



TIDE Academy

# Course Selection

Jan. 2024



# Meet Our Team

TIDE Academy Counselors



**Ming Hsu**

Counselor  
9th & 10th



**Lara Sandora**

Counselor  
11th & 12th



**Cristal Hernandez**

GIS/  
Counseling Intern



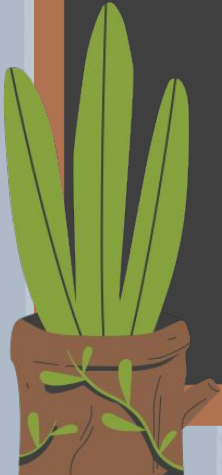
**Dalilla Amezcua**

Bilingual Site  
Parent Liaison



# Course Selection Timeline

Understanding the process





# Course Selection for 2024-25



**Presentation  
in Nucleus**

**Family Receive  
email  
confirmations**

**Priority  
deadline for  
course selection  
changes**

February

March

April

May

**Deadline:  
05/08/24**

11th- 2/9  
10th-3/4, 3/11, 3/18, 4/1  
9th- 2/2, 2/12,2/14, 3/1

Email sent after  
students submit their  
requests and  
counselors lock  
requests

Submit change  
request form online





# The Foundation of Course Selection

**01**

Academics

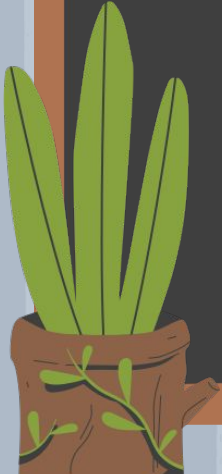
**02**

Personal/Social

**03**

Post Secondary

College/Career

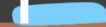




# Academics: Graduation Requirements

Credits: 220 total credits IN Required Courses:

<b>Social Studies</b> 37.5 credits	<b>English</b> 40 credits	<b>Math</b> 20 credits (10 credits must be Algebra)	<b>Science</b> 20 credits (10 credits must be lab science)
<b>World Language III + or CTE (Career Technical Education)</b> 10 credits	<b>Visual Performing Art (VPA)</b> 10 credits	<b>Physical Education (P.E.)</b> 20 credits (10 credits may be met through 3 seasons of sports in 10th-12th grade)	<b>Life Skills</b> 2.5 credits



# Transcript Review

1. Go to [portal.seq.org](https://portal.seq.org)
2. Click on **Campus Parent**
3. Log in with assigned username and password

Infinite Campus

Sequoia Union High

Log in to

Campus Student

or

Campus Parent

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www.infinitecampus.com



Today

Calendar

Grades

Attendance

Schedule

Academic Plan

Fees

Documents

Message Center

More







## Documents

School Year

22-23

### Report Card

Progress Report Card Q1

22-23 TIDE Academy



Progress Report Card Q3

22-23 TIDE Academy



Progress Report Card Q4

22-23 TIDE Academy



Quarter Report Card Q1

22-23 TIDE Academy



Quarter Report Card Q2

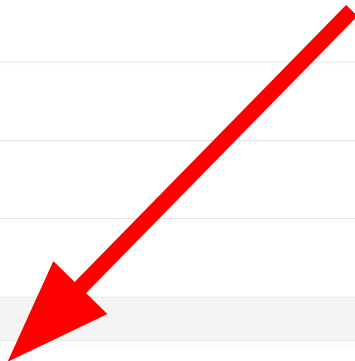
22-23 TIDE Academy



### Transcript

UNOFFICIAL TRANSCRIPT

22-23 TIDE Academy



District Name: Sequoia Union High  
 District Number: 4169057  
 East Palo Alto Academy Official Transcript  
 School CEEB Code: 052022 Tel: (650)839-8900 Fax: (650)839-8902  
 1050 Myrtle Street, East Palo Alto, CA 94303

Student  
 Ge

### Student Information

Student Information		
<b>Student Information</b>		
<b>GPA Summary</b>		
Cumulative GPA (Weighted)	3.750	
Cumulative GPA (Unweighted)	3.688	
CA Cal Grant GPA	3.714	
Weighted 10-12 A-G GPA	3.833	
<b>#0126722 East Palo Alto Academy</b>		
Course	Mark Weight Credit	
<b>2019-2020 Grade 09 Term 1</b>		
051285 AS English I-P	A	5.0000 0
Credit: 5.000 GPA: 4.000 U/W GPA: 4.000		
<b>2019-2020 Grade 09 Term 2</b>		
954100 Advisory 9th Grade	A-	5.0000 5
132400 Algebra I-P	A-	5.0000 5
051285 AS English I-P	A-	5.0000 5
029000 BUILD-P	C+	5.0000 5
175000 Physics-P	A-	5.0000 5
196110 Race Immig & Ethn in the US-P	B+	5.0000 5
077160 Spanish NS-I-P	A-	5.0000 5
Credit: 35.000 GPA: 3.571 U/W GPA: 3.571		
<b>2019-2020 Grade 09 Term 3</b>		
051285 AS English I-P	A	5.0000 0
Credit: 5.000 GPA: 4.000 U/W GPA: 4.000		
<b>2019-2020 Grade 09 Term 4</b>		
954100 Advisory 9th Grade	Pass	5.0000 5
132400 Algebra I-P	Pass	5.0000 5
051285 AS English I-P	Pass	5.0000 5
029000 BUILD-P	Pass	5.0000 5
175000 Physics-P	Pass	5.0000 5
196110 Race Immig & Ethn in the US-P	Pass	5.0000 5
077160 Spanish NS-I-P	Pass	5.0000 5
Credit: 35.000 GPA: 0.000 U/W GPA: 0.000		
<b>2020-2021 Grade 10 Term 2</b>		
954110 Advisory 10th Grade	A	5.0000 5
133500 Algebra II-P	B+	5.0000 5
052285 AS English II-HP	B	5.0000 5
173000 Biology-P	A	5.0000 5
133000 Geometry-P	A-	5.0000 5
077360 Spanish NS-III-P	A+	5.0000 5
191200 World History-P	A	5.0000 5
Credit: 35.000 GPA: 3.857 U/W GPA: 3.714		
<b>In-Progress Courses</b>		
954110 Advisory 10th Grade	5.000	
133500 Algebra II-P	5.000	
052285 AS English II-HP	5.000	
173000 Biology-P	5.000	
133000 Geometry-P	5.000	

In-Progress Courses	
00 World History-P	5.000
<b>Credit Summary</b>	
Curriculum Program: EPAA Requirements	
Requirements	Earned Required Remaining
Advisory	15.000 40.000 25.000
Electives	20.000 30.000 5.000
English	15.000 40.000 25.000
Exhibition	0.000 20.000 20.000
Foreign language	15.000 10.000 0.000
Math	20.000 20.000 0.000
Science	15.000 20.000 5.000
Social Studies	5.000 30.000 25.000
Visual performance	
Arts	0.000 10.000 10.000
<b>Total</b>	<b>105.000 220.000 115.000</b>
<b>Comments</b>	
Due to a mandated shelter in place, the SUHSD changed our grading system to Pass/No Pass for Spring and Summer of 2020.	

You will build the rest of this transcript as you progress through high school!

Official's Signature \_\_\_\_\_

Credits earned, by subject area



<b>Credit Summary</b>			
Curriculum Program: SUHSD Grad Req 2025 and above			
<b>SUHSD</b>			
Requirements	Earned	Required	Remaining
<b>CTE/World</b>			
Language III and above	10.000	10.000	0.000
Electives	22.500	60.000	37.500
English	15.000	40.000	25.000
Ethnic Studies	7.500	7.500	0.000
Life Science	10.000	10.000	0.000
Life Skills	2.500	2.500	0.000
Math	15.000	20.000	5.000
Physical Education	10.000	20.000	10.000
Physical Science	5.000	10.000	5.000
Social Studies	5.000	30.000	25.000
Visual and Performing Arts (Fine Arts)	10.000	10.000	0.000
<b>Total</b>	<b>112.500</b>	<b>220.000</b>	<b>107.500</b>





Total credits earned, to date



# Academics: Nuts & Bolts

**01** College Preparatory:  
any class with a “-P” following the title in Infinite Campus

**02** Dual Enrollment:  
 Single Credit (formerly Concurrent Enrollment)  
 Dual Credit = college and high school credit “-DC” on transcript

# Academics: Balance



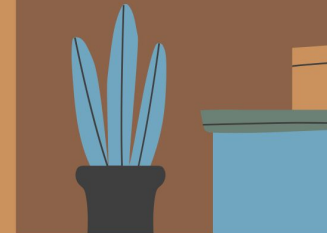
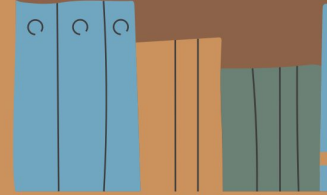
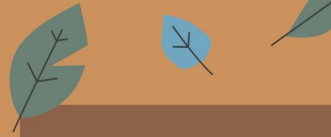
## Self-Advocacy

STUDENTS should initiate conversations with current teachers



## Focus on your strengths

Taking challenging courses in areas of strength and interest to YOU



# Academics: Balance



## Working Space

- Does your home environment support learning?
- Is there a quiet place for school work that is not too distracting?

[Focus Chrome extension](#)



## Well-being



Don't let academic commitments interfere with your health and well-being. Is your course load too rigorous to allow time for other things?



# Academics: Sample Schedules



**10<sup>th</sup>** Requirement for all:

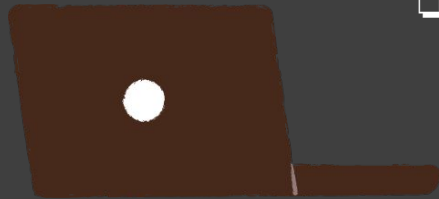
- Nucleus
- English 2
- World History
- Spanish (next level) -DC
- Math (next level)

Choices to make:

- PE-2 or 3 seasons of HS sports from 10th 12 grade
- Science: Astronomy OR Chemistry
- Career Pathway
  - Graphic Interactive Design (DC)
  - Computer Sci/Mobile Apps (DC)

Electives:

- TASC
- Psychology
- Yearbook/Digital Photography
- Digital Journalism I
- Multimedia Design



# Academics: Sample Schedules



11<sup>th</sup>

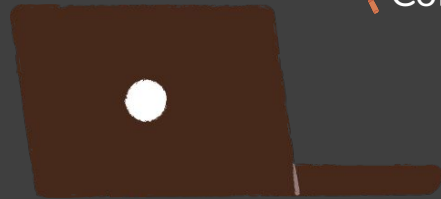
Requirement for all:

- Nucleus
- English 3
- U.S. History (DC)
- Math (next level)
- Continue Career Pathway

- Graphic Interactive Design (DC)
- Computer Sci/Mobile Apps (DC)

Choices to make:

- Science: Chemistry / Physics / Astronomy
- Spanish (next level) -DC
- Electives:
  - TASC
  - Digital Journalism I or II
  - Yearbook/Digital Photography
  - Psychology
  - Multimedia Design



# Academics: Sample Schedules



12<sup>th</sup>

Requirement for all:

- Nucleus
- English 4 (DC)
- Economics and Government
- Continue Career Pathway

 Graphic Interactive Design (DC)

 Computer Sci/Mobile Apps (DC)

Choices to make:

- Math (next level)- DC or SC
- Science: Chemistry / Physics / AP Physics
- Spanish (next level) -DC

Electives:

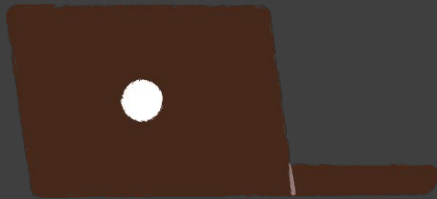
 TASC

 Digital Journalism I or II

 Yearbook/Digital Photography

 Psychology

 Multimedia Design







# Academics: Next Steps

## Course Selection in Nucleus

Juniors

Freshmen

Sophomores

February 7

Beginning 2/09

Beginning 3/04



Information about both career pathways will be presented to all 9th graders on 02/07

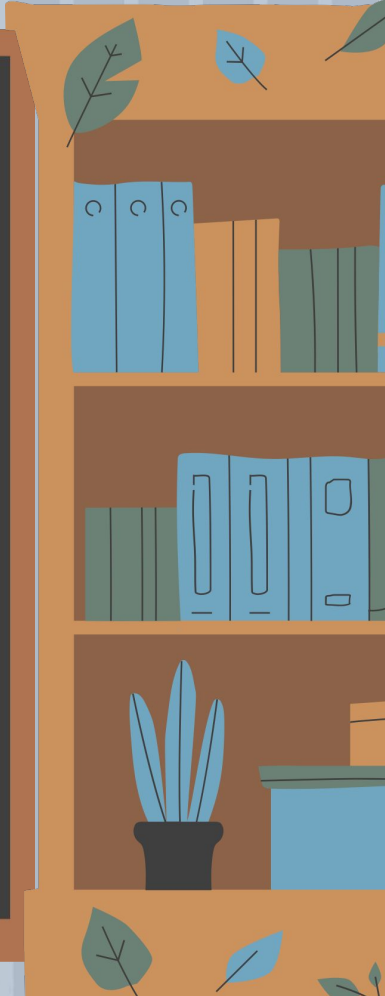


# Academics: Next Steps

**01** Nucleus/FLEX Appointment  
Individual counselor meeting w/ student to finalize requests

**02** Course Requests emailed to families  
Please review when received in late March/April

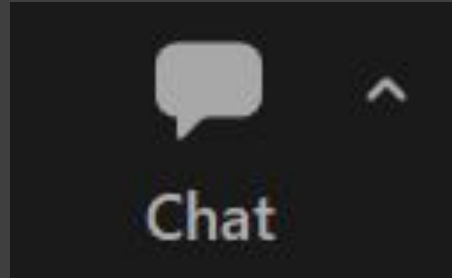
**03** Request for changes  
Please have student fill out a digital form  
Priority deadline for changes: May 08, 2024





# Q & A

Please place questions in the chat



# Recommend Reading



*That Crumpled Paper Was Due Last Week: Helping Disorganized and Distracted Boys Succeed in School and Life, by Ana Homayoun:*  
Support for teens with executive functioning challenges.



*The Myth of Perfect Girl: Helping Our Daughters Find Authentic Success and Happiness in School and Life, by Ana Homayoun:*  
Support for teens in finding their own true self.



# Recommend Reading



*How to Raise an Adult, by Julie Lythcott-Haims:*

What can and should your teen be doing for themselves? *(Spoiler Alert - the college application process is one of those things!)*

*Where You Go is Not Who You'll Be, by Frank Bruni:*

There are a LOT of “right” answers in the college process.

*Who Gets in and Why, by Jeff Selingo:*

Don't wait in line for a club where you hate the music. Don't apply to colleges where you don't want what is offered.



An illustration of a classroom scene. In the center is a large black chalkboard with a brown frame. On the chalkboard, the words "Thank you!" are written in large, bold, yellow letters, underlined twice with blue lines. To the left of the chalkboard, a woman with dark hair, wearing a green dress, stands holding a stack of three books. To the right, a man with dark hair, wearing a blue and red striped shirt, is drawing a green scribble on the chalkboard with a blue marker. In the foreground, a wooden desk holds a yellow pencil and a red apple. The background is a light blue wall with vertical stripes.

# Thank you!

Questions?

Ms. Sandora: [lsandora@seq.org](mailto:lsandora@seq.org)

Ms. Hsu: [mhsu@seq.org](mailto:mhsu@seq.org)