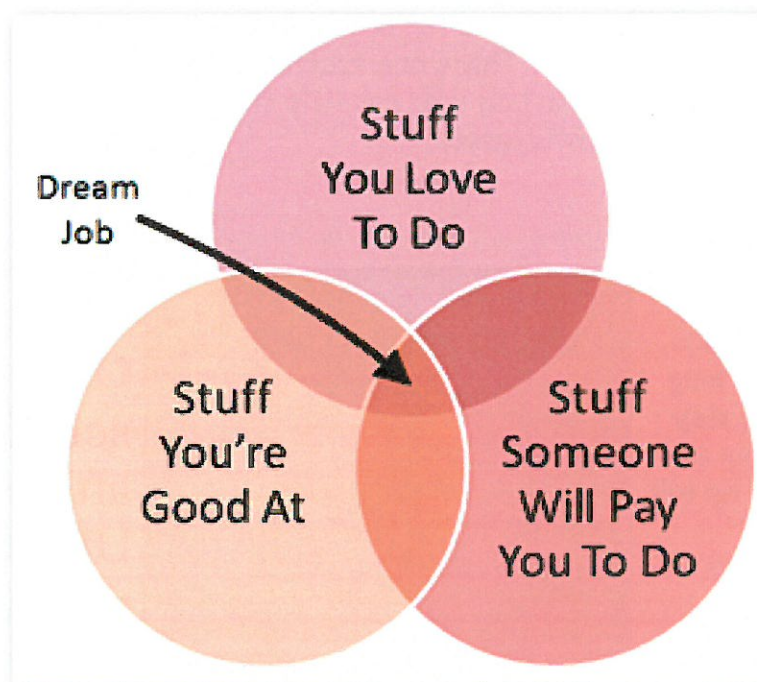


Be a Successful Highlander

Attend class daily, be on time.	Pay attention in class (put away your cell phone)	<i>Check in with your teachers the day after being absent to see what you missed and to turn in work in that you have.</i>
Study: This one might be obvious, but did you know that there's a right and a wrong way to study? Review your material several days ahead of time, in small chunks, and in different manners (for example, write flashcards one day and take practice tests the next).	Ask Questions	Complete your work and be sure to turn it in on time.
Check School Loop . Many teachers use School Loop for assignments and grades which can be accessed on our Website Upland High School Website .	Set a schedule: It is generally recommended to work in 30- to 45-minute blocks, followed by a 5- to 10-minute break. Find a schedule that works for you, and stick to it.	Check attendance, transcripts, graduation status on your Aeries Portal on our Website Upland High School Website
<i>Ask questions in class or seek out support from your teachers before or after school. Ask your teachers when they are available.</i>	Attend Math Lab for one hour after school on Mondays, Tuesdays and Thursdays for one hour after school in Room J219. There are teachers in Math Lab who can help in all math classes.	Attend tutoring in the <u>Library</u> everyday until 5pm. Come and work on your homework and when you have questions there is a teacher and student tutors who can help.
Review any new information you've learned on the same day: This daily review won't take long to complete, but it's a vital step that ensures you stay on top of the material. Applying this tip will also help you to move the information to your long-term memory	Communicate with the teachers on School Loop. Upland High School - School Loop . If you have a question on your homework or an assignment, email the teacher so he/she knows you are having difficulty.	Visit the Counseling Office before school, at lunch or after school and UHS Counseling website with your counselor



Mr. Mason and Mr. McCain believe in you!



UPLAND HIGH SCHOOL FOUR-YEAR PLAN

H.S. GRADUATION and College Eligibility Requirements (A-G)

NOTE:

The pattern below represents one way to complete college eligibility requirements. Individual plans may vary. Parenthesis indicates selected courses taken beyond the minimum required by the UC/CSU college applicant. Classes in all capital letters are required for high school graduation.

Subjects	H.S.	A-G min. req.	9 th	10 th	11 th	12 th
a. History	3 yrs.	2 yrs.		World History	U.S. History	(Gov/Economics**)
b. English	4 yrs.	4 yrs.	English I	English II	English III	ERWC English IV
c. Mathematics *	2 yrs.	3 yrs.	Algebra I	Geometry	Algebra II	MRWC
d. Lab. Science	2 yrs.	2-3 yrs.	Biology	Chemistry	Physics	(Science Year 4)
e. World Lang***	1 yr.	Level 2	World Lang. Year 1	World Lang. Year 2	(World Lang. Year 3)	(World Lang. Year 4)
f. V. P. Arts***	1 yr.	1 yr.	Visual & Perf. Arts		Elective	Elective
Phys. Ed.	2 yrs.	none	P.E. I	P.E. II		
g. Elective	6-7	1 yr.				(GOV/ECONOMICS**)
COLLEGE ENTRANCE TESTS		SAT/ACT	PSAT (optional)	PSAT	PSAT, ACT or SAT (tests should be done w/writing)	ACT or SAT (tests should be done w/writing)

*Must show completion of Geometry coursework at an accredited, UC approved school in middle school or high school.

**Gov/Economics: required for high school graduation and satisfies the UC g elective requirement.

***Students need to take one class in two of these three areas for high school graduation. For college admissions, students must take World Language and Visual and Performing Arts. Many of the elective classes meet the UC g requirement.

Required Area	High School Graduation	College Eligibility
1. Coursework	230 credits total minimum	15 year long courses total minimum. Selective colleges often look for more rigorous courses, such as Honors or AP, and courses beyond the minimum requirement/recommendation.
2. Minimum grade	D or higher	C or higher. Selective colleges are looking for the best grades
3. GPA	No requirement	UC 3.0 or higher, CSU 2.0 or higher
5. College Entrance Tests	None	PSAT in October of sophomore & junior year (optional). SAT or ACT w/ writing

The A-G / College Entrance Requirements are a sequence of high school courses that students must complete (with a grade of C or better) to be minimally eligible for admission to the University of California (UC) and California State University (CSU). They represent the basic level of academic preparation that high school students should achieve to undertake university work. The following chart summarizes the A-G / College Entrance Requirements:

	Subject	Year	Details
(A)	History/Social Science	2	Two years, including one year of world history, cultures, and historical geography and one year of U.S. history or one-half year of U.S. history and one-half year of civics or American government.
(B)	English	4	Four years of college preparatory English that includes frequent and regular writing, and reading of classic and modern literature. Only one year of English Language Development (ELD) 4 counts toward this requirement.
(C)	Mathematics	3 (4 years rec.)	Three years of college preparatory mathematics that includes the topics covered in elementary and advanced algebra, and geometry. Strongly recommend four years of mathematics.
(D)	Laboratory Science	2 (UC 3 years)	Two years of laboratory science providing fundamental knowledge in at least two of these three disciplines: biology, chemistry, and physics for CSU. UC adds an additional year of a laboratory science.
(E)	World Language	2 (3-4 years rec.)	Two years of the same language other than English. Three years is recommended.
(F)	Visual & Performing Arts	1	One year, including dance, choir, drama/theater, music, or visual art.
(G)	College Preparatory Elective	1	One year (two semesters), chosen from additional "A-F" courses beyond those used to satisfy the requirements above, or courses that have been approved solely for use as "G" electives.

When you are absent:

Occasionally students will miss a class due to being ill, doctor appointments, sports, or other school activities. The following suggestions are tips to help students succeed academically when they return from being absent:

1. Get organized; use your agenda and schedule a regular time to complete homework every day.
2. If you are in a school sport or sponsored activity that requires you to leave early, let the teacher know when you need to leave and ask for the homework assignment for that day.
3. Get the phone numbers of several classmates that you can call if you miss class, to find out what you missed and get the assignments.
4. If you miss a lecture, get the notes from a friend or ask the teacher for a copy of the lecture notes.
5. The day after missing a class, check in with the teacher to find out what you missed.
6. Tests: when possible, make arrangements prior to missing class, for making up tests.
7. Make sure a parent calls the attendance line to report your absence: 981-2830

REMEMBER: IT'S YOUR RESPONSIBILITY TO FIND OUT WHAT YOU MISSED AND TO MAKE UP ANY MISSING ASSIGNMENTS AND TESTS.