

VMHS COUNSELING TEAM



DEMETRIUS CALDWELL
Students: A-Cr
Location: East Hall



DIONE TYLER
Students: Cu-Hi
Location: West Hall



KAREN CANDAELE
Students: Ho-Mi
Location: West Hall



GABRIELA ARIZOLA
Students: Mo-Sa
Location: East Hall



CLAUDIA HILL
Students: Sc-Z
Location: West Hall



DIANA RUIZ
Students: AVID
Location: East Hall



AURORA PADILLA
Students: Intervention/EL
Location: East Hall



Eric Peterson
Students: Special Projects
Location: West Hall



Bronco Counseling Newsletter

AP Exam Information
Meet Mrs. Just
Grade Level Information
Mrs. Curiel – Awareness on Anxiety

NOVEMBER VOLUME 3

The AP exam payment deadline is approaching! Payments for your AP exam(s) can be made on Total Registration at www.TotalRegistration.net/AP/053004. The deadline to pay for your AP exam (or make a minimum \$40 deposit) is **Friday, November 6, 2020**. Exams purchased after November 6, 2020 will incur a late fee so register now!

Important AP Fee Waiver Information: If you are eligible for Free & Reduced Lunch, please proceed with the same registration process. It will ask you if you are eligible for Free & Reduced lunch, to which you will respond "yes". The system will then prompt us to approve your fee waiver request. Once we approve it, you can go back into Total Registration to finish the registration process.

If you have any questions about the AP exam registration process, please reach out to AP coordinators Ms. Arizola at garizola@murrieta.k12.ca.us or Mrs. Candaele at kcandaele@murrieta.k12.ca.us

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 Counseling Team

A – Cr Demetrius Caldwell dcaldwell@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrCaldwellVMHS@MurrietaUSD.onmicrosoft.com/bookings/>

Cu– Hi Dione Tyler dtyler@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrieta@MurrietaUSD.onmicrosoft.com/bookings/>

Ho - Mi Karen Candaele kcandaele@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool1@MurrietaUSD.onmicrosoft.com/bookings/>

Mo - Sa Gabriela Arizola garizola@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool@MurrietaUSD.onmicrosoft.com/bookings/>

Sc – Z Claudia Hill cghill@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool2@MurrietaUSD.onmicrosoft.com/bookings/>

AVID Diana Ruiz druiz@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrsRuizAVID@MurrietaUSD.onmicrosoft.com/bookings/>

Academic Intervention Aurora Padilla apadilla-napoles@murrieta.k12.ca.us
Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool3@MurrietaUSD.onmicrosoft.com/bookings/>

Mental Health Specialist Angie Curiel acuriel@murrieta.k12.ca.us
Book an appointment online: <https://outlook.office365.com/owa/calendar/VMHSSocialeMotionalCounseling@MurrietaUSD.onmicrosoft.com/bookings/>

Special Projects Eric Peterson epeterson@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrPetersonsOnlineAppointments@MurrietaUSD.onmicrosoft.com/bookings/>

New Face to Our Counseling Department!

Mrs. Just currently oversees the Counseling Department



I have been in the field of education since 1994- 26 years!

I taught special education at the elementary, middle, and high school level for 17 years. I have taught in IA., CO., CA., and NV. I then moved to the district office with MVUSD as a special education program specialist for three years and this is my 6th year at Vista.

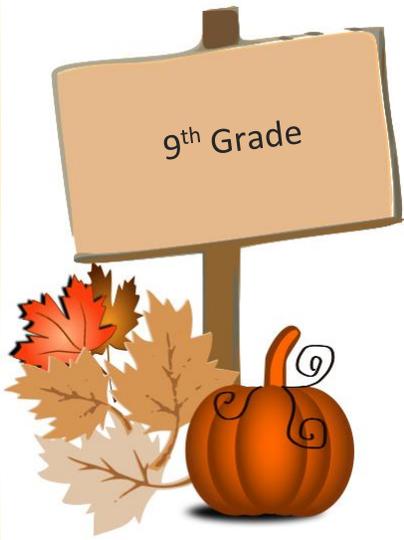
Both of my own kids have attended Vista- Kyle graduated this year and Halle is a senior this year.

I am all in with the Bronco Way! I bleed blue and gold! I absolutely LOVE what I do, and I take great pride in what we have built and continue to grow here at Vista. I believe in the tenants of CLASS and truly they are not just words on a poster on the wall - they are skills and attributes that you will carry into your adult life. I believe in putting your all into what you believe in and always leading with my heart.

Remember Broncos- nothing will work unless you do!

I know this is anything but a typical year and you as students are faced with many challenges. Please reach out if you need anything at all. Your teachers, counseling and administrative team are here to help. We will get through this together Broncos and come back even stronger! #vmbracosunited #bethechange

~Mrs. Just



Happy November Class of 2024! As we enter a new month, we realize this has been a whirlwind of a year! We do hope you all can find reasons to be grateful, even through difficult and uncertain times. Although you haven't been able to meet your teachers in person, you have made a great impression on them and they're grateful you're a BRONCO! Keep going Class of 2024!

Please visit the following link for a presentation specifically for 9th and 10th grade students. Counseling will discuss graduation requirements, A-G, requirements and more topics related to your grade level.

[9th & 10th Grade Presentation](#)

Dear 9th grade students,

It's always refreshing to meet new faces (sometimes when your camera is on 😊) and if not, just connect with you. I am excited always to share the "newness" of the high school experience for you. I am really having fun because of your willingness to learn and your growing awareness that this phase in your school life is an exciting beginning! You are getting to attend more, engage more, work harder and learn some more! You inspire me every day! I look forward to connect and deliver as your teacher. Continue to expand those brain cells! Keep doing, keep going...

"You matter. You are important. You are loved."

Love always,

Mrs. Blaske (Engineering)

I'm grateful for the energy 9th graders bring; everything is new and exciting to them! =) It also takes courage to be excited about new experiences, so I admire their courage. I appreciate how many of my ninth graders genuinely want to learn and grow, and improve! Also, freshman are funny! Most of my favorite stories and sayings over the years have come from my 9th graders! =)

-Ms. Mayfield (English)

I am grateful for the opportunity to continuously watch my 9th grade students learn and grow and for taking advantage of the opportunities offered to you, despite the circumstances we are facing.

Coach Peterson

I am grateful that my 9th graders this year are polite and so very genuine! Wonderful group to work with as we navigate the waters of distance learning.

Mrs. Acevedo-Johnson (Biology)



While working from home due to the pandemic, I must remind myself of a favorite quote by Maya Angelou, "Stormy or sunny days, glorious or lonely nights, I maintain an attitude of gratitude. I think we all have different points during this virtual learning have felt a stormy day, or a lonely night. Having a gratitude helps to reset my thinking and inspires me to continue to do what I love, teach! Specifically, I would like to share how thankful I am to my English I students who have their cameras on, participate in class, and show kindness when they say, "Goodbye, Mrs. Clay! Have a great day!" Thank you

Mrs. Clay (English)





Happy November Class of 2023!

If you are in an AP class, please make sure to read the information on the front page of this newsletter. This is an important year for you as a Sophomore and with 12-week grades coming out, we're hoping you've been able to set a routine and reach out for help when needed. Just a reminder to check-in with your teachers during office hours if you need assistance with a class. You can also utilize our online tutoring at paper.co

Many of you have asked about the PSAT and unfortunately it will not be offered this year, however, there are some tutorials and practice test information that you can look into at:

<https://www.khanacademy.org/test-prep/sat/new-sat-tips-planning/new-sat-how-to-prep/a/full-length-psat-nmsqt>

Please visit the following link for a presentation specifically for 9th and 10th grade students. Counseling will discuss graduation requirements, A-G, requirements and more topic related to your grade level. [9th & 10th Grade Presentation](#)



Happy November Class of 2022!

We are now six weeks away from the end of the fall semester. This means there is still time to get your grades up! If you are struggling in any of your classes, please reach out to your teacher and counselor. We have resources such as Paper.co that offers tutoring 24/7. Your teachers also have specific office hours throughout the week where you can get additional support and ask questions.

If you have not already done so, we encourage all junior students and parents to view our informational [Junior Parent Night](#) presentation. This presentation will cover the most important aspects of junior year and what students should be focusing on.

Many juniors have been asking about the SAT. We are waiting to hear about possible testing sites that will be open in the spring and we will communicate this to you once we know more. In the meantime, you can always begin studying for the exam using [Khan Academy](#) for free!

We know this time has been stressful for many students. If you are feeling overwhelmed, dealing with anxiety, or sadness, please reach out to your counselor or a trusted adult. We can help you get the emotional support that you need to get through these tough times.

Please visit the following link to view a presentation specifically for 11th grade students and parents. [11th Grade Presentation](#)



Welcome to November Class of 2021!

As a reminder, the Board of Education voted to waive the 40 hours of community service and Senior Culminating Project as graduation requirements for the class of 2021. If you would still like to submit any community service hours that you have already completed, you can email them to your counselor.

For seniors applying to four year colleges, application deadlines are approaching! UC applications are due November 30th and CSU applications are due December 4th. For all other applications, make sure to check the school's website for deadline dates. Visit www.californiacolleges.edu to access CSU/UC applications and the Common App.

FAFSA is now OPEN! If you are planning to attend a 4 year college, 2 year college, or trade school, make sure you fill out the FAFSA. We have free one on one assistance available with our FAFSA expert. Please use this Bookings Link to schedule an appointment with her ASAP.

<https://outlook.office365.com/owa/calendar/FAFSACOUNSELING@MurrietaUSD.onmicrosoft.com/bookings/>

There will be a virtual FAFSA Overview Presentation on Nov. 17th at 6pm

Presented by MSJC's Financial Aid Department

This will be a general overview of the FAFSA process
and there will be a Q&A time at the end of the presentation

Presentation Zoom Link:

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

[Meeting ID: 750 324 7283](#)

To keep up with the most up to date information please read future publications of the PONY Express, Counseling Newsletters, www.vmhs.net > Counseling, Career Center, Vista Murrieta High School Counseling Facebook, and the Counseling Canvas Page.

Lastly, make sure you are preparing for your finals in December. Reach out to your teacher(s) or counselor to get help if you are struggling. Remember which classes you must absolutely pass in order to graduate and prioritize those. There are only six weeks left in the fall semester, you've got this!

Please refer to the following page for helpful resources and virtual events and a link to a presentation by the counseling department.

12th Grade Presentation Link: [12th Grade Presentation](#) Please view the presentation specifically for 12th grade students and parents.

VMHS Counseling Canvas page includes useful resources for Seniors:

- **UC/CSU Options**
- **A-G Overview**
- **California Career Zone Budget Tool**
- **What It Takes to Live in California Planning Sheet**
- **College Action Plan by Grade Level**
- **Junior Jump Start Planning Guide**
- **Junior and Senior Timelines/Important Dates**
- **College Application Guide for Seniors**
- **Senior College Planning Guide**

If you are still in need of assistance with your college application, please sign up for one of our College Application Assistance Days in November/December. Please refer to the link below if you would like to sign up.

Nov 3rd, 10, 12, 17, 19

Dec 1st, Dec 3rd

<https://murrieta-k12-ca-us.zoom.us/j/94829360332?pwd=cXBjNi9OVndHUXZXV01UdVV4UWI4Zz09>

Here are some Supplemental College Application Tutorials that can help you during the application process:

UC Application Fall 2021, log on to www.californiacolleges.edu,

Filing period Nov 1 – Nov 30.

[UC Application Walkthrough - videos](#)

CSU Application Fall 2021 is OPEN, log on to www.californiacolleges.edu,

Filing period Oct 1st - Dec 4th

[CSU Apply Tutorial](#)

FAFSA Application is OPEN, log on to www.californiacolleges.edu to launch FAFSA,

Opened Oct 1, Deadline to submit for CAL Grant awards is March 2nd

[FAFSA Overview](#)



Interested in any of the colleges listed below?
You're invited to their November College Virtual Visits!

Pace University, Thursday, 11/5 @ 12:00 pm

UC San Diego, Friday, 11/6 @ 11:00 am

Pacific University, Monday, 11/9 @ 1:00 pm

Cal Baptist University, Tuesday, 11/10 @ 11:30 am

Johnson & Wales University, Thursday, 11/12, @ 12 pm

Embry-Riddle Aeronautical Univ, Monday, 11/16 @ 1:00 pm

UC Santa Barbara, Tuesday, 11/17 @ 12:00 pm

Westmont College, Wednesday, 11/18 @ 12:00 pm

Hope Int'l University, Thursday, 11/19 @ 11:30 am

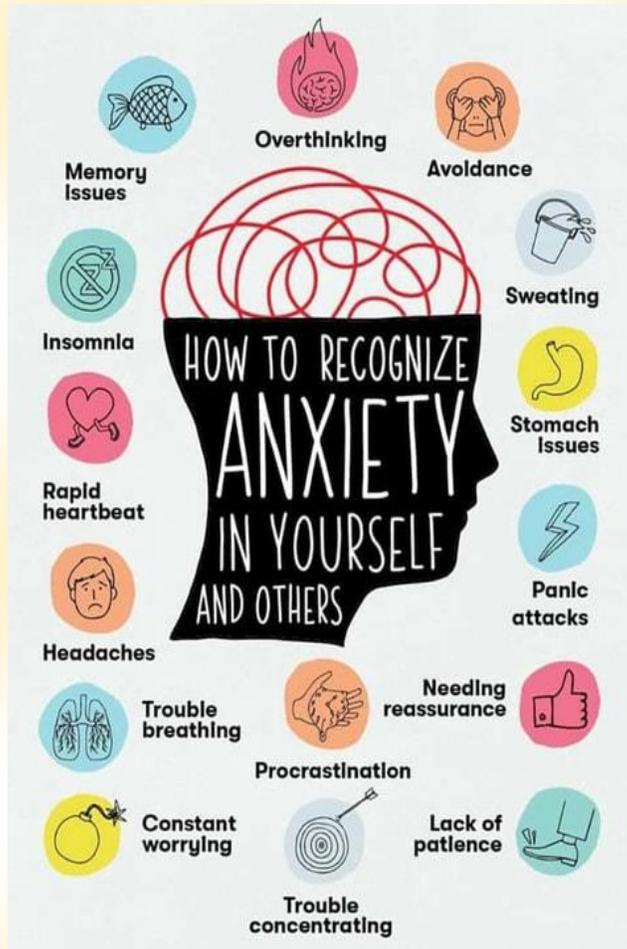
Dixie University, Thursday, 11/19 @ 12:00 pm

**Zoom links will be posted on VMHS' website under College and Career Center
on the day of the visit**

Or, email mmorris@murrieta.k12.ca.us for the link

SEL NEWSLETTER from Mrs. Curiel

TOPIC: ANXIETY



Anxiety is a mental and physical reaction to perceived threats in our environment. In small doses, anxiety can be helpful as it can protect us from danger. But when anxiety is too severe or occurs too frequently, it can become debilitating.

TYPES OF ANXIETY

Generalized: excessive amount of anxiety or worry in several areas

Phobias: very intense fear of a specific situation or object which is out of proportion to its actual threat

Panic: extreme anxious response where a person experiences a panic attack

cycle of anxiety

Anxiety drives people to avoid things that scare them. When a “scary” thing is avoided, there is an immediate but short-lived sense of relief. However, the next time a similar threat arises, it feels even scarier, creating a harmful cycle of avoidance and worsening anxiety.

Anxiety Resources:

- [Introduction to Anxiety](#)
- [Relaxation Techniques](#)
- [Panic Information Sheet](#)
- [Worry Information Sheet](#)
- [Video: Fight, Flight, Freeze – Explained for Teens](#)

Smartphone Apps:

- AntiStress Anxiety Relief Game [iPhone](#) [Android](#)
- Shine [iPhone](#) [Android](#)
- DARE – Break Free from Anxiety [iPhone](#) [Android](#)
- Breathwrk [iPhone](#)

