

SEPTEMBER 2022

COUNSELING NEWSLETTER

BROUGHT TO YOU BY THE VISTA MURRIETA HIGH SCHOOL COUNSELORS

BRONCO COUNSELING TEAM



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**FREE MENTAL
HEALTH SERVICE**
[CLICK HERE](#)

**COMMUNITY
RESOURCES**
[CLICK HERE](#)

IN THIS ISSUE:

- Upcoming Dates
- Tutoring Schedule
- Junior/Senior Parent Night
- College Visits
- AP Readiness
- PSAT/SAT
- College Application Assistance
- ASVAB & SAT Info
- Senior Timeline
- College Process Support
- Community Service
- College & Career Center
- Mental Health WELLNEWS

Upcoming Dates

- **Sep 21:** HOCO Court Nominations Deadline
- **Sep 21-22:** PSAT/SAT prep class
- **Sep 22:** CBU College Visit
- **Sep 24:** AP Readiness Seminar (virtual)
- **Sep 24:** Senior Parking Painting Day
- **Sep 26:** 11th/12th grade parent night
- **Sep 26 - 30, Oct 3:** Junior Transcript Reviews
- **Sep 27:** USC & UC Irvine College Visit
- **Sep 28-Nov 16:** Social-Emotional Learning Program for Parents (Spanish will be offered Jan 18-Mar 8)
- **Oct 1:** SAT (visit collegeboard.org)
- **Oct 1:** AP Exam total registration (payment service) opens (click [HERE](#) for registration link)
- **Oct 1:** FAFSA/UC/CSU Apps Open
- **Oct 3-7, 10:** Sophomore Transcript Reviews
- **Oct 6:** College Application Assistance in Library Computer Lab from 12:30-2pm
- **Oct 7:** Homecoming Rally & Game
- **Oct 8:** Homecoming Dance
- **Oct 12:** ASVAB Test (available to 10-12 grade)
- **Oct 14:** College Application Assistance in Library Computer Lab from 12:30-2pm
- **Oct 15:** PSAT (register by 9pm on 10/12)
- **Oct 18:** College Application Assistance in Library Computer Lab from 12:30-2pm
- **Oct 22:** AP Readiness Seminar (virtual)
- **Oct 24:** 9th/10th Grade Parent Night
- **Oct 24-28, 31:** Freshmen Transcript Reviews
- **Oct 28:** College Application Assistance in Library Computer Lab from 12:30-2pm
- **Oct 28:** 12 Week Grading Period Ends
- **Oct 31:** College Application Assistance in Library Computer Lab from 12:30-2pm

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**



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**

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

- | | |
|---------------------|-------------------|
| • Silvia Osorio | <i>A and Avid</i> |
| • Eric Peterson | <i>B and Cosa</i> |
| • Aurora Padilla | <i>C - CHA</i> |
| • Dione Tyler | <i>CHE - GH</i> |
| • Brett Murray | <i>GI - LA</i> |
| • Karen Candaele | <i>LE - O</i> |
| • Sandie Valenzuela | <i>P - SE</i> |
| • Claudia Hill | <i>SH - Z</i> |

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

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**

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achieve...

it

— Above the Line —

with C.L.A.S.S.

WORLD LANGUAGE TUTORING

BEFORE SCHOOL 7:15 - 8:15

TUESDAY:

Spanish - Kil **E241**

ASL - Oglesby **E215**

THURSDAY:

Spanish - Kil **E241**

ASL - Oglesby **E215**



VISTA MURRIETA HIGH SCHOOL
COUNSELING DEPARTMENT PRESENTS

Junior / Senior Night

SEPTEMBER 26, 2022 6:00PM
VMHS PERFORMING ARTS CENTER / MPR
INFORMATION TABLES WILL BE AVAILABLE

- CCGI/FAFSA/CAL-SOAP - NCAA - COLLEGES
- MILITARY - HERFF JONES/SENIOR ACTIVITIES
- ADVANCE ACADEMICS AND STUDIES
(AP/DUAL ENROLLMENT)
- ACADEMIC INTERVENTION AND SUPPORT
- GENERAL COUNSELING INFORMATION





Vista Murrieta High School
A California Gold Ribbon School and...a Tradition of CLASS...

September 12, 2022

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Hello AP Students and Parents/Guardians!

Your AP Coordinators visited all AP Classes on Sept. 6 and 7th. Here is the important information we shared with your student below. Attached to this email you will also find AP Readiness information. The first virtual AP Readiness seminar is on Sept. 24th!

Principal
Celeste Scallion

We reviewed the following presentation which includes My AP steps to register, benefits of registering and important Total Registration deadlines, exams cost and payment options:

Assistant Principals
Brianna Burow
Mike Duran
Heather Just
Shane Sands
Rosa Velardez

If your student is planning to take their AP Exam, here is a quick glance of the deadlines:

Assistant Principal
Athletics
Carl Galloway

- **October 1** – Total Registration (Payment Service) opens
- **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.

Activities Director
Shannon Kush

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

For more information, you and your student can review our presentation here: <https://bit.ly/vmhsap22> (Note: Link is case sensitive). Please let us know if you have any additional questions.

Warm Regards from your AP Coordinators,
Claudia Hill
Sandie Valenzuela



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 Spanish Language (NEW)
- 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

September 24, 2022	January 14, 2023
October 22, 2022	February 4, 2023
November 5, 2022	March 18, 2023
December 10, 2022	April 22, 2023

TIME

9:00 am - 1:00 pm

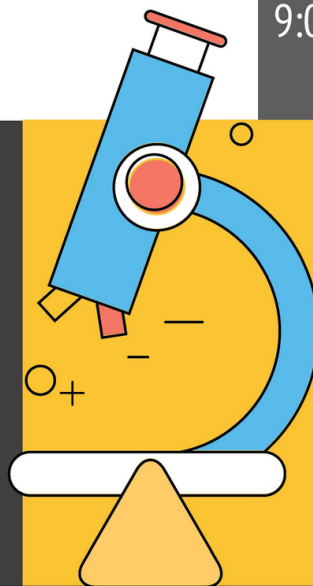
CONTACT

**JAMES KEIPP, DIRECTOR, AP READINESS PROGRAM
UC RIVERSIDE, GRADUATE SCHOOL OF EDUCATION**

 **951.827.6058**

 **JKEIPP@UCR.EDU**

 **www.apr.ucr.edu**
www.apr.ucr.edu



A UCR & RCEC INITIATIVE



Division of Leadership, Wellness, and Student Services
Pupil Administrative Services
Foster Youth Services Coordinating Program



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



Program Dates:

Option A: English

Wednesdays from 5:30-6:45PM
September 28 - November 16, 2022

Option B: Spanish

Wednesdays from 4:30-5:45PM
January 18 - March 8, 2023

Parents will explore

- mindful breathing techniques to help reduce parenting stress
- daily mindfulness practices to increase self-awareness 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.

To register, visit:

<http://rcoe.k12oms.org/1089-224704>

BRONCO CLASS OF 2023



COLLEGE APPLICATION ASSISTANCE AVAILABLE



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!**

**SIGN UP
TODAY**

ASVAB TEST

Wednesday, Oct. 12, 2022

7:30 AM (check-in starts at 7 AM)

No admittance after 7:30 AM

VMHS PAC

Student ID Mandatory

Due to limited seating,

**ONLY 10th, 11th and 12th graders
are eligible to take the ASVAB**

Scan the QR code to register



Or Use this Link

<https://forms.microsoft.com/r/UWPHbyHGWZ>

EMAIL MRS. FINCH
FOR ANY QUESTIONS

CLFinch@murrieta.k12.ca.us



VMHS



TAKE THE PSAT

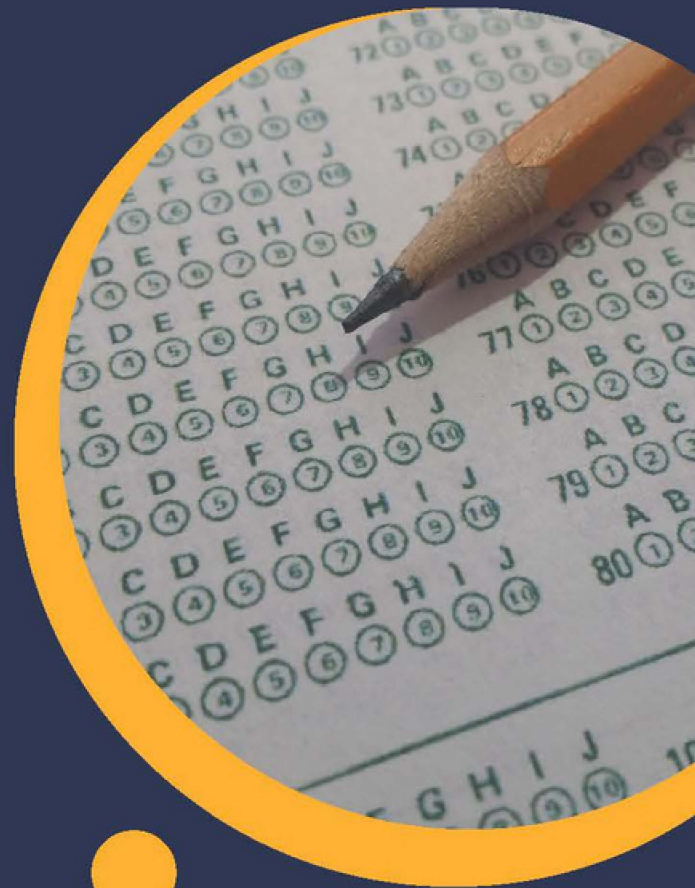
SIGN-UP NOW OPEN!

**Saturday, October 15
7:30 AM-12:00 PM
Performing Arts Center**

**ARE YOU A SOPHOMORE
OR JUNIOR HOPING TO
GO TO COLLEGE?**

Register to take the PSAT
at bit.ly/vmhspSAT
by Sunday, October 9.

TEST IS NON-REFUNDABLE



WHY TAKE THE PSAT?

PSAT helps students determine what they need to work on most so that you're ready for college when you graduate from high school. It also tests the same skills and knowledge as the SAT. The PSAT also identifies AP courses that you have a good chance of passing with a 3 or higher on an AP exam.

BRONCO SENIOR TIMELINE

AUGUST / SEPTEMBER

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

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 at 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 www.parchment.com.

OCTOBER

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

COLLEGE BOUND?

Take the SAT on October 1.

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

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

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.

MARCH / APRIL

Community service due - 10 hours

Make graduation plans with friends and family

Keep your head and grades up!

COLLEGE BOUND?

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.

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.

CAL-SOAP COLLEGE SUCCESS COACH



YEZENIA CARRILLO

SUPPORT WITH

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



COLLEGE & CAREER CENTER

Monday's, Tuesday's, and Friday's
Hours: 8:30am - 2pm

Email: ycarrillo_c@roco.us

Phone Number: (909) 521-8470



Click [HERE](#)
or scan QR code

VIRTUAL COACHES ALSO AVAILABLE!!

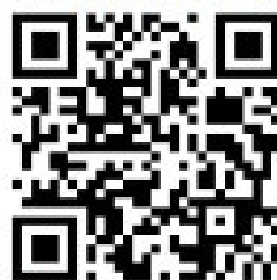
Scan QR Code for more info



Community Service Hours Requirements

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>



Mrs.
Finch



CLFinch@murrieta.k12.ca.us

*College and
Career Center*

Open Mon-Fri 7:30-3:30

Closed for lunch 11:30-12:00



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

SEPTEMBER 2022 • ISSUE 4 • VOLUME 2

Take Action for Suicide Prevention

Suicide Prevention Week: September 4-10, 2022
World Suicide Prevention Day: September 10



Thriving At All Ages

SMARTPHONE APPS

- [MY3](#)
- [What's Up Safehouse](#)
- [A Friend Asks](#)
- [Better Stop Suicide](#)
- [Suicide Safety Plan](#)

APP

By knowing the signs of suicide, finding the words to support a friend or family member, and by reaching out to and promoting local and national resources everyone can play a critical role in suicide prevention. Click on the links below for additional information and guidance:

- [Suicide Prevention Activity Sheet](#)
- [SuicideisPreventable.org](#)
- [Up2Riverside.org](#)
- [EachMindMatters.org](#)



CRISIS RESOURCES

Riverside County Crisis Helpline

(951) 686-HELP (4357)

Crisis Text Line

Text HELLO to 741741

Trevor Lifeline

(866) 488-7386 or
Text START to 678678

CA Youth Crisis Hotline

(800) 843-5200

Suicide & Crisis Lifeline

Call 988

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 19-4316



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

OCTOBER 2022 • ISSUE 4 • VOLUME 3



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

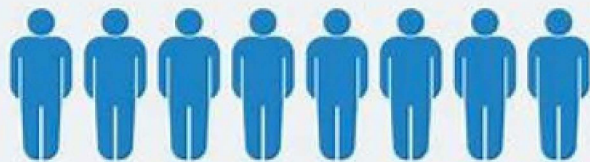
[Drugfree.org](https://www.drugfree.org)

[Smart Recovery-Teens](#)

[How to Respond to an Opioid Overdose](#)

RUHS Substance Abuse Program:
951-955-2105

California Resource Center:
1-800-879-2772



9 OUT OF 10

PEOPLE WITH SUBSTANCE PROBLEMS
STARTED USING BY AGE 18

SMARTPHONE APPS

- [Sober Grid](#)
- [Nomo](#)
- [Sober Tool](#)
- [We Connect](#)
- [Headspace](#)
- [Talk. They Hear You.](#)

APP

988
SUICIDE
& CRISIS
LIFELINE

[CLICK HERE](#) for More
Information & Resources