## October 2022

# **COUNSELING NEWSLETTER**

Brought to you by the Vista Murrieta High School Counseling Team



Mrs. Just



Mrs. Padilla



Ms. Valenzuela



Mrs. Agajanian



Mrs. Candaele



Mr. Tyler



Mr. Peterson



#### Mr. Bennett



Ms. Hill



Mrs. Osorio



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Mrs. Mendoza-Blied

# BRONCO COUNSELING TEAM

#### COUNSELORS

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#### SCHOOL PSYCHOLOGISTS

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#### MENTAL HEALTH SPECIALIST

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#### **COUNSELING SUPPORT STAFF**

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# In This Issue

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- Tutoring Schedule
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- CalSoap Coach
- Community Service Hours
- College Application Assistance



# Upcoming Dates

- Oct 24-28, 31: Freshmen Transcript Reviews
- <u>Oct 28</u>: College Application Assistance in Library Computer Lab from 12:30-2pm
- Oct 28: 12 Week Grading Period Ends
- <u>Oct 31</u>: College Application Assistance in Library Computer Lab from 12:30-2pm
- Nov 5: AP Readiness Virtual Session
- <u>Nov 8</u>: Deadline to pay for exams on Total Registration with no late fee
- <u>Nov 9-14</u>: Timeframe to pay for exams on Total Registration with late order fee (\$10/exam)
- <u>Nov 15 and beyond</u>: Deadline to pay for exams on Total Registration with extra late fee (\$40/exam)
- Nov 21-25: Thanksgiving Break

## TAKING YOUR AP EXAM(S)? TOTAL REGISTRATION OPENS OCT. 1

PAY ONLINE at bit.ly/vmhspayforap \$101/exam. Free/reduced lunch participants (\$9/exam).

# AP Exam Registration Reminders:

 November 8 – Deadline to pay for exams on Total Registration with no late fee; Deadline for \$40/exam deposit for AP exams

 November 9-14 – Timeframe to pay for exams on Total Registration with late order fee (\$10/exam)

 November 15 and beyond – Deadline to pay for exams on Total Registration with extra late fee (\$40/exam); Case-by-case basis only

 March 8 – Deadline for those on partial payment plan to pay full balance on Total Registration

## **Register Here:**

https://user.totalregistration.net/AP/053004



# **AP READINESS**

Virtual Sessions 9:00am-1:00pm: Sept 24, 2022 Oct 22, 2022 Nov 5, 2022 Jan 14, 2023 Feb 3, 2023 Mar 18, 2023 Apr 22, 2023



The Advanced Placement Readiness (APR) program provides supplemental instructional support to current and potential AP students in AP Biology, AP Calculus AB, AP Chemistry, AP Computer Science Principles, AP English Language, AP English Literature, AP Human Geography, AP Physics, AP Spanish Language, AP Statistics, AP US History, 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.

#### **CONTACT**

James Keipp, Director, AP Readiness Program UC Riverside, Graduate School of Education phone: 951-827-6058 email: jkeipp@ucr.edu

# mental realth

# CRISIS V& PROBLEM

NU

17

Your life or someone else's life is in IMMEDIATE DANGER

This is a **NEW** or unexpected situation causing distress

Without immediate help

you will be harmed

If the situation is a CRISIS an appropriate

staff member will be made available to

assist you today

This is a **known,** expected, or ongoing

Everyone is SAFE but

you need help

issue causing distress

You need support to cope or manage the situation

If your Counselor is not available please leave a note for them and a Counselor will get back to you within **one school day** 

FREE MENTAL HEALTH SERVICE <u>CLICK HERE</u> COMMUNITY RESOURCES <u>CLICK HERE</u> Division of Leadership, Wellness, and Student Services Pupil Administrative Services Foster Youth Services Coordinating Program

> LaFetra College of Education Center for Neurodiversity, Learning, and Wellness University of Le Verne

## Social-Emotional Learning Program for Parents

An 8-week program to help parents intentionally and effectively cultivate more connection, peace, and healing in their home

#### **Parents will explore**

- mindful breathing techniques to help reduce parenting stress
- daily mindfulness practices to increase selfawareness and positive communication
- self-care techniques to find regulation in midst of high stress and burnout
- positive behavior techniques to support children with special needs
- strategies for building hear connections between parent and child
- weekly sessions led by a trained mindful parenting facilitator
- community support for healing and growth
- referrals for additional support services if needed

Virtual session topics include love, safety, belonging, gratitude, protection, and compassion.

#### **Program Dates:**

<u>Option A: English</u> Wednesdays from 5:30-6:45PM September 28 - November 16, 2022

<u>Option B: Spanish</u> Wednesdays from 4:30-5:45PM January 18 - March 8, 2023

#### To register, visit: http://rcoe.k12oms.org/1089-224704



# WELLNEWS

#### A MONTHLY WELLNESS NEWSLETTER

OCTOBER 2022 · ISSUE 4 · VOLUME 3





PEOPLE WITH SUBSTANCE PROBLEMS STARTED USING BY AGE 18

#### SMARTPHONE APPS

# Sober Grid Nomo Sober Tool We Connect Headspace Talk. They Hear You.

#### Substance Use & Mental Health

October is National Substance Abuse Prevention Month. Young people face a variety of life challenges that can affect their mental health and abuse of alcohol and other drugs. Let's raise awareness around substance use prevention and the promotion of positive mental health. Together we can reduce the impact of mental health and substance use disorders in our community.

There is hope and help available to support recovery. Teens are resilient. Mental health and substance abuse conditions are treatable. Check out some interactive tools and resources to help you better understand your treatment options.

#### RESOURCES

<u>Drugfree.org</u> <u>Smart Recovery-Teens</u> <u>How to Respond to an Opioid</u> <u>Overdose</u> RUHS Substance Abuse Program: 951-955-2105 **California Resource Center**: 1-800-879-2772

CLICK HERE for More Information & Resources

## **BRONCO SENIOR TIMELINE**

#### August / September

Check with your teachers for tutoring hours, monitor your grades and

Check to see if you qualify for the 22-23 free/reduced lunch program and apply to reap potential savings on SAT or AP exams.

COLLEGE BOUND? Register for SAT test a www.collegeboard.org

Register for ACT at www.act.org

AP Readiness - see flyer for dates or visit https://apreadiness.ucr.edu.

Complete your brag sheet for letters of recommendation! Start your scholarship search!

Need an official transcript for college? Go to <u>www.parchment.com.</u>

#### JANUARY / FEBRUARY

Stay engaged with high school (WATCH OUT FOR SENIORITIS)

Order graduation announcements

COLLEGE BOUND? Submit applications to colleges with late and rolling deadlines.

Send fall semester grade reports to colleges you've applied to.

Continue to apply for scholarships. Murrieta Dollars for Scholars Scholarship Application due early February

FAFSA Application - launch from CCGI (californiacolleges.edu) CAREER BOUND?

Work on your resume. Information interviews for potential career/job interests.

OCTOBER 12th grade milestones and CCGI, 12th grade milestones and FAFSA presentations during Economics & Government classes.

COLLEGE BOUND? Take the SAT on October FAFSA ID Create a pin for FAFSA/CADA starting October 1 at www.californiacolleges.edu

CSU & UC college applications window will open October 1 at www.californiacolleges.edu Identify Private College/University

application due dates and requirements. MILITARY BOUND?

Contact your recruiter Take your ASVAB on October 12. Sign up through the College & Career Center

#### MARCH / APRIL Community service due - 10 hours

Make graduation plans with friends and family

Keep your head and grades up! Community College registration and application.

Murrieta Dollars for Scholars Scholarship night to TBD

Compare financial aid awards Take the SAT at VMHS on March 11.

Celebrate your offers of admission!

CAREER BOUND?

Research local job fairs or internship opportunities.

Practice your interview skills

#### NOVEMBER / DECEMBER

Prepare for finals in December! Communicate with your teachers and get help if you are struggling COLLEGE BOUND?

Complete CSU & UC application BY NOVEMBER 30! Launch your application from CCGI

Continue your scholarship search

Applying out of state, but staying in the West? Research how the WUE can help you with tuition costs. www.wiche.edu/tuition-savings/wue/

Complete Common Application and supplements.

Celebrate if you received an offer of Early Decision/Early Action Admission

#### May / June

College Acceptance/Military Enlistment Recognition event TBD.

Senior check-out on May 26

Turn the tassel on June 1. Happy Graduation! COLLEGE BOUND?

May 1st - Submit your SIR (Statement of Intent to Register) to your chosen college. EEK!

Take AP Tests (your college may accept scores for course credit)

Research first year housing options; connect with potential roommates Send final transcripts after June 8 through Parchment.

CAREER BOUND? Start on those job applications.

Purchase a business professional interview outfit.

#### SOPHOMORE TIMELINE

#### FALL (SEPTEMBER-NOVEMBER)

IMPORTANT DATES

- Oct. 3-Oct. 10 Transcript Reviews with your councilor and CCGI Milestones
- Oct. 15 Broncotorial
- Oct. 15 PSAT. Sign up at bit.ly/vmhspsat. Cost is \$25; test is nonrefundable. Waivers available.
- Oct. 22 Virtual AP Readiness. More info and upcoming dates on (apreadiness.ucr.edu)
- Oct. 24 Frosh/Soph Parent Night at 6:00 PM in PAC
- Nov. 15 Register for AP exams

#### HIGH SCHOOL SUCCESS TIPS

- Keep an eye on that GPA. · Evaluate your course load and find out how much you
- know about college planning. Increase your commitment to extracurricular activities so you will stand out on your college and job applications.
- Research your future career and learn its education/training requirements.

#### SPRING (MARCH-MAY)

#### IMPORTANT DATES

- March TBA Course Selection with your Counselor
- March 18 Virtual AP Readiness April 4-7 Spring Break
- April 22 AP Readiness
- May TBA Dual Enrollment Process

#### HIGH SCHOOL SUCCESS TIPS

- When picking your courses, look through the course catalog and pick classes and alternatives that support your growth, are tied to your interests, or help prepare you for your after-high school journey.
- Want to challenge yourself through rigorous courses? Look out for advance coursework information night announcement!
- College Bound Athletes start your NCAA registration Expand your knowledge about prospective schools by attending college fairs and information sessions.
- Plan a solid summer filled with camps, volunteering internships and of course, fun.

#### WINTER (DECEMBER-FEBRUARY)

- IMPORTANT DATES
- Dec. 10th Broncotorial
  Dec. 14, 15, and 16 Final Exams
- Dec. 19- Jan. 6 Winter Break
- Jan. 14 and Feb. 4 Virtual AP Readiness
  Feb. 11 Broncotorial #4

#### HIGH SCHOOL SUCCESS TIPS

- Struggling with classes? Attend tutoring (bit.ly/vmhstutoring22) or meet with your teacher
- during office hours Start your essay prep by writing often now, so you can
- reap the benefits later.
  Start your college search. Decide what you want and
- need in a college, especially ones that have your major/area of study. Research their tuition, financial aid, scholarship resources, and admittance rates.
- Create a college calendar to keep track of important dates and deadlines.
- Create a resume and plan on building as time goes on.

#### SUMMER (JUNE-AUGUST) IMPORTANT DATES

- June/July TBA MVUSD Summer School
- · July TBA Summer School through Method Schools
- HIGH SCHOOL SUCCESS TIPS
- Discuss Summer School classes with your counselor if you need to repeat any D or F grades. Talk with your family about creating a college budget.
- Secure a summer job. Enroll in ACT or SAT prep over the summer while you
- still have free time. Visit college campuses to see which types of schools
- appeal to you Update your resume to include summer activities (job volunteering, internships) or clubs/activities from
- spring semester Mental health is important. Take a moment to pause
- and recharge for the year ahead. Junior year is tough.

#### REMINDER: YOU CAN DO HARD THINGS. Stressed? Overwhelmed? Let us know how we can help. Reach out to your counselor or a trusted adult for help. You're not alone. Please look at the valuable information on stress and coping strategies.

**BRONCO JUNIOR TIMELINE** 

NOVEMBER / DECEMBER

Dec. 14, 15, and 16 Final Exams

hours? Serve communities in need

grades post. Juniors should have

Request information from colleges

MAY / JUNE

Prepare for a summer job or

continue working on your

community service hours

May 31, June 1 and 2 Finals

Chart college application deadlines on your calendar

May 1st-12th Take AP exams

administration-ordering-scores/exam-dates

Brainstorm college application

· Plan your summer college visits

VISIT YOUR COLLEGE/CAREER

CENTER FOR-

Work permits College Presentations

Community Svc. Opportunities Scholarship Information Job Opportunities lilitary Info and More!

· apcentral.collegeboard.org/exam-

at least 170 credits completed to be in good standing for

Dec 19- Jan 6 Winter Break
In need of community service

over Thanksgiving or Winter

Review your transcript after

graduation requirements.

Nov. 5 and Dec. 10 Virt

Readiness Dec. 10 Broncotorial #3

Break.

COLLEGE BOUND?

of interest

COLLEGE BOUND?

Take SAT/ACT

essay topics

WINTER (DECEMBER-FEBRUARY)

Dec. 10th Freshmen Final Review session

Struggling with classes? Attend tutoring (bit.ly/vmhstutoring22) or Communicate with your

Create strong study habits and boost your GPA

Continue PSAT/SAT prep
 Increase your commitment to extracurricular activities

Ever felt like your brain is running faster than a track star? Use your body & senses by smelling fragrances, slowly taste

SUMMER (JUNE-AUGUST)

July TBA Summer School through Method Schools

· Discuss Summer School classes with your counselor if

you need to repeat any D or F grades. Update your resume to include summer activities

SELF-CARE TIP: GOT A PROBLEM? YO, YOU CAN SOLVE IT.

For situations or things that you can control, it might be

helpful to remove the stressful thing from your life. Ending unhealthy relationships and focusing on self-love through

affirmations and care can make you feel better about

yourself. Other problems that are within your control: grades, time-management, organization, setting healthy

Learn to love yourself when things feel uncontrollable. Bake

or cook a special meal, Clean your house (or just make your

Laugh

Stretch

Use a stress ball

bed), take a long shower, buy yourself a small treat.

(volunteering, internships) or clubs/activities

SELF-CARE TIP: HEAD IN THE CLOUDS? GET GROUNDED.

food, notice the colors around you. Walk on the grass

Dec. 14, 15, and 16 Final Exams

teachers and attend office hours

barefoot, do yoga, meditate, or exercise

June/July TBA MVUSD Summer School

IMPORTANT DATES

boundaries

TENSION RELEASERS

· Exercise or play sports

· Chew gum • Crv

HIGH SCHOOL SUCCESS TIPS

Dec. 19- Jan. 6 Winter Break

HIGH SCHOOL SUCCESS TIPS

Research colleges
Attend college fairs

#### AUGUST / SEPTEMBER OCTOBER CCGI Milestones during Junior Oct. 15 Broncotorial #2

transcript reviews

COLLEGE BOUND?

Sept 26 Senior/Junior Parent

Night at 6:00 PM in PAC

Register for SAT test at

Virtual AP Readiness on

upcoming dates on

MILITARY BOUND?

COLLEGE BOUND?

Process

MILITARY BOUND?

Research scholarship

opportunities
Jan 14 and Feb 4 Virtual AP

Readiness
Dual Enrollment Matriculation

Discuss Summer School classes

repeat any D grades.

application process!

with your counselor if you need to

Planning to apply to Military Academy? Check online for more

FALL (SEPTEMBER-NOVEMBER)

apreadiness.ucr.edu • Oct. 24-31 Meet your counselor through Freshmen pull outs • Oct. 24 Frosh/Soph Parent Night at 6:00 PM in PAC

GH SCHOOL SUCCESS TIPS Check your Areties Portal and Canvas daily to stay informed about your grades and progress Focus on doing your work, studying and asking for help when needed! Your grades count, let's take a look at how your grades are calculated into your GPA: = A, B = 3, C = 2, D = 1, F = 0 Ad up all your Final Grades and ide by the number of classes

SELF-CARE TIPE GIVE YOUR HEART A BREAK Sometimes, It helps to give your mind and heart a break when you're going through things especially if they're out of your control. Absorb your mind in something else by engaging in a hobby, taking a break, going for a walk, talking to someone, dooding or listening to music.

SPRING (MARCH-MAY)

March TBA - Course Selection with your Counselor
 April 4-7 Spring Break

 When picking your courses, look through the course catalog and pick classes and alternatives that support your growth, are tied to your interests, or help prepare

Want to challenge yourself through rigorous courses?

Look out for the advance coursework information night

Sometimes, we just need to let all our emotions out in a

ugly cry like a Kardashian. Put on a funny movie and let

yourself laugh! Crank up some music & dance crazy

safe way. Pay attention to where you are and who you're with and let it OUT. Yell, scream, go on a run! Let yourself

you for your after-high school journey.

· Nov. 5 Register for AP exams if enrolled in AP course/s

HIGH SCHOOL SUCCESS TIPS

IMPORTANT DATES

HIGH SCHOOL SUCCESS TIPS

nouncement!

· Make your year count always

SELF-CARE TIP: IT'S OKAY TO CRY

SELF-CARE TIP: GIVE YOUR HEART A BREAK

IMPORTANT DATES • If enrolled in AP course, please sign up for Virtual AP Readiness. More info and upcoming dates on

information and to start your

(apreadiness.ucr.edu)

Sign up for ASVAB in CCC

Feb. 11 Broncotorial #4

· Meet with your counselor and

JANUARY / FEBRUARY

plan for your senior classes Registration – Course Selection

www.collegeboard.org

Register for ACT at www.act.org
 Sign up for the PSAT at

September 24. More info and

bit.ly/vmhspsat. Cost is \$25, test is nonrefundable

- · Stay involved in extracurricular activities Protect your GPA! Keep it as high
  - as possible! CSUs/UCs do not accept D grades in required A-G courses.

#### COLLEGE BOUND? Oct. 15 PSAT

MILITARY BOUND?

Career Center

attending

COLLEGE BOUND?

your transcript!

Prep for SAT/ACT

NCAA registration

FRESHMEN TIMELINE

MPORTANT DATES

MILITARY BOUND?

April 4-7 Spring Break

Develop a preliminary list of colleges to apply
Oct. 22 Virtual AP Readiness Register for AP exams

Take your ASVAB on October 12.

Sign up through the College &

MARCH / APRIL

March 20-24 CAASPP Testing

Balanced Summative Assessment – Your CAASPP EAP results will

help determine if you are ready

for college level courses before

College Scores also appear on

March 18 Virtual AP Readiness
 April 22 AP Readiness

College Bound Athletes start your

Connect with a military recruiter

through the CCC lunch activities

Do your best on the Smarter



California Kids Investment and Development Savings Program

CalKIDS is the long-awaited children's savings account program that offers all newborns and eligible lowincome public school students in California between \$25 and \$1,500 to start saving for college and career training.

- \$500 Automatic Deposit: Eligible low-income public school students in grades 1-12.
- \$500 Additional Deposit: Eligible low-income public school students in grades 1-12 identified as foster youth.
- \$500 Additional Deposit: Eligible low-income public school students in grades 1-12 identified as homeless.

You will need your 10 digit **SSID #** to see if you are eligible

For more information scan the QR code



#### **SCIENCE TUTORING**

BEFORE SCHOOL 7:15 - 8:15

MONDAY: Chemistry - Choe **S209** 

THURSDAY: Earth Science - Heise SS15 Physics - Lomahan C20 Biology - Pence S113

FRIDAY: Chemistry – Choe S209

#### WRITING LAB

FIRST LUNCH Mr. Walsh in room EE18

SECOND LUNCH Ms. Robbins in room M117

MATH LAB

DURING BOTH LUNCHES Mr. Snyder in room **SS17** 



#### **COUNSELING STAFF**

A and Avid

**B** and Cosa

C - CHA

CHE - GH

GI - LA

LE - 0

SH - Z

- Silvia Osorio
- Eric Peterson
- Aurora Padilla
- Dione Tyler
- Brett Murray
- Karen Candaele
- Sandie Valenzuela P SE
- Claudia Hill

Please reach out to your alpha counselor with any questions about further academic support.

#### MATH TUTORING BEFORE SCHOOL 7:15 - 8:15

MONDAY: Math III - Gildersleeve W117 TUESDAY: Math III - Gildersleeve W117

THURSDAY: Math III - Gildersleeve W117 Math I and II - Matlock W219 FRIDAY: Math III - Gildersleeve W117

#### **ALL SUBJECTS TUTORING**

**VMHS** Library

MONDAY - WEDNESDAY - THURSDAY

**BEFORE SCHOOL 7:15 - 8:15** 

Campus Tutors available on the listed select days

TUTORING SCHEDULE

#### FREE TUTORING FOR ALL VMHS STUDENTS

#### **HISTORY TUTORING**

BEFORE SCHOOL 7:15 - 8:15

FRIDAY: History - Martinelli WW15

#### **ENGLISH TUTORING**

BEFORE SCHOOL 7:15 - 8:15

FRIDAY: English - Gonzalez M112



— Above the Line —

with C.L.A.S.S.

WORLD LANGUAGE

BEFORE SCHOOL 7:15 - 8:15

<u>TUESDAY:</u> Spanish - Kil **E241** ASL - Oglesby **E215** 

#### THURSDAY:

Spanish - Kil **E241** ASL - Oglesby **E215** 

# **College Presentations**



#### CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA

#### WEDNESDAY October 26, 2022 11:00 AM

Please scan the QR code to register for this inperson presentation from CPP. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

> Email Mrs. Finch if you have any questions CLFinch@murrieta.k12.ca.us

#### **College information**

Learn about what CPP has to offer

Admission Info Application Requirements

Tuition Costs

Scan the QR code to sign up for this presentation



Redlands

#### UNIVERSITY OF REDLANDS

#### WEDNESDAY November 9, 2022 11:00 AM

Please scan the QR code to register for this inperson presentation from University of Redlands. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions CLFinch@murrieta.k12.ca.us **College** information

Learn about what Rediands has to offer

> Admission Info Application Requirements

**Tuition Costs** 

Scan the QR code to sign up for this presentation



ps://forms.office.com/r/C QdJk1Xk3Z



#### UNIVERSITY OF ARIZONA

#### TUESDAY November 15, 2022 11:00 AM

Please scan the QR code to register for this inperson presentation from UofA. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

Email Mrs. Finch if you have any questions CLFinch@murrieta.k12.ca.us

#### **College** information

Learn about what UOA has to offer

Admission Info Application Requirements

Tuition Costs

Scan the QR code to sign up for this presentation



https://forms.office.com/r/f1 0RaRravr



#### MSJC COMMUNITY COLLEGE

#### THURSDAY NOVEMBER 17, 2022 11:00, 12:00 OR 1:00

Please scan the QR code to register for this inperson presentation from MSJC. Open to all grades. See Mrs. Finch in the College and Career Center for your pass to attend this event. Don't miss other opportunities to attend other presentations. Follow the College and Career Center Instagram @vmhscollegeandcareer.

> Email Mrs. Finch if you have any questions CLFinch@murrieta.k12.ca.us

#### **College** information

Learn about what MSJC has to offer

Admission Info Application Requirements

Tuition Costs

Scan the QR code to sign up for this presentation



https://forms.office.com/r/aq ACzjv9f6



#### **WHY FAFSA?**

Free Application for Federal Student Aid

Filing the FAFSA is the single most important thing you can do to get FREE money for your education (2 year, 4 year, Trade / Vocational School)





**Community Colleges** require the **FAFSA** to be eligible for Promise Grant Funding Some private scholarships require the FAFSA as part of their application process

Work-Study (financial aid program that helps college students get part-time jobs alongside their studies) requires the FAFSA



Scan QR Code or Stop by the Career Center to see VMHS CaISOAP Coach, Mrs. Carrillo for more Info! *AVAILABLE :* Monday, Tuesday, Friday 9 am to 2 pm

Middle Class Scholarship for undergraduates with family assets and income up to \$ 201,000



BRONCO CLASS OF 2023 COLLEGE APPLICATION ASSISTANCE AVAILABLE

**COLLEGE** APPLICATION



COUNSELORS AVAILABLE TO HELP!

> October: 6, 14, 18, 28, 31 November: 2, 7, 9, 15, 18, 30

LOCATION:

LIBRARY COMPUTER LAB

TIME: 12:30 PM - 2 PM STOP BY AND

GET YOUR QUESTIONS ANSWERED!



# College and Career Center

### Open Mon-Fri 7:30-3:30

Closed for lunch 11:30-12:00



Class of 2023: 10 hours Class of 2024: 20 hours Class of 2025: 30 hours Class of 2026: 40 hours

Scan the QR code for Community Service Opportunities



https://www.murrieta.k12.ca.us/Page/23990

# College & Career Center

## CAL-SOAP COLLEGE SUCCESS COACH

#### YEZENIA CARRILLO

#### SUPPORT WITH

- College Applications
- Financial Aid
- (FAFSA/CADA)
- Scholarships
- Matriculation Help and Support



#### Email: ycarrillo\_c@rcoe.us Phone Number: (909) 521-8470

VIRTUAL COACHES ALSO AVAILABLE!!

Hours: 8:30am - 2pm

Scan QR Code for more info



**COLLEGE & CAREER** 

CENTER

Monday's, Tuesday's, and Friday's