

COUNSELING NEWSLETTER

brought to you by VMHS counseling team

BRONCO COUNSELING TEAM



Mr. Tyler, Cu-Hi
West Hall



Mrs. Padilla, Intervention/EL
East Hall



Mr. Bennett,
School Psychologist
W115



Mr. Caldwell, A-Cr
East Hall



Ms. Hill, Sc-Z
West Hall



Mr. Peterson, COSA
A157



Ms. Arizola, Mo-Sa
East Hall



Mrs. Ruiz, A.V.I.D
East Hall



Mrs. Candaele, Ho-Mi
West Hall

**MENTAL HEALTH SPECIALIST
COMING SOON...**

- A-Cr **Demetrius Caldwell** dcaldwell@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 TBD

Counseling Support Staff:

- Jackie Moran ext. 6690 (West Hall) jmoran@murrieta.k12.ca.us
- Catherine Whitaker ext. 6676 (East Hall) cwhitaker@murrieta.k12.ca.us



Welcome back to campus Broncos! We are so happy to have you all here in-person for the 2021/2022 school year. We hope you have started acclimating to the new bell schedule along with your new classes. Building connections with teachers and fellow classmates is such a vital part of high school so take advantage of having such a large community and be sure to get involved this year. If you need anything from the counseling department, we are here to support your mental health and your academic success. Go Broncos!



Counselor Meetings with Students

Counselors will meet with all students throughout September and October to review grades, transcripts, discuss post high school plans and to finally meet and greet our students in person! The schedule is planned according to grade level, please refer to the schedule below.

Seniors Sept. 13-17
Juniors Sept. 20-24
Sophomores Oct. 11-15
Freshman Oct. 18-22



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

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

PSAT/NMSQT

Saturday, October 16

If you are interested in taking the PSAT/NMSQT this year please register here: **www.TotalRegistration.net/PSAT/053004**

Measure what you're learning in school, determine if you're on track, and open doors for opportunities to prepare and pay for college.

UNLOCK YOUR STUDENT'S POTENTIAL

WITH

ZAPS
FOCUSED TEST PREP

Doorway to College Foundation™ (D2CF) is the exclusive provider of ZAPS® Focused Test Prep.

In this five-hour seminar, your student will get to:

- Learn tips to improve scores in all subtests
- Practice strategies to eliminate wrong choices
- Take short practice tests that mirror the real test experience
- Reduce test anxiety and gain confidence
- Receive extensive materials for home practice

And much, much more!

Spots will fill up quickly, so sign up today!

Vista Murrieta High School is partnering with us to bring ZAPS PSAT/SAT Test Prep to your student!

Receive the Nation's Best Test Strategy Prep at a special price of only \$99.99!

We are excited to be back in-person in your school this Fall!

PSAT/SAT Test Prep Seminar

Vista Murrieta High School

Wednesday & Thursday

September 22 & 23, 2021

Time: 6:30 – 9:00 PM

Standard Seminar: ~~\$149.99~~

Your Seminar: \$99.99



**Doorway
to College**
Foundation

Register at:

**www.doorwaytocollege.org
or call 877-927-8378**

CAREER CENTER

Meet Mrs. Finch



Mrs. Finch is located in the Career Center and is able to assist our students with the following services:

Career Development (resume, interview skills)
Scholarship Opportunities
MSJC Matriculation
Military Information and Assistance
ASVAB
College search and application process
Financial aid application through FAFSA
Community Service Opportunities
College Visits
SAT/ACT waivers
Transcript Request Help/Parchment.com Assistance
Work Permits

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

FAFSA for SENIORS



FAFSA Blitz Presentations Oct. 4

Counselors will be in Senior Social Science Classrooms the week of Oct. 4th to share information on the FAFSA application and submission process

Seniors will launch the FAFSA application through their CCGI account, information and instructions will be given to students.

**The FAFSA
Application
opens on Oct.
1st**

**FAFSA
Activity for
Seniors will
take place on
Oct. 1st**

ATTENTION SENIORS!

Log On To:



- Launch FAFSA- October 1st
- Cal State Applications- October 1st
- UC Applications- November 1st
- Community College Applications- Spring

**RESEARCH
COLLEGES**

**SEARCH
CAREERS**

You will use CaliforniaColleges.edu as the hub for
all of these options.

Contact Jmoran@murrieta.k12.ca.us
for tech/Password issues



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**

OUR NEW MENTAL HEALTH SPECIALIST/SOCIAL WORKER WILL BE STARTING WITH US SOON! MRS. ANGIE CUIREL ACCEPTED A POSITION IN SAN DIEGO, WE MISS HER AND WISH HER THE BEST!

5 MENTALHEALTH QUICK TIPS FOR STUDENTS



No. 1: Focus on what you can control

When we lose control of our lives, it's easy to feel helpless or immobilized. To combat this, take each day as it comes. Recenter your focus on what you can control.



No. 2: Keep a schedule

Another expert recommendation is to keep a schedule, which can give each day a natural flow of activities and responsibilities. In fact, you'll wonder why you didn't create one sooner. Students who don't have a routine can suffer from poor sleep, poor eating habits, and increased stress.



No. 3: Explore on-campus or off-campus counseling

Seeking out help is a sign of strength. Don't be afraid or embarrassed to ask when you need it. Schools, colleges and universities are amping up their mental health resources in anticipation of students' needs during this difficult time.



No. 4: Stay connected to your support system

Humans need social connection. In fact, our social network often acts as a support system to carry us through good times and bad. And now is an ideal time to rely on a support system.



No. 5: Practice mindfulness

Mindfulness, meditation, or spiritual practices can improve your state of mind. And it can provide physical benefits, too.

Mindfulness is the process of focusing on the present moment and quieting external stimuli and stressors. It is often developed through practicing meditation or other training. According to multiple studies, meditation can reduce the effects of physical and psychological conditions – including high blood pressure, anxiety, and depression.

