

National City Middle School



7th/8th Grade

# IMPORTANT STUFF FOR MIDDLE SCHOOL

August 2025





# TODAY'S AGENDA



Meet the Counselor



Well-Being



Grade Point Average (GPA)



MS Promotion Requirements



HS Promotion Requirements



College Requirements (A-G)



Strategies for Success



College Planning





# MEET YOUR COUNSELOR



**MR. MELENDREZ**  
**7<sup>TH</sup>/8<sup>TH</sup> LAST NAMES A-M**



**MR. GARCIA**  
**7<sup>TH</sup>/8<sup>TH</sup> LAST NAMES N-Z**





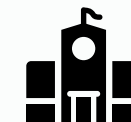
## MEET YOUR COUNSELOR



# SCHOOL COUNSELORS SUPPORT

### Academic

Class Schedules  
Promotion Requirements



### Social/Emotional

Overall Well-being  
Peer Relationships  
Classroom Challenges  
Life-changing Events



### Future

High School Preparation  
College Preparation



### Confidentiality

Harm To You  
Harm To Others  
Harm To Self







# WELL-BEING

To be healthy physically,  
mentally, emotionally,  
socially; how you feel about  
yourself and your life

## FACTS

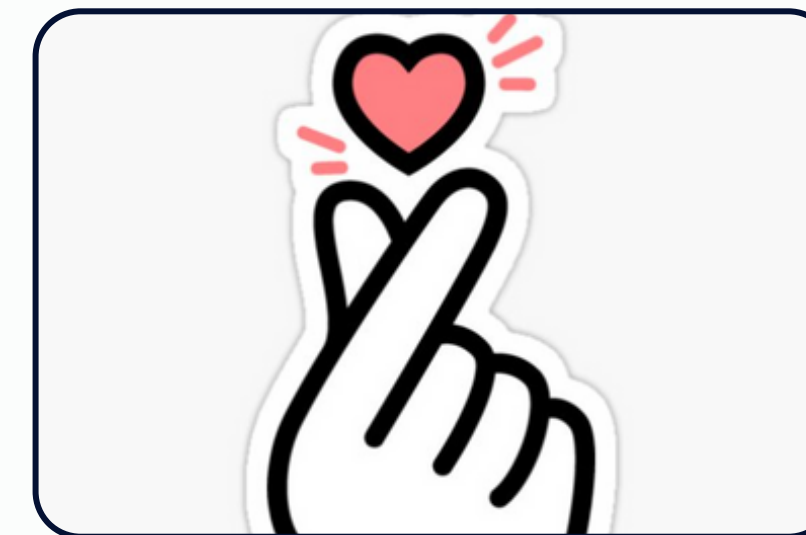
40% of teens reported persistent sadness or hopelessness

53% of SUHSD students experienced chronic sadness ('23-'24, CHKS)

Depression and anxiety are among the most common mental health concerns affecting teens

Social media use can contribute to increased stress and anxiety among teens

30% of teens say they feel sad or depressed because of stress



## FEEL HEALTHY

**Take Care of Your Mind-**  
deep-breathing, journaling

**Take Care of Your Body-**  
sleep, exercise, eat healthy

**Unplug-** minimize screen  
time, social media

**Ask For Help From a  
Trusted Adult**

**Connect With Others**

## NOTE:

Mental Health conditions  
can negatively impact  
academic performance

Taking care of ourselves  
helps us in school!



**GRADE POINT AVERAGE IS CALCULATED BY  
ADDING THE FOLLOWING POINTS FOR EACH GRADE  
AND DIVIDING BY 6 FOR THE NUMBER OF CLASSES**

### **GRADES**

**A= 4**

**B= 3**

**C= 2**

**D= 1**

**F/I= 0**

### **SAMPLE- SEMESTER 1**

History B= 3

PE C= 2

English C= 2

Math B= 3

Science A= 4

Elective A= 4

**18 Points**

### **CALCULATING YOUR GRADE POINT AVERAGE**

**TOTAL GRADE POINTS (18)**

**NUMBER OF CLASSES (6)**

**EQUALS 3.0 (B AVERAGE)**

# **GPA (GRADE POINT AVERAGE)**

### **GPA Summary**

**GPA**

**Overall Weighted**

**3.58**

WHAT IS MY PROGRESS REPORT 2 GPA?



CALCULATING MY GPA

TOTAL GRADE POINTS DIVIDED BY NUMBER OF CLASSES (6)

Calculating My Progress Report 2 Grade Point Average (GPA)

Class	Letter Grade	Grade Points Earned
English		
Math		
Science		
Wld Clt/US Hist		
PE		
Elective		
TOTAL		

+  
+  
+  
+  
+  
+  
÷

6=

What Each Grade Is Worth

- A = 4
- B = 3
- C = 2
- D = 1
- F = 0
- I = 0





# READING THE TRANSCRIPT

AVERAGE GPA FOR  
SDSU- 3.8



AVERAGE GPA FOR  
UCLA- 4.0

**KINGSMEN, JANE**

Student # XXXXXX SSID #XXXXXXXX  
Grade: 08 DOB: Aug 07, 2010 Gender: F  
1701 D AVE, NATIONAL CITY, CA 91950-3783

Sweetwater Union High School District  
**National City Middle School - Official Transcript**  
1701 D Avenue, National City, CA 91950  
Phone # (619)336-2600

Crs #	Course Title	Mrk	Cr	Cit	A-G	Lvl
National City Middle School		Grade 8	In Progress			

81017B ENGLISH 8 ACCELERATED - B  
82878B GENERAL SCIENCE 2 ACCEL - B  
83523B PE 8-B  
84144B US HISTORY 8 ACCELERATED-B  
87380B CTE-AME MARIACHI 2B  
92923B INTEGRATED MATH I-B

National City Middle School		Grade 8	2019	Sem 1
81017A	ENGLISH 8 ACCELERATED - A	A-	1.00	C
82878A	GENERAL SCIENCE 2 ACCEL - A	A-	1.00	A
83523A	PE 8-A	B-	1.00	A
84144A	US HISTORY 8 ACCELERATED-A	A+	1.00	A
87380A	CTE-AME MARIACHI 2A	A+	1.00	A
92923A	INTEGRATED MATH I-A	B+	1.00	A c

National City Middle School		Grade 7	2018	Sem 2
81009B	ENGLISH 7 ACCELERATED - B	B	1.00	A
82908B	GENERAL SCIENCE 1B ACCEL	B+	1.00	B
82920B	COMPACTED INTEGRATED MATH 7-B	B	1.00	A
83521B	PE 7-B	B	1.00	A
84012B	WORLD CULTURES 7 ACCELERATED-	A	1.00	A
87379B	CTE-AME MARIACHI 1B	A+	1.00	A+

National City Middle School		Grade 7	2018	Sem 1
81009A	ENGLISH 7 ACCELERATED-A	A-	1.00	B
82908A	GENERAL SCIENCE 1A ACCEL	B+	1.00	A
82920A	COMPACTED INTEGRATED MATH 7-A	A	1.00	A
83521A	PE 7-A	C+	1.00	A
84012A	WORLD CULTURES 7 ACCELERATED-	A-	1.00	A
87379A	CTE-AME MARIACHI 1A	A	1.00	A+

**KINGSMEN, JANE**

Student # XXXXX SSID #XXXXXXXXXX  
Grade: 08 DOB: Aug 07, 2010 Gender: F  
701 D AVE, NATIONAL CITY, CA 91950-3783

Sweetwater Union High School District  
**National City Middle School - Official Transcript**  
1701 D Avenue, National City, CA 91950  
Phone # (619)336-2600

SUHSD Middle School Academic Plan							
Credit Type	Credits Required	Credits Earned	Credits Applied	Outstanding	Requirements Met	In Progress & Scheduled	Projected to be Met
English/Language Arts	4.00	3.00	3.00	1.00	No	1.00	Yes
Social/Behavioral Science	4.00	3.00	3.00	1.00	No	1.00	Yes
Mathematics	4.00	3.00	3.00	1.00	No	1.00	Yes
Science	4.00	3.00	3.00	1.00	No	1.00	Yes
Physical Education	4.00	3.00	3.00	1.00	No	1.00	Yes
Elective	1.00	3.00	1.00	0.00	Yes	1.00	Yes
Total	21.00	18.00	16.00	5.00	No	6.00	Yes

GPA Summary			
	GPA	Class Rank	Class Size
Overall Weighted	3.50	49	436
CSU "a-g" Weighted			436
College Weighted Uncapped			436
Citizenship	3.78		

Note: CSU GPA calculations are estimates. The official GPA is calculated by CSU.

Additional Requirements				
	Required	Earned	Outstanding	Met

Student Information				
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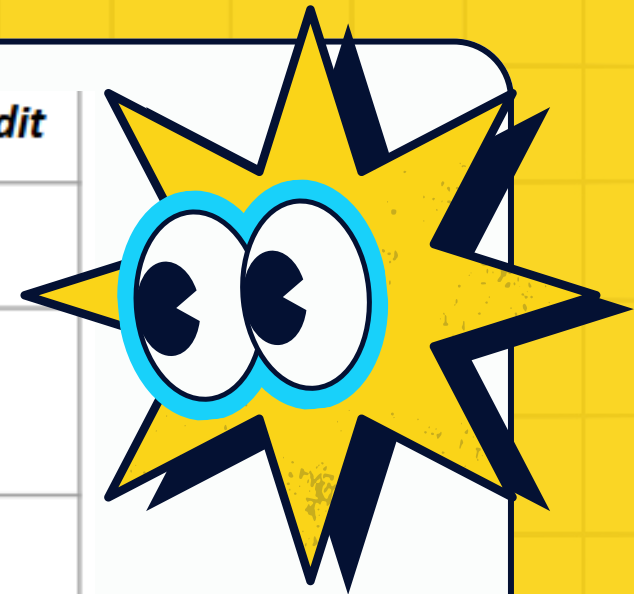
School Entry Date : Jul 01, 2020  
School Leave Date :  
Graduation Date :  
Counselor : GINA GALVEZ-MALLARI

COLLEGE ADMISSION "a-g" SUBJECT REQUIREMENTS					
Subject Area	Required	Earned	Validated	Outstanding	Met
A History	4.00	0.00	0.00	4.00	No
UC Requirements					No
CSU Requirements					No
B English	8.00	0.00	0.00	8.00	No
UC Requirements					No
CSU Requirements					No
C Math	6.00	1.00	0.00	5.00	No
D Science	4.00	0.00	0.00	4.00	No
UC Requirements					No
CSU Requirements					No
E World Language	4.00	0.00	0.00	4.00	No
F Fine Arts	2.00	0.00	0.00	2.00	No
G Academic Electives	2.00	0.00	0.00	2.00	No
Total	30.00	1.00	0.00	29.00	No
UC Requirements					No
CSU Requirements					No



# MIDDLE SCHOOL PROMOTION REQUIREMENTS

<i>Class</i>	<i>Sem 1</i>	<i>Credit</i>	<i>Sem 2</i>	<i>Credit</i>	<i>Class</i>	<i>Sem 1</i>	<i>Credit</i>	<i>Sem 2</i>	<i>Credit</i>
English 7/ <u>Acc</u> /ELD	A*	1	A*	1	English 8/ <u>Acc</u> /ELD	A*	1	A*	1
Integrated Math 7/ Compacted Math	A*	1	A*	1	Integrated Math 8/ Integrated Math I	A*	1	B*	1
General Science 1	C*	1	B*	1	General Science 2	A*	1	A*	1
World Cultures 7	B*	1	A*	1	US History 8	C*	1	B*	1
PE 7	C*	1	B*	1	PE 8	B*	1	B*	1
Elective * (1)	A	1	A	1	Elective	B	1	A	1
Total Number of Classes- 6	Total Credits	6	Total Credits	6	Total Number of Classes-6	Total Credits	6	Total Credits	6



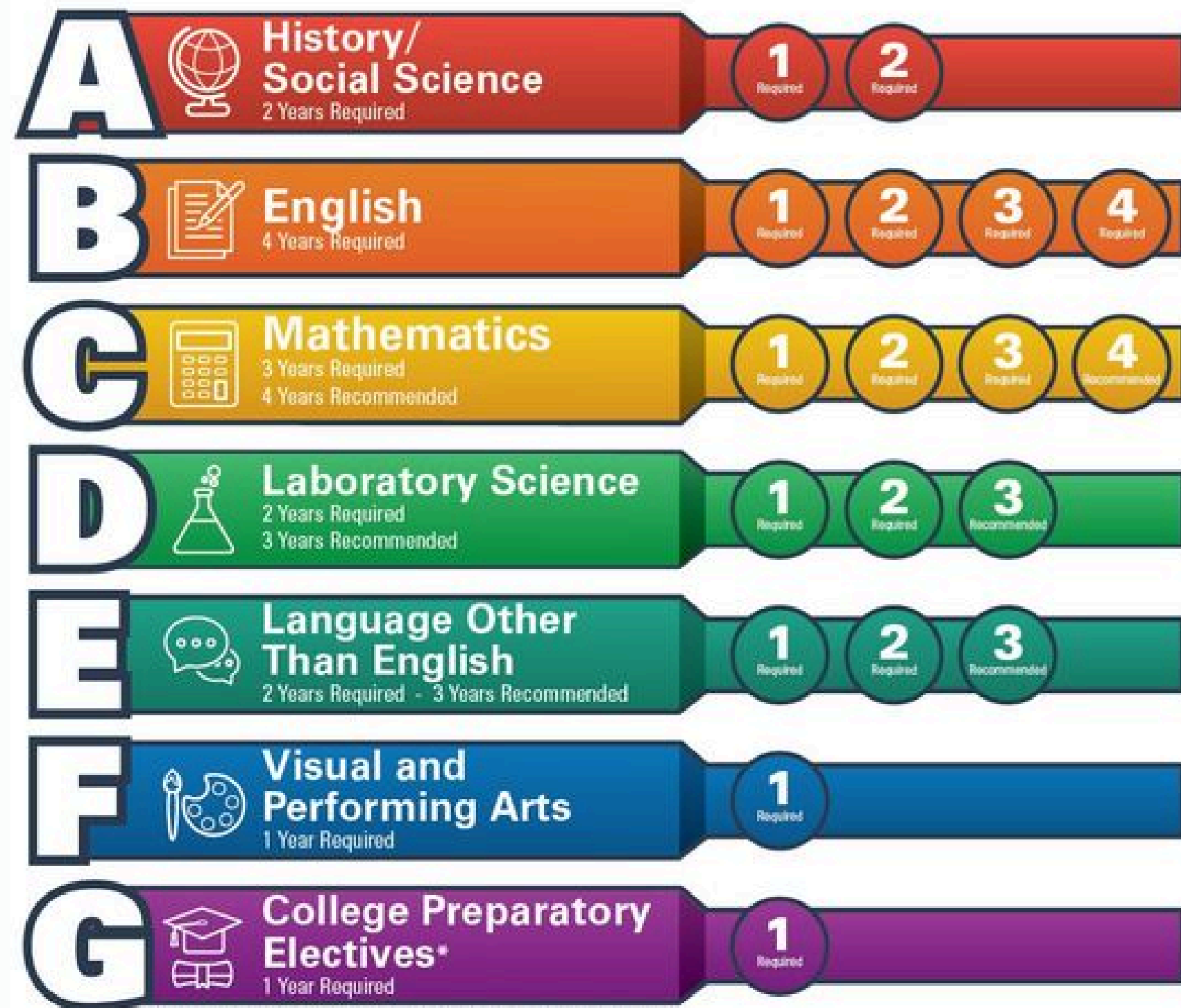


# HIGH SCHOOL REQUIREMENTS

High School Classes 9-12	High School Requirements	University/College A-G
Social Science	4 Years	A 2 Years
English	4 Years	B Same as High School
Mathematics	3 Years (4 Recommended)	C Same as High School
Science	2 Years (3 Recommended)	D Same as High School
Foreign Language	2 Years (3 Years Recommended)	E Same as High School
Visual/Performing Arts	1 Year	F Same as High School
College Prep Elective	1 Year	G Same as High School
Comprehensive Health	1 Semester	Not Required
PE	2 Years; <u>Fitnessgram</u> Must Be Passed	Not Required
Electives	5 Semesters	Not Required
Community Service	30 Hours	Not Required, Recommended





**UC A-G'S****COLLEGE  
REQUIREMENTS****CLASSES TAKEN IN HIGH SCHOOL  
FOR UNIVERSITY ELIGIBILITY**

\*Any courses taken in excess of the minimum required in any subject area may count toward the fulfillment of the College Preparatory Elective requirement.



# STRATEGIES FOR SUCCESS



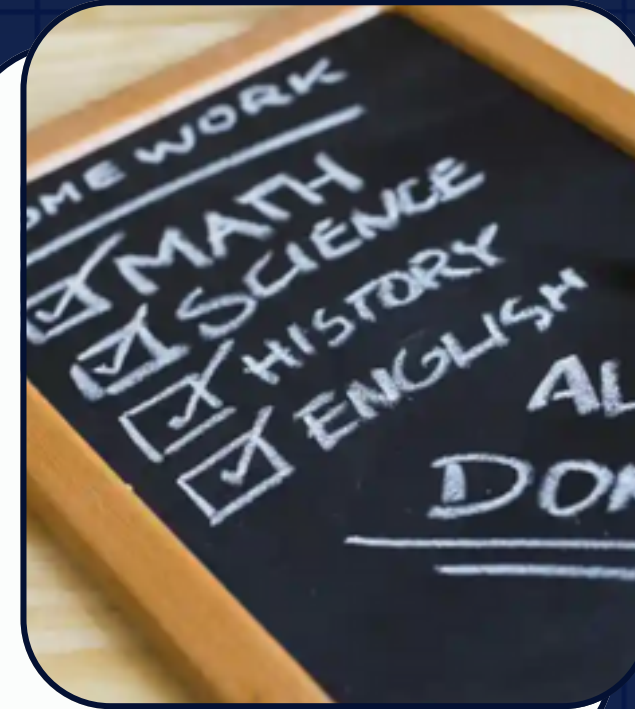
**Ask for help when  
needed**



**Come to school with a  
fully charged iPad**



**Check JupiterGrades  
Daily**



**Turn in all assignments  
on time**



**Stay Organized**



# HOW TO SUPPORT YOUR CHILD IN SUCCESS

## Rise Up



- Get right amount of sleep
- Put device away at night
- Be on time to school every day
- Be on time to each class- no tardies

### Attendance

- Charge iPad overnight
- Ensure all materials are prepared for school day
- Have a place and time to complete and submit homework

### Organization

- Have students speak with teachers for academic support
- School website, Counseling Website- information (announcements, events, dates)
- Jupiter- academic progress, or to reach out to teachers
- Remind your child you and NCM are partners in their learning and development

### Communication





# Compact For Success

A guaranteed\* admission agreement between SDSU and Sweetwater Union High School District which supports college access and a successful transition to university studies. Once admitted, students will join Compact Scholars and receive retention support from EOP, Outreach and Success during their time at SDSU.

## Requirements for Class of 2026

*Requirements to qualify for Compact for Success and receive guaranteed admission into San Diego State University:*

1. Maintain continuous enrollment in Sweetwater Union High School District (SUHSD) from 9th-12th grade and graduate from a SUHSD school.
2. Complete all A-G requirements with grades of C or higher by the end of senior year (No D or F grades during senior year).
3. Meet the minimum 3.30\* CSU GPA requirement at time of application and throughout the admissions process through graduation.
4. Meet all SDSU admission/enrollment deadlines, including submitting a first-year student application to SDSU via Cal State Apply by Nov. 30.
5. Demonstrate compact readiness in English.
6. Demonstrate compact readiness in math.

\*(Class of 2030, current 8th graders, have a 3.50 GPA requirement)

(\*does not include admission to nursing or majors that have additional requirements such as dance, music, or theatre arts: performance)



# SDSU/SUHSD COMPACT FOR SUCCESS



# COMPACT FOR SUCCESS



# COLLEGE PLANNING



- Listening in Class
- Asking questions
- Reviewing Homework
- Studying for quizzes/exams

**Develop Strong Study Skills**

- Do your best in each class
- A's and B's in middle school usually leads to A's and B's in high school

**Work to Get A's and B's**

- What Can You Do Well?
- What Do You Like Doing?
- How Can These Strengths and Skills Be Useful in College? In Your Future Career?

**Identify Strengths and Skills**



# WELCOME TO KINGSMEN PRIDE

Q&A Session



Any Questions?

