

Folsom High School Registration and Course Selection Navigation



<https://bit.ly/FHSNav>
*case sensitive



Meet your FHS Counselors



Counselor for A - C:

Counselor for D - He:

Counselor for Hf - Md:

Counselor for Me - R:

Counselor for S - Z:

Sophia Montes

Michael Adorjan

Nicole Deatherage

Nikka Vaughan

Ellie Strong

Counseling Office

The most efficient way to contact your student's counselor is to send an email with your questions. This way we have the opportunity to research and provide the answer you are seeking. If an appointment is needed, please send your student's counselor an email or call them to schedule a meeting.

Counseling Office Hours

- ▶ Counseling Office is open daily from 8 am - 4 pm
- ▶ Students are able to sign up outside of our counseling office, we will then call them in during an elective period, lunch or after school.
- ▶ Students may always email their counselor.

HOW TO EARN CREDITS at FHS...



Students take **6** classes during the school year.

You will earn **5** credits for every class you pass, each semester.

10 for the year.

This means that you should have **60** credits by the end of each grade.

Folsom High School

Graduation Requirements

FOLSOM HIGH SCHOOL GRADUATION REQUIREMENTS		
World Cultures	1 year	10 credits
U.S. History	1 year	10 credits
Government	1 semester	5 credits
Economics	1 semester	5 credits
English	4 years	40 credits
Integrated Math 1 & Integrated Math 2 OR Geometry & Algebra 2 OR Integrated Math 2 & Integrated Math 3	2 years	20 credits
Mathematics (one additional math course)	1 year	10 credits
Science (Physical Science & Life Science)	2 years	20 credits
Career Technical Education (CTE) OR 3 rd Year of Science	1 year	10 credits
Fine Art OR World Language OR Career Technical Education (CTE)	1 year	10 credits
Health Education	1 semester	5 credits
Physical Education	2 years	20 credits
Electives		55 credits
TOTAL CREDITS NEEDED TO GRADUATE FROM FHS:		220 credits

Four-Year College Admission Requirements

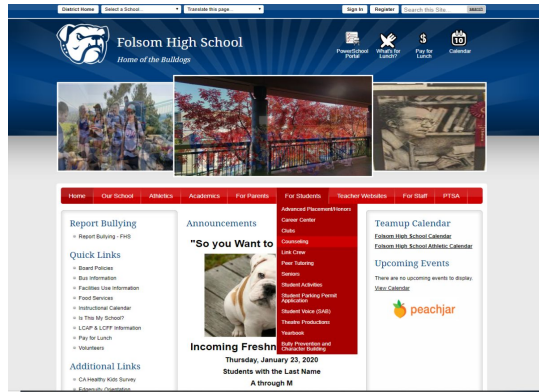
UC / CSU a-g Requirements (College Prep Courses)

a-g CSU/UC COLLEGE ENTRANCE REQUIREMENTS	
a. Social Science	2 years (World History & US History)
b. English	4 years
c. Math	3 years (Algebra 2/Integrated Math 3 or higher)
d. Laboratory Science	2 years 3 years recommended (Physics, Biology, Chemistry)
e. World Language	2 years/Level 2 3 years recommended
f. Visual and Performing Art	1 year
g. College Prep Elective	1 year
<i>must complete courses with a "C" or better</i>	

Listed in **BOLD**
in FHS
Curriculum
Guide & on
registration
form
Official "a-g"
list at
<https://hs-articulation.ucop.edu/agcourselist/institution/1675>

Resources

Folsom High School Website



Folsom High School Curriculum Guide

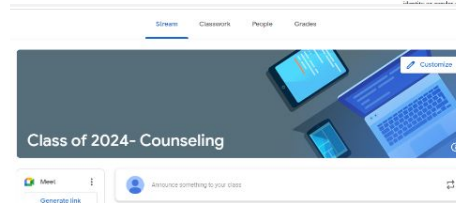
Folsom High School
2024 - 2025
Curriculum Guide



IMPORTANT: For the most up-to-date information about FHS classes and school activities, please visit www.fhsd.org/hs

FCUSD Non-Discrimination Statement: The Governing Board is committed to providing equal opportunity for all individuals in education. The Folsom-Cordova Unified School District prohibits discrimination, intimidation, harassment (including sexual harassment) or bullying based on a person's actual or perceived ancestry, color, disability, race or ethnicity, religion, gender, gender identity or expression, sexual orientation, national origin, sex, sexual orientation, or association with a person or group with actual or perceived characteristics. The Board shall promote programs which ensure that discriminatory practices

Counseling Google Classrooms: For FHS Current Students



FHS Bell Schedule

FOLSOM HIGH SCHOOL BELL SCHEDULE ~ 2022-2023

Mon - A Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:28 Pd 2 9:35 - 10:33 Pd 3 10:40 - 11:42 Lunch 11:42 - 12:17 Pd 4 12:24 - 1:22 Pd 5 1:29 - 2:27 Pd 6 2:34 - 3:33	Mon - B Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:28 Pd 2 9:35 - 10:33 Pd 3 10:40 - 11:42 Pd 4 11:49 - 12:47 Lunch 12:47 - 1:22 Pd 5 1:29 - 2:27 Pd 6 2:34 - 3:33
Tue - A Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:28 Pd 2 9:35 - 10:33 Pd 3 10:40 - 11:42 Lunch 11:42 - 12:17 Pd 4 12:24 - 1:22 Pd 5 1:29 - 2:27 Pd 6 2:34 - 3:33	Tue - B Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:28 Pd 2 9:35 - 10:33 Pd 3 10:40 - 11:42 Pd 4 11:49 - 12:47 Lunch 12:47 - 1:22 Pd 5 1:29 - 2:27 Pd 6 2:34 - 3:33
Wed - A Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:28 PAWS 10:18 - 11:18 Pd 3 11:25 - 12:15 Lunch 12:15 - 12:50 Pd 3 12:57 - 1:45 Pd 5 1:52 - 3:33	Wed - B Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:28 PAWS 10:18 - 11:18 Pd 3 11:25 - 1:10 Lunch 1:10 - 1:45 Pd 5 1:52 - 3:33
Thu - A Lunch Pd 0 7:30 - 8:23 Pd 2 8:30 - 10:11 PAWS 10:18 - 11:18 Pd 4 11:25 - 12:15 Lunch 12:15 - 12:50 Pd 4 12:57 - 1:45 Pd 6 1:52 - 3:33	Thu - B Lunch Pd 0 7:30 - 8:23 Pd 2 8:30 - 10:11 PAWS 10:18 - 11:18 Pd 4 11:25 - 1:10 Lunch 1:10 - 1:45 Pd 6 1:52 - 3:33
Fri - A Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:12 Pd 2 9:19 - 10:01 Pd 3 10:08 - 10:54 Pd 4 11:01 - 11:43 Lunch 11:43 - 12:18 Pd 5 12:25 - 1:07 Pd 6 1:14 - 1:56 Staff planning time for the remainder of the day.	Fri - B Lunch Pd 0 7:30 - 8:23 Pd 1 8:30 - 9:12 Pd 2 9:19 - 10:01 Pd 3 10:08 - 10:54 Pd 4 11:01 - 11:43 Pd 5 11:50 - 12:32 Lunch 12:32 - 1:07 Pd 6 1:14 - 1:56 Staff planning time for the remainder of the day.

A LUNCH

A103-A169, A333-A308, B103-B118, C163-
C116, D103-D119, AC103; HS 203, LRC;
Portables; Theater

B LUNCH

A101-A182, A301-A302; B101-B163; Cafe; C161-
C102; D101-D182; D119; HS 202/Assess/HS 201;
ID; AC104-AC106; Gym; Music; Student
Government; World Language; CTE

Highlights:

- Zero Period (optional): 7:30 - 8:23
Students are responsible for transportation.
 - 10-12th grade= 7 period
 - 11-12th grade have option of early release or late start depending on credits.
 - 9th grade= 6
(0-5 periods; Students cannot take 7 periods unless involved in a “special program” such as Band.)
- Wednesday/Thursday Block Days
 - Advisory/PAWS- Study Hall
- Every Friday is early release for staff planning and collaboration time

Developing a 4 Year Plan

Current FHS students may find their individual 4-Year Plan in their Counseling Google Classroom.

Subjects	H.S.	College	9 th	10 th	11 th	12 th
A. History/Social Science	3 yrs.	2 yrs.	xxxxxxxxxxxxxxxxxxxxxxxxxxxx			
B. English	4 yrs.	4 yrs.				
C. Mathematics*	3 yrs.	3 yrs. IM 3 or higher				
D. Lab Science	2 yrs.	2 yrs.	BIOLOGY			
E. World Language** OR F. Visual/Performing Arts** OR Career Technical** Education	1 yr.	Level 2 1 yr.				
3rd year of science OR Career Technical Education	1 yr.					
P.E.	2 yrs.		FITNESS 1			
Health	0.5 yr.					
G. Elective	5-6 classes	1 yr.				
Total Credits Earned			Year Total: 60 Total: 60	Year: 60 Total: 120	Year: 60 Total: 180	Year: 60 Total: 240

*Math - Minimum H.S. Graduation Requirement: IM.2 – Minimum College Entrance Math Requirement: IM.3. Must show completion of Geometry/IM 2 coursework at an accredited, UC approved school in middle school or high school.

**HS Graduation please selection one of the three areas: Fine Art, World Language, OR Career Technical Education

[FHS Counseling webpage-](#)

[4-Year Planning Tool](#)

Sample Four-Year Plan:

9	10	11	12
	Zero Period: ex – Biology	Zero Period: ex – World Language	
English	English	English	English
Math	Math	Math	Math
Fitness 1	World Cultures	U.S. History	Government/ Economics
Science	Science	Science	Science
Elective: World Language	World Language	World Language	
	Elective		Elective: VAPA
Elective		Elective	Elective
Summer School: Counselor approval <small>*Must have completed 9th grade at FHS</small>	Summer School: Counselor approval	Summer School: Counselor approval	

UC/CSU
Eligibility + 4
Years with 2
Electives

How to earn credit for a course if I cannot fit it into my schedule?

- ▶ Zero Period Classes (Limited Options)
- ▶ Summer School (Remedial/Enrichment - prior counselor approval required)
- ▶ School Approved Online Courses
- ▶ Community College Classes (Limited space, requires counselor approval, will not be placed on FHS transcript)

*Only courses required for graduation with prior counselor/admin approval will be placed on FHS transcript.

Course Challenge and Advancement: Math Options

Challenge tests:

- ▶ Test takes place beginning of August, only one date given to test
- ▶ Student earns an 80% or higher this grade is posted to the transcript
- ▶ Student will be moved to the next level math course
- ▶ Sign ups will be given to students during their 1:1 meetings or families may look online.

Caution is advised! Take the course from an accredited institution:

- ▶ Make sure you do your research, UC approved courses
- ▶ Submit the transcript to the counseling department at the beginning of August, we will verify and place students in the next math course
- ▶ Please consider taking the math verification test to make sure that students are fully prepared for the next math course.
- ▶ Verification test is the same date as the challenge test.

Course Challenge and Placement: World Language

Challenge tests:

- ▶ Test takes place beginning of August, only one date given to test
- ▶ Student earns an 80% or higher this grade is posted to the transcript
- ▶ Student will be moved to the next level math course
- ▶ Sign ups will be given to students during their 1:1 meetings or families may look online.

Placement Test

- ▶ Given when a student comes to us from another country or from a middle school that has a full running, year-long program within the school day, but is outside our district.
- ▶ This test verifies that the student is ready to continue on to the next level of the language at the high school level.
- ▶ A student taking the placement test does NOT earn credit, units or a grade on the transcript.

[https://www.fcusd.org
g/Page/42370](https://www.fcusd.org/Page/42370)

Summer School

Dates: Months of June and July

Students are expected to be available during the entire summer session. Further details regarding attendance and platform to come.

(Not an option for incoming 9th graders)

Remedial Summer School

**Can only repeat courses if you earned a D or F.
Sign up information will be given during 1:1 meetings with counselors**

Enrichment Summer School

Student MUST demonstrate an “impacted schedule” AND view the Enrichment Summer School Presentation on the FHS Counseling website (options: Physical Education and/or Health)

Registration Window:

Current FHS Students:

Registration for 2024/25 school year begins **January 22rd and closes February 5th**

Current FCUSD Middle School Students:

Registration for 2024/25 school year begins **February 27th due March 5th**

Students who live in FHS boundaries BUT did not attend an FCUSD school in the 23-24 school year:

Registration for 2024/25 school year begins **March 1st**. Please check our website for registration details.

Non-FCUSD Students (ITP) and FCUSD School Choice Students: FHS will contact you through email with enrollment steps once you have been accepted through the months of March/April.

- School Choice Students
- ITP (Inter-district Transfers)

(Registering in March does not affect a students priority)



Current FCUSD Student Enrollment & Course Registration Information

1. **Submit 1 Proof of Residency**

(Current FHS Students- ONLY if you moved in the last 12 months,
All incoming 9th graders, ITP, and School Choice must submit)

2. **Complete Grade Level Course Selection Form**

(students will receive in their enrollment packets)

3. **Enter student course requests into PowerSchool**

(only current FHS, FMS, SMS)

4. **Complete and submit 4- year HS drafted plan**

(only current FHS students)

Online Course Selection

1. Log on to your **PowerSchool Parent portal**
2. Click on the “**Class Registration**” link under “**Navigation**” on the left side of the screen.
3. You will be prompted to make course choices in each subject area and submit.

NEW Student Registration (Non ITP and School Choice)

For students who were NOT enrolled in an FCUSD school for the 2023-2024 school year

- ▶ **To begin the process to enroll your student, come to the Folsom High School Administration 9am-1pm Monday- Friday**
- ▶ **Please be prepared to submit the following necessary documents for your student's enrollment:**

Certified copy of birth record or statement by the local register or county recorder certifying birth date or Ed Code 48002 states that any of the documents listed proof of age is acceptable:

- ▶ Baptism certificate duly attested
- ▶ Passport
- ▶ An affidavit of the parent, guardian, or custodian of the minor, or, any other means of providing the age of the child as proscribed by the governing board of the school district

Immunization Records

Copy of IEP or 504, if applicable

Verification of Residency as defined Ed Code 48204.1 (but not limited to):

- ▶ Property tax payment receipts
- ▶ Rental property contract, lease, or payment receipts
- ▶ Utility service contract, statement, or payment receipts
- ▶ Pay stubs
- ▶ Voter registration
- ▶ Correspondence from a government agency
- ▶ Declaration of residency executed by the parent or legal guardian of a pupil

Academic Records: For Incoming Freshmen: Most Recent Report Card and/or For Incoming Sophomores, Juniors & Seniors - Unofficial Transcript

Registration Timeline

February

- ▶ FHS, SMS, FMS, Students/Families will complete the entire process
- ▶ Resources will be available: Registration Presentations and school website
- ▶ Counselors will review EACH students course selection to ensure that the courses selected are the correct classes to match their goals.

March

- ▶ ITP/School Choice Students/Families will complete the entire process
- ▶ Counselors will review EACH students course selection to ensure that the courses selected are the correct classes to match their goals.

August

- ▶ Students will be able to access their schedule through PowerSchool the week before school starts or pick up a copy at the Dog Walk. (TBD)
 - ▶ If there is an error with your schedule, you must submit a schedule change form
 - ▶ Schedule change forms will be available the first week of August

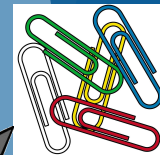
***District Policy: A student who drops a course after the first two weeks of the semester shall receive an F grade on his/her permanent record.
(AR 5121)**

Planning with a Purpose



Advanced Placement Courses (AP) & Honors Courses

- ▶ College level courses
- ▶ Weighted GPA (except Honors English 9/10): A=5.0 B=4.0 C=3.0
- ▶ Potential to earn college credit with high AP test scores
(<https://admission.universityofcalifornia.edu/admission-requirements/ap-exam-credits/ap-credits/>)
- ▶ Helps with demonstrating rigor and strength in your curriculum
- ▶ It is highly recommended that a student's GPA is a 3.0 or higher GPA for AP/Honors courses. AP/Honors courses are open to all students who meet the prerequisites.



Advanced Placement Courses (AP) & Honors Courses

- ▶ All students enrolled in AP/Honors courses will be required to complete a contract. By signing the contract students/parents acknowledge that they have reviewed the summer work, course requirements and syllabus. You will not be able to request a schedule change once you have signed and submitted your contract.
- ▶ Time Budget-must complete a time budget worksheet. Is there enough time in your day to take an Honors/AP Course?
- ▶ Summer work may be required - visit FHS website: For Students, Advanced Placement.

Post High School Options



Post High School Options

College

- Community College - 112 options
 - All high school graduates are accepted
 - Understand transfer agreements
- California State University - 23 options
- University of California - 10 research colleges, highly competitive
- Private University - large endowments may help financial aid - may have specific affiliations - small classes
- Out-of-state college: scholarships such as WUE (Western Undergraduate Exchange)

Career/Job

- Food service
- Sales
- Public service
- And many more

Trade Schools

- Electrician
- Welding
- Cosmetology
- Medical Assistant

Military

- Army
- Navy
- Coast Guard
- Air Force
- Marines

Researching College Prospects:

- What do you want to study? What schools have strong programs?
- Do you want to live in an urban, suburban or rural environment?
- How far from home do you want to venture?
- What size school is best for you?

Tips:

- Research colleges and majors
- Campus visits
- Keep your GPA competitive
- Consider all options
- Do not cross off a school due to financial aid

Great Resource:
Big Future- CollegeBoard
<https://bigfuture.collegeboard.org/>

Show the colleges you are interested:

- Attend college fairs
- Campus visits
- Communication with schools and reps
- Meetings with admission reps at Folsom High School

Get Involved!

- ▶ Music: Jazz, Marching Band, Concert Band, Orchestra, Choir
- ▶ Drama and Arts: Film, Drawing and Painting, Theater, Digital Art.....
- ▶ Student Government
- ▶ Academic: California Scholarship Foundation (CSF)
- ▶ Cultural: Global Perspective Studies, World Language Scholars
- ▶ Technology: Robotics Club, Science Club
- ▶ Community Service: Interact, Key Club, BRO

List of clubs and advisors will be on FHS website - Student Activities

DEDICATION IS KEY!

NCAA Requirements

- ▶ There are very specific requirements for college athletes.
- ▶ It is **your responsibility** to make sure that you are eligible for Divisions I, II, or III.
- ▶ NCAA requirements are posted on the school website.
- ▶ You may be CSU/UC Eligible and not qualified for NCAA.
- ▶ Be aware that online courses may not meet NCAA eligibility requirements.
- ▶ Visit NCAA Eligibility Center to determine which FHS courses qualify
 - ▶ Click [HERE](#) for the list

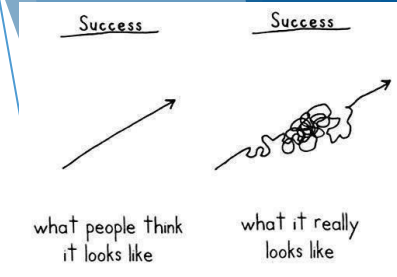
Well-Balanced Student- Challenge Success Stanford University

Is it possible to have balance in today's fast-paced culture? Yes, but not easy, especially for our students.

Balance is not stagnate- it is ever changing depending on what is going on.

Recommendations:

- ▶ Extra Curricular- over 20+ though the week is not healthy for teens to balance studying, sleep, unstructured time, and play time.
- ▶ Sleep- CRUCIAL, constant sleep pattern- not binge sleeping, 8-10 hours(no devices- use traditional alarm clocks) (monitor study time); Blue light/Screen Time that impacts the way students produce melatonin
- ▶ PROTECT P.D.F. Playtime, Downtime, and Family Time
Time in a teen's day when he/she is not engaged in a formally structured activity
- ▶ Students main job.. Figuring out "Who do I want to be?"



<http://www.challenge-success.org/parents/parenting-tips/>

**STUDENTS
HEALTH IS
MOST
IMPORTANT!**

Additional Resources:

- [Frequently Asked Questions](#)
- [Curriculum Guide](#)

**It's a GREAT day
to be a
BULLDOG!**

