



VISTA MURRIETA COUNSELING WEEKLY

April 20th – 24th 2020

Hello Bronco Students and Parents,

Welcome to the fourth week of Distance Learning. By now, all students should know how to check in with their teachers and how to obtain assigned classwork. If students do not know what to do for a specific class, please e-mail your teacher directly or reach out to your counselor. In order to best serve all students, we ask that you fill out this single question [ATTENDANCE FORM](#). This will allow us to check in on students who have not been in communication during Distance Learning.

This weekly newsletter will serve as the counseling department's method to deliver you the most recent updates as it relates to academic and post-secondary information. We will also be providing weekly mental health tips here, but for more detailed resources, please visit the [COVID-19 Counseling Resource Page](#).



All students should be participating in their classes during this time. Teachers are using different platforms such as Haiku/Power School, Microsoft Office Teams, teacher website, or regular school e-mail to share classroom lessons, videos, and assignments. By staying engaged with Distance Learning, you will be better prepared for next year's classes. This is also a great opportunity to get your grades up by submitting missing work that was due prior to the school closures. Please make sure to communicate with your teacher to develop a game plan to increase your grade.

We have set up Counseling 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.**

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Mr. Eric Peterson, Counselor Special Projects

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Student Celebrations:

Congratulations to Marshall Mory 11th! He was selected (top 9%) as one of the 600 student applications nationwide for this year's **STEM Enhancement in Earth Science (SEES)** high school internship program in collaboration with the **University of Texas Center for Space Research** and **National Aeronautics and Space Administration (NASA)**.

Marshall is assigned to the **Mars Exploration Team**. GO MARSHALL!



Congratulations to Abigail Butler, Bronco Senior and Captain of the Vista Murrieta High School Color Guard. Abigail received a 2020 WINTER GUARD ASSOCIATION OF SOUTHERN CALIFORNIA **ACADEMIC SCHOLARSHIP!!!!** GO ABIGAIL

Counseling Updates:

#gradesmatter: The 12th week grades have just been posted in Aeries. Parents can access grades in the parent portal [here](#), or to set up an account, please click [here](#). Counselors will be reviewing grades and will connect with seniors that may be at risk of receiving a diploma.

The MVUSD district will be offering an online **summer school** for format for this summer. Please stay tuned for more information to come.

Dual Enrollment (DE) Spring 2020 Update: All DE students in progress of a Spring course should be actively participating in DE courses. DE courses follow the college schedule and they have not paused during the pandemic. Grades will continue to impact your college transcript so please connect with your instructors if you have not already done so to make sure you are keeping up with your courses. If you are having trouble logging into your canvas account, please make sure you have activated your MSJC email in order to open canvas. You can find the link under My MSJC at www.msjc.edu. Please contact your instructor if you have any issues or Mrs. Ruiz druiz@murrieta.k12.ca.us or Mr. Peterson epeterson@murrieta.k12.ca.us

AP Exams:

AP exams are approaching!! Exam dates are May 11th – May 22nd! The make-up exam dates will be June 1st – June 5th! The make-up dates are only to be used **IF** you encounter a technology issue during a regular exam date. Continue to prepare with your amazing AP teachers in addition to the provided [Collegeboard live AP prep classes](#) on YouTube.

Please log in to your MYAP account to **make sure you know what email address** you used to register on MYAP! You will receive your AP Exam via email! More information will come in the next couple of weeks on that. Colleges will continue to accept AP scores of 3, 4, or 5.

Lastly, if you did not pick up an electronic device or you need internet to take your exams, please fill out this [quick survey](#) to let us know your need so we can get technology to you! The district is currently installing additional WiFi hotspots in the school parking lots in the event you will need to use a hot spot on the day of your exam. There will be more information to come on these procedures for the day of your exam.

Seniors!

College Acceptance & Military Enlistment Spotlight:

Seniors!!!! We know that acceptance letters have rolled in. Soon you will need to commit to a four-year college or a military branch. Please fill out this [online form](#) and tell us where you were accepted, what you will be majoring in or what military branch you are committing to. Please send us a copy of your acceptance letter, a picture in your college gear or a video. This is an annual event that is held for seniors. Please know there will be more spotlight opportunities for seniors through the remainder of the year.

#collegesigningday

The UC's intent to submit date is **May 1st**!

CSUSM intent to submit date is **June 1st**. CSUSM will have a virtual **open house**

on **Friday, April 24th**. Please encourage our students and parents to register by Thursday, April 23, 2020 at <https://www.csusm.edu/discover-csusm/>.

It is important to make sure you know what your college intent to submit date is!

Seniors planning to attend **MSJC** – Next step information - DO this NOW!

1. ENROLL: Go to www.msjc.edu and click the Enroll Now button
2. Complete the Online Orientation on your Eagle Advisor
3. Make an appointment with a counselor to review an Educational Plan www.msjc.edu/counseling/
4. Choose Fall 2020 classes from the fall schedule to post in May at www.msjc.edu/Schedule
5. Apply to First Year Experience at <https://msjc.edu/fye/>
6. Complete FAFSA through your California Colleges account or fafsa.gov.

MSJC will be holding a variety of live MSJC presentations on YouTube beginning next week!

General MSJC Information - Wed, April, 29th at 6pm [HTTPS://YOUTU.BE/HZHRC8NMFRI](https://youtu.be/HZHRC8NMFRI)

Application Workshop – Thursday, April 30, 2020 6-7pm [HTTPS://YOUTU.BE/PGNC6W0DYZW](https://youtu.be/PGNC6W0DYZW)

If you would like assistance in Spanish, please email mmagana@msjc.edu

10th-11th

Virtual College Tours!

During these unprecedented times, it is important to continue seeking college engagement opportunities for our students. In lieu of the annual in-person fairs, the Western Association of College Admissions Counseling (WACAC) is partnering with other

states to provide virtual college fairs and webinars for our juniors April 20th – April 24th. Please register at <https://www.strivescan.com/virtual/> to experience four full days of virtual presentations for juniors to explore different college opportunities. Don't miss out on this unique opportunity!

- 300+ colleges from 44 states and 10 countries
- 96 sessions over 4 days
- Day and evening options
- Panel presentations on a range of topics for juniors and underclassmen
- Free and open to students nationwide

SAT Update: Collegeboard announced that the **JUNE** SAT has been cancelled. Do not worry though, there will be monthly SAT's starting in the Fall to help students secure testing dates. More information will be forthcoming.

ACT Update: If you plan to take the ACT there is a June 13th exam scheduled. There is a possibility that this date could be pushed back. We will continue to update you as we receive information.

Scholarship Opportunity:

PONY Baseball and Softball is proud to announce an Alumni Scholarship for graduates of PONY. In order to be considered for a scholarship, a PONY baseball or softball player must participate in at least two years in a registered PONY program. An application must be submitted prior to **June 1st** along with the School & Community Activities Form, an Essay on the designated topic, an Official Secondary School Transcript, test results from the SAT, ACT OR TOEFL, a copy of the Letter of Acceptance from the school you are planning to attend, a Notarized Letter confirming participation in an affiliated league and two Letters of Recommendation. For more information visit www.pony.org. When the aforementioned information has been received the Scholarship Committee will consider the application complete.

The Scholarship Committee will administer eight scholarships annually, one each to the four United States Zones (North, East, South and West), Asia Pacific Zone, Caribbean Zone, Canada and Mexico. For any additional questions, reach out to Sarah Kleinhans at s.kleinhans@pony.org.

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.

Mental Health

With distance learning in full effect, you may start experiencing an increase in feelings of anxiety and stress. These are normal reactions to a global pandemic affecting us all. There are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.

Below is a link to a video explaining where anxiety stems from as well as a worksheet to help you identify your personal triggers and coping strategies.

Video: [Fight Flight Freeze - Anxiety Explained for Teens](#)

Worksheet: [Intro to anxiety](#)

Please visit the [COVID 19 Counseling Resources](#) page for additional mental health resources.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

GENTLE REMINDERS: FOR WHEN THE WORLD FEELS FRIGHTENING

SET BOUNDARIES WITH WHAT + HOW MUCH MEDIA YOU CONSUME

YOU'RE ALLOWED TO OPT OUT OF OVERWHELMING DISCUSSIONS

TRY TO RESPOND TO THE FEARS OF OTHERS WITH UNDERSTANDING + RESPECT

FOCUS ON THE MANY THINGS YOU CAN CONTROL

BE MINDFUL OF WHEN IT'S BECOMING MORE THAN JUST 'BEING INFORMED'

BREATHE, CONNECT + TAKE GENTLE CARE OF YOURSELF + OTHERS

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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.