



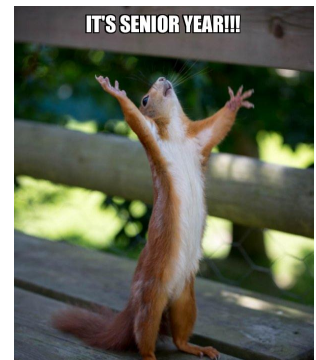
September, 2024

Welcome to Senior Year!

As you are heading into your final year of high school, there will be some things you want to start thinking about. Our Senior Scoop newsletter comes out once a semester and includes information on important opportunities after high school. Every Senior Scoop will include important upcoming events and workshops, information about senior year and college deadlines, financial aid opportunities, along with a college & career showcase. This semester, we will be focusing on the opportunities and offerings in our community colleges.

You can also check out our [Counseling Page for Seniors](#) for more information on:

- ★ Graduation (*cap, gown, etc.*)
- ★ Senior Event Tickets
- ★ Senior Portraits
- ★ Scholarship Opportunities
- ★ FAFSA/CADAA Financial Aid
- ★ Information on 2-year & 4-year College options



Senior Presentation by Counselors:

In case you missed the Senior Advising Intervention this week, here is the [FHS Senior Guidance 2024](#) for you to review with helpful links all in one place.

Options After High School

4-Year College or University, Community College or Trade School

- If you are planning to apply straight to a **4-year college**, applications are primarily due in the fall and there will be various other deadlines throughout the year.
 - ◆ UCs and Common App Schools require personal statements. Check out the prompts here: [UC Personal Insight Questions/Common App Prompts](#)
- Now is the time to reach out for your **Letters of Recommendation** for both your college apps and scholarships. You will need to [FHS Request for Letter of Recommendation](#) from a few adults that you know educationally, athletically or personally for your college & scholarship applications. Be sure to request your recommendation letters early! Be sure to give your recommenders **at least two weeks notice!**
- If you are planning to apply to **Community College**, applications open in late fall.
- For those of you looking at **Trade Schools**, deadlines vary throughout the year and many are built into Community Colleges like Sierra and American River.



Here are some important admission/application dates and deadlines for you to keep in mind this year:

- ★ **It's OPEN:** [UC Application](#) and [Common App](#) for Fall of 2025 are now open
- ★ **October 1st:** CSU Application Opens & Submission Open for UC App
- ★ **December 2nd:** CSU & UC Application Final Deadline extended until Dec. 2nd.
- ★ **December:** FAFSA/CADA Opens (*Tentative*)
- ★ **March/April:** FAFSA/CADA Priority Deadline (*Tentative*)
- ★ **May 15th:** Final Date to Commit to a UC College

Out-of-State, Private, and Trade Schools have varying deadlines!

RECOMMENDED READING: [2024 FHS UNIVERSITY Application Guidelines](#)

Military

- If you are interested in joining the **Military**, be sure to connect with a recruiter to discuss your options. If you want to take the ASVAB here at Foresthill on Tuesday, November 5, 2024, please email acardullo@puhsd.k12.ca.us

Joining the Workforce

- For those of you undecided, planning to **work**, or pursuing a different option, this is a good time to explore careers and create a resume.

Important Updates

Scholarship Highlights!

Check out our [PUHSD Scholarship List](#) for upcoming scholarship opportunities. There are several that have been added this week!

- **Coca Cola Scholars** Open to all students with a 3.0 minimum GPA. In 2024 they awarded 150 high school seniors a \$20,000 college scholarship! [Check it out and apply](#) by September 30, 2024!
- **NCRF College Expo Scholarship Essay Contest** Open to any junior or senior who is a lawful permanent resident of the US. [Check it out](#) and [apply](#) by October 15, 2024.

Sierra College Spotlight

- Join Sierra for their 2024 Preview Day coming up **Saturday, October 12** from 10am - 2pm! Preview Day is open to prospective students, families and community members and provides an opportunity to explore the campus and see what Sierra College has to offer. Register and find out more details [here](#)!
- Thinking about enrolling in a trade program at Sierra? Check out their information sessions - offered both in person and online. Learn about Welding, Construction, Automotive Technology, Advanced Manufacturing, and more! Sierra will be holding a Building & Construction Career Exploration Expo on October 2nd and 8th from 11:30 am - 1:30 pm at their Rocklin Campus. Check out the calendar of events [here](#) for future offerings.



Upcoming Events

Check back monthly for important events, deadlines and opportunities.

2024 College Night

Don't miss the free 2024 College Night at Whitney High School on Monday, October 14th from 5:00 - 8:00 pm. Meet college & university representatives, community college, technical schools and military representatives. Learn more about various programs, scholarship opportunities, financial aid and more. [Click here](#) for more information.

Upcoming FHS College and Career Events:

- | | | |
|-------|-------|--|
| Tues | 9/24 | Sierra College CTE Campus Visit-
Nursing, Welding, Construction,
Fire/EMT, Auto, Manufacturing, and
more! |
| Wed | 10/9 | Trades Day @ Cal EXPO |
| Fri | 10/18 | UC Davis Campus Visit |
| Tues | 11/5 | ASVAB Test |
| Thurs | 11/7 | Sacramento State Campus Visit |

Please check the Counselor Calendar and Flexi for the most updated information.

PLACER COUNTY FOOTHILLS
HIGH SCHOOLS CONSORTIUM

**2024
COLLEGE
NIGHT**

**FREE
EVENT**

Monday, October 14

Whitney High School
701 Wildcat Blvd, Rocklin, CA 95765

5:00 to 8:00 PM - SESSIONS
6:00 to 7:30 PM - FAIR

- ✓ Meet university, community college, technical schools, and military representatives
- ✓ Learn about various programs & scholarships opportunities
- ✓ Attend breakout sessions:
 - UC System
 - CSU System
 - Community College
 - Private Colleges
 - Financial Aid
 - WUE
 - NCAA
 - Health Occupations

UC Events and [UC App Video Support](#)

- All campuses also have campus specific events/programming. More details posted soon.
 - [UC Berkeley](#): Berkeley Showcase, November 2; [Daily Campus Tours](#)
 - [UC Davis](#): [Daily Campus Tours](#), [Virtual Events](#) & [Tours](#)
 - [UC Irvine](#): Discover UCI, October 19; [Virtual Events](#); [Daily Campus Tours](#)
 - [UCLA](#): Fall Open House, October 19; [Virtual Admission Info Sessions](#), [Daily Campus Tours](#)
 - [UC Merced](#): [Daily Campus Tours](#)
 - [UC Riverside](#): [Discover UCR](#) October 5; [Daily Campus Tours](#)
 - [UC San Diego](#): Fall Showcase October 5; [Daily Campus Tours](#)
 - [UC Santa Barbara](#): [Virtual Admissions Events](#), [Daily Campus Tours](#)
 - [UC Santa Cruz](#): Fall Open House, November 2; [Daily Campus Tours](#),
- Wondering what majors are offered at each UC? Check out the [UC Major Tool](#), which lists everything in one place!
- Want to learn more about UCs? This [UC for Everyone](#) presentation from last year has a lot of helpful information.

All that Community College Has to Offer

There are so many possibilities and options available to you after high school. One option is our local Community Colleges. You can complete your first two years of college and transfer to a 4-year college to continue with your education. You can also earn your [AA/AS degree](#) or earn your [AA/AS degree and transfer](#) to a 4-year college.

Career Technical Education (CTI) Certificate Programs & AA/AS Degrees

Interested in learning more about a specific field? Our local community colleges have a wide variety of programs that offer either skills certificates, certificates of achievement or AA/AS degrees spanning a wide variety of interests.

Sierra College offers 21 Career Technical Education (CTE) programs. Check them out [here](#).

- [Administration of Justice](#)
- [Advanced Manufacturing](#)
- [Allied Health](#)
- [Applied Art & Design](#)
- [Automotive Technology](#)
- [Building Industries](#)
- [Business](#)
- [Early Childhood Education/Human Development](#)
- [Emergency Medical Technician \(EMT\)](#)
- [Fashion Industries](#)
- [Fire Technology](#)
- [Fitness/Trainer/Kinesiology](#)
- [Information Technology](#)
- [Mechatronics](#)
- [Music](#) (Media & Public Events Production)
- [Nursing](#)
- [Photography](#)
- [Recreation Management](#)
- [Sustainable Agriculture](#)
- [Theater Arts](#)
- [Welding Technology](#)

All that Community College Has to Offer (continued)

American River College also offers 24 different CTE programs. Check them out [here](#).

- [Auto Technology](#)
- [Biotechnology](#)
- [Culinary](#)
- [Commercial Music](#)
- [Computer Information Service](#)
- [Design & Engineering Technology](#)
- [Dietary Manager Program](#)
- [Fire Academy](#)
- [Fitness Specialist](#)
- [Funeral Service Education](#)
- [Geographic Information System \(GIS\)](#)
- [Gerontology](#)
- [Healthcare Interpreter](#)
- [Horticulture](#)
- [Legal Assisting](#)
- [Natural Resources](#)
- [Paramedic](#)
- [Police Academy](#)
- [Respiratory Care](#)
- [Sign Language Interpreter \(ASL\)](#)
- [Speech-Language Pathology Assistant](#)
- [Welding](#)
- [Nursing Program](#)
- [Early Childhood Education](#)

Financial Assistance, California Promise

The CA Promise program offers different levels of financial assistance for community college. For example, at Sierra College, students who complete their FAFSA applications may qualify to [receive 2 years free](#). If you are interested in another community college, check out their CA Promise program for more information on financial assistance.

Senior Resources

College

- [UC](#)
- [CSU](#)
- [CommonApp](#)
- [CA Community Colleges](#)
- [College Search](#)
- [California Colleges](#)

Scholarships

- [District Scholarship Bulletin](#)
- [Scholarships.com](#)
- [Scholarships360](#)
- [FinAid.org](#)
- [FastWeb](#)
- [SallieMae](#)

Career

- [OneStop](#)
- [Career Search for Senior](#)

FORESTHILL HS CLASS OF 2025



GRAD ANNOUNCEMENTS
CAPS & GOWNS
KEY RINGS
DRAW STRING BAGS
SENIOR HOODIES
CLASS RINGS
BLING & STACKED TASSELS
DIPLOMA & TASSEL FRAMES



ORDER DATE ON CAMPUS

Wed, October 9th
6:00 PM - 7:00 PM
Library



*FORESTHILL GRADUATION
ANNOUNCEMENTS WILL BE
AVAILABLE TO ORDER ONLINE
AFTER OCT. 11TH

*ANNOUNCEMENT ORDERS WILL
SHIP DIRECTLY TO YOUR HOUSE

Miss us on campus? Order online:

www.premiergradproducts.com

(916) 435-2331

***Thank you to Placer High for Sharing
this communication tool with Foresthill!***