

COUNSELING NEWSLETTER

brought to you by VMHS counseling team



TAKE A LOOK AT THIS MONTH'S ISSUE:

- Registration Information*
- Senior Information*
- Summer School Information*
- AP Information & Schedule*
- MSJC Information*
- SAT Information*
- AP Exam Information*
- RCOE College Success Coach*
- Mental Health and Wellness*

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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 April!

We hope everyone had a restful and safe Spring Break. It has been an exciting start of the month to see students back on campus. Registration for the 2021-2022 school year is currently underway. Please review your academic plan in Aeries to see your classes for next year. If you haven't submitted your course request for next year, be sure to submit it ASAP and contact your counselor if you have any questions or concerns.

To meet with your counselor, you can book an online appointment using the links listed above. With 12-week grades approaching, be sure to check-in with your teachers during office hours if you need additional support. Remember to utilize paper.co if you need assistance and tutoring in one or more subjects.

We have 8 weeks of school left!
Finish STRONG!



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!

April Workshops

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.



College Deadlines

Don't forget May 1st is the official intent to enroll date and last day to pay your deposit.

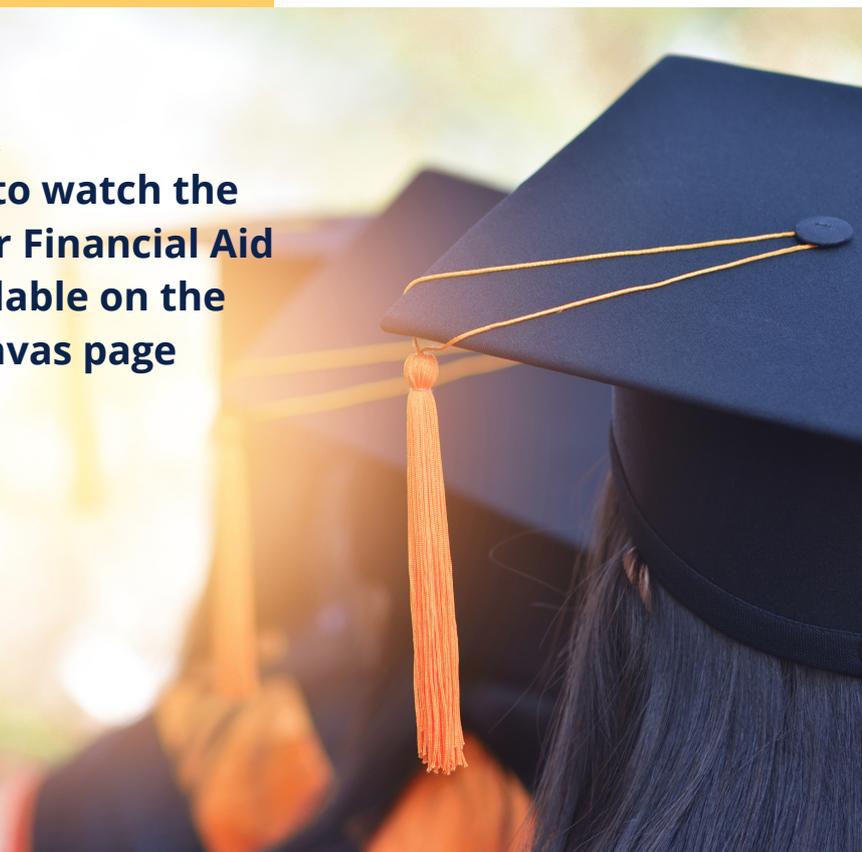
Deadlines are firm.

- 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.

To request your transcripts for colleges use parchment.com
If you have taken a Dual Enrollment or APEX MSJC course you will need to request a transcript directly from MSJC. [Click here for the link](#)

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](#)

Registration - Dual Enrollment and MSJC ANNEX

If you signed up for a Dual Enrollment or ANNEX course for the 2021/2022 school year, you will receive an email towards the end of April with IMPORTANT information. Please be sure to check your school email to keep track of important deadlines and information on the registration process.

Spring Virtual College Fair

California Indian Nations College & California State University, San Bernardino

Spring *Virtual* College Fair

High School Juniors & Seniors, Transfer Students, Adult Learners & Families
Join us to connect with 2yr and 4yr college & university representatives
Visit CINCollege.org for a list of participating colleges & universities

April 28, 2021
3:00-4:30 PM

- ✓ Programs
- ✓ Admissions Requirements
- ✓ Financial Aid
- ✓ College Life

Click Here <https://tinyurl.com/yrjnrx2b> to Register

For more information contact admissions@CINCollege.org
Call 760-834-0584 or visit CINCollege.org



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

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!

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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

GROWTH MINDSET

Individuals who believe their talents can be developed through hard work, good strategies, and input from others have a growth mindset. They tend to achieve more than those with a more fixed mindset or those who believe their talents are innate gifts.

Growth Mindset Links:

[15 Ways to Build a Growth Mindset](#)

[Growth Mindset: What You Need to Know](#)

[How Parents Can Instill a Growth Mindset at Home](#)

Growth Mindset Activities:

[Famous Failures Activity](#)

[Why I Can Do This Worksheet](#)

[Which Mindset Do You Have Video](#)



MINDSETS

FIXED MINDSET

The belief that skills, intellect, and talents are set and unchangeable.



GROWTH MINDSET

The belief that skills, intellect, and talents can be developed through practice and perseverance.



I'll stick to what I know. Either I'm good at it or not.

DESIRES

I want to learn new things. I am eager to take risks.

It's fine the way it is. There is nothing to change.

SKILLS

Is this really my best work? What else can I improve?

This is a waste of time; there's a lot to figure out.

EFFORT

I know this will help me even though it is difficult.

It's easier to give up. I'm really not smart.

SETBACKS

I'll use another strategy; my mistakes help me learn.

This work is boring. No one likes to do it.

FEEDBACK

I recognize my weakness, and I know what to fix.

It's easy for him or her. They were born smart.

TALENTED PEERS

I wonder how they did it. Let me try to figure it out.

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