

# Creating Your 4-Year Plan with a Purpose

**Class of 2026**



# Counseling & Additional Student Support

Counselors	Alpha Group
Ms. Montes	A-C
Mr. Adorjan	D-He
Ms. Deatherage	Hf-Md
Ms. Vaughan	Me-R
Ms. Estrada	S-Z

Assistant Principals	Alpha Group
Ms. Cranston	A- D
Ms. Ambrosini	E-K
Mr. Eklund	L-P
Mr. Crannell	Q-Z

## Learning Targets:

- **Brainstorm Careers**
- **Create a 4 year Plan that corresponds to your post secondary plan.**

# Activity

## 16 Career Clusters

(a group of careers that share common features)



- Agriculture, Food & Natural Resources
- Architecture & Construction
- Arts, A/V Technology & Communications
- Business Management & Administration
- Finance
- Health Science
- Hospitality & Tourism
- Human Services
- Information Technology
- Law, Public Safety, Corrections & Security
- Manufacturing
- Marketing
- STEM
- Transportation, Distribution & Logistics

**Pick someone seated next to you to be your discussion partner.**

- Career(s) that interests you**
- How does this career relate to your personality?**
- What sparks your interest in regards to this career category?**
- Are there classes at FHS that you could take within that cluster?**

# FHS Counseling Website

## Counseling

- [WELCOME](#)
- TRANSCRIPTS
- Enrollment for CURRENT YEAR 2020-2021
- REGISTRATION for NEXT YEAR 2021-2022
  - FHS New Student Registration
  - Registration Presentations
  - Additional Registration Resources and Tools
- HIGH SCHOOL PLANNING
  - FHS Graduation Requirements & UC/CSU a-g Requirements
  - Curriculum Guide
  - Applying for Enrichment Courses due to an Impacted Schedule
  - Four Year Planning Tool

<https://www.fcusd.org/Domain/96>



Folsom High School

Counseling Department

The most efficient way to contact your student's counselor is to send an email with your questions. This will give them the opportunity to research and provide the answer you are seeking.

**Note:** Student's last name determines the assigned counselor

**Fax Number:** 916 294 9070

**#1 Resource**

# High School Graduation Requirements

Grade of D or better will earn you credit for HS graduation.

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 <sup>rd</sup> 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

# A- G Requirements

Grade of C or better.

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
must complete courses with a "C" or better	

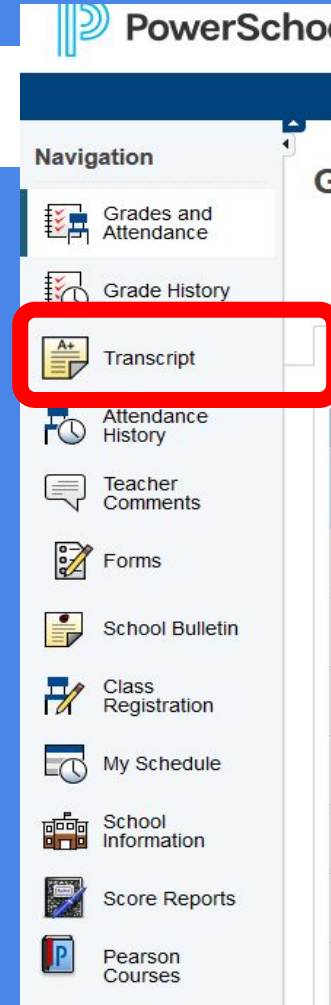
# Comparison HS Graduation vs. a-g Requirements

Folsom High School Comparison High School Graduation and CSU/UC Admission Requirements		
	High School Graduation Requirements	UC and CSU <u>Admission</u> (Minimum) Requirements
Social Studies	3 years (30 credits)	3 years
English	4 years (40 credits)	4 years
Math	3 years (30 credits)	3 years (Must complete IM3 or higher) (UC recommends 4 years)
Science		2 years (Must be lab classes. 2 must be Bio, Chemistry and/or Physics) (US recommends 3 years)
Health	1 semester (5 credits)	
Fine Arts (VAPA) / World Language / Career Technical Education (CTE)	1 year (10 credits)	1 year (Visual and Performing Art)
World Language- Language Other Than English (LOTE)		2 years or Level 2 or higher (Must be the same language) (UC recommends 3 years)
Physical Education	2 years (20 credits)	
Elective	5.5 classes (55 credits)	1 year
	Students must have a total of 220 credits to graduate. Must earn D or higher for credit.	These classes must be passed with a "C" or better. Many colleges consider extracurricular activities in admission decisions. Additional testing may also be considered.



# Unofficial Transcript in PowerSchool

Pull up your transcript in PowerSchool



# Example

Grade 9 - Q1/Q2/S1						Grade 11 - Q1/Q2/S1						GPA Summary					
Course #	Course Name	Q1	Q2	S1	Credit	Course #	Course Name	Q1	Q2	S1	Credit	Weighted GPA: 3.53 Unweighted GPA: 3.47 College Prep: 3.60					
Folsom High School - 2018/2019						Folsom High School - 2020/2021											
0216	Biology: The Living Earth A (P)			B	5	EN0413	AP Eng Lang/Comp A (P)			B-	5						
0116	Drwng/Pntng 1A (P)			B+	5	BU0201	Computer Applications 1A			A	5						
0115	Fitness 1A			A+	5	AR0316	Drwng/Pntng 3A (P)			A+	5						
0114	Honors English 1A (P)			B	5	MA0180	Integrated Math 3A (P)			A-	5						
0155	Integrated Math 1A (P)			B-	5	FL0310	Spanish 1A (P)			B	5						
0312	Speech/Debate 1A (P)			A-	5	SS0201	US History A (P)			A	5						
Att: 30.00	Cmp: 30.00	Cumulative: 30.00				Crđ Att: 30.00	Cmp: 30.00	Cumulative: 150									
Grade 9 - Q3/Q4/S2/S3						Grade 11 - Q3/Q4/S2/S3											
Course #	Course Name	Q3	Q4	S2	S3	Credit	Course #	Course Name	Q3	Q4	S2	S3	Credit				
Folsom High School - 2018/2019						Folsom High School - 2020/2021											
0217	Biology: The Living Earth B (P)			B		5	EN0414	AP Eng Lang/Comp B (P)			A-		5				
0117	Drwng/Pntng 1B (P)			B+		5	BU0202	Computer Applications 1B			A		5				
0116	Fitness 1B			A+		5	AR0317	Drwng/Pntng 3B (P)			A		5				
0115	Honors English 1B (P)			B		5	MA0181	Integrated Math 3B (P)			B		5				
0156	Integrated Math 1B (P)			B-		5	FL0311	Spanish 1B (P)			A-		5				
0313	Speech/Debate 1B (P)			A-		5	SS0202	US History B (P)			A-		5				
Att: 30.00	Cmp: 30.00	Cumulative: 60.00				Crđ Att: 30.00	Cmp: 30.00	Cumulative: 180									
Grade 10 - Q1/Q2/S1						Grade 12 - Q1/Q2/S1						Current Year Work In Progress					
Course #	Course Name	Q1	Q2	S1	Credit	Course #	Course Name	Q1	Q2	S1	Credit	Course #	Course Name				
Folsom High School - 2019/2020						Folsom High School - 2020/2021						EL9991	P1 Late Arrival B				
0410	Course 3 - Weight Training A			A	5	Crđ Att: 0.00	Cmp: 0.00	Cumulative: 180				EN0402	English 4B (P)				
0216	Drwng/Pntng 2A (P)			B+	5							EL0400	Advisory 9-12				
0214	Honors English 2A (P)			B+	5							EN0401	English 4A (P)				
0170	Integrated Math 2A (P)			B-	5							EL9996	P6 Early Dismiss A				
0316	Physics in the Universe A (P)			C	5							FL0313	Spanish 2B (P)				
0101	World Cultures A (P)			A-	5							EL9997	P6 Early Dismiss B				
Att: 30.00	Cmp: 30.00	Cumulative: 90										SS0302	Government (P)				
												AR0414	AP Drawing A (P)				
												HS3025	Health Education				
												FL0312	Spanish 2A (P)				
												SS0301	Economics (P)				
												AR0415	AP Drawing B (P)				
Grade 10 - Q3/Q4/S2/S3						Grade 12 - Q3/Q4/S2/S3						Graduation Requirements					
Course #	Course Name	Q3	Q4	S2	S3	Credit	Course #	Course Name	Q3	Q4	S2	S3	Credit	Subject Area	Req	Cmp	Needed
Folsom High School - 2019/2020						Folsom High School - 2020/2021							English	40.00	30.00	10.00	
0411	Course 3 - Weight Training B			CR		5	Crđ Att: 0.00	Cmp: 0.00	Cumulative: 180				Physical Education	20.00	20.00	Completed	
0217	Drwng/Pntng 2B (P)			CR		5							Algebra	10.00	10.00	Completed	
0215	Honors English 2B (P)			CR		5							Geometry	10.00	10.00	Completed	
0171	Integrated Math 2B (P)			CR		5							Math	10.00	10.00	Completed	
0317	Physics in the Universe B (P)			CR		5							World Cultures	10.00	10.00	Completed	
0102	World Cultures B (P)			CR		5							US History	10.00	10.00	Completed	
Att: 30.00	Cmp: 30.00	Cumulative: 120											Economics	5.00	0.00	5.00	
													Government	5.00	0.00	5.00	
													Fine Arts/Foreign Language/CTE	10.00	10.00	Completed	
													Life Science	10.00	10.00	Completed	
													Physical Science	10.00	10.00	Completed	
													3rd Year Science/CTE	10.00	10.00	Completed	
													Health Education	5.00	0.00	5.00	
													Electives/Personal Plan	55.00	40.00	15.00	

# Google Classroom

An email was sent to your FCUSD  
Account to Join.

If you do not see it follow the instructions:

1. Go to Google Classroom
2. Click on the + in the right hand corner
3. Click join class
4. Enter code



**Class of 2026: eraek47**

# 4-Year Plan

Click on Assignment “4-Year Plan”

You will see additional supportive documents to help you with choosing classes

- [FHS Course Offerings](#)
- [FHS Graduation Requirements](#)
- [CSU/UC Comparison Chart for A-G Requirements](#)

# Getting Started

## FOLSOM HIGH SCHOOL 4-Year Planning

Name: \_\_\_\_\_

### SMART GOALS: Please list two SMART goals: One Academic Goal and One Personal Goal

- Specific (give us a little more detail)
- Measurable (how/when will you measure your goal, track your progress)
- Achievable/Attainable (Is your goal realistic, do you have the tools to reach it)
- Relevant (realistic, results based)
- Time-Bound (when will the goal be achieved/deadline)

Academic Goal: **To achieve my goal of** \_\_\_\_\_ **I will** \_\_\_\_\_.

Personal Goal: **To achieve my goal of** \_\_\_\_\_ **I will** \_\_\_\_\_.



# Getting Started

Highlight your Post-Secondary Plan (pick at least one so counselor is aware of your goal)

## FOLSOM HIGH SCHOOL 4-Year Plan

**My Post-Secondary Goal:** Please highlight in yellow

☐ 2 yr. college   ☐ 4 yr. college   ☐ trade school   ☐ work   ☐ military   ☐ gap year   ☐ other \_\_\_\_\_

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
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**		Level 2				

# Choose your History Courses

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
A. History	3 yrs.	2 yrs.	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	<input type="text"/>		
B. English	4 yrs.	4 yrs.				
C. Mathematics*	3 yrs.	3 yrs. IM 3 or higher				

## GRADE 10:

- World Cultures  
or
- AP Euro

## GRADE 11:

- US History or
- AP US History  
(APUSH)

## GRADE 12:

Every senior will take 1 semester of Econ and 1 semester of Gov

- Gov/Econ or
- AP Gov/Econ

# Choose your English Courses

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
A. History	3 yrs.	2 yrs.	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	<input type="checkbox"/>		
B. English	4 yrs.	4 yrs.				
C. Mathematics*	3 yrs.	3 yrs. IM 3 or higher				

## GRADE 9:

- English 1
- Honors English 1

## GRADE 10:

- English 2
- Honors English 2

## GRADE 11:

- English 3
- AP Language

## GRADE 12:

- English 4
- CSU ERWC
- AP Literature



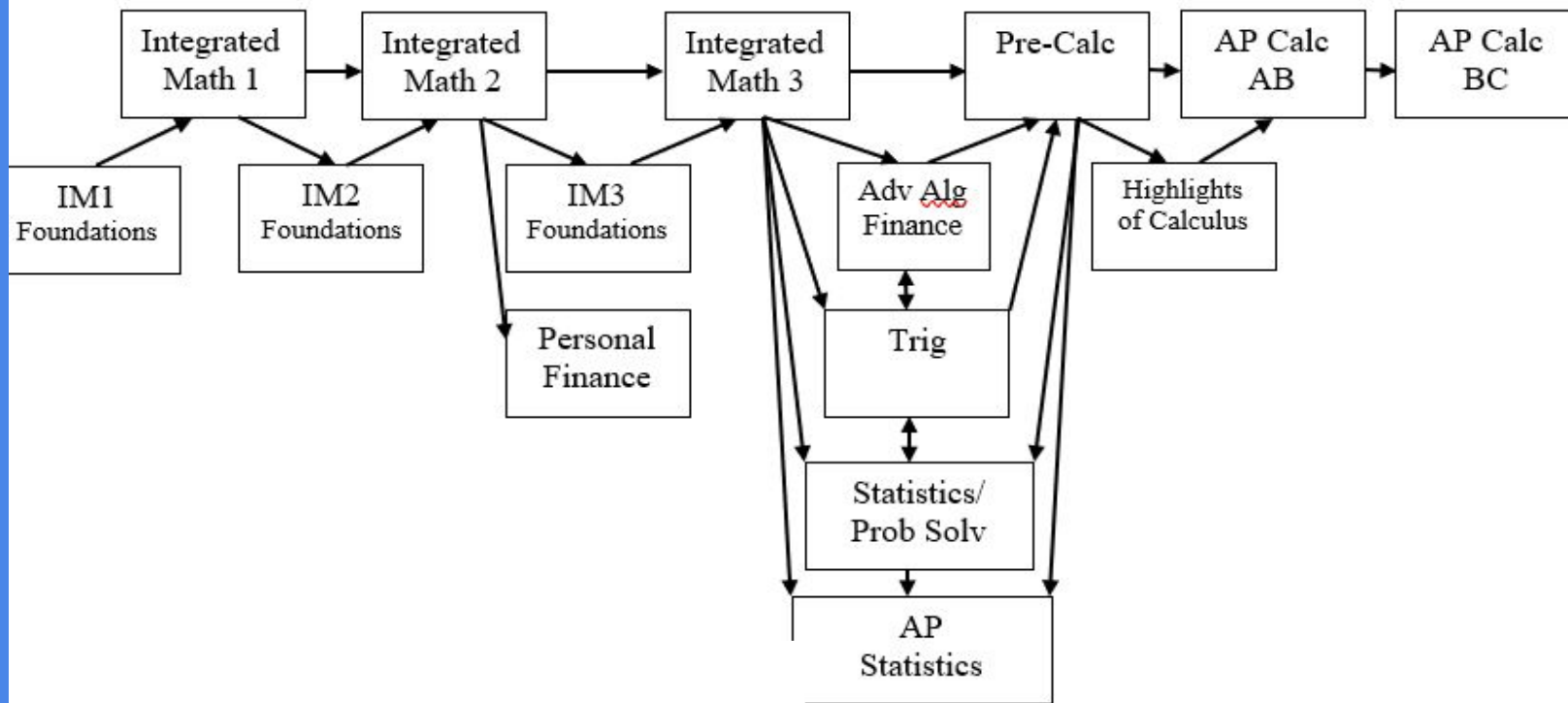
# Choose your Math Courses

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
A. History	3 yrs.	2 yrs.	xxxxxxxxxxxxxxxxxxxxxxxxxxxx	<input type="text"/>		
B. English	4 yrs.	4 yrs.				
C. Mathematics*	3 yrs.	3 yrs. IM 3 or higher				

**\*Placement based upon math level in previous educational year.**

**\*Next slide shows possible sequencing and class options**

# Math Offerings/Course Sequence



# Choose your Lab Science (Life & Physical)

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
D. Lab Science	2 yrs.	2 yrs.	BIOLOGY			

## **MUST TAKE:**

- Life Science (10 credits)
- Physical science (10 credits)
- **and**
- 3rd year science **OR** CTE

# FHS Science Map

10 <sup>th</sup> , 11 <sup>th</sup> and 12 <sup>th</sup> grade options:	Course	HUMAN ANATOMY & PHYSIOLOGY	FORENSICS	HONORS PHYSICS	AP PHYSICS	AP BIOLOGY	AP CHEMISTRY	AP ENVIRONMENTAL SCIENCE
	10-12		11-12	11-12	11-12	11-12	11-12	11-12
	Science and Math Prerequisites	1.Biology C or better 2.Concurrent enrollment OR completion of Chemistry OR Physics	1.Biology  2.Chemistry or Physics	1.Biology  2.Chemistry	1.Biology  2.Chemistry	1.Biology  2.Chemistry	1.Biology  2.Honors Chemistry	1.Biology  2.Chemistry or Physics
	IM 1	IM 1	IM 1	1. IM3 2. recommend concurrent enrollment in Trig. OR Pre-Calc.	1. IM3 2. concurrent enrollment Pre-Calculus	IM2	IM 3	1. IM 1 2. concurrent enrollment in IM 2 (or higher) recommended
				-All prerequisites must have B or better	3.0 College Prep GPA  -All prerequisites must have B or better			
						3.0 College Prep GPA  -All prerequisites must have B or better		3.0 College Prep GPA  -All prerequisites must have B or better

1/22/20

# Choose your World Language

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
E. World Language**	1 yr.	Level 2				

- If you are planning to apply to a 4 year university, you must complete the 2nd level of the same world language.
- 3 to 4 years/level are highly recommended by the colleges.

# Choose your Visual/Performing Fine Arts

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
F. Visual/Performing Arts**	1 yr.	1 yr.				

- ❖ Must complete at least one year of a visual and performing art (VAPA) if you want to apply to a 4 year college directly.

# Choose your Career Technical Education (CTE)

**3rd year science OR CTE**

F. Visual/Performing Arts** OR Career Technical** Education	1 yr.	1 yr.					
3rd year of science OR Career Technical Education	1 yr.						
P.E.	2 yrs.		FITNESS 1				

# Choose Your PE Classes

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
P.E.	2 yrs.	none	P.E. 9			

## GRADE 9:

- Fitness 1 (Required)

## GRADE 10:

- Fitness 2
- Yoga
- Dance/Aerobics
- Weights
- Adv/ Conditioning/Sports Specific Training
- Deferred to another year if student passes Fitnessgram

## GRADE 11-12:

- Any 10th Grade options
- May take as an elective



# Choose Your Health Course

Health	0.5 yr.					
	5.6					

- Health 1 Semester OR
- Enriched Health Full Year

# Other Electives

Subjects	H.S.	College	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Elective	6-7	1 yr.				

An **ELECTIVE** is any class that does not meet a graduation subject requirement area.

**Other Electives Include:** Teacher's Assistant, Learning Skills, Life Skills, Driver's Ed (5 credits), Yearbook, ASB Government/Leadership, ELD courses, GPS Intercultural Speech Communication.

# Check Total Number of Credits

Total Credits Earned		Year Total:60    Total: 60	Year: 60    Total: 120	Year:60    Total: 180	Year:60    Total: 240
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\***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

- ❖ Make sure you have at least 220 credits by the end of senior year so you can earn a high school diploma.

# Turn in Assignment/Next Steps

- ❑ Click **“Submit”** once you are done.
  - ❑ Your 4 year plan **must be completed by Friday, December 2nd**
- ❑ 1-1 meetings during Spring Registration
- ❑ If you have questions, contact your Counselor

# Upcoming Dates

**2022-2023**

## **December 16**

1st semester grades finalized. These grades are used as prerequisites for course registration

## **February**

Course Registration begins

## **Feb-March**

1:1 Registration Meeting,  
We will review 4 year plan



# Things to consider:

- Consider Career Interest and Goals
- Major Interest and College Requirements
- Post Secondary Education
- Overall exploration of passion/interest

## Post Secondary Options

Employment

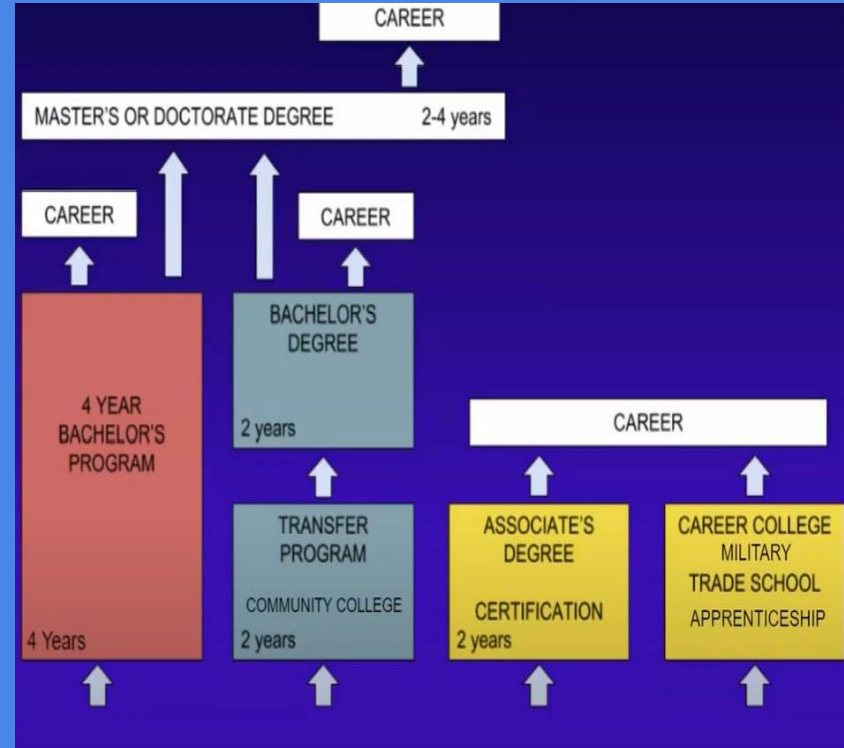
Career College

Military or Military Academy

Apprenticeship Program

Gap Year

College (2 year and/or 4 year)



# Career Exploration Resources- On Your Own

[Roadtrip Nation: Home Page](#)

[CareerExplorer](#)

[CACareerZone](#)



