

COUNSELING NEWSLETTER

brought to you by VMHS counseling team

BRONCO COUNSELING TEAM



Mr. Caldwell, A-Cr
East Hall



Mr. Tyler, Cu-Hi
West Hall



Ms. Hill, Sc-Z
West Hall



Mrs. Padilla, Intervention/EL
East Hall



Mr. Bennett,
School Psychologist
W115



Mrs. Candaele, Ho-Mi
West Hall



Ms. Arizola, Mo-Sa
East Hall



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



Mr. Peterson, COSA
A157



A-Cr **Demetrius Caldwell** dcaldwell@murrieta.k12.ca.us

Cu- Hi **Dione Tyler** dt Tyler@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 **Tara Agajanian** [tagajanian@murrieta.k12.ca.us](mailto>tagajanian@murrieta.k12.ca.us)

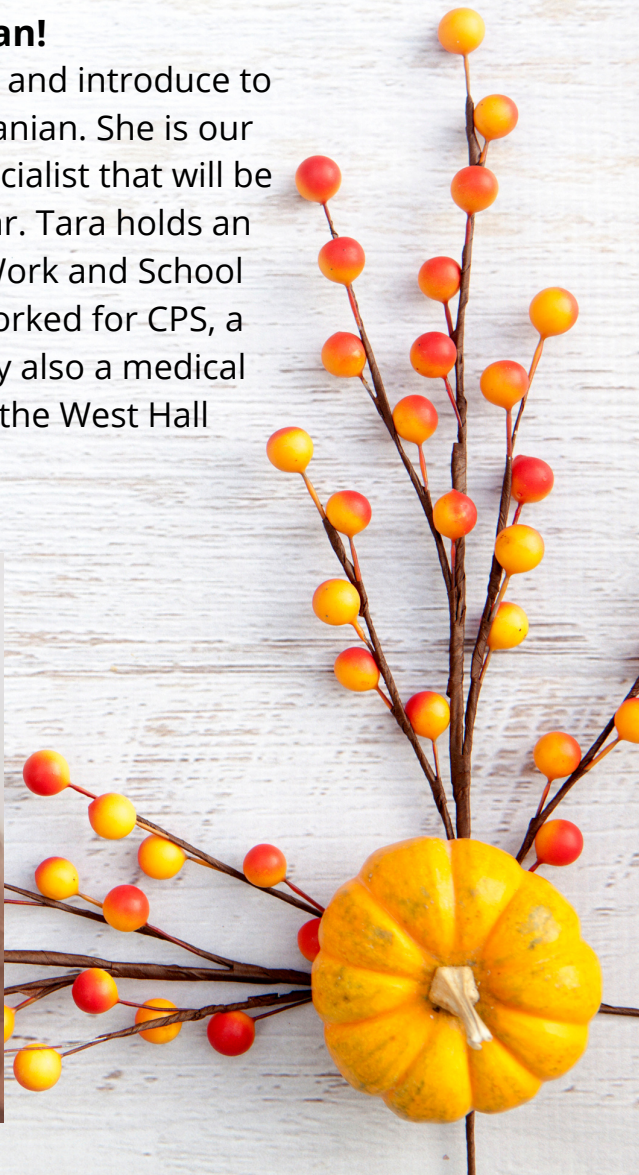
Counseling Support Staff:

Jackie Moran ext. 6690 (West Hall) jmoran@murrieta.k12.ca.us

Catherine Whitaker ext. 6676 (East Hall) cwhitaker@murrieta.k12.ca.us

Meet Tara Agajanian!

We would like to formally welcome and introduce to you our newest Bronco, Tara Agajanian. She is our new Social Work/Mental Health Specialist that will be working with our students this year. Tara holds an MSW and a PPS in School Social Work and School Counseling. She has previously worked for CPS, a foster family agency, and currently also a medical social worker. Tara's office is in the West Hall Counseling Office.



Meetings with Counselors Continue

Sophomores Oct. 11-15

Freshman Oct. 18-22

Counselors just wrapped up their one-on-one meetings with Seniors and Juniors and will now continue to meet with Sophomores and Juniors to review grades, transcripts, discuss post high school plans and to finally meet and greet our students in person!

Junior Students and Parents

For Junior information on class specific graduation information, reminders and college and career information, please view the presentation presented by counseling: <https://youtu.be/nRnz71ui5j0>

For Sophomores and Freshman - a presentation will be available at the end of the month



SCIENCE TUTORING

After school from 2:30 - 3:30pm

MONDAYS: Physics in room **C20/21**

WEDNESDAYS: Anatomy/Marine
Bio/Biomedical Science in room
S106/S105

THURSDAYS:

Biology/Environmental Science in
room **S213**

FRIDAYS: Chemistry in room **S209**



MATH TUTORING

TUESDAYS and WEDNESDAYS:

Math I and Math II students
only in room **W219**

After school 2:30 - 3:30pm
15 students maximum

MATH LAB

DURING BOTH LUNCHES

Mr. Snyder in room **SS17**



ALL SUBJECTS TUTORING

Starting October 4th

VMHS Library

MONDAY - THURSDAY

After school 2:30 - 3:30pm

NHS Tutors available on the
listed select days



VISTA MURRIETA HIGH SCHOOL TUTORING SCHEDULE

FREE TUTORING FOR ALL VMHS STUDENTS

DAILY DURING LUNCH AND AFTER SCHOOL (2:30 - 3:30PM)

ENGLISH TUTORING

MONDAY - THURSDAY:

All English 2:30 - 3:30pm
Mrs. Gonzalez in the VMHS Library

WRITING LAB:

Mr. Walsh in room **EE18**
Ms. Robbins in room **M117**
DURING BOTH LUNCHES



COUNSELING STAFF

- | | |
|----------------------|---------------------------|
| • Demetrius Caldwell | A - CR |
| • Dione Tyler | CU - HI |
| • Karen Candaele | HO - MI |
| • Gabriela Arizola | MO - SA |
| • Claudia Hill | SC - Z |
| • Diana Ruiz | AVID |
| • Aurora Padilla | ACADEMIC
INTERVENTIONS |

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

REMINDERS REMINDERS



 **CLASS OF
2022**

GRADUATION REQUIREMENT
UPDATE

**VISTA
MURRIETA
HIGH SCHOOL**

Senior Culminating Project,
Community Service and Junior
Reflective Essay have been waived
for the Class of 2022.

Students are able to turn in documentation
for community service to receive a service
cord for graduation with 150 service hours
or more.

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

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**

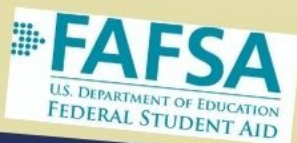
**FAFSA
Activity for
Seniors will
take place on
Oct. 1st**

FAFSA OPENING DATE

OCT. 1ST

Reminder

Counselors will be visiting
Senior Social Science
Classes Oct. 4-6 to give an
overview on FAFSA



Meet our CSAC CALSOAP College
Success Coach, William Tran
Available NOW to help Seniors with
their FAFSA application, submission,
college applications, scholarship
search

HELP AVAILABLE:

MON 9-1 WED 9-3 FRI 9-3

email:

WTran@rcoe.us
for questions or to
set up an
appointment



GRANTS



SCHOLARSHIPS

Launch the FAFSA from californiacolleges.edu

FAFSA Parent Workshops Coming Soon!

If you need one-on-one assistance with completing or submitting the FAFSA we will provide several workshops for parents, please stay tuned for dates and registration information.

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

FAFSA
WORKSHOPS FOR
SENIOR PARENTS
BROUGHT TO YOU
BY MSJC AND
VMHS



**Learn about grants,
cal grants, loans
and scholarships**



**Learn about the
FAFSA process and
submission**

QUESTIONS?

CONTACT YOUR COUNSELOR TODAY

www.vmhs.net

Virtual Workshops Dates and Registration:

Oct. 27th 6pm
<https://murrieta-k12-ca-us.zoom.us/j/7503247283>

Dec. 14th 6pm
<https://murrieta-k12-ca-us.zoom.us/j/7503247283>

Feb. 8th 6pm
<https://murrieta-k12-ca-us.zoom.us/j/7503247283>

An overview presentation of the FAFSA process
will be presented and there will be time for
individual questions and answers

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:

- AP Biology
- AP Calculus AB
- AP Chemistry
- AP Computer Science Principles
- AP English Language
- AP English Literature
- AP Human Geography
- AP Physics
- 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.



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/>



UC RIVERSIDE
UNIVERSITY OF CALIFORNIA

A UCR & RCEC INITIATIVE

Cal State Apply Workshop Dates Month Date Time Audience Registration

October Tuesday, Oct 5th 3:30p - 5:30p First-Year Students (High School)
<https://tinyurl.com/CSUSBApplyOct5>

Tuesday, Oct 19th 3:30p - 5:30p First-Year Students & Upper Division Transfers
for Impacted Majors <https://tinyurl.com/CSUSBApplyOct19>

November Wednesday, Nov 3rd 3:30p - 5:30p First-Year Students (High School)
<https://tinyurl.com/CSUSBApplyNov3>

Tuesday, Nov. 9th 3:30p - 5:30p First-Year Students & Upper Division Transfers
<https://tinyurl.com/CSUSBApplyNov9>

December Thursday, Dec 9th 3:30p - 5:30p First-Year Students & Upper Division Transfers
<https://tinyurl.com/CSUSBApplyDec9>

DON'T DELAY SUBMIT TODAY

**CSUSB will be hosting
7 workshops starting
October 5th - December 9th.
For more information and to
register:**

tinyurl.com/CSUSBFutureYotes

**Join the CSUSB Admissions & Outreach
team for *Cal State Apply* Workshop to
help you successfully submit your
Fall 2022 application!**

WE DEFINE THE *Future*





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**

CAREER CENTER NEWS



Mrs. Finch

Mrs. Finch is located in the Career Center and can 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



October Visits

College & Career Center

Happy Fall
BE INSPIRED

DATE:	TIME:	GUEST:
<input type="checkbox"/> Tuesday, Oct. 5	4:00 PM	Point Loma Nazarene Univ. (VIRTUAL)
<input type="checkbox"/> Thursday, Oct. 7	12:00 PM	Cal Baptist University
<input type="checkbox"/> Friday, Oct. 8	12:30 PM	Penn State
<input type="checkbox"/> Monday, Oct. 11	2:00 PM	Embry-Riddle
<input type="checkbox"/> Tuesday, Oct. 12	12:30 PM	Grand Canyon University
<input type="checkbox"/> Thursday, Oct. 14	12:00 PM	Washington State University
<input type="checkbox"/> Monday, Oct. 18	12:00 PM	University Of Arizona
<input type="checkbox"/> Tuesday, Oct. 19	12:00 PM	Cal State Fullerton (VIRTUAL)
<input type="checkbox"/> Weds. Oct. 20	12:30 PM	Iowa State University
<input type="checkbox"/> Friday, Oct. 22	12:30 PM	Whitworth University
<input type="checkbox"/> Thursday, Oct. 28	12:30 PM	UCSB (VIRTUAL)
<input type="checkbox"/> Friday, Oct. 29	12:15 PM	Hawaii Pacific University
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IMPORTANT NOTES

-  Every Thursday at lunch, Military reps will be here to answer any questions you have about serving in the Armed Forces
-  All Dates and Times are subject to change
-  Sign up in the College & Career Center for any of the workshops offered.
-  For Virtual visits, please use the Zoom Links
-  Masks must be worn for all presentations

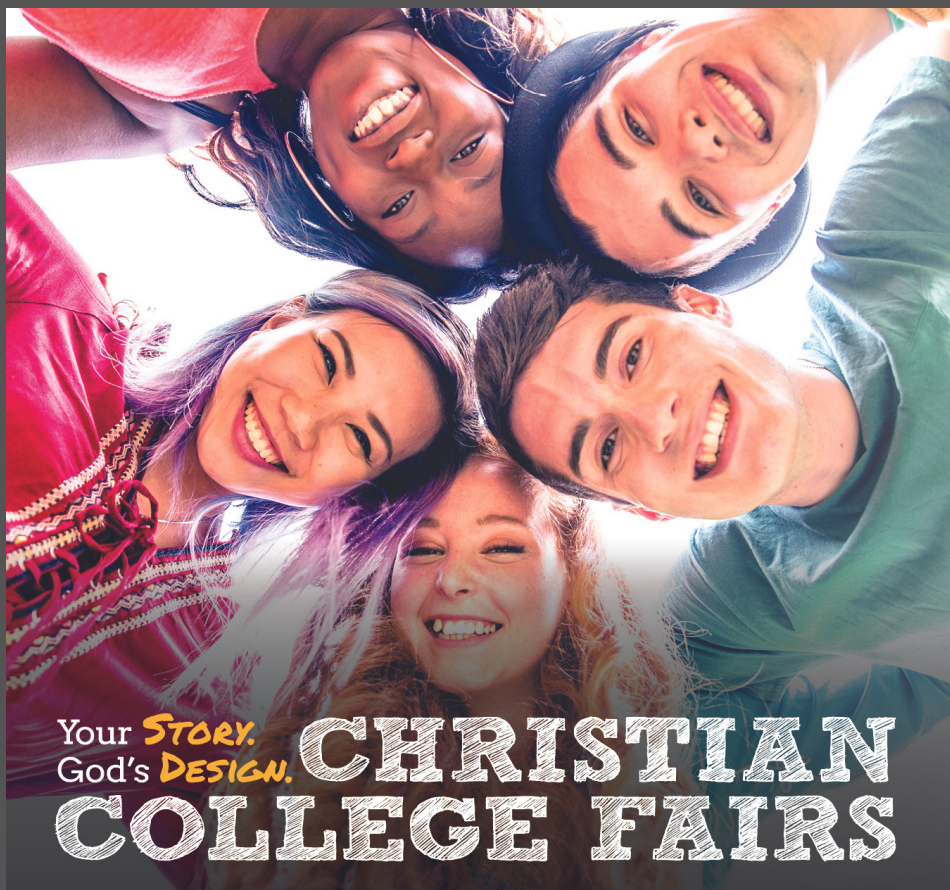


COMING SOON

-  Stay Tuned for November College Rep Visits and Trade School Workshops
-  **ASVAB Oct. 13, 2021 7AM in PAC**
-  Please check the College and Career Center Website for Zoom Links and updates

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





Your **STORY.**
God's **DESIGN.** **CHRISTIAN**
COLLEGE FAIRS

LINFIELD CHRISTIAN HIGH SCHOOL

31950 Pauba Road
Temecula, CA 92592

For latest up-to-date information:
ChristianCollegeFairs.com
260.356.5211

*Adherence to all COVID-19
guidelines will be observed*

TEMECULA

WEDNESDAY, OCTOBER 20
3 - 5 PM

EVERY
journey
NEEDS A
first
STEP

*Save The
Date*

ASVAB TEST

Wednesday, October 13
7:30 AM (check-in starts at 7 AM)

VMHS PAC

Bring student ID and Pencils

**Test is for 11th and 12th
Grade ONLY**

80 Spots available

Scan the QR code to register



**EMAIL MRS. FINCH
FOR ANY QUESTIONS**

CLFinch@murrieta.k12.ca.us