

# COUNSELING NEWSLETTER

*brought to you by VMHS counseling team*

## VMHS COUNSELING TEAM



TAKE A LOOK AT THIS MONTHS  
ISSUE:

*Registration information  
Returning to School  
Summer school information  
AP Information  
MSJC Information  
SAT Information  
RCOE College Success Coach  
Mental Health and Wellness*

## BRONCO COUNSELING TEAM

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### Counseling Support Staff:

Jackie Moran ext. 6690 (West Hall)  
Catherine Whitaker ext. 6676 (East Hall)

Vista Murrieta High School 951-894-5750 [www.vmhs.net](http://www.vmhs.net)

Welcome March!

It's that time of year again - REGISTRATION! Page 2 of this newsletter includes registration information and dates. We hope the start of the 2nd semester has been a successful one for you so far. If you have any questions or concerns please remember you can book an online appointment with your counselor. Remember to also check-in with your teachers during office hours if you need help. Reminder to utilize paper.co if you need assistance and tutoring in one or more subjects.



## VISTA MURRIETA HIGH SCHOOL — 2021-22 — COURSE CATALOG



The VMHS Course Catalog is available on the Bronco website at: [www.vmhs.net](http://www.vmhs.net)

28251 Clinton Keith Rd. Murrieta, CA 92563  
Administration Fax: (951) 304-1832  
Phone: (951) 894-5750

CLASS ~ Character, Leadership, Attitude, Scholarship, Service



*The course catalog is available on our school website: [www.vmhs.net](http://www.vmhs.net), canvas, & bronco life*

Counselors visited grade level classrooms and went over registration information, procedures, and deadlines.

Registration/Course Selection Dates

11th Grade March 1-5

10th March 8-12

9th Grade March 15-19

Please review the course catalog for course descriptions and prerequisites. If you have questions regarding your course selection please book an appointment with your counselor. Our goal is to assist you with aligning your course selection to your post high school goals and plans.

### Interested in a leadership program?

Students can access the application for any leadership program on Bronco Life Canvas page.

ASB & Senate applications open March 8 with a March 26 deadline

BBC applications open March 22 with an April 9 deadline

Link Crew applications open April 5 with an April 16th deadline

Renaissance applications TBD

PLUS applications TBD

Information from MVUSD Regarding the Reopening of Schools  
For more information please visit [Returning to School Info / Secondary 6 - 12](#)  
([murrieta.k12.ca.us](http://murrieta.k12.ca.us))



Welcome to the 6th-12th grade returning to school information page developed to provide general details to our secondary families. Each secondary school will be sending site specific information via Aeries Communication.

Murrieta Valley USD is committed to providing families with a choice as we prepare for a return to in-person learning in a pandemic environment. Hence, we are offering two learning models for the spring semester: Hybrid In-Person and Virtual for the remainder of the 20-21 School Year.

*Secondary schools 6-12th grade plan to begin hybrid in-person instruction, on the following days, dependent upon RivCo Adjusted Case Rate (ACR) and Tier Status*

- *6th & 9th grade - Tuesday, March 23. Mondays are virtual days for all students. The student's hybrid schedule dictates which day is their first day on campus.*
- *7-8th and 10-12th - Tuesday, April 6. Mondays are virtual days for all students. The student's hybrid schedule dictates which day is their first day on campus.*

Learning model registration confirmation for grades 6-12 will take place the first two weeks in March. All families will confirm or have an opportunity to change their learning model selection.

#### Hybrid In-Person Learning Model

- At any time, half of the students will be in-person on campus 2 days a week. Students will be grouped into an either Tue/Wed **or** Thurs/Fri on campus.
- Three days of the week, students will be independent at home.
- Students will attend school based on their spring class schedule.
- Independent work will be assigned to all students when they are not in-person on campus.

#### Virtual Learning Model

- Virtual selection is a commitment for the remainder of the school year
- Students who select virtual may have limited elective choices (CTE, Drama, Choir)
- Students who select virtual may still participate in co-curricular and athletics

# SENIOR INFORMATION

## Deadline Reminders

March 15th, 2021 – Deadline for final payment on grad packages

Announcements will be delivered to the school in mid-April

Cap & Gown distribution will be at the school in mid-May

Orders can be made online at [www.herffjones.com](http://www.herffjones.com) and at VMHS when in-person contact is allowed. Payments can be made by cash, check, or credit card. There is a \$60 deposit required on all graduation packages and a deposit is required on class rings, amount dependent on metal choice.

Attending MSJC? Join them on Thursdays if you have questions or need assistance with your application.

Join us every week! Meet with the experts every Thursday evening to learn more about MSJC; how to apply, how to register, meet with a counselor, follow up on your FAFSA and more. Get all your questions answered in a live chat. Preregister here; <http://bit.ly/msjcappjams>

## M.V.U.S.D HYBRID SUMMER SCHOOL

Summer School Dates: June 14th to July 9th

(off on July 5th for the July 4th Holiday).

You can access the registration link on our Counseling Canvas page.

Please contact your counselor if you have any questions.

[Summer School Application](#)

**MAKE SURE THERE AREN'T  
ANY DISTRACTIONS WHEN  
YOU STUDY. DO NOT  
FORGET TO TAKE BREAKS  
EVERY NOW AND THEN.**



MSJC



## **Join MSJC Outreach Thursday evenings for help applying to MSJC**

Learn how to apply to MSJC, meet with a Counselor, follow up on your financial aid and understand how to register for classes.

Get your questions answered and learn about early registration for summer or fall 2021. We are here to help!

**Get answers to questions about YOUR Community College, MSJC! Prospective students and their families are welcome.**

**Register Today**

**<http://bit.ly/msjcappjams>**

**Sessions are on Thursdays at 5pm starting February 18th**

Please email [outreach@msjc.edu](mailto:outreach@msjc.edu) or call (951) 888-1516 with any questions

**TRANSFORMING LEARNERS. TRANSFORMING COMMUNITIES. TRANSFORMING LIVES.**

Meet Vista's College Success Coach

Need help with your FAFSA?

College Applications? Navigating through your College Plan? Mariam is here to help!

Below is a short bio about her and her contact information to set up an appointment. Don't hesitate to reach out to her if you need assistance.

## College Success Coach, Cal-SOAP



*Mariam Mekhael*

[mmekhael@rcoe.us](mailto:mmekhael@rcoe.us)

In high school, Mariam Mekhael was unsure of her career path. With the guidance and encouragement of her family and school counselor, she became determined to pursue a career in the healthcare field and to obtain a graduate degree. She spent her high school years experimenting with different concurrent and dual enrollment college classes that counted towards her undergraduate credits. Mariam has obtained thirteen Associate in Arts/Science Degrees from Coastline Community College and Mt. San Jacinto College in various subjects upon her graduation from high school. As a high school student in a college setting, Mariam has learned and experienced why and how to be prepared to embark on the college journey with the help and support of her family, counselor, professors, and peers. From this, she was inspired to unveil for other students the importance of being prepared for college and the workforce. Mariam Mekhael currently attends Chapman University to obtain her Doctor of Pharmacy Degree.

**CSAC | CALSOAP** RIVERSIDE COUNTY CONSORTIUM

Mariam Mekhael  
[mmekhael@rcoe.us](mailto:mmekhael@rcoe.us)

[Book here](#)

## SAVE THE DATES FOR MSJC VIRTUAL WORKSHOPS

Seniors, if you are planning to attend MSJC after graduation and need help with online registration, FAFSA, and picking classes, then these workshops are for you!!

### ITEMS TO HAVE AVAILABLE FOR EACH WORKSHOP:

email address, social security number, math and English grade, and GPA!

#### March Workshops

Wednesday, 3/10, online registration @ 12:00 pm

Tuesday, 3/16, FAFSA @ 12:00

Tuesday, 3/23, online registration @ 12:00

#### April Workshops

Tuesday, 4/6, online registration @ 12:00

Tuesday, 4/13, financial aid - checklist and navigation @ 12:00

Tuesday, 4/20, online registration @ 12:00

Thursday, 4/22, Counseling: how to choose classes Time: TBD

#### May Workshops

Tuesday, 5/4, online registration @ 12:00

Wednesday, 5/5, First Year Experience @ 12:00

Wednesday, 5/12, Counseling: choosing classes, Q&A session Time: TBD

All Zoom links will be posted the day of the workshop on VMHS' College Career page and Canvas Counseling page. Please email [mmorris@murrieta.k12.ca.us](mailto:mmorris@murrieta.k12.ca.us) for more details.

# SAT INFORMATION

Registration Details at [www.collegeboard.org](http://www.collegeboard.org)

Registration for all SAT tests is open for all students. If you are unable to find a seat in a test center near you, please check other dates.

Please know that colleges understand that there are limited opportunities for students to take a college entrance exam due to covid. Most colleges are not requiring a test score for the upcoming admissions cycle. While almost all still accept scores, most are rightfully being flexible for students who submit scores later or who did not have a chance to test more than once. You should check the college's website for the most updated information on their application requirements.

Eligible students can register with a fee waiver.  
For information on fee waivers please contact Michelle Morris at  
951-894-5750 ext. 6684 email: [mmorris@murrieta.k12.ca.us](mailto:mmorris@murrieta.k12.ca.us)

Spring 2021 SAT Dates: May 8th and June 5th

## Potential Test Center Closures:

Schools and test centers continue to discuss the extent to which they'll be open, and we know educators will be facing uncertainties as they prepare to administer the SAT.

## College Admissions Information

The College Board has asked colleges to extend deadlines for receiving test scores and to equally consider students for admission who are unable to take the test due to covid-19. We are asking member colleges to provide flexibility to students in three ways: Accepting scores as late as possible in their process, especially by extending score deadlines for early action and early decision to take some pressure off students and give them more time to test and send their scores. Equally considering students for admission who are unable to take the test due to covid-19 as those who submitted scores. (The College Board will keep colleges up to date on testing availability). Recognizing that students who do submit scores may not have been able to test more than once. (e.g., taking into account that students who tested as high school juniors but who could not as seniors would have likely achieved score gains). And it's more important than ever to pay close attention to the context in which all students live and learn as they make admissions decisions.

# HEALTHY COPING SKILLS

*Coping Skills are techniques you can use to help you get through difficult emotions and stressful situations. They can help maintain balance.*

Some example of positive coping skills include:

- Art such as drawing, painting, coloring, or photography
- Playing an instrument, singing, acting or dancing
- Listen to music
- Exercise
- Practice mindfulness
- Focus on your breathing
- Read a good book
- Watch a funny movie
- Talk to your support person

## **Resources:**

[Verywell mind](#)

[Coping is for Everyone](#)

[Coping Skill](#)

**HERE ARE SOME APPS TO HELP YOU STRENGTHEN YOUR COPING SKILLS:**

[INSIGHT TIMER](#)

[SMILING MIND](#)

[MOODMISSION](#)

[MIND DOC](#)

[HEADSPACE](#)

[CALM](#)

**Tips for improving mental health:**  
spend time with loved ones  
give and accept support  
build confidence  
manage stress





VISTA MURRIETA HIGH SCHOOL

# Wellness Wednesday

Every Wednesday | 12 to 1 PM

[Click HERE to Join](#)

COME IN AND TALK ABOUT WHAT IS ON YOUR MIND!

TOPICS CAN INCLUDE:

SELF CARE

COPING WITH COVID

STRESS MANAGEMENT

ANYTHING YOU WANT TO BRING UP OR SHARE