelor's Degree (BA/BS) Master's Degree (MA/MS) Doctorate Degree (PhD) Professional Degrees (e.g. medical, dental & law school)	Associate's Degrees (AA) Bachelor's Degree (BA/BS) Master's Degree (MA / MS) Doctorate Degree (PhD) Professional Degrees (e.g. medical, dental & law school)
Examples	LA City College East LA College LA Valley College Pierce College	Cal State Northridge Cal State LA Cal State Fullerton Cal Poly Pomona	UC Los Angeles UC Santa Barbara UC Irvine UC Riverside	Loyola Marymount Occidental College USC Mt. St. Mary's
Financial Aid Opportunities	Yes!	Yes!	Yes!	Yes!



COLLEGE AND CAREER RESOURCES

University of California (UC System)
www.universityofcalifornia.edu

California State University (CSU System)
www.csumentor.org

California Community Colleges
www.cccapply.org

Association of Independent California Colleges and Universities
www.aiccu.edu

Exploring Careers from the U.S. Bureau of Labor
www.bls.gov/k12/index.htm

Campus Tours: "Tour" Colleges Campuses from at Home!
www.campustours.com

Assist – Major & Transfer Information
www.assist.org

SAMPLES OF ENTRY LEVEL OCCUPATIONS BY DEGREE

Two-year College (Associate's Degree)

Administrative assistant
Automotive mechanic
Cardiovascular technician
Heating, air-conditioning, and refrigeration technician
Dental Hygienist
Drafter
Engineering technician
Funeral director
Hotel/restaurant manager
Medical laboratory technician
Medical record technician
Licensed Vocational Nurse (LVN)
Surgical technologist
Surveyor
Water & wastewater treatment plant operator
Commercial artist*
Computer technician*
Visual artist*

*Bachelor's degree recommended

Four-year College (Bachelor's Degree)

Accountant
Computer systems analyst
Dietitian
Diplomat
Editor
Engineer
FBI agent
Graphic designer
Insurance agent
Investment banker
Journalist
Registered Nurse
Pharmacist
Public relations specialist
Recreational therapist
Research assistant
Social worker
Teacher
Medical illustrator

Over Four Years of College (Graduate Degree Req.)

Architect
Biologist
Chiropractor
Dentist
Doctor
Economist
Geologist
Lawyer
Management Consultant
Paleontologist
Priest
Psychologist
Public Policy Analyst
Rabbi
Scientist
Sociologist
University Professor
Veterinarian
Zoologist

PLANNING TOGETHER FOR COLLEGE AND CAREERS



1

Set goals for what you want to achieve in school each year.

2

Seek resources to meet your goals.

3

Review college and career plans together frequently.

GUIDING QUESTIONS: Parents, students, and schools should work in partnership to create plans to reach children’s educational and career goals. To get started, here are a few questions to help students and their families stay on track as early as middle school.

Middle School

- What high school will best help me reach my college and career goals?
- What can I do to succeed in Algebra 1?
- What activities are important and interesting to me?
- Where can I find tutoring and other academic support?

High School

- What classes do I need to graduate and prepare for college?
- What clubs or activities will I participate in?
- What college(s) will be the best match for me?
- What other requirements must I fulfill?
- Where can I find help during the college and financial aid process?
- What summer enrichment programs can I apply for to strengthen my college application?

College/Career

- What is my career goal?
- What educational level is required for that career?
- What are the college majors that relate to my career?
- Will I live at home, in a dorm, or on my own?
- Do I want to study in a foreign country during my college experience?
- What summer enrichment programs can I apply for to broaden my college and career experience?

Middle School

- How can I best support my child during the transition to middle school?
- Where can I find support for my child’s academic needs?
- How do I monitor my child’s progress and how often?
- How can I help my child learn more about college and careers?

High School

- How can I support my child during the transition to high school?
- Where can I find support to help my child achieve academic goals?
- Where can I learn about college and career options for my child?
- What are the requirements for college admission?

College/Career

- How do I help my child transition to college?
- What kind of support does my child need?
- How can I help my child explore a variety of career options?
- How can the entire family support my child’s college and career goals?



LOS ANGELES UNIFIED SCHOOL DISTRICT



PARENT COMMUNITY SERVICES BRANCH

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