



VISTA MURRIETA COUNSELING WEEKLY

April 13th – 17th 2020

Hello Bronco Students and Parents,

Here is a special message from our Administration and Counseling Team:



Counselors have set up Office Hours in order to facilitate your ability to stay in contact with us during the school closures. Counselors are available **Monday – Friday from 10:00 am – 3:00 pm to answer emails and support academic and personal needs.**

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VMHS Counseling Positive Stories - Celebrating Students!

During these times of many changes and on-going sad news of the COVID 19, we would like to recognize and celebrate positive stories in our community. Let's spread some happy stories. Together, we will get through this.

We would like to celebrate our CTE students that are out there doing amazing things!

Congratulations to **(CTE) Engineering student Gio**, who is making visors for healthcare professional face shields. He adapted a file to print on his home 3D printer to make these components for face shields. He has distributed to neighbors working in Loma Linda ER, Palomar, Kaiser SDMC, Temecula Valley and as far North as Santa Clara Fire Department.



Shout out to the **(CTE) Sports Medicine Program**. Out of 24 high schools in California and a little over 350 students competing, VMHS earned 3rd place overall and Sports Med 11th grader, Dominique, earned 1st place in the intermediate division in the 2020 AACI Regional High School Sport's Medicine Competition. Congratulations to those that competed in the 2020 AACI Regional High School Sport's Medicine Competition: Out of 24 high schools in California and a little over 350 students competing, VMHS earned 3rd place overall in the Intermediate Division. Woot Woot!!

Lastly, thank you to our **(CTE) Digital Film BNN** students that have continued to produce great segments during this time. Keep doing great things Broncos!

Do you have a positive story that you want to share with the VMHS Counseling Department? If so, use this [link](#) to send us your stories and we will share in our Weekly Updates.

Counseling Updates

Dual Enrollment Fall 2020: The matriculation process (application, orientation, parent agreement form) for Fall 2020 Dual Enrollment classes is currently paused. We are anxiously waiting from MSJC to direct us on our next steps on how to proceed with this process. We will keep you updated as we get more information.



AP Updates for Students and Parents:

Students planning to take the upcoming AP exam and need an electronic device please click [here](#). This is for students that have not previously picked up an electronic device.

Need internet? The two primary ISPs in our area are Spectrum and Frontier. Frontier's [California Lifeline Discount Program](#) offers internet service for \$9.25/month for qualifying applicants. Spectrum has two relevant programs. The first is their COVID-19 [Remote Education Credit](#) which is not specifically targeted at low-income families. Spectrum's second option is a program called [Internet Assist](#) which is like Frontier's Lifeline program and is targeted at low-income families and has qualification requirements. Please click on the links for the direct website information.

Parent Webinar: Parents of current AP students may have received an email to participate in a special AP webinar for parents. The purpose of the webinar is to learn more about at-home testing, the exam schedule, and AP review classes. **The webinar will take place on Thursday, April 16, 7 p.m. ET. A recording of the webinar will be emailed to you following the event.** We encourage your AP student to tune in to the webinar with you. Sign up now, space is limited. [Click here to sign up.](#)

FAFSA updates: If you feel that your financial circumstances might have changed due to COVID-19, please contact your perspective institutions Financial Aid office. If you haven't already committed to a college and have questions about your financial aid application, please contact the student aid office directly at 1-800-4-FED-AID (1-800-433-3243) or, visit their website at StudentAid.gov/login. If you still need to file your FAFSA you can still do so at <https://studentaid.gov/h/apply-for-aid/fafsa>

FAFSA Incentive Winners – we are in the process of planning a drawing for scholarships for students that participated in the drawing. Please stay tuned.

SENIORS! College Info:

CSUSM Alliance: Seniors that have been accepted to CSU San Marcos, your intent to enroll date has been reschedule for June 1st! CSUSM will be taking virtual appointments for students that have questions, such as general inquiries about CSUSM and admission process, residency status assistance, changes to spring classes at current school and implications for admission or questions regarding next steps. Link to virtual appointments: [https://www.csusm.edu/admissions/ includes/scheduleanappointment.html](https://www.csusm.edu/admissions/includes/scheduleanappointment.html) Select “Book with a Freshman Admissions Advisor” option



- Accepted students should be able to view their financial aid package for CSUSM in student portal.
- Students who applied for EOP will be notified during the month of April.
- Students who were originally denied acceptance to CSUSM may request a re-evaluation of their application if they can provide proof of “improvement” from the time they submitted the application in November.
- There will be NO Early Start Program
- Student orientation will be held online

MSJC updates:

The MSJC outreach team is working on implementing a plan on how to continue to outreach to seniors that want to attend MSJC in the summer or Fall. More information coming soon! You can start your MSJC application today at <https://msjc.edu/enroll/new-students.html>.

MSJC First Year Experience (FYE): Mt. San Jacinto College’s First Year Experience (FYE) Program is designed to make sure students have a smooth transition into college life. Please visit <https://msjc.edu/fye/> for more information. Application deadline approaching May 31, 2020.

MSJC 2+2 Business Pathway:

Want to major in Business? Want to stay local? If you answered yes then keep reading. MSJC has partnered with CSU San Marcos to help students earn a Business degree in Business Administration in 4 years. There will be two virtual info sessions held on **April 27th 11am-12pm** and **April 30th 3pm-4pm**. The info sessions will be held using Zoom and will be a chance to learn more about the program. Please email slarson@msjc.edu to RSVP for an info session. Please visit www.msjc.edu/2plus2CSUSMTemecula for more information.

MSJC Puente program: The mission of the Puente Program is to increase the number of educationally underserved students who:

- Enroll in four-year colleges and universities,
- Earn college degrees, and
- Return to their communities as leaders and mentors.

Program Requirements:

- Have a goal of transferring to a 4-year university.
- Eligibility for English 101 + 94 in the Fall and English 103 in the Spring

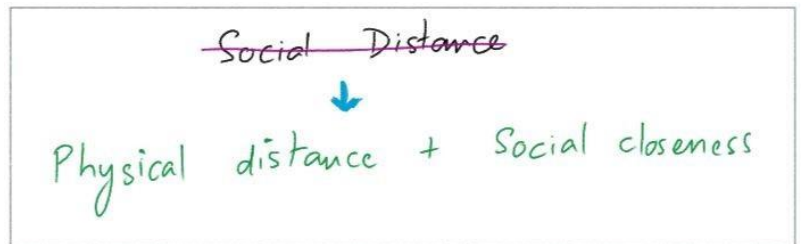
- Strong commitment to participate in all program activities including university tours, social events, mentoring and more!
- Meet with Puente counselor regularly & complete an educational plan

MSJC Puente program will now be available at the MSJC Menifee campus! For more information please visit <https://ou.msjc.edu/puente/statewide-puente-project-history.html> or submit your interest on this [Interest Form](#).

Mental Health – Stress Management

According to the National Institute of Mental Health, “stress is how the brain and body respond to any demand.” They add that any type of challenge can be stressful, and that stress can affect your health, both physically and mentally. Because we know that the COVID-19 outbreak is impacting us all in one way or another, we will continue to focus on the theme of stress management this week.

Below are some links to videos and worksheets to help you better manage your stress as we continue with distance learning and cope with the many changes we are experiencing as a result of COVID-



Stress Management Videos

[Stress Management Strategies](#)

[Awareness and Application](#)


Stress Management Worksheets

[Stress Management Strategies](#)


[Awareness and application](#)

COVID-19 (coronavirus)


6 Tips for Coping with the Stress




It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.




Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.




Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

*Created for Mission Health by Jarral Phillips Cate © Hancock, Inc.
**Adapted from the International Federation of Red Cross; data from the World Health Organization

NETIQUETTE

A STUDENT AND PARENT GUIDE
TO ONLINE BEHAVIOR EXPECTATIONS

STUDENT EXPECTATIONS



USE APPROPRIATE LANGUAGE



BE KIND WITH YOUR WORDS



BE PRESENT! NO MUSIC OR TV IN BACKGROUND



NO RECORDING OR SCREENSHOTS OF CLASSROOM CHATS



BE RESPECTFUL



BE A LEADER



DO NOT USE ALL CAPS



NO MEMES OR TIKTOKS



BE PATIENT



STAY ON TOPIC

**PARTICIPATE IN CLASSROOM DISCUSSIONS
STARTED BY TEACHERS ONLY!**



Tools for Distance Learning Success

PARENT SUGGESTIONS

**MURRIETA
VALLEY
UNIFIED
SCHOOL
DISTRICT**



Monitor Online Behavior

Email/Contact your child's teacher

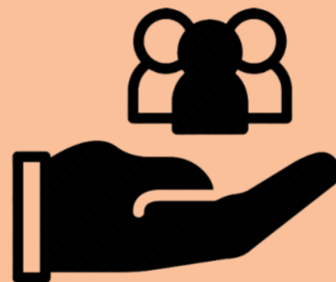
Set Boundaries & Rules

Support your child

Expect Good Behavior

Report Alarming Behavior or Chats

Log-in and review teacher Haiku pages, websites, or emails at least once a week



www.murrieta.k12.ca.us/distancelearning

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 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 10:00-3:00 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 3rd. 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 or Mrs. Moran at jmoran@murrieta.k12.ca.us.

Q: I am worried about graduation because Aeries is showing I am failing some classes, should I just transfer to K-12 online school?

A: We understand students (especially Seniors) are experiencing extra stress about grades and credits. Please understand that we are here to support all students and are working tirelessly to make sure students have a variety of ways to bring their grades up to pass their classes. Be patient and let's work through this together.