

A spiral-bound notebook with a light beige, textured cover and a silver metal spiral binding on the left side. The text is centered on the page.

Cathedral High School Department of  
Guidance and Counseling

College Checkup

What do I need to know?

# The CHS Counseling Department

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Mr. Catlin  
Senior Academic Advisor  
College Counselor  
Counseling Dept. Chair



Mrs. Martinez  
Freshman Academic Advisor  
Sophomore Academic Advisor



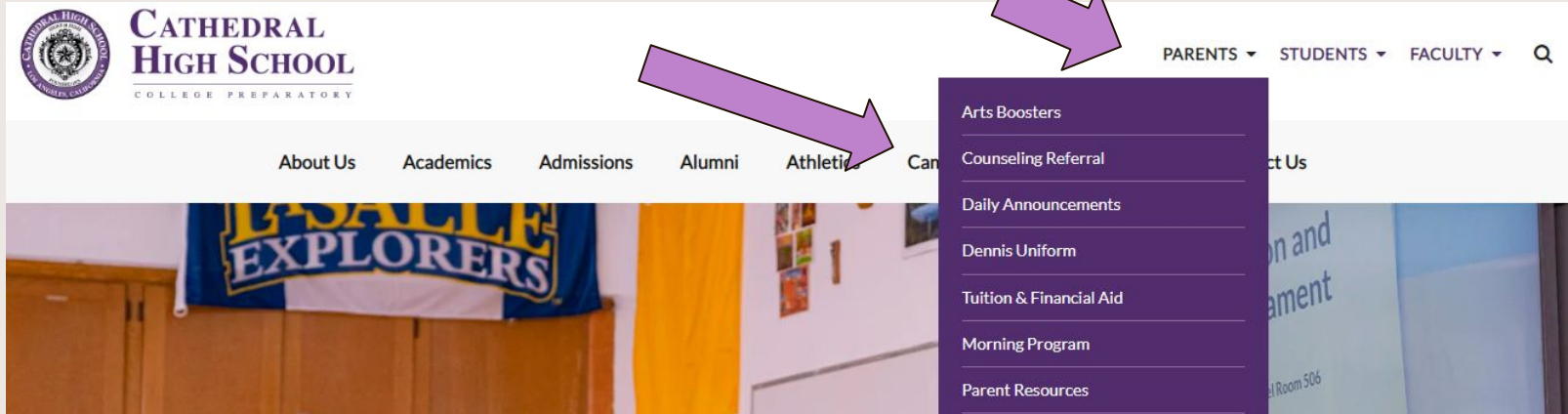
Mr. Ryan  
Junior Academic Advisor



Mrs. Lopez  
Math and Science Academic Director



# Need To See A Counselor?



[Counseling](#) » [CHS Counseling Referrals \(Want to see a counselor?\)](#)

## CHS Counseling Referrals (Want to see a counselor?)

Do you want to meet with your counselor? Are you a parent and would like a counselor to meet with your son? The Cathedral High School Department of Guidance and Counseling is here to help with both personal and academic counseling. Our grade level counselors and Counseling Partners of Los Angeles Counselors are available to meet with students and parents. Please use one of the links below to request a meeting with a counselor or to refer your son or student. Meetings may be arranged in person (academic counselors only) or via Zoom (academic and personal counselors).

[Student Self-Referral \(I want to see a counselor\);](#)

[Parent Referral \(I would like my son to see a counselor\);](#)

[Teacher Referral \(I would like a student to see a counselor\);](#)

[Counseling Home](#)

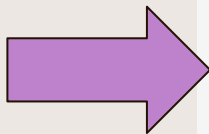
[CHS Counseling Referrals \(Want to see a counselor?\)](#)

[FRESHMAN Academic Counseling](#)

[SOPHOMORE Academic Counseling](#)

[JUNIOR Academic Counseling](#)

[Math and Science Academy Counseling](#)



# Four-Year College Program

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- Know college options
- Study for standardized tests
- Search for college and scholarships
- Get ready for applications

# Welcome

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Although College may seem like a long time from now, the years will turn into months and weeks very quickly.

“The more you do now,  
the more choices you have later”

# Goals For Sophomore and Junior Year

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- Grades
  - Get good grades
  - Clean up Transcript
  - No D's or F's
- Extracurricular
  - Get involved
    - (Might not be too easy these days. Look for opportunities)
- Standardized tests
  - Study and prepare
  - PSAT, SAT, ACT
- Research Colleges and funding option



# Academics

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- Grades Matter
  - Going forward it may be the only things schools consider
- Check powerschool often
  - Need passwords?
    - Email Mr. Ryan ([rryan@chsla.org](mailto:rryan@chsla.org)) 11th Grade
    - Email Mrs. Martinez ([lmartinez@chsla.org](mailto:lmartinez@chsla.org)) 10 Grade
- Check in with your son
- Email Teachers
- Tutoring is available
  - Take advantage of After School
  - (especially Wednesday!)

# Google Classroom

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**Parents:**

**Are you getting daily reports from  
Google Classroom?**

**See assignments missed**

**See Assignments for that day**

**See upcoming due dates**

**Receive announcements from teachers,  
counselors, administrators**



# Powerschool

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**Parents:**

**Are you getting daily reports from  
Powerschool?**

**See your son's grade each morning  
via text or email**

**Contact the grade level Counselors:**

**Juniors: Mr. Ryan**

**Sophomores: Mrs. Martinez**

# College

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What a Parent Needs to Know

# Checklist

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- 12-16 things you need to do this year to get ready to apply to college in your senior year
- Some at school, some on your own
  - Know college options
  - Study for standardized tests
  - Search for college and scholarships
  - Get ready for applications

# Standardized Tests

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- Used for College Admissions
- Used for Scholarships
  
- PSAT Junior Year
- SAT I End of your Junior Year (Optional/Strongly Encouraged)
- ACT End of Junior Year (Optional/Strongly Encouraged)

# PSAT

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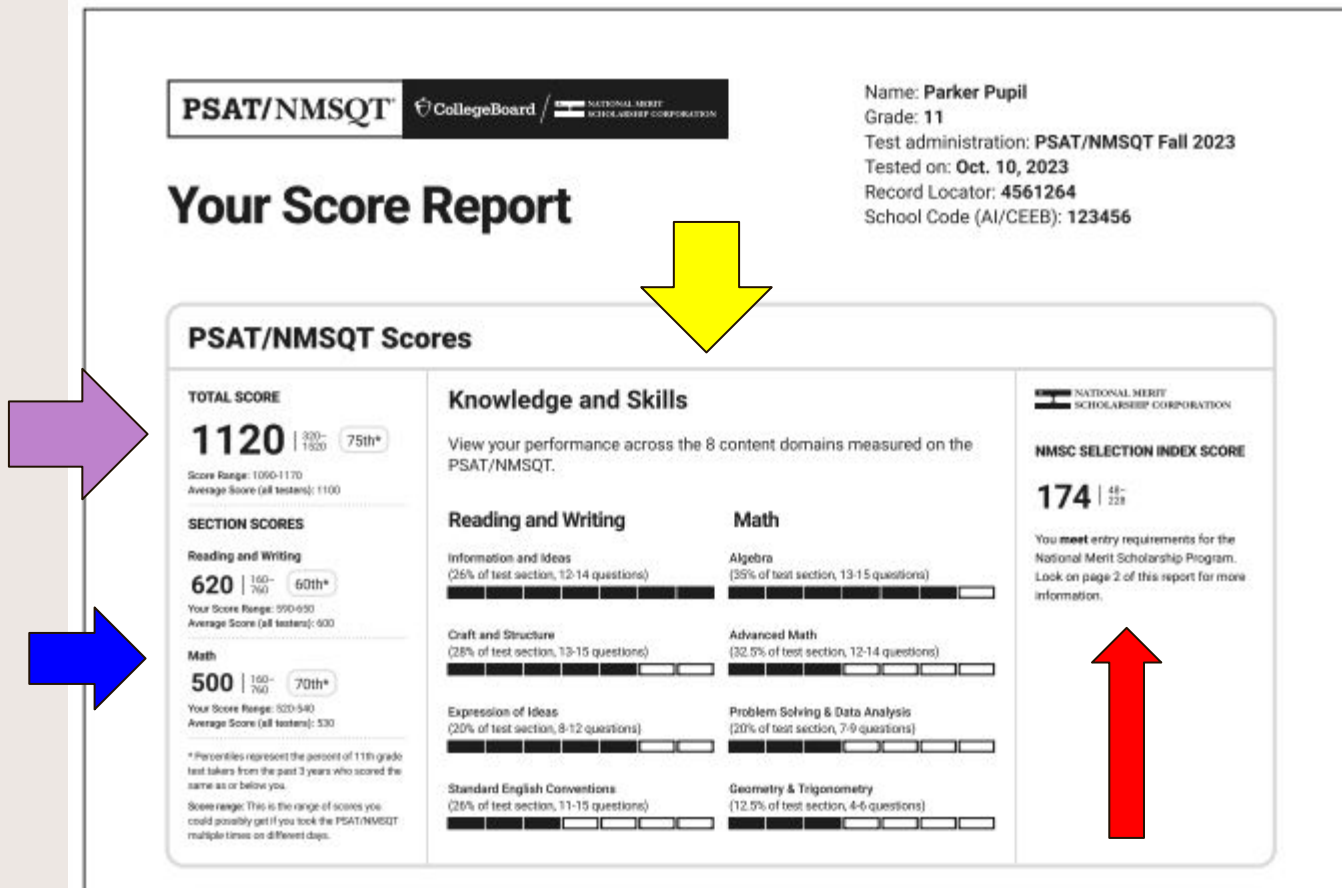
All Sophomores took the PSAT on Oct 11

All Juniors took the PSAT on Oct 18

Scores are now available for both  
Sophomores and Juniors

Results

# Understanding Score Reports





# Benchmarks

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What is a good score?

	Reading and Writing	Math
10th Grade	430	480
11th Grade	460	510

# Standardized Tests: Next Steps

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Use the PSAT results to start preparing for the SAT

The SAT is a college entrance exam used as a required or optional assessment for college admissions at MOST Four-year schools.

CHS recommends that student take the SAT

# Collegeboard.com

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- Invaluable Tool for College Admissions
- Register to use this free service
- Use to register for tests (SAT I)
- Search for Colleges and Scholarships
- Practice for the SAT and AP Exams

# Register for Standardized Tests

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- SAT I required by all four year schools (May be Optional)
  - Math , Verbal, Writing
  - SAT I May 4, 20234    Register by April 23, 2024
- ACT may be taken instead of, or in addition to the SAT I
  - Subject Areas as well as Math and Verbal skills
  - ACT June 8, 2024    Register May 17, 2024

# SAT v ACT

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Both are accepted by MOST schools

SAT Readings mostly History/Government

ACT Readings mostly Science

Math: Similar

# Study for SAT's

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- Khan Academy from PSAT
- Collegeboard.com:
  - Question of the Day
  - Full Length Exams
  - Tutorials
- Private Classes
- Books and CD-Rom



# FAFSA

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## Free Application for Student Aid

- All students must fill out this form for financial aid before March (senior year)
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- determines your family contribution
- 
- determines state and college grants

# Review

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**Today:**

**Nov-May**

**Access and Review  
PSAT Results**

**Use the  
Khan Academy  
resources to study for  
the SAT**

Jan: More about College Admissions at  
before the General Parent Meeting