

Online Oregon Schools School Counseling Information



CASCADE
VIRTUAL ACADEMY

POWERED BY STRIDE K12

DESTINATIONS
CAREER ACADEMY
of OREGON



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Insight[®]

SCHOOL OF OREGON
PAINTED HILLS

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School Counselor Contact Information

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Important Information - High School Updates!



Student ID Cards :

Student ID Cards Available Here³

Choose Insight school of Oregon in the drop down menu can be found below *Keep scrolling

Seniors and Juniors - Important College Entrance Planning Information.

SENIORS Important Items to Consider:

- Request Letters of Recommendation for College Applications
- Research Scholarship opportunities * See the Scholarship section for resources.
- Apply to Universities by using The Common Application when possible: <https://www.commonapp.org/>⁴
- Prepare Personal Essay - ask your English teacher to proof read your essay.
- Attend Virtual and in person College Tours.
- Check with colleges your are interested in attending for entrance requirements.

²<mailto:asloan@onlineoregon.org>

³<https://www.academicexcellence.com/k12-student-id-cards/>

⁴<https://www.commonapp.org/>

- Consider taking the SAT. *Many colleges are now test optional and the SAT may not be required for entrance. The SAT exam is offered nationally every year in August, October, November, December, March, May, and June. To register, find test centers, and dates and deadlines, visit: <https://collegereadiness.collegeboard.org/sat/register/dates-deadlines>⁵
- Need a transcript: <https://insightorph.scribborder.com/>

Beginning October 1st.

- Apply for Financial Aid: www.fafsa.gov⁶
- Oregon Promise Grant⁷ for community college- must have a 2.0 GPA to qualify.

See the College and Financial Aid Sections below *keep scrolling for more information.

JUNIORS - Important Information:

- Keep motivated and earn good grades.
- Join virtual college and in person college visits. This will be a great opportunity to ask questions and hear what other students are asking.
- Begin to form a list of colleges/universities/technical institutions you are considering. Visit their web page. Consider cost of attendance, investigate if your GPA is in line with their admissions.
- Visit CollegeBoard.com to sign up for the SAT. *Many colleges are now test optional and the SAT may not be required for entrance.
- **11th Grade Orientation** If you missed the 11th Grade Orientation - you can find the slides here: 11th Grade Orientation Slide Presentation⁸ Interest Profiler- Match your Interests with Career Paths!⁹

⁵<https://collegereadiness.collegeboard.org/sat/register/dates-deadlines>

⁶<http://www.fafsa.gov/>

⁷<https://oregonstudentaid.gov/oregon-promise.aspx>

⁸<https://smart.newrow.com/#/share/7Yl->

<https://smart.newrow.com/#/share/7Yl-6ONsw7psEr7YRa5sP3Uj~RwZzgKFO7Ezp29a7Te~5GoI7YcxBl~Z6k00Tk6xdixPjISlwCosezQI7pIRObzxSlv7UxA3der8xPb95vQxENxtPEHP91eTLmiKQXAdIoGuEUwSE~he2WNRZk2nRAXbjNIOmUA~aZBi3WeKO~x1aXEIEMx~1PnfgLdht7nHM~icVUGnOl2klueMdrKt7w>

⁹<https://www.mynextmove.org/explore/ip>

Graduation Plans



1 - Click the link on your School Landing page.

Graduation Plans

It is extremely important that you are involved in planning your educational path! High school students have 4 year graduation plans that are reviewed regularly by your school counselor. All students need to regularly access plans and make sure that you understand where you are as you progress to graduation.

If you ever have questions, want to make changes, or see an discrepancy on your plan, contact your counselor. We are here to help!

Information about your Graduation Plan:

Accessing Your Plan - How to Access Your Graduation Plan¹⁰

Understanding your Graduation Plan - Click Here - Understanding Your Plan¹¹

¹⁰https://k12inc-my.sharepoint.com/:b:/g/personal/kwhite_onlineoregon_org/EReor2liA-IKtLZdAiRDmGkBKXTaYwFiXs6tf7Zk5LWaCw?e=2eCuBI

*If you are a new student - Graduation Plans may take several weeks to become available as we work to enter your transcripts.

Tip: Accessing your graduation plan is easy. When you login to your K12 landing page - on the upper right hand corner near your name Click on the small icon that looks like chain links .

¹¹https://k12inc-my.sharepoint.com/:b:/g/personal/kwhite_oregonva_org/Ea-lcj2YDo5GqKVfpJgvoQ8B8y4S8TLLgIaCRfXNPhQ_cQ?e=4VK4Xh

Graduation Requirements



Online Oregon Schools Graduation Requirements

ONLINE OREGON SCHOOLS GRADUATION REQUIREMENTS

SUBJECT	REQUIRED CREDITS	SPECIFIC COURSE REQUIREMENTS
English/ Language Arts	4.0	
Mathematics	3.0	At Algebra 1 content level or higher; cannot repeat same math class for additional math credit.
Science*	3.0	Scientific Inquiry (2 years with lab experiences)
Social Studies	3.0	
Health Education	1.0	
Physical Education	1.0	
Fine Arts & Career Technical Education	3.0	2 years of the same world language recommended*
Electives	6.0	
TOTAL CREDITS	24.0	

Additional Graduation Requirements:
Personal Learning Requirements – Includes an education plan, career related experience and post high school planning/development.
 *If planning on attending college or university after high school, please refer to Oregon College/ University Admission Requirements regarding required and recommended credits.

OREGON COLLEGE TRANSFER

FIRST – YEAR COLLEGE BOUND STUDENTS MINIMUM ADMISSION REQUIREMENTS			
REQUIREMENT	OREGON COMMUNITY COLLEGE	4-YEAR PUBLIC OREGON UNIVERSITY	4-YEAR INDEPENDENT, PRIVATE OREGON UNIVERSITY
High School Diploma or GED	Yes	Yes	Yes
Minimum High School GPA		2.75-3.5	Varies
High School Courses		C or Better in all core classes	3.0 - 4.0 in core classes for selective colleges
<i>English</i>	4 years	4 years	4 years
<i>Math</i>	3 years (Algebra 1 & above)	3 years (Minimum of Algebra 2)	3+ years (minimum of Algebra 2) 4 credits recommended.
<i>Science</i>	3 years (2 labs)	3 years (2 labs)	3+ years / 4 years recommended.
<i>Social Studies</i>	3 years	3 years	3+ years
<i>World Language</i>		2 consecutive years of the same language (3 years recommended)	3+ consecutive years of the same language
SAT or ACT		May be required. College Board / FairTest	May be required. College Board / FairTest
Personal Essay		May be required.	May be required.
Letters of Recommendation			May be required.

Each college may have slightly different admission requirements depending on the type of college and specific criteria. Be sure to check each college website for specific requirements.

Although not specifically required, colleges also look for involvement in school and community activities such as: sports, clubs, student government, volunteering, and part-time jobs.

Are you planning on playing sports for a D1 or D2 college?

NCAA®

NCAA DIVISION 1 ELIGIBILITY REQUIREMENTS

For high-school athletes enrolling in college full-time in 2023-24 and beyond:

- Complete 16 core courses using pass/fail grades:
 - English: 4 years
 - Math (Algebra 1 or higher): 3 years
 - Natural/Physical Science (Including 1 year of lab, if offered): 2 years
 - Social Science: 2 years
 - Additional Courses
 - English, Math or Science: 1 year
 - English, Math, Sciences, Foreign Language, Comparative Religion or Philosophy: 4 years
- Core Course Progression: You must complete 10 core courses by the beginning of senior year, or seventh semester. Among these 10, seven must be in the subjects of English, math or natural/physical science. This is known as the 10/7 rule.

2 - Minimum Requirements for a D1 athlete

NCAA DIVISION 2 ELIGIBILITY REQUIREMENTS

For high-school athletes enrolling in college full-time in 2023-2024 and beyond:

- Complete 16 core courses using pass/fail grades:
 - English: 3 years
 - Math (Algebra 1 or higher): 2 years
 - Natural/Physical Science (Including 1 year of lab, if offered): 2 years
 - Social Science: 2 years
 - Additional Courses
 - English, Math or Science: 3 year
 - English, Math, Sciences, Foreign Language, Comparative Religion or Philosophy: 4 years
- Earn a core course GPA of 2.2 or higher
- Graduate high school
- Receive final certification on your amateurism status via the [NCAA Eligibility Center](#)

3 - Minimum requirements for a D2 athlete

Transcripts and Letters of Recommendation

Transcript Requests

REQUEST TRANSCRIPTS HERE¹²

Letters of Recommendation

Please Contact your School Counselor or Teachers to request a letter of recommendation. Please allow a minimum of two weeks *before* the letter is due.

¹²<https://insightorph.scribborder.com/>

Help and Resources

Acknowledge that you're seeing signs of suicide in yourself or a friend.
Signs your friend might need help include:

A

- Major changes in behavior
- Sounding really down or hopeless
- Withdrawing from family and friends

Show your friend that you Care and practice self-care.

Ways to Care for yourself:

- Exercise
- Nutrition
- Start a healthy hobby like journaling, reading, crafts, etc.
- Keep a regular routine
- Get enough sleep

Ways to Care for a friend:

- Stay in touch, visit or call a friend
- Remind them to practice self-care, like you are doing

Tell a trusted adult.

It's important to find a trusted adult to talk to. To help, make a list of trusted adults below - remembering to think about extended family members, friends' parents, adults at school, or more.

T

DURING SCHOOL HOURS YOU CAN REACH OUT TO:
 STUDENT RESOURCE COORDINATOR: CHEYLIN- 541-460-8364
 ANY TEACHER
 YOUR ASSIGNED SCHOOL COUNSELOR

IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY, PLEASE REACH OUT TO THE CRISIS SUPPORT THAT BEST SERVES YOUR SITUATION.
 For non-urgent referrals and more emotional support needs, you may fill out this survey and Cheylin will contact with you for support during school hours- this will NOT be monitored outside of school hours

https://www.mindwise.org/SOSsupportrequest@Students

Help is always available. If you are concerned about yourself or a friend - reach out. Call or text the Suicide & Crisis Lifeline at 988 or text the Crisis Text Line at 741741 for free 24/7 support.

MindWise
SOS SIGNS OF SUICIDE

Copyright © 2020 MindWise Innovations®, a service of Riverside Community Care. OREGONIAN CASACADE INSIGHT



- **Suicide Lifeline¹³** - Dial 988
- **Emergency: 911**
- **Referral services: 211 | 211.org¹⁴**
- **CRISIS TEXT LINE - Connect with a Crisis Counselor¹⁵**
- **YouthLine Teen Peer Support** - 877-968-8491, Text teen2teen 839863 - YouthLine - Call, Text, Chat, Email¹⁶

¹³<https://suicidepreventionlifeline.org/>

¹⁴<http://www.211.org/>

¹⁵<https://www.crisistextline.org/>

- **LGBTQIA+ Youth** - The TREVOR Project¹⁷ 1-866-488-7386 or Trans Lifeline¹⁸ 877-565-8860
- **Native Youth** - WERNATIVE¹⁹ or You Are Not Alone Network²⁰
- **Self-Injury/Cutting: 1-800-366-8288** | selfinjury.com²¹
- **Eating Disorders: 1-800-931-2237** | nationaleatingdisorders.org²²
- **Runaway Hotline: 1-800-231-6946** | 1800runaway.org²³

After Hours and Emergency Resources

- **Sexual Assault Hotline: 1-800-656-4673** | rainn.org²⁴
- **Domestic/Relationship Violence Hotline: 1-800-799-7233** | thehotline.org²⁵

Online Oregon Schools Student Resource Coordinator

Cheylin Jaukurri :

Email: CJaukurri@onlineoregon.org²⁶

Phone Number: 541-460-8364

¹⁶<https://oregonyouthline.org/>

¹⁷<https://www.thetrevorproject.org/>

¹⁸<https://www.translifeline.org/>

¹⁹<https://www.wernative.org/>

²⁰<http://www.youarenotalonenetwork.org/>

²¹<http://selfinjury.com/>

²²<http://www.nationaleatingdisorders.org/>

²³<http://www.1800runaway.org/>

²⁴<http://www.rainn.org/>

²⁵<http://www.thehotline.org/>

²⁶<mailto:CJaukurri@onlineoregon.org>

College Planning



College Timeline / Planning Guide

Khan Academy Planning Guide for College Entrance²⁷

Oregon Goes to College²⁸

My Future - Planning Site. Career, College, Military²⁹

Big Future - College Board Planning / Exploration³⁰

The Common Application

The Common Application, which is also more informally referred to as the Common App, is an advanced college application that is used to help prospective college students apply to multiple institutions at once.

Common Application³¹

²⁷<https://www.khanacademy.org/college-careers-more/college-admissions/get-started/introduction-ca/a/master-timeline-college-admissions>

²⁸<https://collegereadiness.collegeboard.org/sat/register/dates-deadlines>

²⁹<https://myfuture.com/>

³⁰<https://bigfuture.collegeboard.org/>

³¹<https://www.commonapp.org/>

College Entrance Exams

***Many colleges/universities are now test optional. Be sure to check requirements for schools you are interested in attending.**

- Students must register for the SAT through Collegeboard. To register, find test centers, and dates and deadlines, visit: College Board - Testing Registration³²

Practice Tests

College Board/Khan Academy Free PSAT/SAT Practice³³

PSAT/NMSQT INFORMATION

The PSAT/NMSQT is open to 10th and 11th graders in the fall on three administration dates in October.

NOTE: this is NOT a required test for college admissions. For information on PSAT/NMSQT

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10>

Most students **take the PSAT during their junior year, but many students **take the PSAT** as sophomores to get the feel of the **test**. However, it is only the scores from the **PSAT** taken in your junior year (11th grade) that are considered for the National Merit Scholarship competition.*

Financial Aid and Scholarship Information

2022-2023 Financial Aid Presentation Slides:

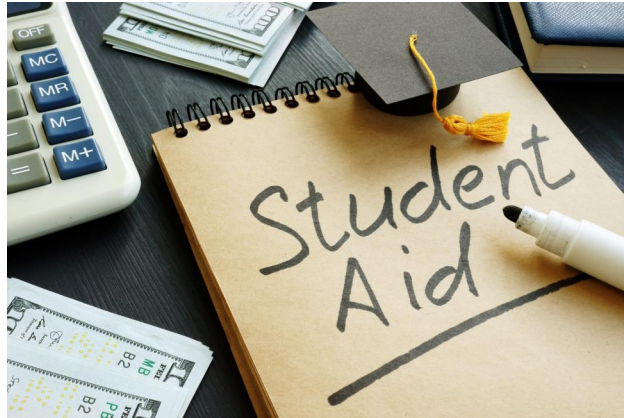
Paying for College - Financial Aid Information and How to Complete the FAFSA *Free Application for Federal Student Aid

What You Need to Know About Financial Aid³⁴

³²<https://www.collegeboard.org/>

³³https://www.khanacademy.org/sat?utm_source=sem_ggl&utm_medium=cb418-sem&utm_campaign=practice&gclid=CjwKCAjwLrBRAIEiwAPVcZBqLkfUgaqn-bt3bE3lLspJVqA21TCS_MH2mtOugmIX7I9dDFjTt6zhoCwUQAQAvD_BwE

³⁴https://k12inc-my.sharepoint.com/:p/g/personal/kwhite_onlineoregon_org/EZNGKT3f8ppPo5BxBM4UojMBQMyK9elezNloa6gbNmOExw?e=uEkTgv



Federal Student Aid (FAFSA) Financial Aid³⁵

Ford Family Scholarship Information

<https://www.tfff.org/program-areas/postsecondary-success/scholarship-programs/ford-scholars-program>

How to Find and Apply to Scholarships - Federal Student Aid Scholarship Information³⁶

CollegeBoard Opportunity Scholarships - Here³⁷

Careeronestop Scholarship Finder - Search over 8,000 Scholarships Here³⁸

Oregon Student Aid - One easy application : OSAC Scholarship Information³⁹

Oregon Opportunity Grant - Oregon's largest state funded need based grant: Oregon Opportunity Grant⁴⁰

³⁵<https://studentaid.gov/h/apply-for-aid/fafsa>

³⁶<https://studentaid.gov/understand-aid/types/scholarships>

³⁷<https://opportunity.collegeboard.org/about/complete?excmid=SM48-ST-BF-tw>

³⁸<https://www.careeronestop.org/toolkit/training/find-scholarships.aspx>

³⁹<https://oregonstudentaid.gov/scholarships.aspx>

⁴⁰<https://oregonstudentaid.gov/oregon-opportunity-grant.aspx>

Oregon Goes to College - Scholarship Information⁴¹

SALLIEMAE Scholarship Tool - Sallie Mae Scholarship Search⁴²

Fastweb Scholarship Tool - Fastweb Scholarship Search⁴³

Oregon Promise Grant - READ THIS if you are planning on applying to an Oregon Community College!

Oregon Promise Grant for Community Colleges in Oregon!⁴⁴ * You must complete the FAFSA to be eligible for this grant.

Career Planning and Career Technical Education



⁴¹<http://oregongoestocollege.org/pay/scholarships>

⁴²<https://www.salliemae.com/college-planning/tools/scholarship-search/>

⁴³<https://www.fastweb.com/>

⁴⁴<https://oregonstudentaid.gov/oregon-promise.aspx>

Career Planning

The Occupational Outlook Handbook is an outstanding resource.

Occupational Outlook Handbook - Check this out!⁴⁵

Career Interest Profile! Not sure about the correct career direction? Check out this site!

O*Net Career Interest Profile⁴⁶

Career Exploration

Career One Stop - Career Exploration⁴⁷

This site is filled with great information to help you define potential career paths. Check it out!

⁴⁵<https://www.bls.gov/ooh/>

⁴⁶<https://www.mynextmove.org/explore/ip>

⁴⁷<https://www.careeronestop.org/ExploreCareers/explore-careers.aspx>