



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

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SEPTEMBER 2020

VOLUME 2

A Few Announcements:

We are moving along quickly into September! By now we hope you all have found your groove and routine. Counselors will be starting one-on-one meetings with students by grade level. Please refer to the information and dates in the grade level information in this newsletter.

Open House will take place virtually this year on Sept. 14, please stay tuned for more information.

The last page of this newsletter includes AP Readiness information and dates. Please visit <https://apreadiness.ucr.edu/> for more info and to sign up. If you're in an AP class we encourage you to utilize this resource.

~ The Counseling Team

Bronco Counseling Team

A – Cr Demetrius Caldwell dcaldwell@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrCaldwellVMHS@MurrietaUSD.onmicrosoft.com/bookings/>

Cu– Hi Dione Tyler dt Tyler@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrieta@MurrietaUSD.onmicrosoft.com/bookings/>

Ho - Mi Karen Candaele kcandaele@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool1@MurrietaUSD.onmicrosoft.com/bookings/>

Mo - Sa Gabriela Arizola garizola@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool@MurrietaUSD.onmicrosoft.com/bookings/>

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Academic Intervention Aurora Padilla apadilla-napoles@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VistaMurrietaHighSchool3@MurrietaUSD.onmicrosoft.com/bookings/>

Mental Health Specialist Angie Curiel acuriel@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/VMHSsocialemotionalcounseling@MurrietaUSD.onmicrosoft.com/bookings/>

Special Projects Eric Peterson epeterson@murrieta.k12.ca.us Book an appointment online: <https://outlook.office365.com/owa/calendar/MrPetersonsOnlineAppointments@MurrietaUSD.onmicrosoft.com/bookings/>

A Message on Mental Health from Mrs. Curiel...

Every month Mrs. Angie Curiel will present a message on mental health. This month's theme is Suicide Awareness and Prevention with a particular focus on reducing the stigma on mental health and increasing awareness. Please refer to the last page of this newsletter for more information on Suicide Awareness and Prevention.



Career Center News:

Welcome to Vista Murrieta's College Career Center!

Please visit www.vmhs.net for more information on the services listed below. Mrs. Morris, our Guidance Technician who runs the Career Center is a wonderful resource. She just updated the scholarship page on the website (under college and career center) and has other resources available on the site. Please note that the ASVAB or PSAT will not be offered this semester. Seniors, please visit www.parchment.com if you are in need of a transcript for colleges.



Services available-

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

VMHS Counselors Miss YOU!

Our campus is empty without you!



Reminder: Virtual OPEN HOUSE September 14, 2020

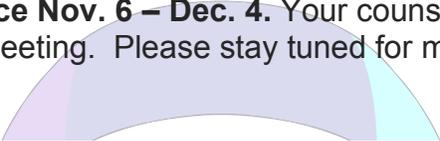
Students:

If you are having login and/or technology issues, please call our tech support phone number for assistance 951-304-1767

9th Grade

It's that time of year when counselors begin meeting with Freshman one-on-one for transcript reviews. This is a great opportunity to make sure you are on track for graduation and to answer any college or career related questions. These meetings are typically held in the MPR, but with our current virtual learning model, we will be meeting with each of you virtually over the next couple of weeks.

Freshman meetings will take place Nov. 6 – Dec. 4. Your counselor will send out a link to you in a few weeks to set up your one-on-meeting. Please stay tuned for more information to come.



Always remember
you are **BRAVER**
than you BELIEVE
STRONGER
than you SEEM
SMARTER
than you THINK
& **LOVED**
more than you know



10th Grade

It's that time of year when counselors begin meeting with Sophomores one-on-one for transcript reviews. This is a great opportunity to make sure you are on track for graduation and to answer any college or career related questions. These meetings are typically held in the MPR, but with our current virtual learning model, we will be meeting with each of you virtually over the next couple of weeks.

Sophomore meetings will take place Oct. 19 – Nov. 6. Your counselor will send out a link to you in a few weeks to set up your one-on-meeting. Please stay tuned for more information to come.

An important notice for Sophomores: The PSAT will not be offered this year due to our statewide Covid19 pandemic.

11th Grade

It's that time of year when counselors begin meeting with Juniors one-on-one for transcript reviews. This is a great opportunity to make sure you are on track for graduation and to answer any college or career related questions. These meetings are typically held in the MPR, but with our current virtual learning model, we will be meeting with each of you virtually over the next couple of weeks.

Junior meetings will take place Sept. 28 – Oct. 16. Your counselor will send out a link to you in a few weeks to set up your one-on-meeting. Please stay tuned for more information to come.

12th Grade

It's that time of year when counselors begin meeting with Seniors one-on-one for transcript reviews starting next week. This is a great opportunity to make sure you are on track for graduation and to answer any college or career related questions. These meetings are typically held in the MPR, but with our current virtual learning model, we will be meeting with each of you virtually over the next couple of weeks.

Senior meetings will take place Sept. 8 – Sept. 25. Your counselor will send out a link to you in a few weeks to set up your one-on-meeting. Please stay tuned for more information to come.

Important things to note this semester:

- Cal State and UC applications are now open! Use CCGI (California Colleges) to access your college applications
- Application deadlines for Cal State and UC applications are November 30th, 2020. For all other colleges, check their website to keep track of deadlines
- Some private or out of state colleges may require letters of recommendation so be sure to formally ask your teachers and/or counselors via email in advance
- Utilize the College & Career Kick Off Page on the school website for common college application questions [here](#)
- Most 4-year colleges are waiving the SAT requirement, but you can still elect to take the exam. Testing centers are limited during the pandemic, please visit www.collegeboard.org for more information
- If you qualify for the 2020/2021 school year's free and reduced lunch program, you can request an SAT fee waiver from Mrs. Morris at mmorris@murrieta.k12.ca.us

#SuicidePreventionMonth2020

Hope, Resilience & Recovery



Funded by counties through the Mental Health Services Act (Prop 63)

suicideispreventable.org

September is national suicide prevention month. The purpose of having a month dedicated to suicide prevention is to decrease the stigma around mental health and increase suicide prevention awareness. A component of increasing awareness is understanding mental health and substance use disorders while celebrating recovery. Help build resilience by encouraging help-seeking conversations in our community!

We have included resources and activities to spread the message about suicide prevention, emotional resiliency, recovery, and hope.

[Suicide Prevention Activity Tip Sheet](#)
[Know the Signs](#)

[Riverside County Suicide Prevention Awareness and National Recovery month September Activity Calendar](#)

[3rd place winner of the Directing Change video contest](#) (Murrieta Valley High School)

Suicide can be prevented. Many of us have been touched by the tragedy of suicide. We may have lost someone close to us or been moved by the loss of someone we may have never met. Suicide can be prevented; you can help by taking the following actions:

Know the Signs: Most people who are considering suicide show some warning signs or signals of their intentions. Learn to recognize these warning signs and how to respond to them by visiting the Know the Signs web site (www.suicideispreventable.org).

Find the Words: If you are concerned about someone, ask them directly if they are thinking about suicide. This can be difficult to do but being direct provides an opportunity for them to open up and talk about their distress and will not suggest the idea to them if they aren't already thinking about it. The "Find the Words" section of the Know the Signs web site (www.suicideispreventable.org) suggests ways to start the conversation.

Reach Out: You are not alone in this. Before having the conversation, become familiar with some resources to offer to the person you are concerned about. Visit the Reach Out section of California's Suicide Prevention campaign web site (www.suicideispreventable.org) to identify where you can find help for your friend or loved one.

Important Phone Numbers:

Local Suicide Crisis
Line: (951)686-HELP

COVID-19 Info Line:
211

RUHS-Behavioral
Health Access Line:
1(800)706-7500

National Suicide
Prevention Lifeline:
1(800)273-TALK



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
Zoom platform



WHEN

September 19, 2020 January 16, 2021
 October 10, 2020 February 13, 2021
 November 7, 2020 March 6, 2021
 December 5, 2020 April 10, 2021

TIME

8:30 a.m.-12:30 p.m.

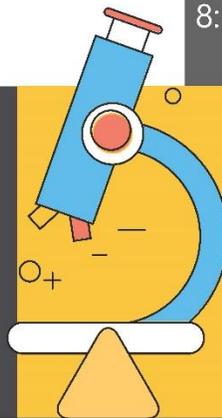
CONTACT

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

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✉️ JKEIPP@UCR.EDU

🌐 www.apr.ucr.edu



A UCR & RCEC INITIATIVE

Sign up today at: <https://apreadiness.ucr.edu>



**RIVERSIDE COUNTY
OFFICE OF EDUCATION**

JUDY D. WHITE, Ed.D. | County Superintendent of Schools



Class of 2021

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[September 10](#)

[September 11](#)

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