

COUNSELING NEWSLETTER

brought to you by VMHS counseling team

VMHS COUNSELING TEAM



TAKE A LOOK AT THIS MONTHS ISSUE:

- Counselor's message*
- Senior Information-Senior event flyer*
- Summer School Information*
- AP Information & Schedule*
- MSJC Information*
- SAT Information*
- ASVAB Information*
- NCAA Information*
- AP Exam Information*
- RCOE College Success Coach*
- Mental Health and Wellness*

BRONCO COUNSELING TEAM

- A - Cr **Sandra Almaraz** salmaraz@murrieta.k12.ca.us [Book an appointment online](#)
- Cu - Hi **Dione Tyler** dtyler@murrieta.k12.ca.us [Book an appointment online](#)
- Ho - Mi **Karen Candaele** kcandaele@murrieta.k12.ca.us [Book an appointment online](#)
- Mo - Sa **Gabriela Arizola** garizola@murrieta.k12.ca.us [Book an appointment online](#)
- Sc - Z **Claudia Hill** cghill@murrieta.k12.ca.us [Book an appointment online](#)
- AVID **Diana Ruiz** drui@murrieta.k12.ca.us [Book an appointment online](#)
- Academic Intervention **Aurora Padilla** apadilla-napoles@murrieta.k12.ca.us [Book an appointment online](#)
- Mental Health Specialist **Angie Curiel** acuriel@murrieta.k12.ca.us [Book an appointment online](#)
- Special Projects **Eric Peterson** epeterson@murrieta.k12.ca.us [Book an appointment online](#)

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



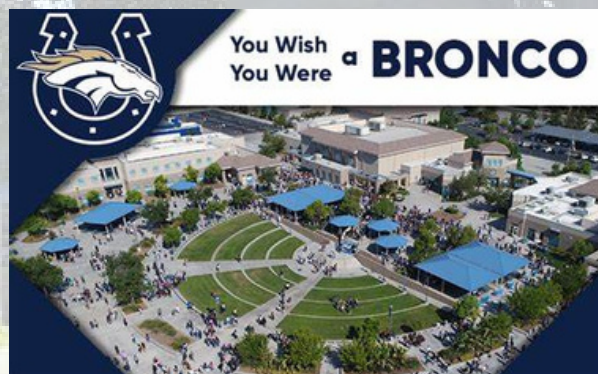
Bronco Families and Students,

We are ever grateful for the continued support, patience and determination you have all possessed throughout the school year. As we enter into May, we know that we are close to wrapping up the school year. While we've had many trials and tribulations there are many success stories as well that have continued to amaze us. April was an exciting month to have students back on our campus, the normalcy is slowly returning by seeing students interact on campus and walking our hallways. We can venture to say that we are all excited to bring the year to a close and welcome our traditional school back next year. Our wish is that you finish strong! Here are a couple reminders:

- Communicate with your teachers to set up a plan for passing all your classes**
- Study for finals far in advance**
- Sign up for summer school to make-up any D/F grades**
- Check your Academic Plan in Aeries to see what classes you are registered to take next year**
- Meet with your counselor if you have any questions about your transcript, credits, summer school, or your academic plan**

We look forward to wrapping up the last four weeks of school with you and we are especially looking forward to having you return to campus next year. Let's finish strong Broncos!

VMHS Counseling Team



SENIOR INFORMATION

Deadlines and Reminders

Attending MSJC in the Fall? Need help with online registration?

Please look at the dates below for upcoming workshops.

ITEMS TO HAVE AVAILABLE FOR EACH WORKSHOP:

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

May Workshops

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 for more details.



**Need to request an MSJC
Transcript? [Click here](#)**

FAFSA

Please [click here](#) to watch the
*Understanding your Financial Aid
Offer Video*, available on the
counseling canvas page



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 is due MAY 21st!

[Summer School Application](#)

↙ **For other Summer School options please visit:** ↘

[Summer School Application 2021 \(murrieta.k12.ca.us\)](https://murrieta.k12.ca.us)

Registration - Dual Enrollment and MSJC ANNEX

If you signed up for a Dual Enrollment or ANNEX course for the 2021/2022 school year, You should have received information to follow up on the dual enrollment paperwork needed to submit no later than May 21st.

Please be sure to check your school email to keep track of important deadlines, information on the registration process, and to keep track of your enrollment in the fall.

MSJC dual enrollment documentation needs to be submitted by May 21st.

NCAA Eligibility Center Spring Webinar for College-Bound Student-Athletes

Do you want to compete in college sports? Join the NCAA Eligibility Center for their spring webinar for college-bound student-athletes and your families on Thursday, May 13, 2021 at 6:30 p.m. Eastern time. This webinar will teach you about the initial-eligibility requirements you must meet in order to study and play sports at an NCAA Division I or II school.

[Click here to register.](#)



The graphic features the NCAA Eligibility Center logo in the top left corner. A central box contains the word "WEBINAR" with "LIVE" above it. Below this, text reads: "Learn about the initial-eligibility requirements you must meet in order to study and play sports at an NCAA Division I or II school." At the bottom, three blue-bordered boxes provide details: "AUDIENCE: COLLEGE-BOUND STUDENT-ATHLETES & YOUR FAMILIES", "DATE: THURSDAY MAY 13", and "TIME: 6:30 P.M. EASTERN". The background shows a blurred image of a basketball player in action.

If you have any NCAA questions please contact the
NCAA Coordinators:

Eric Peterson epeterson@murrieta.k12.ca.us OR Karen Candaele kcandaele@murrieta.k12.ca.us

Seniors

If you're attending a 4 year, 2 year, trade school, or have enlisted into the military, please join us for our Post Secondary Commitment Celebration on May 26 6:30pm at VMHS in the amphitheater. Please use the link below to let us know if you'll be joining us for the Post Secondary Commitment Celebration and to submit your Formal Senior Photo for this event.

<https://forms.office.com/r/kk88ku5wQb>



**They're
Committed
You're
Invited**

Join us as we celebrate the acceptance
announcements of our future leaders in the
2021 Vista Murrieta Senior Class

VMHS Post Secondary Commitment Celebration

Wednesday | 6:30 PM
May 26th, 2021

Vista Murrieta Quad



**The capacity is 300 please
make sure to send yours
early!
We have to close the link
once we reach 300.**



INTRO TO WELDING WORKSHOP

LEARN TO WELD: STICK, MIG AND TIG

SATURDAY MAY 15th - 8 AM TO 4:30 PM

ONLY \$399 - INCLUDES YOUR OWN WELDING GEAR PACKAGE AND LUNCH!

- Includes: ESAB Savage helmet, welding hat, welding mask, welding gloves, welding jacket, safety glasses, earplugs.

Register at:

<http://www.socalwelding.com/introwelding.html>



32081 Corydon St,
Lake Elsinore, CA
(951) 536-3809

LEARN TO WELD



Save the Date: ASVAB Test

WHEN: Monday, May 10, 2021

**TIME: 8:00 am (check-in starts at
7:30 am)**

LOCATION: VMHS MPR

Only 50 seats available.

Click here to register for the test

**Email mmorris@murrieta.k12.ca.us
for any questions.**

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 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

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

There's still time to meet with Ms. Mariam!

Friday, May 7, 3:00 - 5:00 pm, 5:30 - 8:00 pm

Thursday, May 20, 2:00 - 5:00 pm, 5:30 - 8:00 pm

Friday, May 21, 8:00 am - 5:00 pm, 5:30 - 8:00 pm

Mariam Mekhael: 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!

The next Workshop is on
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 for more details.



SAT INFORMATION

Registration Details at 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

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.



VMHS AP EXAM SCHEDULE 2021

Date	AP Exam	Location
Tuesday, May 18 @ 9 AM	AP English Literature	Virtual (at home)
Wednesday, May 19 @ 9 AM	AP United States History	Virtual (at home)
Wednesday, May 19 @ 1 PM	AP Macroeconomics	Virtual (at home)
Thursday, May 20 @ 9 AM	AP Government AP Modern World History	Virtual (at home)
Thursday, May 20 @ 1 PM	AP Psychology	Virtual (at home)
Friday, May 21 @ 8 AM	AP Spanish Language	In Person (at school)
Friday, May 21 @ 12 PM	AP Music Theory AP Spanish Literature	In Person (at school)
Monday, May 24 @ 8 AM	AP Calculus AB AP Calculus BC	In Person (at school)
Monday, May 24 @ 12 PM	AP Physics	In Person (at school)
Tuesday, May 25 @ 8 AM	AP Chemistry	In Person (at school)
Tuesday, May 25 @ 12 PM	AP Statistics	In Person (at school)
Wednesday, May 26 @ 9 AM	AP English Language	Virtual (at home)
Wednesday, May 26 @ 1 PM	AP Computer Science	Virtual (at home)
Thursday, May 27 @ 9 AM	AP Biology	Virtual (at home)
Thursday, May 27 @ 1 PM	AP Environmental Science	Virtual (at home)
Friday, May 28 @ 9 AM	AP Human Geography	Virtual (at home)
Friday, May 28 @ 1 PM	AP Microeconomics	Virtual (at home)
Make Ups (Must be Pre-Arranged)		
Tuesday, June 1 – Friday, June 11	MUST make arrangements with Ms. Arizola garizola@murrieta.k12.ca.us	VIRTUAL ONLY

MENTAL HEALTH AWARENESS MONTH

This year presented challenges and obstacles that tested our strength and resiliency. The pandemic forced us to cope with situations we never imagined and many struggled with mental health as a result. The good news is, there are tools and resources available that can support mental wellness.

During the month of May let's focus on what we can do in our daily lives to prioritize mental health, build resiliency, and continue to cope with obstacles. Change doesn't happen overnight, but if we focus on small changes, we will be able to develop long-term strategies that will enable us to cope with the challenges that life throws our way!



CALIFORNIA STUDENT
MENTAL HEALTH WEEK

Student Mental Health Virtual Spirit Week: Try New Coping Skills!

MAY 10-14, 2021

Meditation Monday

Coping Strategy

Practice **MINDFULNESS** or participate in a guided meditation!

Treat Yourself Tuesday

Coping Strategy

Treat yourself to your **FAVORITE** thing to do!

Write it Out Wednesday

Coping Strategy

Write in a journal, write poetry, write a letter, or write down your feelings and thoughts!

Thankful Thursday

Coping Strategy

Make a list of things you are **THANKFUL** for!

Free to Be Me Friday

Coping Strategy

Make a list of all the things you **LOVE** about yourself!

Articles:

[6 Ways to Practice Self-Compassion](#)

[8 of the Best Meditation Apps](#)

[Processing Big Changes](#)

[Powerful Ways We Can Reduce MH Stigma](#)

Activities:

[Guided Journal](#)

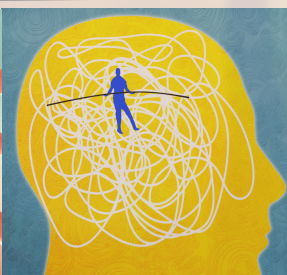
[Project Happiness](#)

[My Strengths & Qualities](#)

[Instagram Story](#)

Health

- Body
- Mind
- Spirit



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