MHS COUNSELING TEAM

COUNSELING NEWSLETTER

brought to you by 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

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 druiz@murrieta.k12.ca.us Book an appointment online

Academic Intervention Aurora Padilla apadilla-napoles@murrieta.k12.ca.us Book an appointment only 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)

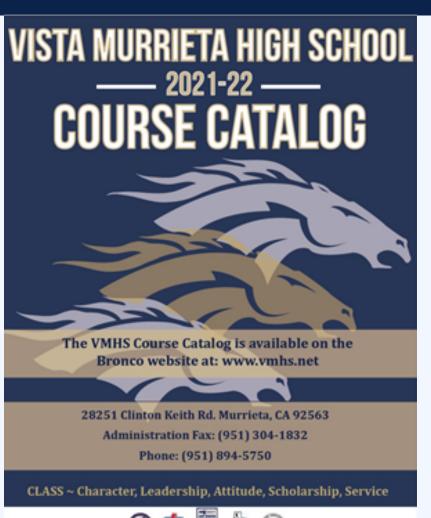
Vista Murrieta High School 951-894-5750 www.vmhs.net

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 of you need assistance and tutoring in one or more subjects.



REGISTRATION 2021-2022



The course catalog is available on our school website: 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

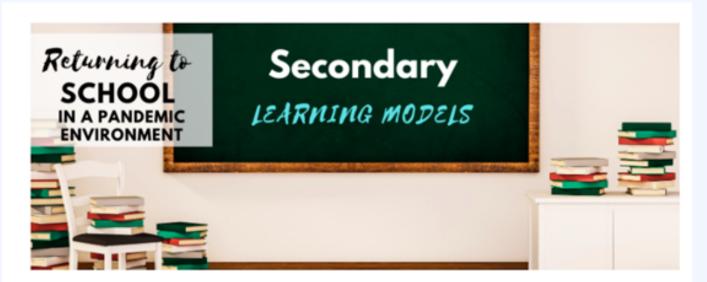
Please review the course catalog for course descriptions and prerequisites. If you have questions regarding your course selection please book an appointment with your counselor. Our goal is to assist you with aligning your course selection to your post high school goals and plans.

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)



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.

<u>Hybrid In-Person Learning Model</u>

- 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 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 outreachemsjc.edu or call (951) 888-1516 with any questions

TRANSFORMING LEARNERS. TRANSFORMING COMMUNITIES. TRANSFORMIMG LIVES.

FAFSA/Cal-SOAP

MSJC

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



Maríam 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.



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!

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 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.



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

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

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



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