
Survival Guide

Tolleson Union
High School



Updated 8/2013

Guidance Counselor Assignments

TUHS Counselors provide a comprehensive guidance program for all students in the areas of academic support, post-graduate advisement, personal/social counseling and career development.

Ms. Grace Barnes, Guidance Advisor

(623) 478-4205

grace.barnes@tuhsd.org

Student Last Name.... F, H, R, S, Z

Ms. Stephanie Finch, Guidance Advisor

(623) 478 - 4204

stephanie.finch@tuhsd.org

Student Last Name.... B, G, I, K, N, U, V, W, Y

Mrs. Melissa Gard, Guidance Advisor

(623) 478 – 4203

melissa.gard@tuhsd.org

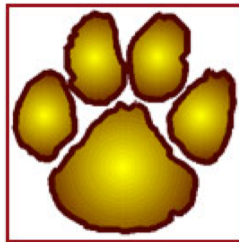
Student Last Name.... C, E, J, L, O, P, Q

Mrs. Andrea Wolochuk, Guidance Advisor

(623) 478-4219

andrea.wolochuk@tuhsd.org

Student Last Name.... A, D, M, T, X, & ELL Students



Mr. Alonzo Corral, Social Worker

(623) 478 – 4209

alonzo.corral@tuhsd.org

All students

Graduation Requirements

Courses	Class of 2014 and Beyond Requirements	AZ University Requirements
English	4	4
Math	4	4
Science	3	3
Social Studies	3	3
Wellness/ROTC	1	1
Fine Art or CTE	1	1 Fine Art
Foreign Language	0	2 (same language)
Electives	6	4
Total	22	22
Grade Point Average (GPA)	No minimum GPA	Recommended 3.0 GPA

****All students must pass AIMS Reading, Writing & Math tests to graduate***

Sample Course of Study

Freshman Year	Credits	Junior Year	Credits
English	1.0	English	1.0
Integrated Algebra I	1.0	Integrated Algebra II	1.0
Foreign Language	1.0	Chemistry or Physics	1.0
Integrated Science	1.0	U.S./AZ History	1.0
Wellness	1.0	Fine Arts	1.0
Elective (language)	1.0	Elective	1.0
Sophomore Year	Credits	Senior Year	Credits
English	1.0	English	1.0
Biology or Chemistry	1.0	Pre-Calculus, Calculus, College Algebra or Financial M	1.0
Integrated Geometry	1.0	U.S./AZ Government	0.5
World History	1.0	Economic	0.5
Foreign Language	1.0	Elective	1.0
Elective (language)	1.0		

GPA

GPA is calculated at the end of every semester (December and May). Each grade is assigned a point value (see below) and then averaged with all other official grades to date.

<u>GRADE</u>	<u>Honors Points</u>	<u>GRADE</u>	<u>Regular Points</u>
A	5	A	4
B	4	B	3
C	3	C	2
D	1	D	1
F	0	F	0



Factors of Success

1. **Attitude** – If you come to school with a positive frame of mind about yourself and your school it will shape how you feel, act, and how other interact with you. There is always something good or positive to focus on. Your attitude is your choice!
2. **Attendance** – You must be consistent in your attendance and you must be on time. Students who accumulate as few as five absences in class experience a decrease in grades, learning and achievement. If you are not here you cannot learn.
3. **Work Ethic** – A strong work ethic means that you do all of the work asked of you, that you do that work to the best of your ability, and that you turn your work in on time. If you do not understand a concept or an assignment then it is important to ask for direction or help.
4. **Perseverance** – Perseverance means to not give up. It means to try harder when something becomes more difficult. The rigorous standards of high school will most certainly require student to develop their ability to persevere.

Common Words, Phrases & Acronyms of High School

ACT	American College Test - entrance requirement for many colleges
AP course	Advanced Placement - College level course taught in high school
AIMS	Arizona's Instrument to Measure Standards - measures what students know and are able to do in the content areas of mathematics, reading, and science
Credit	Unit earned upon successfully completing a high school course
CTE	Career and Technical Education
Elective course interest	Non-required course that is chosen because of student interest
Extracurricular Activities	Activities programs that may meet outside of the regular school day
GPA	Grade point average; computed based on number of courses taken and grades earned in those courses
Honors course	Course designed to challenge the highly motivated student
PSAT	Preliminary Scholastic Aptitude Test - practice test for the SAT; also used to qualify for National Merit Scholarship when taken as a Junior
Required course	Course that must be taken to fulfill graduation requirements
SAT	Scholastic Aptitude Test - entrance requirement for many colleges
SAT II	Subject tests within the SAT - required for some college admissions
Transcript	Report of your grades, attendance, GPA, immunizations and demographics

Extracurricular Activities

Academic Decathlon	Gay Straight Alliance -
Activist	GSA
Apropos	Health Occupations
Band Club	Students of America -
Black Student Union –	HOSA
BSU	National Honor Society
ChemClub	Native American Student
Chess	Organization
FCCLA	Photo
Fellowship of Christian	Pacific Island and Asian
Athletes	Association – PIIA
Folklorico	Power
Future Business Leaders	Robo Krew
of America -FBLA	Teen Court
	Warriors for Christ

And many more!

Athletics

Cheer/Spiritline	Basketball
Football	Soccer
Golf	Wrestling
Swimming	Baseball
Volleyball	Softball
Cross Country	Tennis
	Track

Additional Resources

The ACT

Register for the ACT, browse information on college planning, career planning and financial aid. <http://www.actstudent.org/>

The Arizona Department of Education

The ADE oversees all K-12 public schools in the state of Arizona. Here you can find information regarding Special Education, graduation requirements and the AIMS tests.

<http://www.azed.gov/>

College Board

The College Board seeks to ensure that every student in the United States has access to a high-quality education and is prepared to succeed in college. Get information on college admission, scholarships, SAT and AP exams.

www.collegeboard.org

College Depot

Dedicated to helping student achieve their dreams of college attendance, College Depot provides information on college planning and financial aid.

<http://www.phoenixpubliclibrary.org/collegedepot/>

Tolleson Union High School District

The District website provides information on upcoming events, school calendars and academic planning. <http://tuhsd.org/>

NCAA Eligibility Center

The Official Web site of the NCAA Eligibility Center. Explore NCAA Divisions I and II initial-eligibility requirements and register to participate in NCAA Divisions I & II. www.eligibilitycenter.org

Tolleson Union High School

Principal of Tolleson Union High School

Mr. Ernie Molina

Assistant Principal of Operation, Resources & Athletics

Mr. Chad Doyle

Assistant Principal of Discipline & Attendance

Ms. Suzanne Howell

Assistant Principal of Curriculum & Instruction

Mrs. Casey Frank

Contact Information

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