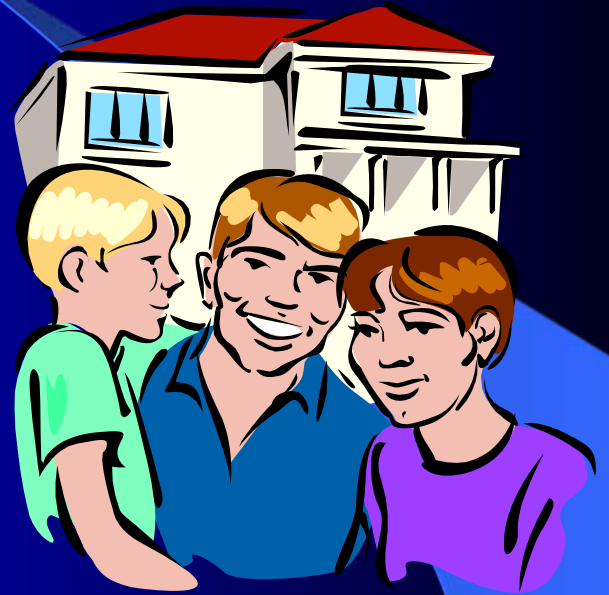


CLASS OF 2013

WELCOME PARENTS



EL CAPITAN HIGH SCHOOL

Guidance Team

Counselors

Carolee Villegas, A-D

Susan Saunders, E-J

Jeannine Seitzzahl, K-Q

Christine Carroll, R-Z

Academic Advisors

Tammy Walters, A-J

Joe Herman, K-Z

Frank Quinones, Special Program Assistant

Counseling Secretary

Krista Santoro

School Psychologist

Mary Dredge

School Social Worker

Lisa Read

Family Resource Center Manager

Cindy Dasher

High School Graduation Subject Requirements

- 4 Years English
- 3 Years Math (Alg IC 1/2 plus 2 years beyond)
- 2 Years Science (Life and Physical)
- 2 Years Physical Education
- 1 Year World History
- 1 Year U.S. History
- 1 Year Fine Art or Foreign Language
- 1 Semester Each-Government/Economics
- 1 Semester Geography



Additional High School Graduation Requirements

- Competency requirement in First Aid and Tech Foundations
- 220 Credits or more
- Pass the California High School Exit Exam
- Pass the Physical Education Fitnessgram
- Develop a Career Plan

The California High School Exit Exam

- The exam requires a passing score in two sections: English/Language Arts; and Math. Each section of the exam is aligned to the California State Content Standards.
- The exam **must** be taken in grade 10.
- Students with an IEP or 504 plan may take the exam with accommodations.
- Study guides are available online:
www.cde.ca.gov/ta/tg/hs/resources.asp

Two sections

- English –Language Arts
 - Reading and writing sections with multiple choice and essay
 - Vocabulary
 - Comprehension
 - Writing strategies
- Mathematics
 - Measurement and geometry
 - Mathematical reasoning
 - Number sense
 - Algebra and Functions
 - Decimals, fractions & percentages

Support to Meet CAHSEE Requirements

- Classes will be aligned to state standards.
- Tutoring is available in core subject areas. Tutoring schedules can be picked up in the Guidance Office.
- If students do not pass a section(s) in the 10th grade spring test, they will be given an opportunity to re-take the test each year after that.
- Students that complete all other graduation requirements but do not pass the exit exam, may take the test for two years beyond their graduation date.

Physical Education

- Change in state law
- Students must pass 5 out of 6 modules of the fitness gram in order to waive the second year of the physical education requirement through sports
- Students do not receive physical education requirement credits for, cheer or marching band.

COIN3

- FREE Online Career Guidance and Curriculum Program
- Available to Students, Parents, Teachers, Administrators and Counselors-24/7
- View your child's progress, needs and interests
- Provide parental support and guidance during their career and curriculum exploration!
- Your student will be given an ID and password at a presentation during the Fall 2009 semester.

COIN CENTERS

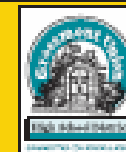
- Exploration
- Planning
- Resource
- Activity
- Communications
- Support



Home
of the
Vaqueros

El Capitan High School

Grossmont Union High School District



“a-g” Subject Requirements

HISTORY (a) 1 year U.S. History/Government 1 year World History (Non-U.S. History)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ENGLISH (b) 4 years College Prep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MATHEMATICS (c) Algebra I*, Geometry, Algebra II** 4 years Recommended	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SCIENCE (d) 2 years with laboratory 2 years Recommended	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FOREIGN LANGUAGE (e) 2 years in the same language 2 years Recommended	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VISUAL/PERFORMING ARTS (f) 1 year art, dance, drama or music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ELECTIVE (g) 1 year of an academic elective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

for admission to
California State University (CSU)
University of California (UC)

Graduation Requirements

HISTORY (a) 40 credits – 4 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ENGLISH (b) 40 credits – 4 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MATHEMATICS (c) 30 credits – 3 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SCIENCE (Life & Physical) (d) 20 credits – 2 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VISUAL/PERFORMING ARTS (e) OR FOREIGN LANGUAGE (f) 10 credits – 1 year	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ELECTIVES (g) 50 credits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PHYSICAL EDUCATION 50 credits – 2 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COMPLETION OF 220 CREDITS IN ADDITION TO:

- First Aid requirement met in Grade 9 Physical Education
- Technology requirement met in a full year of Geography
- Post-Secondary Plan requirement met through Guidance/Counseling
- Passing the California High School Exit Exam (CAHSEE) in English and Mathematics

MINIMUM CSU and UC Entrance Requirements



- a. 2 Years History/Government
- b. 4 Years English
- c. 3 Years Math including Algebra II
(Math recommended in senior year)
- d. 2 Years Lab Science (3 recommended)
- e. 2 Years same Foreign Language
(3 recommended)
- f. 1 Year Visual or Performing Art
(same subject)
- g. 1 Year of College Prep Elective
 - SAT I and/or ACT Test (Writing Component for UC schools)
 - Two SAT II subject tests for UC
 - C or better in College Prep level classes

Ninth Grade Required Courses

- English
 - Geography
 - Math
 - Physical Education
-
- We offer Applied Arts, College Preparatory and Honors level Classes



EL CAPITAN HIGH SCHOOL

9th GRADE COURSE SELECTION

El Cap ID#	Student's Last Name, First, MI	Birthdate	Sex M <input type="checkbox"/> F <input type="checkbox"/>	Entry Date 8/17/09	School Year 2009/2010
Parent / Guardian Last Name, First, MI Mr. Mrs. Ms. Mr./Mrs. (please circle one)		<input type="checkbox"/> Parent <input type="checkbox"/> Guardian <input type="checkbox"/> Caregiver <input type="checkbox"/> Facility		Home Phone ()	
Street Address		Schedule Preference		Business Phone Mr./Mrs./Ms. (please circle one) ()	
City	Zip	<input type="checkbox"/> Periods 1-6 (Y997) <input type="checkbox"/> Periods 2-7 (Y998) <input type="checkbox"/> Bus Rider (Y999)		Cell Phone ()	
Mailing Address (if different from street address)		There is no guarantee that we will be able to honor your request.		Student's Birthplace (City, State)	
City	Zip			Name of Middle School	

REQUIRED COURSES:

English

- ED12/ES20 English 1A/2A (2 periods)
 ED14 English 1C/2C*
 ED16 English 1H/2H*

Geography

- S003 Geography 1C*/Y520 Tech Fundamentals
 S004 Geography 1H/2H*(TR) (includes Tech Foundations)

Mathematics

- M400 Algebra I - 1C/2C*
 (Possible Foundations support class, determined by test scores.)
 M430 Geometry 1H/2H*
 (Must get 84 or above on Algebra Readiness Test)

Physical Education

- P.E. 109 (all 9th graders)

CHOOSE 2 (TWO) ELECTIVE COURSES AND 2 (TWO) ALTERNATES

A070 California Agriculture 1/2

B010 Art 1/2*
 B100 Design 3-D 1/2*

G271 Spanish 1C/2C*
 G273 Spanish 3C/4C* (TR)
 (Must complete writing assessment)

J010 Food Discoveries 1/2

K008 Auto Shop 1/2
 K315 Core Tech. (Woods/Draft 1
 K680 Drafting 1/2*+
 (Meets 1 year Fine Arts)

L040 Marching Band/Symphonic* (TR)
 L130 Stage Band/Jazz (By audition only)
 L190 Choir 1*
 L200 Ensemble (TR)
 L280 Percussion
 L290 Theater
 L334 Beginning Dance 1/2*
 L336 Int. Dance (TR)
 L938 Jr. Company* (TR) (By audition only)

R191 Biology 1C/2C*
 R201 Honors Biology 1H/2H* (TR)
 Y485 AVID 1/2 (TR) needed for first time applicants.
 Note: Automatic placement for current AVID students.
 Y845 Website

Note: All classes are open to both males & females.
All students have equal access to classes.

Elective Choices (Choose 2 from above electives):

- 1) _____
 2) _____

C = College Preparatory H = Honors
 * = Course Acceptable - CSU & UC Systems

Alternate Elective Choices (Choose 2):

- 1) _____
 2) _____

(TR) = Teacher Recommendation
 + = May receive Comm. College Cr. (See your counselor)

COURSE SELECTIONS MAY BE CHANGED DUE TO ENROLLMENT, TEACHER AVAILABILITY, OR TEST SCORES.

Parent's Signature _____

Date _____

Counselor/Academic Advisor Signature _____

Date _____

Individual Graduation Plan

Name: _____ ID #: _____ Class Key: _____ School Site: _____

Post High School Plans:

4-year College 2-year College Trade/Voc School Military



NCAA Eligibility (Clearinghouse) for Sports*
For additional information go to www.web1.ncaa.org/eligibilitycenter/

Career/Major: _____

School Interests: _____

Graduation Requirements (220 credits)	9 th Grade	10 th Grade	11 th Grade	12 th Grade
A. Social Sci. (35-40 credits)	Geography	World History	U.S. History	Government/Economics
B. English (40 credits)	English 1-2	English 3-4	English 5-6	Senior English
C. Math (30 credits)				
D. Science (20-30 credits)				
E. Foreign Lang. (10 credits or Auto)				
F. Arts (10 credits or F. Lang)				
G. College Prep Electives				
Physical Ed. (20 credits)	9 th Grade P.E.			
Electives				
Career Technical Ed. Sequence				
Summer School				

COLLEGE REQUIREMENTS

“A-G” Subject Requirements for Admission to a University of California (UC) or a California State University (CSU)

- A:** U.S./World History – 2 years*
- B:** English – 4 years*
- C:** Alg I/Geom/Alg II – 3 years
(4 years recommended)*
- D:** Lab Science – 2 years
(3 years recommended)*
- E:** Foreign Language – 2 years
(3 years recommended)*
- F:** Visual/Performing Arts – 1 year
- G:** Electives – 1 year

*“A-G” courses must be college-prep and completed with a grade of “C” or better.

All students, including those planning to attend community college, should complete the “A-G” requirements and a CTE sequence, if applicable. Students who complete this series of classes are proven to be more successful in college and in their careers.

CAHSEE: ELA: Passed: _____ Math: Passed: _____ Career Plan: _____ Met First Aid: _____ Met Tech. Req.: _____ Met Fitnessgram: _____ Met

Counselor: _____ Student: _____ Parent: _____ Date: _____

Summer School

Entire Summer school June 8 – July 17

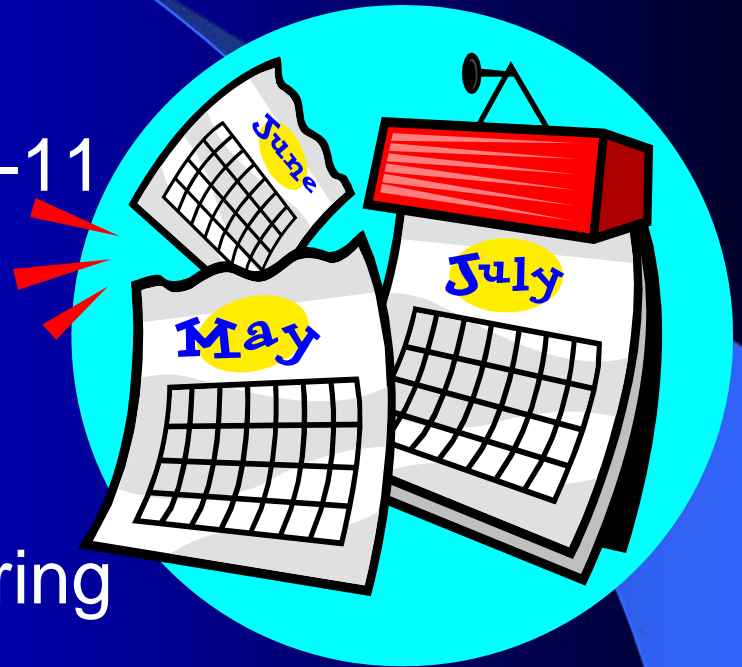
- ✓ Survivor (see flyer for crazy schedule)

Second Session – June 29 – July 17

- ✓ Algebra I H
- ✓ ESL English
- ✓ English Foundations

Programming Dates

- TDS – March 31
- LMS – April 1
- Los Coches – Mar 30 – 9-11 a.m.
- OLPH – April 2
- Barona Charter – April 2
- All others will be seen during individual meetings at El Capitan after May 1st



Individual Conference Dates

- If you have further questions, you can request an individual conference with a Counselor or Academic Advisor beginning May 1st.
- Contact the Guidance Department at 938-9149 or 938-9140.



Additional Support

Lakeside Family Resource Center

- Our goal is to promote and support students' academic and social success.
- Is staffed by a credentialed School Social Worker trained to provide services related to a student's social and emotional adjustment to school, family, community and society.
- Offers assistance in obtaining Medi-Cal Insurance Applications, Community Resources and Counseling.
- Provides forms for Free and Reduced Meals
- For more information: <http://lakesidefrc.guhsd.net>

Peer Leaders

- Students trained to facilitate mediations, support groups, Insight classes and mentoring.

V Team Orientation

A fun morning for the Class of 2013
to get to know the campus better
and meet upper classmen!

- August 14th from 9:00 a.m. to 12:00 p.m.
- Starts In the Gym
- Students Only!
- Campus Tour, Games, Opportunity to pick up
Class Schedule and ID Card

Stay Connected!!

Use the Parent Portal

Here you can see your student's:

Classes

Attendance

Semester Grades

Log on to <http://elcapitan.guhsd.net>

- Select the Parent Portal Icon
- Enter Your User ID and Password

User ID's and Password's are available at:

- Freshmen BBQ
- Through the Vice Principal's Secretary

(Please bring driver's license for ID)

El Capitan Guidance Department

For more information please go to the
Guidance Web Page at:

<http://elcapitan.guhsd.net>

Select "School Info"

Select "Guidance"

Here you'll find information on:

College and Career
Clubs

Financial Aid and Scholarships
Staff

Forms

Lakeside Family Resource Center

And much more, just have fun exploring!

Important Dates To Remember

- March 25th – Freshmen Barbeque, 5:30 p.m.
- March 31st – April 2nd – Programming At Middle Schools
- April 6th – 17th – Spring Break for El Capitan
- May 1st – Begin Individual Conferences With Counselors
- Aug. 14th Or Sep. 4th – V Team Orientation,
9:00 a.m. – 12:00 p.m.
- September 8th – Proposed First Day of School—

Welcome To El Cap!!

First Day of School

September 8

Go Vaqueros!!

