

COUNSELING NEWSLETTER

brought to you by VMHS counseling team

BRONCO COUNSELING TEAM



- A-Cr **Silvia Osorio** sosorio@murrieta.k12.ca.us
- Cu- Hi **Dione Tyler** dtyler@murrieta.k12.ca.us
- Ho - Mi **Karen Candaele** kcandaele@murrieta.k12.ca.us
- Mo - Sa **Gabriela Arizola** garizola@murrieta.k12.ca.us
- Sc - Z **Claudia Hill** cghill@murrieta.k12.ca.us
- AVID **Diana Ruiz** druiz@murrieta.k12.ca.us
- Academic Intervention **Aurora Padilla** apadilla-napoles@murrieta.k12.ca.us
- Special Projects **Eric Peterson** epeterson@murrieta.k12.ca.us
- Mental Health Specialist **Tara Agajanian** [tagajanian@murrieta.k12.ca.us](mailto>tagajanian@murrieta.k12.ca.us)

Counseling Support Staff:

- Jackie Moran ext. 6690 (West Hall) jmoran@murrieta.k12.ca.us
- Kristin Fuller ext. 6676 (East Hall) kfuller@murrieta.k12.ca.us

Support Links

[Free Mental Health Service](#)
[CLICK HERE](#)

[Community Resources](#)
[CLICK HERE](#)

New Counselor at VMHS!

Meet Silvia Osorio



Silvia Osorio has worked in the Murrieta Valley Unified School District as a Counselor Substitute since 2020. Before joining the Bronco family, she took a position as a College and Career Counselor assisting students with their FAFSA and college applications. Silvia holds a Bachelor of Science in Kinesiology and a Masters of Science in School Counseling with a Pupil Personnel Services Credential from California Baptist University. Silvia has been married to her husband, a retired Marine, for 27 years and together they have 3 adult children who have all graduated from MVUSD. She is grateful to be a part of VMHS and is dedicated to helping create a systems of support for all students. Mrs. Osorio will serve students with the last name A-Cr and her office is in the East Hall.

9 TH



9th and 10th Grade

Counseling Presentation now available:

<https://youtu.be/N5-ubZgBwys>

The Presentation Highlights:

Counselor roles

9th grade focus

10th grade focus

Graduation Requirements

A-G Requirements

Advanced Placement

Dual Enrollment

CTE Pathways

Cal State San Marcos Alliance



10 TH

BRONCOTORIALS ARE BACK

Broncotorial

Guidelines for attending the Broncotorial event



The Broncotorial event is an opportunity to make-up assignments for credit. It is led by teachers and held in groups by subject. Teacher approval is needed.



The next Broncotorial is December 4th. Check-in time is 7:30 a.m in the Library. The session goes from 8:00-12:00 and you **HAVE** to stay the 4 hours for full credit.



Pick up permission slips and forms with Mrs. Moran in the West Hall Office. You will need to turn these forms back in to her prior to the Broncotorial in order to attend.



Snacks will be provided during the break. As always, come and stay with C.L.A.S.S.
GO BRNCOS!



**WARNING:
DUE DATES
ARE CLOSER
THAN THEY
APPEAR**

**November 30, 2021 is the deadline
to submit your application to:
Cal State Univeristy (CSU)
University of California (UC)**

**Don't dealy and get your applications
in!**

**Need Assistance? Visit Mr. Tran, our
College Success Coach in the College &
Career Center**

Don't forget to launch your appliation through your CCGI Account!

**Need Assistance
with your college applications?
Stop by the Library Computer Lab for Assistance**

Counselors will be available to assist on the
following dates from 1-3pm:

Nov. 4

Nov. 9

Nov. 18

Nov. 30



REMINDER

PAY FOR YOUR AP EXAMS

Deadline: November 8th

CLICK HERE TO PAY

If you do not wish to take your AP exam or have any questions, please contact Mrs. Arizola at garizola@murrieta.k12.ca.us

Advanced Placement (AP) Information

We hope you are ready and excited for a rigorous school year as an AP student! To order your AP exam, there will be two steps that students must take. At this time, we are focusing on all students completing Step 1 before Step 2 (payment). Step 1 is joining your classes in My AP in order to access important class materials and to sign up for the AP exam(s). Students can request a Join Code from their teacher and sign in to their College Board account to begin the process at myap.collegeboard.org. Joining a course will notify College Board that an exam should be ordered for that student, so if you are in multiple AP classes, you will need to obtain multiple Join Codes from your teachers. Once every AP student has Joined their class in My AP, then we can move on to Step 2 which is paying for the AP exam. If you have any questions, please email Ms. Arizola at garizola@murrieta.k12.ca.us.



WHY AP READINESS?



Workshops provide students with the skills necessary to be successful in college level classes and hands-on AP activities



AP Readiness allows students to work with master Math, Science, Social Science and English instructors, who prepare them for the rigorous curriculum that they will face in AP courses. Concurrently, their AP teachers observe and learn from the master instructors, gathering a framework for how to successfully conduct an AP course. This unique program allows for students and teachers to learn together. Both teachers and students also become an essential part of a network of AP support and excellence.

If you're an AP student please refer to the AP Readiness Flyer for dates and registration information



The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in the following courses:

- o AP Biology
- o AP Calculus AB
- o AP Chemistry
- o AP Computer Science Principles
- o AP English Language
- o AP English Literature
- o AP Human Geography
- o AP Physics
- o AP Statistics
- o AP US History
- o 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.



WHERE

Virtual

All sessions will take place via Zoom until further notice.



WHEN

August 28, 2021	January 15, 2022
September 25, 2021	February 5, 2022
October 23, 2021	March 5, 2022
December 4, 2021	April 16, 2022

TIME

8:30 a.m.-12:30 p.m.

CONTACT

JAMES KEIPP, DIRECTOR, AP READINESS PROGRAM
UC RIVERSIDE, GRADUATE SCHOOL OF EDUCATION

951.827.6058

JKEIPP@UCR.EDU

<https://apreadiness.ucr.edu/>



A UCR & RCEC INITIATIVE

REMINDERS REMINDERS



 **CLASS OF
2022**

GRADUATION REQUIREMENT
UPDATE

**VISTA
MURRIETA
HIGH SCHOOL**

Senior Culminating Project,
Community Service and Junior
Reflective Essay have been waived
for the Class of 2022.

Students are able to turn in documentation
for community service to receive a service
cord for graduation with 150 service hours
or more.

SAT and ACT 2021/2022

California State University (CSU)

The California State University understands the challenges that students are facing due to COVID-19. In response, the CSU has temporarily suspended the SAT or ACT test requirements only for students applying for admission in fall 2022 as freshman. This means that SAT and ACT scores will not be used for determining who gets admitted into the CSU.

If you are accepted to a CSU campus ACT or SAT test scores will be used as one of the measures to place you in the proper mathematics and English courses. You can visit the CSU Student Success site for further information on course placement.

University of California (UC)

UC will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships. If you choose to submit test scores as part of your application, they may be used as an alternative method of fulfilling minimum requirements for eligibility or for course placement after you enroll.

For students applying to other college or universities that are not part of the UC/CSU system, we recommend checking their admission requirements on SAT and ACT testing.

Register for the SAT
www.collegeboard.org

Register for the ACT
www.act.org

If you are eligible for an ACT or SAT fee waiver, please see Mrs. Finch in the Career Center

FAFSA
WORKSHOPS FOR
SENIOR PARENTS
BROUGHT TO YOU
BY MSJC AND
VMHS

Virtual Workshops Dates and Registration:

Dec. 14th 6pm

<https://murrieta-k12-ca-us.zoom.us/j/7503247283>

Feb. 8th 6pm

<https://murrieta-k12-ca-us.zoom.us/j/7503247283>

An overview presentation of the FAFSA process
will be presented and there will be time for
individual questions and answers



Learn about grants,
cal grants, loans
and scholarships



Learn about the
FAFSA process and
submission

QUESTIONS?

CONTACT YOUR COUNSELOR TODAY

www.vmhs.net

Cal State Apply Workshop Dates Month Date Time Audience Registration

November Wednesday, Nov 3rd 3:30p - 5:30p First-Year Students (High School)
<https://tinyurl.com/CSUSBApplNov3>

Tuesday, Nov. 9th 3:30p - 5:30p First-Year Students & Upper Division Transfers
<https://tinyurl.com/CSUSBApplNov9>

December Thursday, Dec 9th 3:30p - 5:30p First-Year Students & Upper Division Transfers
<https://tinyurl.com/CSUSBApplDec9>

DON'T DELAY SUBMIT TODAY

CSUSB will be hosting
7 workshops starting
October 5th - December 9th.
For more information and to
register:

tinyurl.com/CSUSBFutureYotes

Join the CSUSB Admissions & Outreach
team for *Cal State Apply Workshop* to
help you successfully submit your
Fall 2022 application!

WE DEFINE THE *Future*

 CSUSB

SCIENCE TUTORING

After school from 2:30 - 3:30pm

MONDAYS: Physics in room **C20/21**

WEDNESDAYS: Anatomy/Marine
Bio/Biomedical Science in room

S106/S105

THURSDAYS:

Biology/Environmental Science in
room **S213**

FRIDAYS: Chemistry in room **S209**



MATH TUTORING

TUESDAYS and WEDNESDAYS:

Math I and Math II students
only in room **W219**

After school 2:30 - 3:30pm

15 students maximum

MATH LAB

DURING BOTH LUNCHES

Mr. Snyder in room **SS17**



ALL SUBJECTS TUTORING

Starting October 4th

VMHS Library

MONDAY - THURSDAY

After school 2:30 - 3:30pm

NHS Tutors available on the
listed select days



VISTA MURRIETA HIGH SCHOOL

TUTORING SCHEDULE

FREE TUTORING FOR ALL VMHS STUDENTS

DAILY DURING LUNCH AND AFTER SCHOOL (2:30 - 3:30PM)

ENGLISH TUTORING

MONDAY - THURSDAY:

All English 2:30 - 3:30pm

Mrs. Gonzalez in the VMHS Library

WRITING LAB:

Mr. Walsh in room **EE18**

Ms. Robbins in room **M117**

DURING BOTH LUNCHES



COUNSELING STAFF

- | | |
|--------------------|---------------------------|
| • Silvia Osorio | A - CR |
| • Dione Tyler | CU - HI |
| • Karen Candaele | HO - MI |
| • Gabriela Arizola | MO - SA |
| • Claudia Hill | SC - Z |
| • Diana Ruiz | AVID |
| • Aurora Padilla | ACADEMIC
INTERVENTIONS |

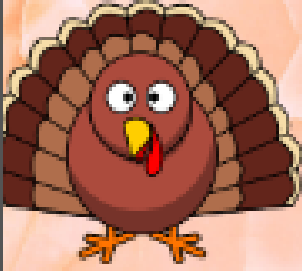
Please reach out to your alpha counselor with any
questions about further academic support.

CAREER CENTER *News*



Cara L. Finch
College and Career Center (location inside of the library)
Guidance Technician
951.894.5750 x6589
CLFinch@murrieta.k12.ca.us

For zoom links, please visit our website and proceed to the College and Career Center Link College Career Center / Overview (murrieta.k12.ca.us)



November Visits College & Career Center



DATE:	TIME:	GUEST:
<input type="checkbox"/> Tuesday, Nov. 2	12:00 PM	Corban University (VIRTUAL)
<input type="checkbox"/> Weds. Nov. 3	12:30PM	Northern Arizona University LIVE
<input type="checkbox"/> Weds. Nov.3	5:00 PM	UCSD (VIRTUAL)
<input type="checkbox"/> Thurs. Nov. 4	4:15 PM	Vanguard University (VIRTUAL)
<input type="checkbox"/> Friday, Nov. 5	4:00 PM	UCLA (VIRTUAL)
<input type="checkbox"/> Monday, Nov. 8	4:30 PM	UC Merced (VIRTUAL)
<input type="checkbox"/> Tues. Nov. 9	4:00 PM	Westmont University (VIRTUAL)
<input type="checkbox"/> Weds. Nov. 10	4:00 PM	UC Irvine (VIRTUAL)
<input type="checkbox"/> Thurs. Nov. 11	4:00 PM	USC (VIRTUAL)
<input type="checkbox"/> Monday, Nov. 15	4:00 PM	Dixie State University (VIRTUAL)
<input type="checkbox"/> Tues. Nov. 16	4:00 PM	University of New Mexico (VIRTUAL)
<input type="checkbox"/> Weds. Nov. 17	4:00 PM	Colorado Mesa University (VIRTUAL)
<input type="checkbox"/>	See "VIRTUAL EVENTS" on CCC website	
<input type="checkbox"/>	La Sierra University Recorded Presentation available on CCC Website	
<input type="checkbox"/>	San Diego State University VIRTUAL visits every Tues & Thursday at 4PM	

Interested in a Military Career?
 We Have Military Reps on Campus every Thursday!



IMPORTANT NOTES



- Every Thursday at lunch, Military reps will be here to answer any questions you have about serving in the Armed Forces
- All Dates and Times are subject to change
- Sign up in the College & Career Center or website for any of the workshops offered.
- Masks must be worn for all LIVE presentations
- Stay Tuned for January College Rep Visits and Trade School Workshops
- For Virtual visits, please use the Zoom Links on the College and Career Center website TA "VIRTUAL EVENTS"
- Please check the College and Career Center Website for updates

<https://www.murrieta.k12.ca.us/domain/1699>



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



Mental Health Resources for Families:

As adults, we may experience similar emotional reactions surrounding the current situation. If you or an immediate family member need professional support in dealing with the anxieties, stress or added mental health challenges associated with the COVID-19 pandemic, please contact your mental health provider or use CareSolace, our personalized mental health concierge services available, 24/7 for all Murrieta Valley USD families. CareSolace may be reached at 888-515-0595 or visit, www.caresolace.com/murrietafamilies. Below are resources to help you and your family during this unprecedented time.

**You can also find more resources at our district website at:
Behavioral Health / Mental Health Resource Links
(murrieta.k12.ca.us)**



VISIT OUR DISTRICT'S VIRTUAL CALMING SPACE:

**Behavioral Health / Virtual
Calming Space**

(murrieta.k12.ca.us)



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

NOVEMBER 2021 • ISSUE 1 • VOLUME 4

SCIENTIFIC BENEFITS OF Gratitude



Emmons (2003)
Participants who kept a GRATITUDE journal for 10 weeks felt...

25%
HAPPIER

...while in another study they got

29%
BETTER SLEEP



Wood et al (2009)



It's also been shown to boost

**SELF
ESTEEM**

Chen (2014)

McGrady et al (1998)

**& REDUCE
STRESS 23%**
HORMONES BY

VITAMIN G

has SO many psychological and physical health benefits that it is even predicted to

**+7 YEARS
TO OUR
LIVES!**

Danner et al (2001)

GRATITUDE HAS ALSO BEEN SHOWN TO INCREASE RESILIENCE AND POST-CRISIS

GRATITUDE

Research demonstrates that a practice of gratitude has many physical and mental health benefits. Practicing gratitude can increase happiness, boost your mood, decrease anxiety and improve relationships. By working at shifting our mindset to a place of gratitude we can improve our well-being and have a positive impact on others.

THE POWER OF GRATITUDE IS IN SHARING

Sharing and receiving gratitude feels good. This month share some gratitude. Spread the word. Let others know that you are grateful for them and share with them what they mean to you. Sharing gratitude helps build relationships, creates unity and can lead to positive connections.

[How to Practice Gratitude](#)

[What Teens Are Thankful For](#)

[Gratitude Meditation \(Strengthen Happiness\)](#)

[Gratitude Exercises](#)

[Wellbeing & Crisis Resources](#)

RESOURCES

SMARTPHONE APPS

[365 Gratitude Journal](#)

[Gratitude](#)

[Happyfeed](#)

[Gratitude Garden](#)

APP



NCAA Eligibility Steps for the Student-Athlete

Freshmen/Sophomores

- **Inform your counselor that you plan to compete in college - Check that you are taking courses that meet NCAA eligibility NCAA Eligibility Center Courses**
- **Research colleges and areas where you may be interested in competing**
- **Make up any poor grades in approved courses for summer school**

Juniors

- **Register at the NCAA Eligibility Center (\$90 fee)**
<https://web3.ncaa.org/ecwr3/>
- **Register and take the SAT and/or ACT <https://www.collegeboard.org/> and <http://www.act.org/> use the code 9999 to have your scores sent for free to the Eligibility Center (**SAT/ACT is waived for Class of 2022 for NCAA**, however some colleges may still require it for admission.)**
- **Email coaches and schools where you may be interested so you can gather information and sell yourself with academics and athletics (highlight videos)**
- **Visit college campuses on unofficial visits**
- **Make up classes with Ds or Fs in approved summer school to meet the 7/10 rule**
- **Make an appt. for a NCAA evaluation with your counselor, Mrs. Candaele or Mr. Peterson**

Seniors

- **Check that your courses will meet the 16 core courses needed with the required 2.3 GPA for Div 1 and 2.2 GPA for Div. 2 along with your SAT/ACT sliding scale.**
- **Communicate with coaches on requirements for school eligibility, possible scholarships**
- **Apply for the FAFSA - research outside scholarships**
- **Complete all academic and amateurism questions required through your NCAA Eligibility account in April**
- **Graduate and confirm final transcripts have been uploaded to the Eligibility Center**