

December 2022

COUNSELING NEWSLETTER

Brought to you by the Vista Murrieta High School Counseling Team



Mrs. Agajanian



Mr. Bennett



Mrs. Candaele



Ms. Hill



Mrs. Just



Mrs. Kimble



Mrs. Mendoza-Blied



Mrs. Osorio



Mrs. Padilla



Mr. Peterson



Mr. Tyler



Ms. Valenzuela



BRONCO COUNSELING TEAM

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MENTAL HEALTH SPECIALIST

Tara Agajanian [tagajanian@murrieta.k12.ca.us](mailto>tagajanian@murrieta.k12.ca.us)

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Kristin Fuller (West Hall) kfuller@murrieta.k12.ca.us 951-894-5750 x6676

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In This Issue

- Tutoring Schedule
- Black College Expo
- AP Readiness
- Broncotorial
- Community Service Hours
- Mental Health
- Well News
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- FAFSA
- CalKIDS
- College & Career Center
- College Presentations
- Bronco Timelines



Upcoming Dates

- Dec 9: Senior Quotes & Accomplishments Due
- Dec 10: Broncotorial
- Dec 12: FAFSA Spin the Wheel
- Dec 14: FAFSA/CADAA Webinar
- Dec 19-Jan 10: Winter Break
- Jan 14: AP Readiness
- Jan 28: Black College Expo
- Jan 29: MSJC Presentation
- Feb 3: AP Readiness
- Feb 9: MSJC Presentation
- Feb 23: MSJC Presentation
- Mar 18: AP Readiness
- Apr 22: AP Readiness



SCIENCE TUTORING

BEFORE SCHOOL 7:15 - 8:15

MONDAY:
Chemistry - Choe S209

THURSDAY:
Earth Science - Heise S515
Physics - Lomahan C20
Biology - Pence S113

FRIDAY:
Chemistry - Choe S209



MATH TUTORING

BEFORE SCHOOL 7:15 - 8:15

MONDAY:
Math III - Gilderleeve W117
TUESDAY:
Math III - Gilderleeve W117
THURSDAY:
Math III - Gilderleeve W117
Math I and II - Matlock W219
FRIDAY:
Math III - Gilderleeve W117

WRITING LAB

FIRST LUNCH
Mr. Walsh in room EE18

SECOND LUNCH
Ms. Robbins in room M117

MATH LAB

DURING BOTH LUNCHES
Mr. Snyder in room SS17

COUNSELING STAFF

- Silvia Osorio
- Eric Peterson
- Aurora Padilla
- Diane Tyler
- Brett Murray
- Karen Candaolo
- Sandie Valenzuela
- Claudia Hill

- A and Avid
- B and Cosa
- C - CHA
- CHE - GH
- GI - LA
- LE - O
- P - SE
- SH - Z

Please reach out to your alpha counselor with any questions about further academic support.

ALL SUBJECTS TUTORING

VMHS Library

MONDAY - WEDNESDAY - THURSDAY

BEFORE SCHOOL 7:15 - 8:15

Campus Tutors available on the listed select days

TUTORING SCHEDULE

FREE TUTORING
FOR ALL VMHS STUDENTS

HISTORY TUTORING

BEFORE SCHOOL 7:15 - 8:15

FRIDAY:
History - Martinelli WW15

ENGLISH TUTORING

BEFORE SCHOOL 7:15 - 8:15

FRIDAY:
English - Gonzalez M112



WORLD LANGUAGE TUTORING

BEFORE SCHOOL 7:15 - 8:15

TUESDAY:
Spanish - Kil E241
ASL - Oglesby E215

THURSDAY:
Spanish - Kil E241
ASL - Oglesby E215



BRONCOTORIAL SATURDAY DECEMBER 10TH

8:00am - 12:00pm
Check-in at 7:30am



What is a Broncotorial?

The Broncotorial event is an opportunity for re-teaching and making up missed assignments, quizzes, and tests. It is led by teachers and held in groups by subject. Teacher approval is needed.

Where can I get a Broncotorial form?

Permission slips and forms are available in the East and West Hall Offices. Permission slips and forms need to be turned in prior to the Broncotorial in order to attend.

Important Information

Check-in time is 7:30am in the library. The session goes from 8am-12pm. You HAVE to stay the full 4 hours to receive full credit. Snacks will be provided during the break.

When is the next Broncotorial?

May 20th



Community Service Hours Requirements

Class of 2023: 10 hours
Class of 2024: 20 hours
Class of 2025: 30 hours
Class of 2026: 40 hours

Scan the QR code for
Community Service Opportunities

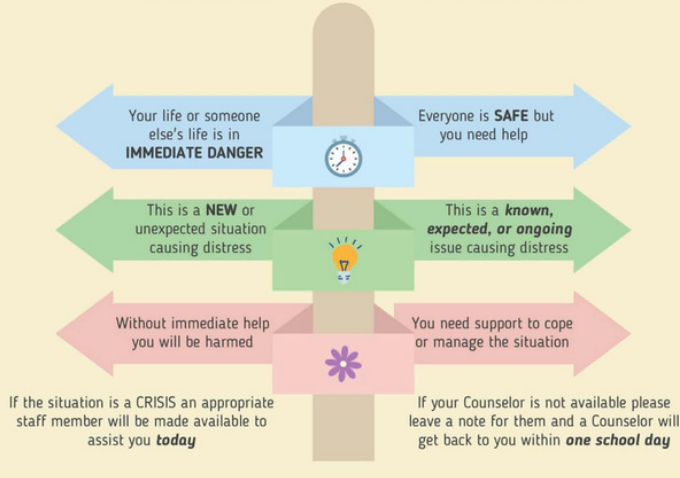


<https://www.murrieta.k12.ca.us/Page/23990>

mental health



CRISIS VS PROBLEM



FREE MENTAL HEALTH SERVICE



COMMUNITY RESOURCES



WELLNEWS



A MONTHLY WELLNESS LETTER

December 2022 • Issue 1 • Volume 5

Grief and Loss

Grief can be an experience when we lose a loved one or when we have a drastic change to our routines. Grief is a complex experience that is unique to each person. Some common responses to loss can be anger, sadness, guilt, stress, depression, anxiety, problems at school, difficulty concentrating and fatigue. The discomfort associated with grief time eases over time, but sometimes time alone is not enough, and additional support is needed.

Losing someone you love is a life-changing experience. During this time, you may also find that you have needs you haven't had before. You may need of extra support from family and friends. Or you may need information about what to expect or how to make sense of all that you're feeling. Most grieving teens need a way of expressing their feelings, either through talking with someone, writing or doing artwork. It's important to stay connected, have an outlet for expression or even join a group or talk to a counselor. Coping with grief means finding safe ways to acknowledge the loss, identify your feelings, express your feelings and seek support.

SMARTPHONE APPS

- [Calm](#)
- [Grief Works](#)
- [Insight Timer](#)
- [Headspace](#)
- [Grief Angels](#)

APP

[How to Deal with Grief](#)
[The Grieving Process](#)
[Now what? Tips for Grieving Teens](#)
[Tips for Supporting a Grieving Friend](#)
[The Elizabeth Hospice Grief Support](#)
[National Alliance for Children's Grief](#)

RESOURCES

MYTHS & TRUTHS ON GRIEF

<p>MYTH: People only feel grief when someone dies.</p> <p>RIP</p>	<p>TRUTH: People feel grief after any important loss (losing a loved one, breaking up with a partner, leaving a job, being diagnosed with a life-changing or terminal illness or disability, etc.).</p>
<p>MYTH: There is a right way to grieve.</p>	<p>TRUTH: Feelings, thoughts and reactions to grief can be different for everyone and change from day to day.</p>
<p>MYTH: Crying is a sign of weakness.</p>	<p>TRUTH: Our bodies are designed to cry, especially when we are feeling strong emotions. Crying is not a sign of weakness, but is normal and healthy.</p>
<p>MYTH: Grief has a time limit.</p>	<p>TRUTH: There is no magic date on which grief will end. Everyone follows their own path to feeling better.</p>
<p>MYTH: No one can help you through your grief.</p>	<p>TRUTH: You may feel that no one understands you or the depth of your loss, but that can be because people are not sure how to help you. If you share your grief, it may be easier to manage.</p>

Stages of Grief



CAREspace

Community | Access | Relationships | Emotional Wellness

We provide mental health and related services for Riverside County students, families, schools, and the community!

CAREspace Services

- Individual Counseling
- Family Counseling
- Lucky PAWS
- Parent Workshops
- Classroom Presentations
- Staff Training
- Resources and Referrals
- TAY Ages 16-25

For more information about CAREspace or to complete a referral, please visit our website www.rcoe.us/carespace



Please contact us at (951) 276-CARE (2273) to speak with someone from our CAREspace team!

IN PARTNERSHIP WITH



CAREspace

Comunidad | Acceso | Relaciones | bienestar Emocional

¡Proporcionamos servicios de salud y salud mental para los estudiantes, familias, escuelas y la comunidad del condado de Riverside!

Servicios CAREspace

- Consejería individual
- Consejería familiar
- Lucky PAWS
- Talleres para padres
- Presentaciones en el salón de clases
- Capacitación de personal
- Recursos y remisiones
- TAY de 16 a 25 años

Para obtener más información sobre CAREspace o para pedir una canalización (remisión), por favor visite nuestra página web www.rcoe.us/carespace



¡Por favor póngase en contacto con nosotros al (951) 276-CARE (2273) para hablar con alguien de nuestro equipo CAREspace!

EN COLABORACIÓN CON





WHY FAFSA?

Free Application for Federal Student Aid

Filing the FAFSA is the single most important thing you can do to get FREE money for your education (2 year, 4 year, Trade / Vocational School)



Community Colleges require the FAFSA to be eligible for Promise Grant Funding

Some private scholarships require the FAFSA as part of their application process

Work-Study (financial aid program that helps college students get part-time jobs alongside their studies) requires the FAFSA

Scan QR Code or Stop by the Career Center to see VMHS CalSOAP Coach, Mrs. Carrillo for more Info!

AVAILABLE :

Monday, Tuesday, Friday
9 am to 2 pm



Middle Class Scholarship for undergraduates with family assets and income up to \$ 201,000

VISTA MURRIETA HIGH SCHOOL

SPIN THE FAFSA WHEEL



CONGRATS TO OUR NOVEMBER WINNERS!

DEC 12TH & JAN 17TH DURING BOTH LUNCHES

NEXT DRAWINGS!

Please bring proof (confirmation email) if you submit your FAFSA/CADAA application within a week of the drawing for your chance to Spin!



UPCOMING PRIZES

- Winterfest & Prom Tix.
- Grad VIP Parking, Cap & Gown, Grad Announcements.
- Extra Grad Tix, Yearbook.
- Senior Photo Sessions, Senior Merch.
- Gift Cards.
- Themed Gift Baskets



Please Join Us

FAFSA/CADAA WEBINAR



PRESENTED BY MSJC FINANCIAL AID OFFICE



WEDNESDAY
DEC 14
6:00 PM

TOPICS

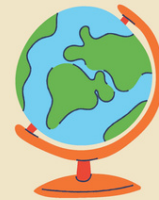
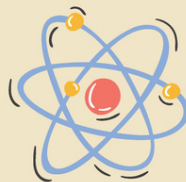
- CAL GRANT
- PELL GRANT
- MIDDLE CLASS SCHOLARSHIPS
- PROMISE GRANT
- FAFSA/CADAA APPLICATION
- HELP/RESOURCES



MICROSOFT TEAMS MEETING INFO BELOW



Meeting ID: 297 997 664 265
Passcode: qZ4D2Q



AP READINESS

Virtual Sessions

- 9:00am-1:00pm:
- Sept 24, 2022
- Oct 22, 2022
- Nov 5, 2022
- Jan 14, 2023
- Feb 3, 2023
- Mar 18, 2023
- Apr 22, 2023



The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in AP Biology, AP Calculus AB, AP Chemistry, AP Computer Science Principles, AP English Language, AP English Literature, AP Human Geography, AP Physics, AP Spanish Language, AP Statistics, AP US History, AP World History.

The APR program also provides high level professional development for current and potential teachers of AP courses in STEM and Humanities areas. AP teachers involved in APR will participate in course-specific professional learning that includes observing and interaction with master teachers and engaging in professional networking that promotes best practices and rigorous AP instruction.

CONTACT

James Keipp, Director, AP Readiness Program
UC Riverside, Graduate School of Education
phone: 951-827-6058 email: jkeipp@ucr.edu

College & Career Center

Announcing VMHS New
CaSOAP Coach!

Ms. Silvia Navarro



SUPPORT WITH:

- Financial Aid - FAFSA/CADAA
- College Applications
- Scholarship Research
- Matriculation Help and Support

VIRTUAL COACHES ALSO AVAILABLE

Online Booking
(flexbooker.com)

**College & Career
Center**

Availability:
Schedule Coming Soon!
Email:
snavarro_c@rcoe.us
Phone:
909.486.3782



**Mrs.
Finch**

CLFinch@murrieta.k12.ca.us



**College and
Career Center**

Open Mon-Fri 7:30-3:30

Closed for lunch 11:30-12:00

College Presentations



MSJC COMMUNITY COLLEGE

**THURSDAY
JANUARY 26, 2023
11:00, 12:00 OR 1:00**

Please scan the QR code to register for this in-person presentation from MSJC. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions
CLFinch@murrieta.k12.ca.us

College information

Learn about what MSJC has to offer

Admission Info
Application Requirements

Tuition Costs

Scan the QR code to sign up for this presentation



<https://forms.office.com/r/NFXGsk23N6>



MSJC COMMUNITY COLLEGE

**THURSDAY
FEBRUARY 9, 2023
11:00, 12:00 OR 1:00**

Please scan the QR code to register for this in-person presentation from MSJC. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

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Tuition Costs

Scan the QR code to sign up for this presentation



<https://forms.office.com/r/JAbFnmvDb>



MSJC COMMUNITY COLLEGE

**THURSDAY
FEBRUARY 23, 2023
11:00, 12:00 OR 1:00**

Please scan the QR code to register for this in-person presentation from MSJC. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions
CLFinch@murrieta.k12.ca.us

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Scan the QR code to sign up for this presentation



<https://forms.office.com/r/5dsgRnuce>

BRONCO SENIOR TIMELINE

AUGUST / SEPTEMBER

Check with your teachers for tutoring hours, monitor your grades and transcript.

Check to see if you qualify for the 22-23 free/reduced lunch program and apply to reap potential savings on SAT or AP exams.

COLLEGE BOUND?
Register for SAT test at www.collegeboard.org

Register for ACT at www.act.org

AP Readiness - see flyer for dates or visit <https://apreadiness.ucr.edu>.

Complete your brag sheet for letters of recommendation! Start your scholarship search!

Need an official transcript for college? Go to www.parchment.com.

OCTOBER

CCGI, 12th grade milestones and FAFSA presentations during Economics & Government classes.

COLLEGE BOUND?
Take the SAT on October 1.

FAFSA ID Create a pin for FAFSA/CADA starting October 1 at www.californiacolleges.edu

CSU & UC college applications window will open October 1 at www.californiacolleges.edu

Identify Private College/University application due dates and requirements.

MILITARY BOUND?
Contact your recruiter.

Take your ASVAB on October 12. Sign up through the College & Career Center

NOVEMBER / DECEMBER

Prepare for finals in December! Communicate with your teachers and get help if you are struggling!

COLLEGE BOUND?
Complete CSU & UC application BY NOVEMBER 30!

Launch your application from CCGI.

Continue your scholarship search.

Applying out of state, but staying in the West? Research how the WUE can help you with tuition costs. www.wiche.edu/tuition-savings/wue/

Complete Common Application and supplements.

Celebrate if you received an offer of Early Decision/Early Action Admission

JANUARY / FEBRUARY

Stay engaged with high school (WATCH OUT FOR SENIORITIS).

Order graduation announcements.

COLLEGE BOUND?
Submit applications to colleges with late and rolling deadlines.

Send fall semester grade reports to colleges you've applied to.

Continue to apply for scholarships. Murrieta Dollars for Scholars Scholarship Application due early February

FAFSA Application - launch from CCGI (californiacolleges.edu)

CAREER BOUND?
Work on your resume. Information interviews for potential career/job interests.

MARCH / APRIL

Community service due - 10 hours

Make graduation plans with friends and family

Keep your head and grades up!

COLLEGE BOUND?
Community College registration and application.

Murrieta Dollars for Scholars Scholarship night to TBD.

Compare financial aid awards.

Take the SAT at VMHS on March 11.

Celebrate your offers of admission!

CAREER BOUND?
Research local job fairs or internship opportunities.

Practice your interview skills.

MAY / JUNE

College Acceptance/Military Enlistment Recognition event TBD.

Senior check-out on May 26.

Turn the tassel on June 1. Happy Graduation!

COLLEGE BOUND?
May 1st - Submit your SIR (Statement of Intent to Register) to your chosen college. EEK!

Take AP Tests (your college may accept scores for course credit!)

Research first year housing options; connect with potential roommates

Send final transcripts after June 8 through Parchment.

CAREER BOUND?
Start on those job applications.

Purchase a business professional interview outfit.

BRONCO JUNIOR TIMELINE

AUGUST / SEPTEMBER

• CCGI Milestones during Junior transcript reviews
• Sept 26 Senior/Junior Parent Night at 6:00 PM in PAC

COLLEGE BOUND?

• Register for SAT test at www.collegeboard.org

• Register for ACT at www.act.org

• Sign up for the PSAT at bit.ly/vmhspst. Cost is \$25, test is nonrefundable

• Virtual AP Readiness on September 24. More info and upcoming dates on (apreadiness.ucr.edu)

MILITARY BOUND?
• Sign up for ASVAB in CCC

OCTOBER

• Oct. 15 Bronctorial #2
• Stay involved in extracurricular activities
• Protect your GPA! Keep it as high as possible! CSUs/UCs do not accept D grades in required A-G courses.

COLLEGE BOUND?

• Oct. 15 PSAT
• Develop a preliminary list of colleges to apply
• Oct. 22 Virtual AP Readiness
• Register for AP exams

MILITARY BOUND?

• Take your ASVAB on October 12. Sign up through the College & Career Center

NOVEMBER / DECEMBER

• Nov. 5 and Dec. 10 Virtual AP Readiness
• Dec. 10 Bronctorial #3
• Dec. 14, 15, and 16 Final Exams
• Dec 19- Jan 6 Winter Break
• In need of community service hours? Serve communities in need over Thanksgiving or Winter Break.
• Review your transcript after grades post. Juniors should have at least 170 credits completed to be in good standing for graduation requirements.

COLLEGE BOUND?

• Research colleges
• Attend college fairs
• Request information from colleges of interest

JANUARY / FEBRUARY

• Feb. 11 Bronctorial #4
• Meet with your counselor and plan for your senior classes Registration - Course Selection

COLLEGE BOUND?

• Research scholarship opportunities
• Jan 14 and Feb 4 Virtual AP Readiness
• Dual Enrollment Matriculation Process
• Discuss Summer School classes with your counselor if you need to repeat any D grades.

MILITARY BOUND?

• Planning to apply to Military Academy? Check online for more information and to start your application process!

MARCH / APRIL

• March 20-24 CAASPP Testing
• Do your best on the Smarter Balanced Summative Assessment - Your CAASPP EAP results will help determine if you are ready for college level courses before attending
• College Scores also appear on your transcript!
• April 4-7 Spring Break

COLLEGE BOUND?

• March 18 Virtual AP Readiness
• April 22 AP Readiness
• Prep for SAT/ACT
• College Bound Athletes start your NCAA registration

MILITARY BOUND?

Connect with a military recruiter through the CCC lunch activities

MAY / JUNE

• Summer school deadline-TBA
• Prepare for a summer job or continue working on your community service hours
• May 31, June 1 and 2 Finals

COLLEGE BOUND?

• Chart college application deadlines on your calendar
• Take SAT/ACT
• May 1st-12th Take AP exams
• apcentral.collegeboard.org/exam-administration-ordering-scores/exam-dates
• Brainstorm college application essay topics
• Plan your summer college visits

VISIT YOUR COLLEGE/CAREER CENTER FOR:

Work permits
College Presentations
Community Svc. Opportunities
Scholarship Information
Job Opportunities
Military Info and More!

SOPHOMORE TIMELINE

FALL (SEPTEMBER-NOVEMBER)

IMPORTANT DATES

- Oct. 3-Oct. 10 - Transcript Reviews with your counselor and CCGI Milestones
- Oct. 15 Bronctorial
- Oct. 15 PSAT. Sign up at bit.ly/vmhspst. Cost is \$25; test is nonrefundable. Waivers available.
- Oct. 22 Virtual AP Readiness. More info and upcoming dates on (apreadiness.ucr.edu)
- Oct. 24 Fresh/Soph Parent Night at 6:00 PM in PAC
- Nov. 15 Register for AP exams

HIGH SCHOOL SUCCESS TIPS

- Keep an eye on that GPA.
- Evaluate your course load and find out how much you know about college planning.
- Increase your commitment to extracurricular activities so you will stand out on your college and job applications.
- Research your future career and learn its education/training requirements.

WINTER (DECEMBER-FEBRUARY)

IMPORTANT DATES

- Dec. 10th Bronctorial
- Dec. 14, 15, and 16 Final Exams
- Dec. 19- Jan. 6 Winter Break
- Jan. 14 and Feb. 4 Virtual AP Readiness
- Feb. 11 Bronctorial #4

HIGH SCHOOL SUCCESS TIPS

- Struggling with classes? Attend tutoring (bit.ly/vmhstutoring22) or meet with your teacher during office hours
- Start your essay prep by writing often now, so you can reap the benefits later.
- Start your college search. Decide what you want and need in a college, especially ones that have your major/area of study. Research their tuition, financial aid, scholarship resources, and admittance rates.
- Create a college calendar to keep track of important dates and deadlines.
- Create a resume and plan on building as time goes on.

FALL (SEPTEMBER-NOVEMBER)

IMPORTANT DATES

- If enrolled in AP course, please sign up for Virtual AP Readiness. More info and upcoming dates on apreadiness.ucr.edu
- Oct. 24-31 Meet your counselor through Freshmen pull outs
- Oct. 24 Fresh/Soph Parent Night at 6:00 PM in PAC
- Nov. 5 Register for AP exams if enrolled in AP course/s

HIGH SCHOOL SUCCESS TIPS

- Check your Aeries Portal and Canvas daily to stay informed about your grades and progress
- Focus on doing your work, studying and asking for help when needed! Your grades count, let's take a look at how your grades are calculated into your GPA:
A = 4, B = 3, C = 2, D = 1, F = 0 Add up all your Final Grades and divide by the number of classes

SELF-CARE TIP: GIVE YOUR HEART A BREAK

Sometimes, it helps to give your mind and heart a break when you're going through things especially if they're out of your control. Absorb your mind in something else by engaging in a hobby, taking a break, going for a walk, talking to someone, doodling or listening to music.

WINTER (DECEMBER-FEBRUARY)

IMPORTANT DATES

- Dec. 10th Freshmen Final Review session
- Dec. 14, 15, and 16 Final Exams
- Dec. 19- Jan. 6 Winter Break

HIGH SCHOOL SUCCESS TIPS

- Struggling with classes? Attend tutoring (bit.ly/vmhstutoring22) or Communicate with your teachers and attend office hours
- Create strong study habits and boost your GPA
- Continue PSAT/SAT prep
- Increase your commitment to extracurricular activities

SELF-CARE TIP: HEAD IN THE CLOUDS? GET GROUNDED.
Ever felt like your brain is running faster than a track star? Use your body & senses by smelling fragrances, slowly taste food, notice the colors around you. Walk on the grass barefoot, do yoga, meditate, or exercise.

SUMMER (JUNE-AUGUST)

IMPORTANT DATES

- June/July TBA MVUSD Summer School
- July TBA Summer School through Method Schools

HIGH SCHOOL SUCCESS TIPS

- Discuss Summer School classes with your counselor if you need to repeat any D or F grades.
- Update your resume to include summer activities (volunteering, internships) or clubs/activities.

SELF-CARE TIP: GOT A PROBLEM? YO, YOU CAN SOLVE IT.
For situations or things that you can control, it might be helpful to remove the stressful thing from your life. Ending unhealthy relationships and focusing on self-love through affirmations and care can make you feel better about yourself. Other problems that are within your control: grades, time-management, organization, setting healthy boundaries.

Learn to love yourself when things feel uncontrollable. Bake or cook a special meal, Clean your house (or just make your bed), take a long shower, buy yourself a small treat.

TENSION RELEASESERS

- Chew gum
- Cry
- Exercise or play sports
- Laugh
- Stretch
- Use a stress ball

SPRING (MARCH-MAY)

IMPORTANT DATES

- March TBA - Course Selection with your Counselor
- March 18 Virtual AP Readiness
- April 4-7 Spring Break
- April 22 AP Readiness
- May TBA - Dual Enrollment Process

HIGH SCHOOL SUCCESS TIPS

- When picking your courses, look through the course catalog and pick classes and alternatives that support your growth, are tied to your interests, or help prepare you for your after-high school journey.
- Want to challenge yourself through rigorous courses? Look out for advance coursework information night announcement!
- College Bound Athletes start your NCAA registration.
- Expand your knowledge about prospective schools by attending college fairs and information sessions.
- Plan a solid summer filled with camps, volunteering, internships and of course, fun.

SUMMER (JUNE-AUGUST)

IMPORTANT DATES

- June/July TBA MVUSD Summer School
- July TBA Summer School through Method Schools

HIGH SCHOOL SUCCESS TIPS

- Discuss Summer School classes with your counselor if you need to repeat any D or F grades.
- Talk with your family about creating a college budget.
- Secure a summer job.
- Enroll in ACT or SAT prep over the summer while you still have free time.
- Visit college campuses to see which types of schools appeal to you.
- Update your resume to include summer activities (job, volunteering, internships) or clubs/activities from spring semester.
- Mental health is important. Take a moment to pause and recharge for the year ahead. Junior year is tough.

REMINDER: YOU CAN DO HARD THINGS.

Stressed? Overwhelmed? Let us know how we can help. Reach out to your counselor or a trusted adult for help. You're not alone. Please look at the valuable information on stress and coping strategies.

FRESHMEN TIMELINE

FALL (SEPTEMBER-NOVEMBER)

IMPORTANT DATES

- If enrolled in AP course, please sign up for Virtual AP Readiness. More info and upcoming dates on apreadiness.ucr.edu
- Oct. 24-31 Meet your counselor through Freshmen pull outs
- Oct. 24 Fresh/Soph Parent Night at 6:00 PM in PAC
- Nov. 5 Register for AP exams if enrolled in AP course/s

HIGH SCHOOL SUCCESS TIPS

- Check your Aeries Portal and Canvas daily to stay informed about your grades and progress
- Focus on doing your work, studying and asking for help when needed! Your grades count, let's take a look at how your grades are calculated into your GPA:
A = 4, B = 3, C = 2, D = 1, F = 0 Add up all your Final Grades and divide by the number of classes

SELF-CARE TIP: GIVE YOUR HEART A BREAK

Sometimes, it helps to give your mind and heart a break when you're going through things especially if they're out of your control. Absorb your mind in something else by engaging in a hobby, taking a break, going for a walk, talking to someone, doodling or listening to music.

WINTER (DECEMBER-FEBRUARY)

IMPORTANT DATES

- Dec. 10th Freshmen Final Review session
- Dec. 14, 15, and 16 Final Exams
- Dec. 19- Jan. 6 Winter Break

HIGH SCHOOL SUCCESS TIPS

- Struggling with classes? Attend tutoring (bit.ly/vmhstutoring22) or Communicate with your teachers and attend office hours
- Create strong study habits and boost your GPA
- Continue PSAT/SAT prep
- Increase your commitment to extracurricular activities

SELF-CARE TIP: HEAD IN THE CLOUDS? GET GROUNDED.
Ever felt like your brain is running faster than a track star? Use your body & senses by smelling fragrances, slowly taste food, notice the colors around you. Walk on the grass barefoot, do yoga, meditate, or exercise.

SUMMER (JUNE-AUGUST)

IMPORTANT DATES

- June/July TBA MVUSD Summer School
- July TBA Summer School through Method Schools

HIGH SCHOOL SUCCESS TIPS

- Discuss Summer School classes with your counselor if you need to repeat any D or F grades.
- Update your resume to include summer activities (volunteering, internships) or clubs/activities.

SELF-CARE TIP: GOT A PROBLEM? YO, YOU CAN SOLVE IT.
For situations or things that you can control, it might be helpful to remove the stressful thing from your life. Ending unhealthy relationships and focusing on self-love through affirmations and care can make you feel better about yourself. Other problems that are within your control: grades, time-management, organization, setting healthy boundaries.

Learn to love yourself when things feel uncontrollable. Bake or cook a special meal, Clean your house (or just make your bed), take a long shower, buy yourself a small treat.

TENSION RELEASESERS

- Chew gum
- Cry
- Exercise or play sports
- Laugh
- Stretch
- Use a stress ball