

*Take advantage of everything high school has to offer - inside and outside of the classroom. Make this a year to try new things and develop strong study skills. Be the best you can be in Mind, Body, and Spirit!*

# Freshman Year Checklist

## Sign up for the Class of 2026 Google Classroom - Use code UNB023P

## Learn Clovis Unified Graduation and CSU/UC A-G Subject Requirements

To earn your Clovis East High School diploma, you must take a certain combination of classes across different subject areas. Familiarize yourself with CUSD graduation and CSU/UC A-G subject requirements and plan your class schedule to make sure you meet them.

## Check Student Connect Daily!

Bookmark Student Connect on your laptop, computer, and/or smart phone and log in daily! You have the same ID number and password used at Rebyrn Intermediate School. If you did not attend middle school in Clovis Unified then see our school registrar (Mrs. Claudia Dickie) in the Clovis East Main Office. Make sure to check to see if all assignments have been turned in and credit given. If you need help ask your teachers, visit the Library, and/or see your counselor.

## Complete All Assignments On Time.

Missing assignments are not acceptable. If you do not understand how to complete an assignment, ask your teacher for help before, during, and after class. You can also attend a Reagan Educational Center (REC) Intervention Lab. Whether you need help with homework or just want clarification on an assignment, the lunch and after school REC Intervention Labs are the place for you. Teachers are available to help you with almost any subject. Please see the REC Intervention Lab Schedule for times, locations, websites, and more. You can pick up a copy of the REC Intervention Schedule in the Counseling Center or online on the school's website: [rec.cusd.com](http://rec.cusd.com)

## Explore Xello Through Clever

There is no magic formula for choosing a college or deciding on a future career but exploring your options in Xello is a great place to begin. Xello is a complete college and career planning programs and FREE to all CEHS students. You can access Xello by logging into your student account, click on the blue Clever button (upper right-hand corner) and then click on the Xello icon. You can take career assessments, learning style assessments, look for local jobs, build a resume, and much, much more.

## Get Involved!

Explore clubs, sports, and academic teams that interest you. Visit the "Co-Curricular" tab on the school's website ([rec.cusd.com](http://rec.cusd.com)) to access a list of clubs and academic teams offered at Clovis East High School. To be notified about volunteer services, go to the website and look on the "Counseling" tab. Getting involved is a fun and great way to build your resume.

## Build Your Resume!

It's time to create/build your Educational Resume with all of your school & community activities, service, and awards. If you do not have any of these yet then try to get involved with clubs, sports, academic teams, visual/performing art teams, with a church, youth group, community service team/program, work experience, etc. If you are not sure what an educational resume looks like, a template can be picked up in the Counseling Center or found on our website on the COUNSELING RESOURCES page.

## Most Importantly... Make Good Decisions!

Make good decisions before school, during class, after school, and especially on social media... ALWAYS! Take care of yourself, take care of each other, and take care of Clovis East High School!

# THE COLLEGE WAY RUBRIC

Subject Areas		Clovis Unified School District Requirements	University of California (UC) and California State University (CSU) Requirements		National Collegiate Athletic Association (NCAA) and National Association of Intercollegiate Athletics (NAIA) Requirements
A	Social Science	World or European History (P) U.S. History (P) American Government (P) Economics (P)	2 years of social science 1 year of World or European History 1 year of U.S. History		2 years of social science
B	English	4 years of English	4 years of college prep English		4 years of college prep English
C	Math	Math 1 (P) AND Math 2 (P) OR Foundations of Math 2	3 years of college prep mathematics <i>(4 years recommended)</i> Math 1 (P), Math 2 (P), and Math 3 (P)		3 years of college prep mathematics Math 1 (P), Math 2 (P), and Math 3 (P)
D	Science	1 year of Life Science 1 year of Physical Science	2 years of laboratory science: 1 year life science & 1 year physical science <i>(3 years recommended)</i>		2 years of laboratory science: 1 yr life science & 1 yr physical science
E	World Language	2 years of ANY combination of World Language, Visual or Performing Art, and/or Career Technical Education (CTE) courses	2 years of the <u>same</u> world language <i>(3 years recommended)</i>		2 years of the <u>same</u> world language
F	Visual or Performing Art (VPA)		1 year of an approved college prep visual or performing art		<b>Websites:</b> NCAA = <a href="https://web3.ncaa.org/ecwr3/">https://web3.ncaa.org/ecwr3/</a> NAIA = <a href="https://play.mynaia.org">https://play.mynaia.org</a>
G	CTE/Additional Electives		1 additional year of a course taken from any area on approved A-G list		3 years of additional courses from social science, English, math, science, or world language
	PE				
	Health				
	Minimum GPA	Grades of "D" or better are required for all above classes	CSU: 3.0	UC: 3.0	2.3 Grades lock end of Spring (2nd) semester of junior year.
			In order to be a more competitive applicant, GPA should be MUCH higher!!! <i>CSU/UC GPA includes all grades earned in "a-g" courses summer before 10th through summer before 12th.</i>		
	Other	Minimum 230 credits	CSU: Scores from SAT or ACT no longer required for admissions		Must also meet the Sliding Scale Index.  For Division I, 10 Core Units must be completed before the start of the 7th semester of high school (end of summer before senior year)
			UC: Scores from SAT or ACT no longer required for admissions		
			For any school outside of these two systems, please check with their Admissions Office		

Clovis East UC/CSU approved "a-g" course list can be found at: <https://hs-articulation.ucop.edu/agcourselist#/list/details/575/>

Great effort has been made to update information. But, students are expected to verify information on their own with colleges and NCAA/NAIA.



# REC Interventions 2022-2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Reyburn	<p><b>Math 8 Academy</b> 7:30-8:30am Rm 216</p> <p><b>Science 7 Lunch Lab</b> 12:32-1:12pm Rm 134</p>	<p><b>Math 8 Academy</b> 7:30-8:30am Rm 216</p> <p><b>Science 7 Lab</b> 7:35-8:20am Rm 134</p> <p><b>Science 8 Lab</b> 7:30-8:30am Rm 655</p> <p><b>7th Grade AB Lunch Lab</b> 12:32-1:12pm Rm 219</p> <p><b>8th Grade AB Lunch Lab</b> 12:32-1:12pm Rm 104</p>	<p><b>Science 7 Lab</b> 7:45-8:30am Rm 132</p> <p><b>7th Grade AB Lunch Lab</b> 12:36-1:16pm Rm 209</p> <p><b>8th Grade AB Lunch Lab</b> 12:36-1:16pm Rm 114</p> <p><b>Math 7 Academy</b> 3:30-5:20pm Rm 111</p>	<p><b>Reyburn PE Make-Ups</b> 7:35-8:34am Zero Period PE - RIS Gym</p> <p><b>7th Grade AB Lunch Lab</b> 12:36-1:16pm Rm 218</p> <p><b>8th Grade AB Lunch Lab</b> 12:36-1:16pm Rm 104</p> <p><b>Science 7 Lunch Lab</b> 12:36-1:16pm Rm 132</p> <p><b>Science 8 Lunch Lab</b> 12:40-1:15pm Rm 655</p> <p><b>Reyburn PE Make-Ups</b> 12:46-1:06pm meet behind locker rooms</p>	
Clovis East	<p><b>CE PE Make-Ups</b> 7:25-8:24am CE West Gym 12:42-1:02pm behind boys locker room</p> <p><b>Chemistry Lunch Lab</b> 12:32-1:12pm Rm 661</p> <p><b>Found. Math 2/Stats &amp; Prob Lunch Lab</b> 12:32-1:12pm Rm 605</p> <p><b>Math 3 Lunch Lab</b> 12:42-1:12pm Rm 611</p> <p><b>Social Science Labs</b> Lunch (12:32-1:12pm) Rm 719 3:30-5:30pm Rm 734</p> <p><b>English Lab</b> 3:30-5:30pm Rm 717</p>	<p><b>CE PE Make-Ups</b> 7:25-8:24am W Gym &amp; 12:42-1:02pm boys LR</p> <p><b>Math 1 Lab</b> 7:20-8:20am Rm 456</p> <p><b>Math 3 Labs</b> 7:30-8:30am Rm 609 12:42-1:12pm Rm 611</p> <p><b>English Lunch Lab</b> 12:32-1:12pm Rm 707</p> <p><b>Found. Math 2/Stats &amp; Prob Lunch Lab</b> 12:32-1:12pm Rm 605</p> <p><b>Math 2 Lunch Lab</b> 12:32-1:12pm Rm 621</p> <p><b>AP Stats Lunch Lab</b> 12:32-1:12pm Rm 623</p> <p><b>Social Science Lunch Lab</b> 12:32-1:12pm Rm 734</p> <p><b>Physics Lunch Lab</b> 12:32-1:12pm Rm 665B</p> <p><b>Chemistry Labs</b> Lunch (12:32-1:12pm) Rm 661 3:20-5:20pm Rm 658</p> <p><b>Honors, Adv. &amp; AP Math Lab</b> 3:20-5:20pm Rm 618</p> <p><b>Biology Lab</b> 3:20-5:20pm Rm 656</p>	<p><b>Math 3 Labs</b> 7:30-8:30am Rm 609 12:46-1:16pm Rm 611</p> <p><b>Int Physical Science Labs</b> 7:35-8:35am &amp; 12:36-1:16pm Rm 662</p> <p><b>Math 1 Lunch Lab</b> 12:36-1:16pm Rm 456</p> <p><b>Math 2 Lunch Lab</b> 12:36-1:16pm Rm 621</p> <p><b>Found. Math 2/Stats &amp; Prob Lunch Lab</b> 12:36-1:16pm Rm 605</p> <p><b>AP Stats Lunch Lab</b> 12:36-1:16pm Rm 623</p> <p><b>Social Science Lunch Lab</b> 12:36-1:16pm Rm 719</p> <p><b>CE PE Mile Make-Up</b> 12:46-1:06pm behind boys locker room</p> <p><b>Honors, Adv. &amp; AP Math Lab</b> 3:20-5:20pm Rm 618</p> <p><b>Biology Lab</b> 3:20-5:20pm Rm 663</p> <p><b>Physics Lab</b> 3:30-4:30pm Rm 665B</p> <p><b>English Lab</b> 3:30-5:30pm Rm 704</p>	<p><b>CE PE Mile Make-Up</b> 7:35-8:34am behind boys locker room</p> <p><b>Physics Lab</b> 7:40-8:40am Rm 665A</p> <p><b>English Lunch Lab</b> 12:36-1:16pm Rm 707</p> <p><b>Found. Math 2/Stats &amp; Prob Lunch Lab</b> 12:36-1:16pm Rm 605</p> <p><b>Math 3 Lunch Lab</b> 12:46-1:16pm Rm 611</p> <p><b>AP Stats Lunch Lab</b> 12:36-1:16pm Rm 623</p> <p><b>Social Science Lunch Lab</b> 12:36-1:16pm Rm 734</p> <p><b>CE PE Mile Make-Up</b> 12:46-1:06pm behind boys locker room</p>	<p><b>CE PE Make-Ups</b> 7:25-8:24am CE West Gym 12:42-1:02pm behind boys locker room</p> <p><b>Physics Lunch Lab</b> 12:32-1:12pm Rm 665A</p>
Both	<p><b>I-MPACT Homework Labs</b> 7:00-8:20am and Lunch (12:32-1:12pm) Community Resource Center</p> <p><b>World Language Lunch Lab</b> 12:32-1:12pm CISCO Room</p>	<p><b>I-MPACT Homework Labs</b> 7:00-8:20am and Lunch (12:32-1:12pm) Community Resource Center</p> <p><b>World Language Lab</b> 3:16-5:30pm CISCO Room</p>	<p><b>I-MPACT Homework Labs</b> 7:00-8:20am &amp; Lunch (12:32-1:12pm) Community Resource Center</p> <p><b>World Language Lunch Lab</b> 12:36-1:16pm Room 620</p>	<p><b>I-MPACT Homework Labs</b> 7:00-8:20am &amp; Lunch (12:32-1:12pm) Community Resource Center</p> <p><b>World Language Lab</b> 3:16-5:30pm Rm 620</p>	<p><b>I-MPACT Homework Labs</b> 7:00-8:20am and Lunch (12:32-1:12pm) Community Resource Center</p>

### Additional Labs, Interventions, and Support Tools:

- **Math Tutors** - Counselors, math teachers, and Mrs. Ryan the Math Department Learning Director all have a list of student math tutors available for hire.
- **Science Tutors** - Counselors, science teachers, and Mrs. Athwal the Science Department Learning Director all have a list of student science tutors.
- **CUSD Academic Resources Website** - Offers resources for reading, writing, social science, English, math, science, world languages, health, and art.  
<https://www.cusd.com/AcademicResources-Secondary.aspx>
- **Tutor.com through CLEVER** - FREE 24/7 tutoring in almost every subject even AP classes. Access is through CUSD Clever account.
- **Useful Websites** - [www.virtualnerd.com](http://www.virtualnerd.com); [www.YouTube.com](http://www.YouTube.com); [www.physicsclassroom.com](http://www.physicsclassroom.com); and [www.khanacademy.org](http://www.khanacademy.org). Be sure to check & utilize teacher websites as well.
- **Attendance** - Attendance will be taken in ALL labs.
- **Late Bus** - Bus transportation is available and buses leave at 5:45pm SHARP by the pool in the bus loading zone!

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# MENTAL HEALTH

IS JUST AS IMPORTANT AS

# PHYSICAL HEALTH



KNOW SOMEONE WHO NEEDS HELP? TALK TO US.



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# WE CARE ABOUT YOU

AS WE MOVE THROUGH THE COURSE OF THE SCHOOL YEAR, IT'S NORMAL TO FEEL A VARIETY OF EMOTIONS AT DIFFERENT TIMES.

YOU MAY FEEL HAPPY WHEN YOU'RE CHEERING ON YOUR TEAM AT A SPORTING EVENT, OR OVERWHELMED WHEN YOU HAVE TOO MUCH HOMEWORK. AT TIMES, YOU MAY FEEL UPSET THAT YOU EARNED A BAD GRADE, OR WORRIED ABOUT SOMETHING GOING ON IN YOUR PERSONAL LIFE.

**YOUR FEELINGS ARE VALID,  
NO MATTER WHAT THEY ARE**

YOU ARE A MEMBER OF OUR WOLFPACK FAMILY, AND WE WANT TO MAKE SURE YOU KNOW WE CARE ABOUT YOU AND ARE HERE FOR YOU.

*It's okay to ask for help*

WE HOPE SOME OF THESE LINKS AND RESOURCES HELP BRING YOU SOME CALM. DON'T FORGET TO REACH OUT TO SOMEONE YOU TRUST IF YOU NEED HELP.

**WE ARE HERE TO SUPPORT YOU!**



KNOW SOMEONE WHO NEEDS HELP? TALK TO US.



# WE CARE ABOUT YOU, WOLFPACK!!

## WE ARE HERE TO HELP

EMOTIONAL SUPPORT FOR YOU OR YOUR FRIENDS



### CSI (Clovis Support Intervention)

*Group discussions with a trained staff member*

**Who:** Any Teacher, Counselor, Coach, Administrator; Peer Counseling with Mr. Davis or Mr. Batty

### COUNSELING OFFICE

*Start the conversation with your counselor about what you need and/or how to get the help for you or your friends*

**Where/Who:** Counseling Office with Mr. Johnson, Mr. Avants, Mr. Flint, Ms. Fontenot, Ms. Hamilton, Dr. Lee, Ms. Lopez, Mr. Rostro, Ms. Sallery, Ms. Vang, or Ms. Hulbert

### TRANSITION OFFICE

*Academic or emotional support for you or your friends*

**Where/Who:** Yosemite Office with Ms. Brar, Ms. Vang, Ms. L. Xiong, Ms. Tan, Ms. Damian, Ms. Moua, Mr. Robinson, Mr. Semien, Mr. Silvas, Mr. Strosnider, or Ms. Woods

### SRC OFFICE

*Can offer behavioral support for you or your friends*

**Where/Who:** SRC Office (above the library) with Mr. Gamez, Mr. Cardona, Ms. Tyson, Officer Meyers, Officer Chun, Mr. Bustamante, Mr. Lopez, Ms. Muggs, Mr. Ruiz, Ms. Strausser, Mr. Yenigues, Ms. Hennecke, or Ms. Keifer

### PSYCHOLOGIST

*Emotional support for you or your friends*

**Where/Who:** Sequoia Office with Ms. Giannetta, Ms. Gutierrez, Ms. Hicks, or Ms. Saunders (Clovis East)  
**Where/Who:** Summit Office with Ms. Escobar (Reyburn)

### NURSE'S OFFICE

*Health related support for you or your friends*

**Where/Who:** Clovis East Main Office with Ms. Vang or Ms. Sims  
**Where/Who:** Reyburn Main Office with Ms. Lurlay or Ms. Palmer

### TIMBERWOLF TERRITORY

*A safe place for you and your friends to go to eat lunch*

**Where/Who:** Look for bright green signs outside participating teachers' doors with available days/times

SUICIDE AND CRISIS LIFELINE: 988

DRUG ABUSE HOTLINE: 1-800-662-4357

CRISIS TEXT HOTLINE: Text HOME to 741741



KNOW SOMEONE WHO NEEDS HELP? TALK TO US.



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# EVEN WHEN YOU'RE OFF CAMPUS, THERE IS HELP AVAILABLE

SUICIDE AND CRISIS LIFELINE	CALL OR TEXT 988
LOVEISRESPECT	1-866-331-9474
THE TREVOR PROJECT	1-866-488-7386
NATIONAL EATING DISORDER ASSOCIATION	1-800-931-2237
NATIONAL ALLIANCE ON MENTAL ILLNESS	1-800-950-6264
RAPE, ABUSE AND INCEST NATIONAL NETWORK	1-800-656-4673
NATIONAL DOMESTIC VIOLENCE HOTLINE	1-800-799-SAFE (7233)
NATIONAL SEXUAL ASSAULT HOTLINE	1-800-656-HOPE (4673)
DRUG ABUSE NATIONAL HELPLINE	1-800-662-4357
S.A.F.E. (SELF ABUSE FINALLY ENDS)	1-800-DONT-CUT

**[CLICK HERE TO VISIT THE CUSD  
COMPREHENSIVE WELLNESS WEBSITE](#)**



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