



**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

# Broncos Counseling Newsletter

October  
2020

## IN THIS ISSUE:

WELCOME TO  
OCTOBER

A MESSAGE FROM  
OUR MENTAL  
HEALTH THERAPIST,  
ANGIE CURIEL

GRADE LEVEL  
INFORMATION

COLLEGE AND  
CAREER  
INFORMATION

VOLUME 3

Welcome to October, Broncos!

We just wrapped up our first week grading period and we want to remind students to please utilize your teacher's office hours (noted on their canvas page) for one-on-one assistance and for tutoring. Freshman students will also have an opportunity to receive online tutoring from our Link Crew Leaders. If you are a Freshman that is struggling and need tutoring, please fill out this survey by clicking on the QR code below:



October is our College Kick-off and FAFSA Kick-off Month, we encourage all Seniors and parents to read the following information for upcoming events and resource information.

### Bronco Counseling Team

**A – Cr** Demetrius Caldwell [dcaldwell@murrieta.k12.ca.us](mailto:dcaldwell@murrieta.k12.ca.us):

[Book an appointment online](#)

**Cu– Hi** Dione Tyler [dtyler@murrieta.k12.ca.us](mailto:dtyler@murrieta.k12.ca.us)

[Book an appointment online](#)

**Ho - Mi** Karen Candaele [kcandaele@murrieta.k12.ca.us](mailto:kcandaele@murrieta.k12.ca.us)

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**Mo - Sa** Gabriela Arizola [garizola@murrieta.k12.ca.us](mailto:garizola@murrieta.k12.ca.us)

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**Sc – Z** Claudia Hill [cghill@murrieta.k12.ca.us](mailto:cghill@murrieta.k12.ca.us)

[Book an appointment online](#)

**AVID** Diana Ruiz [druiz@murrieta.k12.ca.us](mailto:druiz@murrieta.k12.ca.us)

[Book an appointment online](#)

**Academic Intervention** Aurora Padilla [apadilla-napoles@murrieta.k12.ca.us](mailto:apadilla-napoles@murrieta.k12.ca.us)

[Book an appointment online](#)

**Mental Health Specialist** Angie Curiel [acuriel@murrieta.k12.ca.us](mailto:acuriel@murrieta.k12.ca.us)

[Book an appointment online](#)

**Special Projects** Eric Peterson [epeterson@murrieta.k12.ca.us](mailto:epeterson@murrieta.k12.ca.us)

[Book an appointment online](#)[Book an appointment online](#)

Support Staff:

Jackie Moran ext. 6690 West Hall

Catherine Whitaker ext. 6676 East Hall

## 9<sup>th</sup> Grade

To our 9<sup>th</sup> grade students and parents, we know the transition to high school can be a difficult one and then as we continue facing our current reality of distance learning, it has brought on more challenges. One question we want our Freshman students to ask themselves is, what did you think about your first high school six-week progress report? Was it what you expected? Were you proud of your work? Did you feel stressed? Or, maybe even disappointed? While for some it might have been a proud moment, we know other students were feeling stressed when they viewed their progress report for the first time. We want to remind you that it's okay, you still have time! There is time to raise your grades and move forward.

Please look at the grades you are struggling in and develop a plan of action with your teacher and if you need guidance from your counselor please reach out. Please think about the following resources when developing your plan of action:

- Utilize your teacher's office hours (noted on their canvas page), make it a point to check in with them on a routine basis to ask questions, get tutoring, and clarify any deadline that you are unsure of
- Please respond to the survey in the QR code on the first page of this newsletter if you need tutoring
- Khan Academy provides help in most subject areas, you can visit their website for free information and assistance [khanacademy.org](https://www.khanacademy.org)
- How to motivate students who are distance learning during COVID: <https://www.khanacademy.org/khan-for-educators/resources/parents-mentors-1/helping-your-child/a/how-to-motivate-students-who-are-distance-learning-during-covid>

If you are struggling with other things in your personal life and you feel that it is impacting your learning please reach out to your counselor who can make a referral if needed to our Mental Health Specialist, Mrs. Curiel.

Reminders: You should be online for your classes every day from 7:45-11:45am and Mondays are late start and will run from 8:55-1:45pm.

You will be more engaged in your learning if you turn your camera and mic on!

For tech support call – 951-894-5750 then dial 9

Tutoring will be available after Oct. 5<sup>th</sup> at Paper.com



## 10<sup>th</sup> Grade

Hello Sophomores! As we go into our 7<sup>th</sup> week of school, please take a close look at your six-week progress report and determine areas where you can improve and develop a plan. Here are some things to consider when developing a plan:

- Utilize your teacher's office hours (noted on their canvas page), make it a point to check in with them on a routine basis to ask questions, get tutoring, and clarify any deadline that you're unsure of.
  - Khan Academy provides help in most subject areas, you can visit their website for free information and assistance [khanacademy.org](https://www.khanacademy.org)
  - If you need assistance with developing a plan consult with your teachers and your counselor.
- If you are struggling with other things in your personal life and you feel that it is impacting your, learning please reach out to your counselor who can make a referral if needed to our Mental Health Specialist, Mrs. Curiel.

Your 10<sup>th</sup> grade year is very important! Make sure you protect your GPA and that you are staying on track for graduation and college. As a reminder, CSU, UC and most 4-year colleges do not accept D grades in required A-G courses.

**Tutoring will be available  
after Oct. 5<sup>th</sup> at Paper.co**

VMHS Graduation Requirements <i>* with grade D or higher</i>	<i>Minimum Eligibility Requirements for Freshman University Admissions ( must complete all courses with grade C or higher )</i>		
	California State University <a href="http://www.calstate.edu">www.calstate.edu</a>	University of California <a href="http://www.universityofcalifornia.edu">www.universityofcalifornia.edu</a>	
World History	1 year 10 credits	2 years U.S. History/World History/Government	2 years U.S. History/World History/Government
U.S. History	1 year 10 credits	" " "	" " "
Government/ Economics	1 year 10 credits	" " "	" " "
English	4 years 40 credits	4 years	4 years
Mathematics	3 years 30 credits	3 years including: Math I, Math II and Math III	3 years including: Math I, Math II and Math III <b>4 years math recommended</b>
Science	3 years 30 credits	1 year of lab science (including Biology and Chemistry or Physics) and 1 year of lab or non-lab science	2 years lab science including: Biology and Chemistry or Physics. <b>3 years recommended</b> Biology, Chemistry and Physics
World Language	1 year 10 credits	2 years of same language other than English	2 years of same language other than English <b>3 years recommended</b>
Visual/ Performing Arts	1 year 10 credits	<b>1 year of same UC/CSU approved Visual/Performing Art*</b> (must be completed in same academic year) *refer to UC/CSU A-G list	<b>1 year of same UC/CSU approved Visual/Performing Art*</b> (must be completed in same academic year) *refer to UC/CSU A-G list
Health Computers/Careers	1 semester 1 semester 10 credits		
Electives	50 credits	1 Year UC/CSU approved Elective or can be any A-F course above minimum requirement	1 year UC/CSU approved Elective
Physical Education	2 years 20 credits		
<b>TOTAL</b>	<b>230 Credits</b>		

To see all UC/CSU approved courses, go to [www.ucop.edu/doorways](http://www.ucop.edu/doorways)

VMHS students must complete 40 hours of community service before graduation. Students must complete and receive a passing grade for the Junior Reflective Essay, and complete the Senior Exit Interview in order to receive a diploma.

*\* Private and out of state colleges will vary in their entrance requirements.*

## 11<sup>th</sup> Grade

Hello Juniors! As we go into our 7<sup>th</sup> week of school, please take a close look at your six-week progress report to determine areas where you can improve and develop a plan. Here are some things to consider when developing a plan:

- Utilize your teacher's office hours (noted on their canvas page), make it a point to check in with them on a routine basis to ask questions, get tutoring, and clarify any deadline that you're unsure of.
- Khan Academy provides help in most subject areas, you can visit their website for free information and assistance [khanacademy.org](https://www.khanacademy.org)
- If you need assistance with developing a plan consult with your teachers and your counselor.

If you are struggling with other things in your personal life and you feel that it is impacting your learning please reach out to your counselor who can make a referral if needed to our Mental Health Specialist, Mrs. Curiel.

Your 11<sup>th</sup> grade year is an extremely important year! Make sure you protect your GPA and that you are staying on track for graduation and college. As a reminder, CSU, UC and most 4 year colleges do not accept D grades in required A-G courses.

**Tutoring will be available after Oct. 5<sup>th</sup> at Paper.com**

Also, take a look at the checklist below to ensure that you are taking the necessary steps to be successful your Junior year.

Things to think about as a Junior:

- Credits and grades
- Post high school plans (career, college, military, trade school)
- Focus on getting the highest GPA possible
- Are the classes you're taking align with your future career goals?
- CSU/UC do not accept D grades in required A-G courses
- College Bound Athletes start your NCAA registration
- PSAT cancellation Fall 2020
- SAT stay tuned for possible testing sites that will be open in the Spring
- Protect your GPA! Keep it as high as possible!
- College Bound Athletes start your NCAA registration
- Take advantage of your CCGI account for career exploration at [www.californiacolleges.edu](http://www.californiacolleges.edu)
- CCGI Junior Milestone is to update your college list

- Work Permits can be accessed through Mrs. Moran at [jmoran@murrieta.k12.ca.us](mailto:jmoran@murrieta.k12.ca.us)
- Contact Mrs. Morris in the College & Career center for scholarship information, military information, and college presentations at [mmoris@murrieta.k12.ca.us](mailto:mmoris@murrieta.k12.ca.us)
- Keep track of your community service and volunteer service hours, award and achievement to create a brag sheet in case you need a letter of recommendation for a job, college application, scholarship applications (most typically your Senior year but you want to be prepared!)
- FAFSA Start thinking about funding for college and familiarize yourself with steps you will have to take as a Senior

### Your Overall Well-Being

Recognize that this is a stressful time. If you're feeling overwhelmed, dealing with anxiety, sadness, please reach out to your counselor or a trusted adult.

## 12<sup>th</sup> Grade

Welcome to October class of 2021!

Our Board of Education has voted to waive the 40 hours of community service and Senior Culminating Project as graduation requirements for the class of 2021.

Depending on your journey, many of you will be starting your college applications and submitting your FAFSA as we kick off College and Career planning and FAFSA submissions!

This Newsletter will include information about our Virtual College and Career Night on Oct. 6<sup>th</sup>, CSU week, CCGI, Cal State apply, UC information, links to college information videos, and information on virtual college tours provided by NACAC.

### ATTENTION SENIORS!

Log on to:



- ★ Launch FAFSA— Oct 1st
- ★ Cal State Applications—Oct 1st
- ★ UC Applications— Nov 1st
- ★ Community College Applications- Spring

Aug 1 – UC Application Fall 2021 is OPEN, log on to [www.californiacolleges.edu](http://www.californiacolleges.edu), Filing period Nov 1 – Nov 30.

#### [UC Application Walkthrough - videos](#)

Oct 1<sup>st</sup> - CSU Application Fall 2021 is OPEN, log on to [www.californiacolleges.edu](http://www.californiacolleges.edu), deadline to submit is Dec 4<sup>th</sup>

#### [CSU Apply Tutorial](#)

Oct 1<sup>st</sup> - 2021-22 FAFSA Application is OPEN, log on to [www.californiacolleges.edu](http://www.californiacolleges.edu) to launch FAFSA, Deadline to submit is March 2<sup>nd</sup>

[FAFSA Overview](#) FAFSA Assistance coming soon!



You will use CaliforniaColleges.edu as the hub for all of these options.

Contact [jmoran@murrieta.k12.ca.us](mailto:jmoran@murrieta.k12.ca.us) / 951894-5750 X6690 for tech/password issues

Oct 6<sup>th</sup> - 12<sup>th</sup> Grade College & Career Readiness presentation

6pm Zoom meeting, will be recorded for future viewing.

Please update your zoom account to the latest version, [click here](#).

Zoom Link: <https://murrieta-k12-ca-us.zoom.us/j/94282668573>

Need assistance with your college application?

College Application Assistance Oct 8, 13, 20, 27 – Nov 3, 10, 12, 17, 19

1-2:30pm [Zoom room](#)

## OCT – Nov 2020 - COLLEGE VIRTUAL FAIRS

**RACC Virtual Fairs** (Regional Admission Counselors of California)

<https://www.regionaladmissions.com/racc-fall-webinars.html>

- Check out a range of webinar-format virtual fairs this fall, from “Speed Dating” colleges by region, WUE, STEM, Religious Affiliation, Test Optional, Visual & Performing Arts, and more!

### CSU Week

- Oct. 5 – 9, 2020
- The CSU Chancellor’s Office and all 23 campuses are excited to provide an alternative to in-person college fairs. Each campus will present a short live session to provide a campus overview, information about the admission process and a question and answer portion. If you are not able to attend, all sessions will be recorded. • Register early at <https://www2.calstate.edu/apply/csuweek> (registration closes at 300 attendees)



### NACAC Virtual College Fairs

- Monday, Oct. 12, 2020, 1 - 9pm ET (10am – 6pm PT)
- Sunday, Oct. 18, 2020, 12 – 8pm ET (9am – 5pm PT)
- Sunday, Nov. 8, 2020, 2 – 10pm ET (11am – 7pm PT)

More info at: <https://www.nacacfairs.org/attend/attend-virtual-college-fairs/students/>

### **Campus Pride National LGBTQ-Friendly College Fair Program**

- Annual College Fair canceled, but info and resources at <https://www.campuspride.org/>

### **Colleges That Change Lives – Virtual Presentations**

- October 17-20, 2020 More info at: <https://ctcl.org/presentations/>

### **National Christian College Fairs – Virtual Presentation**

- November 5, 2020, 3-8pm PT
- More info at: <https://myblueprintstory.com/virtual-christian-college-fairs>

**8 of the Best Colleges (Liberal Arts and Sciences):** Claremont McKenna College; Colorado College; Connecticut College, Grinnell College, Haverford College, Kenyon College, Macalester College; Sarah Lawrence College

- October 4: 11-1 pm PT
- October 10: 11-1 pm PT
- October 14: 4-6 pm PT

More info or register at: <https://8ofthebestcolleges.org/student-programs/>