



# VISTA MURRIETA COUNSELING WEEKLY

May 26<sup>th</sup> – May 29<sup>th</sup>

Hello Bronco Students and Parents,

Congratulations to all of our seniors who graduated!! Counselors were very excited to see the class of 2020 in their graduation regalia last week and this week to hand them their diplomas. Underclassmen have one more week to complete the school year, and we know there is still time to finish strong. Consult with your teachers to confirm the last day they are accepting assignments since every teacher has a different deadline. June 1<sup>st</sup> - 5<sup>th</sup> will be 9<sup>th</sup>-11<sup>th</sup> grade check out for students to return library books, devices, uniforms, equipment, and collect items from their lockers. Please refer to the email that went out on May 27<sup>th</sup> from the school with specific grade level date and times.

Counselors will continue working with students to support them academically and emotionally. If you haven't already seen our extended mental health information on the school website, please visit the

[COVID-19 Counseling Resource Page](#).



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**

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

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**Mrs. Diana Ruiz, AVID Counselor**

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

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

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**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 Distance Learning Summer School June 15th to July 10th:** The window for enrolling in the MVUSD summer school option has closed. The district will notify students of their summer school coursework through Aeries Communication.

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

All students can enroll at: [Methodschools.org/enroll](https://Methodschools.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.

**Need a Work Permit?** Students can download a [work permit](#) then email the completed form to Mrs. Whitaker [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). Between the dates of June 19th and July 15th, students will need to contact the district to request a work permit. *Please keep in mind that students must be hired prior to requesting a work permit since employer information needs to be added to the permit before it is issued back to students.*

**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. **We are still waiting for MSJC to release the Student Parent Agreement (SPA) form (Step 4) for dual enrollment.** We will notify you before it is sent out to you. Please remember that you will need to know your MSJC student ID. To receive your MSJC ID you must have completed the MSJC application.

**AP Summer Assignments:** AP Summer Assignments will be posted on the school website for some AP classes. All assignments will be posted by Monday, June 1<sup>st</sup> and an email notification will be sent to students as a follow up. You will not need access to a textbook for the summer assignment as all assignments will be web based. If you need an electronic device, you may check one out of the library during library book return times next week. AP courses with a summer assignment:

- AP Environmental Science
- AP Drawing
- AP Calculus AB
- AP Biology
- AP Physics
- AP English Language
- AP Chemistry
- AP Human Geography
- AP Statistics

**Late AP EXAMS!** All eligible students will receive an email confirming their makeup exams on May 28 and receive an e-ticket via email for each exam two days prior to their exam. Please follow the schedule below for your exam. Please plan and prepare properly.

**Late Testing schedule:** please note that we adhere to the times posted for Pacific Time!

Exam Start Time	9:00 a.m. Pacific Time (PT)	11:00 a.m. Pacific Time (PT)	1:00 p.m. Pacific Time (PT)
<b>Mon, June 1</b>	United States Government and Politics	Human Geography	Calculus AB Calculus BC
<b>Tues, June 2</b>	English Literature and Composition	Physics 1: Algebra-Based European History	Chemistry

Exam Start Time	9:00 a.m. Pacific Time (PT)	11:00 a.m. Pacific Time (PT)	1:00 p.m. Pacific Time (PT)
<b>Wed, June 3</b>	United States History	Environmental Science	Biology
<b>Thurs, June 4</b>	World History: Modern Macroeconomics	Spanish Language and Culture	Statistics
<b>Fri, June 5</b>	English Language and Composition	Microeconomics	Psychology

**Makeup Exam Exceptions:** In the confirmation email on May 28, students will receive instructions about what to do if they have two exams at the same time. They should take one exam on the makeup date and request to take the other one on the June 22-30 [exception testing dates](#)

## SENIORS!

### **Need a VMHS Transcript?**

**If you need a VMHS transcript sent to your college you may order it on [Parchment](#).** When requesting transcripts please select "hold for grades" so that your transcript is released when your final grades have posted. Here is a [YouTube](#) tutorial link to help guide you.

### **Need a MSJC Transcript?**

If you have previously taken **Dual Enrollment** courses and need your transcript sent to your school, please request for your transcript through your MSJC Student Eagle account. Under "Payment" click on Account Summary, make sure you don't have any balances, then click on "Request Official Transcript". If you took courses in the Spring of 2020, grades will not be verified until May 29th.



**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](#)

## JUNIORS!



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 **11th 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.

## SAT/ACT

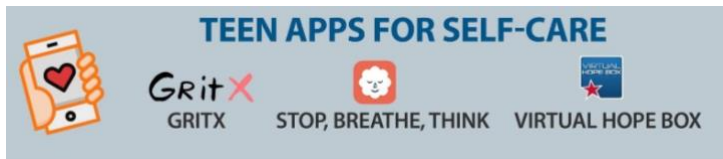
UC will follow the CSU in suspending standardized assessments for admissions. (Click on hyperlinks for full articles.)

- [University of California Board of Regents unanimously approved changes to standardized testing requirement for undergraduates!](#)
- [CSU to Suspend Standardized Testing Requirement for Upcoming Admission Cycles](#)

## Mental Health

During this time of uncertainty and fear, many of us are stepping up to help others but sometimes when we focus on caring for others, it can be easy to forget to take care of ourselves. Prioritizing self-care is essential for overall wellbeing, especially during this time of crisis.

**Below are links to a video and worksheets to help you practice self-care during COVID-19 quarantine and beyond.**



### Self-Care Video

[A Guide to Self-Care while Social Distancing](#)

### Self-Care Worksheets

[My Self-Care in Emojis and GIFS](#)

## 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.