



## VISTA MURRIETA COUNSELING WEEKLY

**May 11<sup>th</sup> – May 15<sup>th</sup>**

Hello Bronco Students and Parents,

We have successfully completed week six of Distance Learning. We hope you are feeling more confident with the Distance Learning process as we near the end of the school year. All of the counselors greatly appreciate your continued support and understanding as we've navigated through this new educational setting. We are here to help, and if you haven't already seen our extended mental health information on the school website, please visit the [COVID-19 Counseling Resource Page](#).

Grades will continue to matter these next few weeks of school and can still be improved upon! Get in touch with your teachers to see what opportunities you may have to raise your grades. We have been informed by teachers that there is still time for students to make up missing assignments and get their Distance Learning grades up, which can help overall grades.



The Counseling Department has set up Office Hours in order to facilitate your ability to stay in contact with us during the school closures. Counselors will be available:

**Monday – Friday from 10:00 am – 3:00 pm to answer emails and support academic and personal needs.**

**Mr. Caldwell/Mrs. Monica Tyler, A-CR**

Email: [mtyler@murrieta.k12.ca.us](mailto:mtyler@murrieta.k12.ca.us)

**Mrs. Karen Candaele, Ho-Mi**

Email: [kcandaele@murrieta.k12.ca.us](mailto:kcandaele@murrieta.k12.ca.us)

**Mrs. Claudia Hill, Sc-Z**

Email: [cghill@murrieta.k12.ca.us](mailto:cghill@murrieta.k12.ca.us)

**Mrs. Diana Ruiz, AVID Counselor**

Email: [druiz@murrieta.k12.ca.us](mailto:druiz@murrieta.k12.ca.us)

**Mr. Eric Peterson, Counselor Special Projects**

Email: [epeterson@murrieta.k12.ca.us](mailto:epeterson@murrieta.k12.ca.us)

**Mr. Dione Tyler, Cu-Hi**

Email: [dtyler@murrieta.k12.ca.us](mailto:dtyler@murrieta.k12.ca.us)

**Ms. Gabriela Arizola, Mo-Sa**

Email: [garizola@murrieta.k12.ca.us](mailto:garizola@murrieta.k12.ca.us)

**Mrs. Aurora Padilla, Intervention & EL Counselor**

Email: [apadilla-napoles@murrieta.k12.ca.us](mailto:apadilla-napoles@murrieta.k12.ca.us)

**Mrs. Angie Curiel, Mental Health Specialist**

Email: [acuriel@murrieta.k12.ca.us](mailto:acuriel@murrieta.k12.ca.us)

**Mrs. Heather Just, Asst Principal, Special Education**

Email: [hjust@murrieta.k12.ca.us](mailto:hjust@murrieta.k12.ca.us)

## Counseling Updates:

### Summer School 2020 Options:

**MVUSD will offer Distance Learning Summer School June 15th to July 10th** (off on July 3rd for the July 4th holiday). Distance Learning Course Offerings (Both First and Second Semester): English 9-12, Math I, Math II, Modern World History, US History, Government, Economics, Biology and Earth Science.

Courses are open to Grades 9-12 for credit recovery only! Please register at

<http://tiny.cc/mvusdsummerschoolapp>. Deadline to submit your request is May 26<sup>th</sup>. If you previously submitted a district summer school paper application, you will need to resubmit your request through this online form. Please view our [school website](#) for more details.

### Method Summer School online: June 15<sup>th</sup> – July 28<sup>th</sup>

All students can enroll at: [Methodschoools.org/enroll](https://methodschoools.org/enroll) click on **2020-21 Enrollment** to begin.

#### Language Arts:

Eng. 9 (UC/NCAA/both semesters)

Eng. 10 (UC/NCAA/both semesters)

Eng. 11 (UC/NCAA/both semesters)

AP Language & Composition (UC/NCAA/both semesters)

#### Math:

Integrated Math 1 (UC/NCAA/both semesters)

#### Social Studies:

US History (UC/NCAA/both semesters)

World History (UC/NCAA/both semesters)

AP US History (UC/NCAA/both semesters)

AP World History (UC/NCAA/both semesters)

#### Science:

Biology (UC/NCAA/both semesters)

Chemistry (UC/NCAA/both semesters)

Earth Science (UC/NCAA/both semesters)

#### Visual/Performing Arts:

Art Appreciation (UC/both semesters)

Music Appreciation (UC/both semesters)

#### Physical Education:

PE 1 and PE 2 (semester)

Health (semester)

#### World Language:

Spanish I (UC/NCAA/both semesters)

Spanish II (UC/NCAA/both semesters)

French I (UC/NCAA/both semesters)

French II (UC/NCAA/both semesters)

#### Electives:

AP Psychology (UC/NCAA/both semesters)

**Summer School is a remediation program that offers students the opportunity to recover D/F grades received in select courses. Original credit may be obtained through METHOD Schools for PE, Art/Music (only) 10 credits per summer per board policy.**

NEED SUPPORT? MVUSD AssistLine begins Monday, April 27<sup>th</sup>. This is a call line for MVUSD parents, caregivers, and staff seeking mental health/social emotional wellness supports, consultation, and linkage. This is not intended to be a crisis line nor to provide ongoing counseling/therapeutic services. This is simply another resource for our community during these extraordinary times. (951) 304-1841 Hablamos Español.



## AP Exam Update - AP Exams May 11<sup>th</sup> - May 22<sup>nd</sup>

Reminders – please read!

[Read 2020 AP Testing GUIDE](#)

[2020 AP Exam Day Checklist](#)

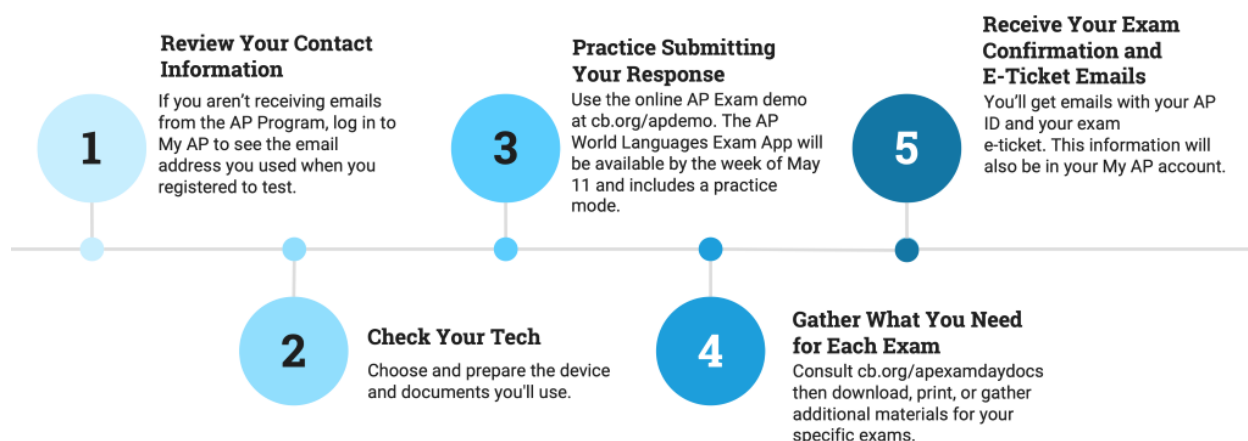
[Videos: About the AP 2020 Exams](#)

### 5 Steps to take before exam day:

- Review your contact information
- Check your tech – read pg 51 in 2020 AP Testing Guide
- Practice Submitting your Response [HERE](#).
- Students nationwide have been experiencing challenges with cutting and pasting responses or uploading responses. Collegeboard has identified that outdated browsers were a primary cause of these challenges. Before your exam, please update your browser to the latest version. You can easily do that here. <http://spr.ly/61831hnDz> Remember, Internet Explorer is not an AP exam supported browser.
- The AP World Languages Exam App is available for download, [click here](#).
- Gather what you need for each exam – Consult [cb.org/apexamdaydocs](http://cb.org/apexamdaydocs) then download, print, or gather additional materials for your specific exams
- Confirmation and E-ticket Emails – students will get emails with AP ID and your exam e-ticket. This information will also be in your MYAP account.

## Five Steps to Take Before Exam Day

We have a simple checklist you can use to make sure you've completed these steps.



## AP Exam 2020 Schedule:

Exam Start Times:	Pacific Time: 9:00 a.m.	Pacific Time: 11:00 a.m.	Pacific Time: 1:00 p.m.
Mon, May 11			United States Government and Politics
Tues, May 12		Calculus AB Calculus BC	Human Geography
Wed, May 13		English Literature and Composition	European History
Thurs, May 14		Chemistry	Physics 1: Algebra-Based
Fri, May 15		United States History	
Mon, May 18		Biology	Environmental Science
Tues, May 19		Psychology	
Wed, May 20		English Language and Composition	Microeconomics
Thurs, May 21		World History: Modern	Macroeconomics
Fri, May 22		Statistics	Spanish Language and Culture

## Dual Enrollment:

MSJC will soon be finalizing their online Fall registration process. If you have planned to take a Dual Enrollment class in the Fall, you must complete the matriculation process. This includes completing an MSJC application at [www.msjc.edu](http://www.msjc.edu) and completing an online orientation. Please check your student M365 email for detailed updates coming soon. You can also check out our [Dual Enrollment](#) page on the school website for detailed instructions. Only steps 1-3 need to be completed at this time. **It is important to complete this process by Thursday, May 21st.** The Student Parent Agreement (SPA) form for dual enrollment has not been released yet. MSJC will email you the form when it becomes available. Students must have completed the matriculation process.



## SENIORS!

**MSJC Virtual Counselor Support** is available! If you would like to speak with an MSJC counselor about your transition from high school to community college or have general questions, sign up at MSJC's Cranium Café. You can access this tool by completing the MSJC Application and Orientation (steps to do this are listed below).

### MSJC Application & Orientation Steps!

- ENROLL: Go to [www.msjc.edu](http://www.msjc.edu) and click the Enroll Now button.
- Complete the Online Orientation on your Eagle Advisor
- Activate MSJC Student Email Account
- Choose Fall 2020 classes from the fall schedule to post in May at [www.msjc.edu/Schedule](http://www.msjc.edu/Schedule)
- Apply to First Year Experience at <https://msjc.edu/fye/>
- Complete FAFSA through your California Colleges account or [fafsa.gov](http://fafsa.gov).
- MSJC has two YouTube presentations to help with this process!
- Online Application Workshop; <https://youtu.be/PgnC6W0dyzw>
- General Presentation; <https://youtu.be/HZhRC8nMfrI>

- Summer School registration dates open for graduating seniors on May 5<sup>th</sup>.
- Need an MSJC transcript? Please click [here](#)

**Murrieta Dollars for Scholars Update:** Seniors should have been notified by Scholarship America about the status of their scholarship. Check the e-mail you provided on your scholarship and email Ms. Arizola with any questions at [garizola@murrieta.k12.ca.us](mailto:garizola@murrieta.k12.ca.us).

**FAFSA:** For students who won prizes throughout the first semester during our FAFSA drawings, we will be gifting you a Senior T-shirt when you come to VMHS on May 19/20<sup>th</sup>. Please email Mrs. Hill with any questions at: [cghill@murrieta.k12.ca.us](mailto:cghill@murrieta.k12.ca.us)

#### Scholarships:

PTSA Scholarship for Seniors: Open April 27 – May 29, 2020. [Click here for details.](#)

## JUNIORS!

- **MSJC ANNEX** – College Course information is here! If you are interested in taking MSJC classes through the Annex program, please fill out this [FORM](#). The deadline to fill out this form of intent to enroll is **Thursday, May 21<sup>st</sup>**. This opportunity is available for students **currently in 10<sup>th</sup> and 11<sup>th</sup> grade with a cumulative GPA 2.5** and above. Note that due to the COVID-19 Pandemic and social distancing guidelines, all courses have been moved to an online format. Classes include Criminal Law, Dance, Computer Information Systems, English Composition 101 (seniors only), History 111, and many more. Email your counselor if you have any questions about the Annex program.
- The Office of Outreach and Recruitment at **CSUSB** is proud to share with you the **Coyotes Rising virtual summer program**! Coyotes Rising is a comprehensive student recruitment and retention program for high achieving African American high school students in the **11<sup>th</sup> grade**. The program aims to introduce our campus to prospective students through effective collaboration with on-campus and off-campus constituencies. Coyotes Rising is a thoughtful, interactive and transformational virtual summer program. We feel confident that through the student's participation, they will learn more about the following; *Options for college, CSUSB as a campus and university, leadership, community and college admissions insights to achieve a successful senior year*. The Coyotes Rising program will take place, **June 24 - 26**. Applications are now open. Please [click here](#) if you feel you candidate for the program.



- **College Virtual Info: RACC Virtual Webinars & Additional Student Resources!**

RACC is excited to kick off our virtual college webinar series hosted via Zoom! Each webinar will consist of four to five RACC college representatives. Please check out the [www.regionaladmissions.com](http://www.regionaladmissions.com) website which will be updated with the information.

Webinar Series & Dates:

May 19: Understanding Holistic Admissions - 5:00pm PST | [REGISTER HERE](#)

May 21: Connecting with Colleges - 6:00pm PST | [REGISTER HERE](#)

May 26: Understanding Holistic Admissions - 6:00pm PST | [REGISTER HERE](#)

May 27: Exploring Out of State Options - 3:30 PST | [REGISTER HERE](#)

The [RACC YouTube Channel](#) is now live! Our channel features RACC institution videos and additional content and presentations will be added continuously.

## Mental Health

We continue living through challenging times filled with worries, fears, anxiety and uncertainty. During times like these it can be hard for us to maintain a positive mindset, however keeping a positive mindset will increase our overall wellbeing, health, and grit.



Some of the benefits of maintaining a positive mindset include increased self-esteem and confidence, lower stress levels, better psychological and physiological well-being.



Below are some links to a video and worksheets to help you practice and adopt a positive mindset.

### Video:

[The science of gratitude](#)

### Worksheets:

[Gratitude journal](#)

[Growth mindset plan](#)

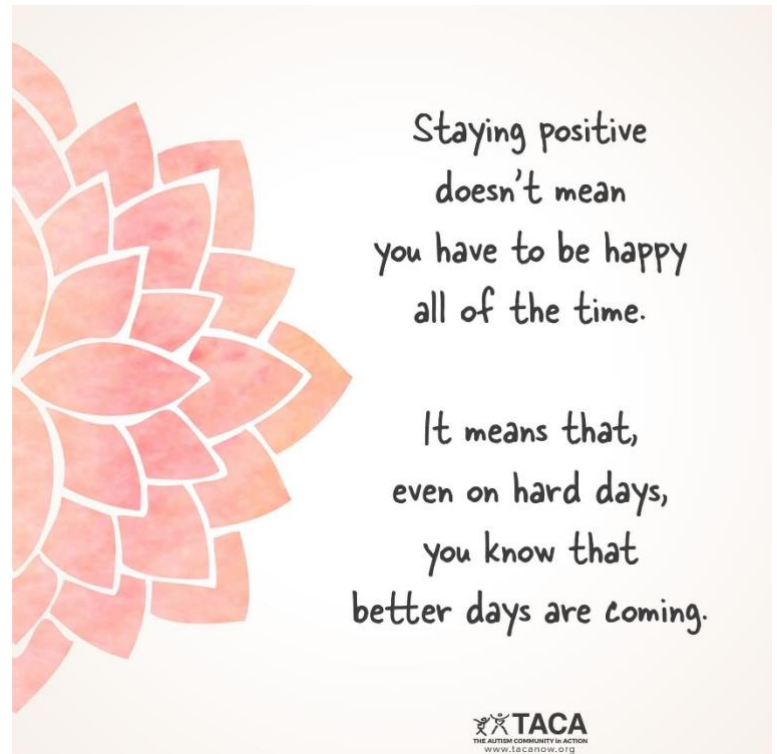
[Self-awareness](#)

### Positivity Apps:

[Happify](#)

[Pozify](#)

[Smiling Mind](#)





## FAQ – Frequently Asked Questions

What we are going through is unprecedented. Here are some of the common questions people are asking. We will do our best to share information to these questions as it becomes available to us.

**Q:** What if I can't get into my email/haiku?

**A:** Send an email to [mvusdinfo@mvusd.org](mailto:mvusdinfo@mvusd.org) and they will be able to assist you with resetting your account.

**Q:** How often should I be checking my email/haiku?

**A:** You should check it at least once a day. You might be getting text messages as well as emails depending on how you have your Aeries Communication setup. If you wish to change this setting, simply log into Aeries and update in Communication.

**Q:** Can I use this time to make up missing work?

**A:** It's a good idea to communicate with your teachers to see if there are any missing assignments they will still accept. We all want what is best for all student's success, so teachers are being very flexible, but it's important to ask first.

**Q:** Where can I find my teacher's email?

**A:** In Aeries under Student Info, there is a tab for "Email List". You will see a link to each of your teacher's email there.

**Q:** If I can't communicate with my teachers who should I talk to?

**A:** Counselors will be available to support students during Office Hours, between 10:00 am-3:00 pm daily. You can send us an email to set-up an appointment.

**Q:** What about Credit Recovery APEX and MCA reverse co-enroll classes?

**A:** Make sure to contact your host teacher so they can work with you to unlock sections so you can continue working on assignments.

**Q:** What about MSJC classes?

**A:** Regularly check your Eagle Advisor for updates. MSJC courses will switch over to full online after April 3<sup>rd</sup>. Online courses are being conducted business as usual.

**Q:** What if I still have missing Community Service Hours?

**A:** MVUSD understands these are very unprecedented times and have decided to waive community service requirements for Seniors.

**Q:** What if I need a work permit?

**A:** Work permits are issued after you have secured a job. The forms are available online through the [district website under students](#). You can email completed forms to Mrs. Whitaker at [cwhitaker@murrieta.k12.ca.us](mailto:cwhitaker@murrieta.k12.ca.us) or Mrs. Moran at [jmoran@murrieta.k12.ca.us](mailto:jmoran@murrieta.k12.ca.us).

**Q:** For Seniors, what Graduation Requirements have been waived?

**A:** MVUSD understands these are very unprecedented times, check with your counselor for further information.

**Q:** What Summer School Options are available?

**A:** We are still accepting applications for MVUSD Summer School at <http://tiny.cc/mvusdsummerschoolapp>. There are a few options for Online Summer School in Murrieta Valley. [Method Schools](#) is an approved online charter school for summer. This would be for credit recovery purposes. Options for taking courses for advancement purposes are only approved for PE and Visual & Performing Arts. Please check with your counselor for more information.