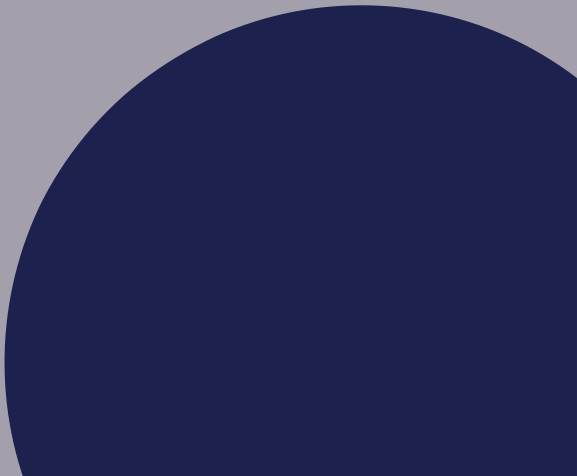
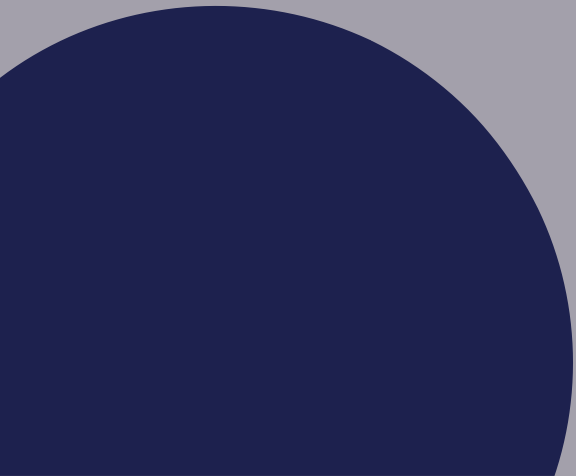




WELCOME TO SUMMIT  
HOME OF THE  
SKYHAWKS

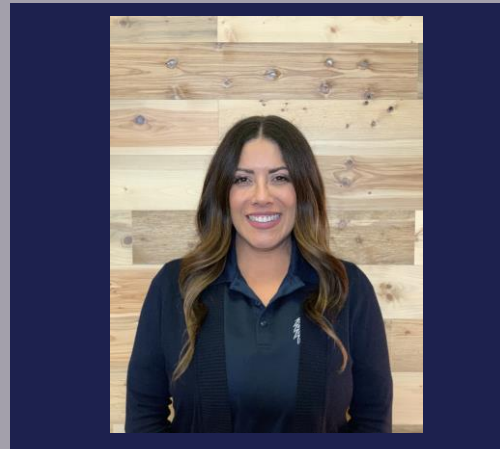


# Meet Your School Counselors



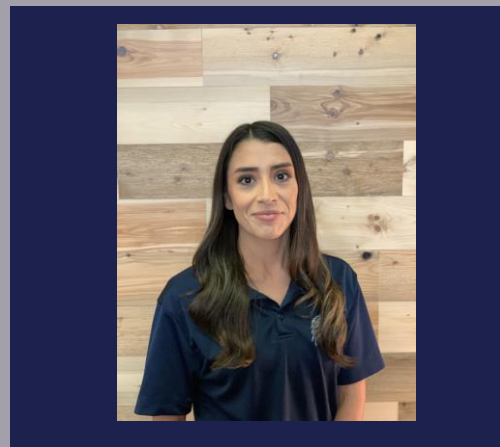
**Mrs. Ciprian**  
(A-CO) 10<sup>th</sup>-12<sup>th</sup>  
(B-CO) 9<sup>th</sup>

[ciprec@fUSD.net](mailto:ciprec@fUSD.net)  
A209



**Ms. Avila**  
(CR-HA) 10<sup>th</sup>-12<sup>th</sup>  
(CR-HA) 9<sup>th</sup>

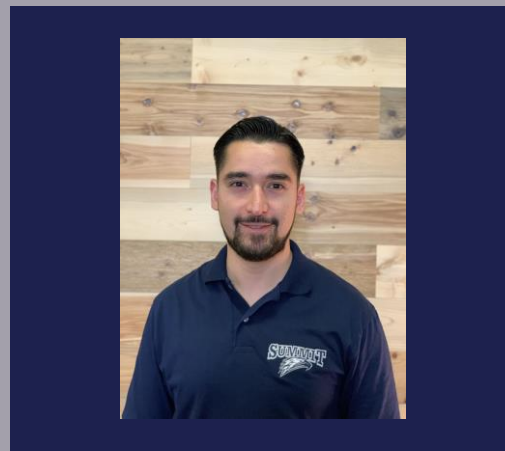
[parkam@fUSD.net](mailto:parkam@fUSD.net)  
A210



**Mrs. Gonzalez-Torres**  
(HE-ME) 10<sup>th</sup>-12<sup>th</sup>  
(HE-ME) 9<sup>th</sup>

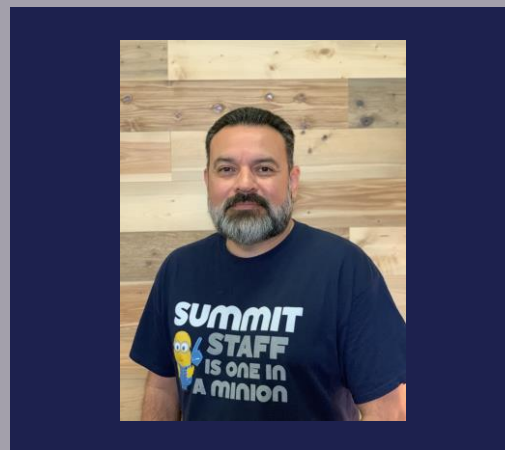
[gonzcr@fUSD.net](mailto:gonzcr@fUSD.net)  
A205

# Meet Your School Counselors



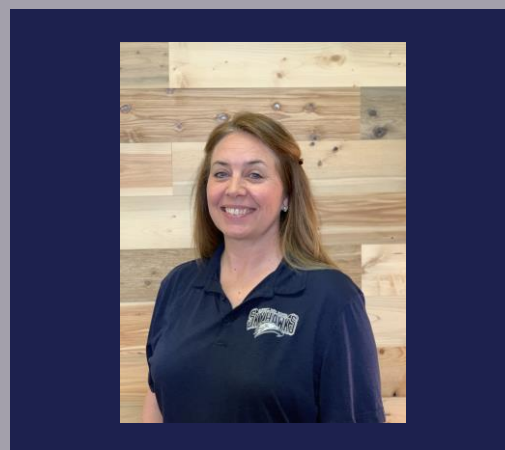
**Mr. Casas**  
(MI-ROC) 10<sup>th</sup>-12<sup>th</sup>  
(MI-ROC) 9<sup>th</sup>

[casari@fUSD.net](mailto:casari@fUSD.net)  
A211



**Mr. Murillo**  
(ROD-VI) 10<sup>th</sup>-12<sup>th</sup>  
(A-AL) 9<sup>th</sup> grade only

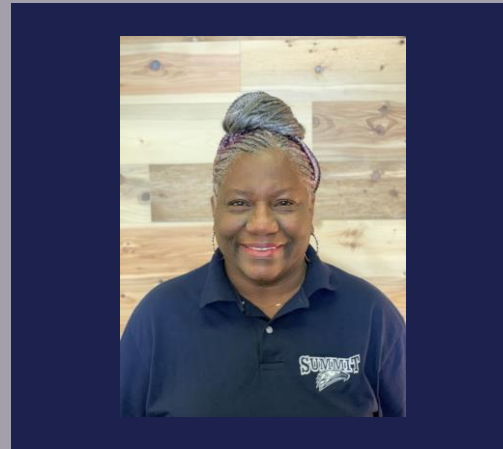
[muriag@fUSD.net](mailto:muriag@fUSD.net)  
A207



**Mrs. Kiggins**  
(VO-Z & AVID) 9<sup>th</sup>-12<sup>th</sup>  
(AM-AZ) 9<sup>th</sup> grade only

[kiggma@fUSD.net](mailto:kiggma@fUSD.net)  
A206

# Meet Your **Wellness Counselor**



**Mrs. Benning**

[eastds@fUSD.net](mailto:eastds@fUSD.net)

A204



# Role of Your **SCHOOL COUNSELORS**

As your School Counselors, we are here to support you in the following areas.



## **Academics**

EX: Senior Chats, Classroom Lessons, IEP & 504 Participation, Grade Chats.



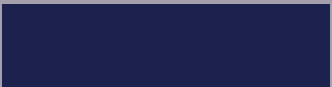
## **College & Career Readiness**

EX: Post-Secondary options, Career Exploration, Flight Training, College App Day, Financial Aid & College Application Assistance., Parent/Student Information Nights.



## **Social & Emotional Support**

EX: Crisis Intervention, Wellness Wednesdays, Counseling Referrals, Mental Health Resources.



# Understand Your Academic Record

## ➔ Grades

Importance of getting good grades

- Permanent record/transcript
- College
- Participate in school activities
- Earn credits towards graduation

## ➔ What does getting an "F" in a class mean?

- No Credit
- Summer School

### REPORT CARD

Reading	A+
Writing	A+
Mathematics	A+
Science	A+
History	A+
Art	A+
P.E.	A+



# HIGH SCHOOL GRADUATION REQUIREMENTS

Each class = 5 credits

6 classes each semester X 5 credits each = 30 credits per semester

Grade	1st sem	2nd sem	Cumulative Total
9th	30	30	60
10th	30	30	120
11th	30	30	180
12th	25	25	230

To graduate students must earn 230 credits.



# HOW TO CONTACT YOUR COUNSELOR

You can contact your counselor in the following ways:



Email

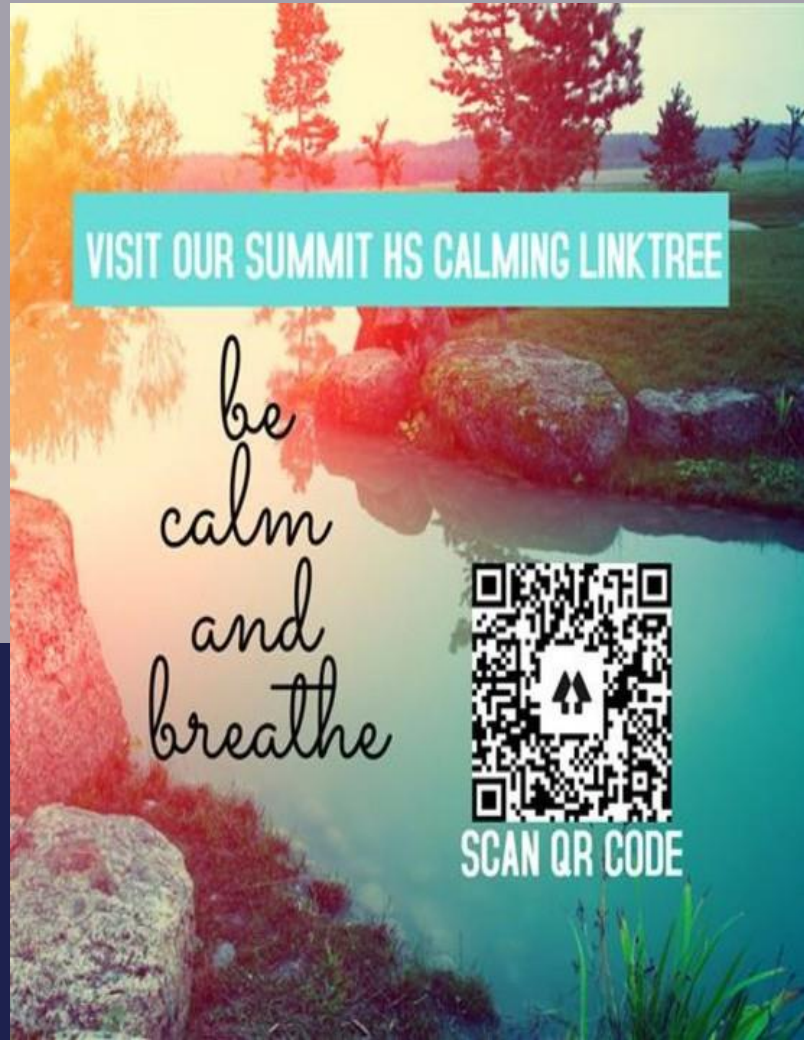


Microsoft TEAMS



Before School or During  
Lunch





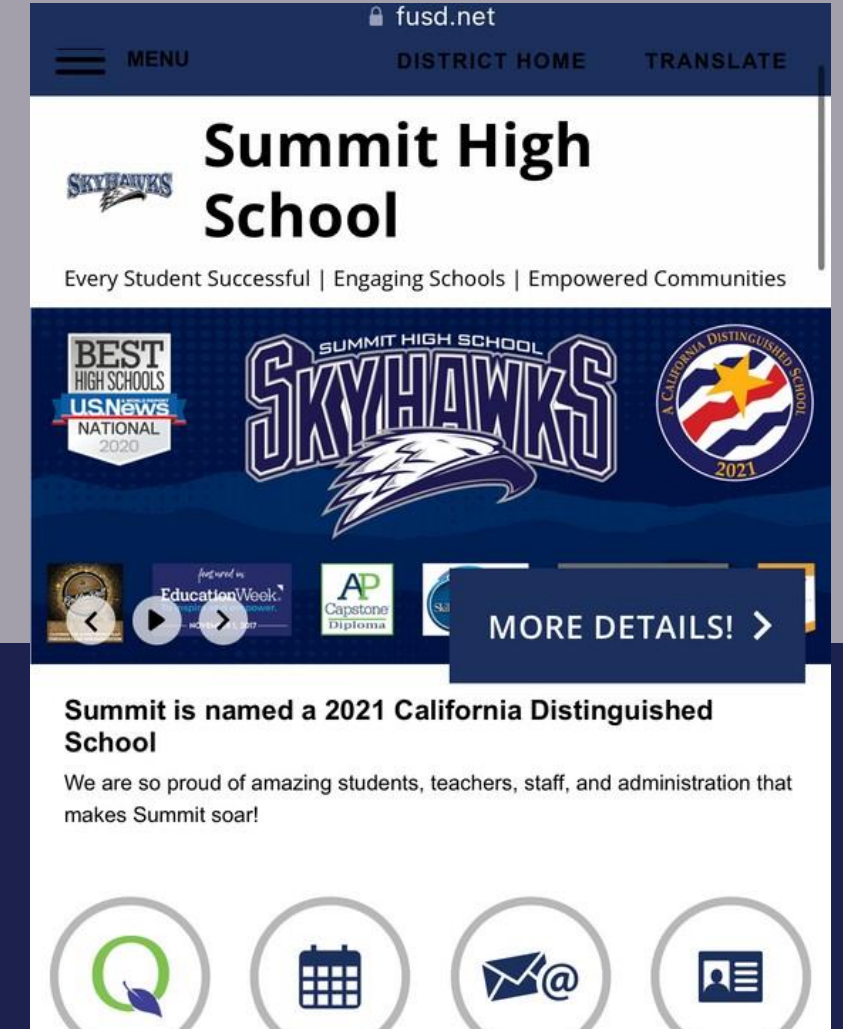
Mental Wellness Resource



Student Self-Referral Form



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Summit High School Website

# HELPFUL RESOURCES

Feel free to use these resources.



**HAVE A GREAT SCHOOL YEAR  
SKYHAWKS!**

