



# MESA COUNSELING UPDATE #3

## Week of April 13 – April 17

Hello Mesa Students and Parents,

Welcome to our 2<sup>nd</sup> week of online school from home. We hear that many of you are doing a great job! Please keep up the great work and please reach out to your counselors if you need any assistance. Remember to take care of yourselves and stay in contact with your friends and family by using apps like Facebook, Zoom, and/or Ring Central, but please remember to use it safely with your parents' permission.

Counselors will continue to use this Weekly Update to streamline our communications to give updates and provide useful resources. We now have two sources of information during this Pandemic. We have the [COVID-19 Counselor Resources Page](#) and the [Counseling News Page](#); both are chalk full of great information. In this Weekly Bulletin we want to provide information regarding:

- CSU San Marcos Updates
- AP Updates
- Post High School/Military/ Career/College Acceptance Recognition Plan
- MJSC Updates
- SAT Update
- Need Internet?
- Pathway Pins
- Netiquette
- Mental Health theme for the week

Lastly, we want to celebrate all of you for your strength and hard work during these uncertain times. Let's keep coming together and please reach out if you need assistance. Together, we will get through this 😊

Kind regards,  
MMHS Counseling

### MESA COUNSELOR CONTACTS & OFFICE HOURS: 9:45 am to 2:45 pm

| Counselors  |
|---|
| <b>Mr. David Carrillo, 9<sup>th</sup> – 12<sup>th</sup> grades Last Names A-D</b><br>Phone: 951-304-1626 Email: <a href="mailto:dcarrillo@murrieta.k12.ca.us">dcarrillo@murrieta.k12.ca.us</a>                              |
| <b>Mrs. Veronica Rubalcava, 9<sup>th</sup> – 12<sup>th</sup> grades Last Names E-K &amp; all EL Students</b><br>Phone: 951-304-1656 Email: <a href="mailto:vrubalcava@murrieta.k12.ca.us">vrubalcava@murrieta.k12.ca.us</a> |
| <b>Mrs. Connie Kim 9<sup>th</sup> – 12<sup>th</sup> grades Last Names L-Re</b><br>Phone: 951-304-1635 Email: <a href="mailto:ckim@murrieta.k12.ca.us">ckim@murrieta.k12.ca.us</a>   |
| <b>Ms. Kesha Andrews 9<sup>th</sup> – 12<sup>th</sup> grades Last Names Rf-Z</b><br>Phone: 951-304-1602 Email: <a href="mailto:kandrews@murrieta.k12.ca.us">kandrews@murrieta.k12.ca.us</a>                                 |
| <b>Mrs. Lisa Amstutz 9<sup>th</sup> – 12<sup>th</sup> grades All AVID, TBI, and Behavior Students</b><br>Phone: 951-304-1607 Email: <a href="mailto:lamstutz@murrieta.k12.ca.us">lamstutz@murrieta.k12.ca.us</a> ;          |
| <b>Mrs. Lindsey Hersh 9<sup>th</sup> – 12<sup>th</sup> grades Social Work and Mental Health Specialist</b><br>Phone: (951) 304-1609 Email: <a href="mailto:lhersh@murrieta.k12.ca.us">lhersh@murrieta.k12.ca.us</a>         |

## CSU San Marcos Updates

**CSUSM Alliance Info:** Seniors that have been accepted to CSU San Marcos, your intent to enroll date has been moved to June 1<sup>st</sup>! CSUSM will be taking virtual appointments for students that have questions, such as general inquiries about CSUSM and admission process, residency status assistance, changes to spring classes at current school and implications for admission or questions regarding next steps.

Link to virtual appointments:

[https://www.csusm.edu/admissions/ includes/scheduleanappointment.html](https://www.csusm.edu/admissions/includes/scheduleanappointment.html) Select “Book with a Freshman Admissions Advisor” option

- Accepted students should be able to view their financial aid package for CSUSM in student portal.
- Students who applied for EOP will be notified during the month of April.
- Students who were originally denied acceptance to CSUSM may request a re-evaluation of their application if they can provide proof of “improvement” from the time they submitted the application in November.
- There will be NO Early Start Program
- Student orientation will be held online

## AP Updates

**If plan to take the AP exam and do not have an electronic device please contact your AP teacher or Mrs. Amstutz (lamstutz@murrieta.k12.ca.us) or Ms. Andrews ([kandrews@murrieta.k12.ca.us](mailto:kandrews@murrieta.k12.ca.us)) ASAP!**

**Need internet?** The two primary ISPs in our area are Spectrum and Frontier. Frontier’s [California Lifeline Discount Program](#) offers internet service for \$9.25/month for qualifying applicants. Spectrum has two relevant programs. The first is their COVID-19 [Remote Education Credit](#) which is not specifically targeted at low-income families. Spectrum’s second option is a program called [Internet Assist](#) which is like Frontier’s Lifeline program and is targeted at low-income families and has qualification requirements. Please click on the links for the direct website information.

**Parent Webinar:** Parents of current AP students may have received an email to participate in a special AP webinar for parents. The purpose of the webinar is to learn more about at-home testing, the exam schedule, and AP review classes. **The webinar will take place on Thursday, April 16, 7 p.m. ET. A recording of the webinar will be emailed to you following the event.** We encourage your AP student to tune in to the webinar with you. Sign up now, space is limited. [Click here to sign up.](#)

## Post High School/Military/Career/College Acceptance Recognition Plan

Seniors please share what your plans are for next year by filling out the [form here](#). We are hoping to find a way to celebrate you, so stay tuned.

## MJSC Updates

The MSJC outreach team is working on implementing a plan on how to continue to outreach to seniors that want to attend MSJC in the summer or Fall. More information coming soon! You can start your MSJC application today at <https://msjc.edu/enroll/new-students.html>.

**MSJC First Year Experience (FYE):** Mt. San Jacinto College’s First Year Experience (FYE) Program is designed to make sure students have a smooth transition into college life. Please visit <https://msjc.edu/fye/> for more information. Application deadline approaching May 31, 2020

### **MSJC 2+2 Business Pathway:**

Want to major in Business? Want to stay local? If you answered yes then keep reading. MSJC has partnered with CSU San Marcos to help students earn a Business degree in Business Administration in 4 years. There will be two virtual info sessions held on **April 27th 11am-12pm** and **April 30th 3pm-4pm**. The info sessions will be held

using Zoom and will be a chance to learn more about the program. Please email [slarson@msjc.edu](mailto:slarson@msjc.edu) to RSVP for an info session. Please visit [www.msjc.edu/2plus2CSUSMTemecula](http://www.msjc.edu/2plus2CSUSMTemecula) for more information.

**MSJC Puente program:** The mission of the Puente Program is to increase the number of educationally underserved students who:

- Enroll in four-year colleges and universities,
- Earn college degrees, and
- Return to their communities as leaders and mentors.

**Program Requirements:**

- Have a goal of transferring to a 4-year university.
- Eligibility for English 101 + 94 in the Fall and English 103 in the Spring
- Strong commitment to participate in all program activities including university tours, social events, mentoring and more!
- Meet with Puente counselor regularly & complete an educational plan
- MSJC Puente program will now be available at the MSJC Menifee campus! For more information please visit <https://ou.msjc.edu/puente/statewide-puente-project-history.html> or submit your interest on this [Interest Form](#).

### SAT Updates

- The June 6<sup>th</sup> SAT and SAT Subject test have been cancelled.
- Students will have opportunities to take the SAT to make up for this spring's lost administrations. If it's safe from a public health standpoint, College Board will provide weekend SAT administrations every month through the end of the calendar year, beginning in August. This includes a new administration in September and the previously scheduled tests on August 29, October 3, November 7, and December 5.
- Students will be able to register for these administrations beginning in May. College Board will communicate directly with students when the exact date is available. Eligible students will be able to take the exam with a fee waiver. Students who were registered for June and those in the high school class of 2021 who do not have SAT scores will have early access to registration for the August, September, and October administrations.

### Need internet?

Frontier's **California Lifeline Discount Program** offers internet service for \$9.25/month for qualifying low-income applicants.

- Spectrum has two relevant programs. ■
  - The first is their COVID-19 **Remote Education Credit** which offers 60 days of free internet for families of students who do not currently have internet access.
  - Their second option is a program called **Internet Assist** which is targeted to low-income families and has qualification requirements.

### Pathway Pins

Updated Pathway Pin info can be found here: [Click Here](#)

## Mental Health & Emotional Support

According to The National Institute of Mental Health, stress is how the brain and body respond to any demand; and any type of challenge can be perceived as stressful. Stress can affect your physical and mental health. The COVID-19 outbreak is impacting us all in one way or another, as a result we will continue to focus on the theme of stress management this week.

---

*Stress is not what happens to us. It is our response to what happens. And response is something we can choose.* Maureen Killoran

---

### COVID-19 (coronavirus)

## 6 Tips for Coping with the Stress



**It's normal to feel sad, stressed, confused, scared or angry during a crisis.** Talking to people you trust can help. Get in touch with your loved ones and connect with them.



**Be aware that not everything being said about COVID-19 is accurate.** Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



**Limit your stress and fear** by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



**Do things you've done in the past** to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



**If you're staying home,** stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



**Deal with your emotions in a healthy way.** Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

\*Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.

\*\*Adapted from the International Federation of Red Cross; data from the World Health Organization

## Things you can do to support yourself



Take breaks from watching, reading, or listening to news stories, including social media.

Take deep breaths, stretch, eat healthy, exercise regularly, and get plenty of sleep.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

**Call your healthcare provider if stress gets in the way of your daily activities for several days in a row**

### **Weekly Wellness Theme: Stress Management Part 2**

*Please see links to videos and worksheets below to help you manage your stress as we continue with distance learning and coping with the many changes we are experiencing.*

**Stress Management Videos:**

**Stress Management Strategies**

**Awareness and Application**

**Stress Management Worksheets:**

# NETIQUETTE

A STUDENT AND PARENT GUIDE  
TO ONLINE BEHAVIOR EXPECTATIONS

## STUDENT EXPECTATIONS



**USE APPROPRIATE LANGUAGE**



**BE KIND WITH YOUR WORDS**



**BE PRESENT! NO MUSIC OR TV IN BACKGROUND**



**NO RECORDING OR SCREENSHOTS OF CLASSROOM CHATS**



**BE RESPECTFUL**



**BE A LEADER**



**DO NOT USE ALL CAPS**



**NO MEMES OR TIKTOKS**



**BE PATIENT**



**STAY ON TOPIC**

**PARTICIPATE IN CLASSROOM DISCUSSIONS  
STARTED BY TEACHERS ONLY!**



**Tools for Distance Learning Success**

## PARENT SUGGESTIONS

**MURRIETA  
VALLEY  
UNIFIED  
SCHOOL  
DISTRICT**



**Monitor Online Behavior**

**Email/Contact your child's teacher**

**Set Boundaries & Rules**

**Support your child**

**Expect Good Behavior**

**Report Alarming Behavior or Chats**

**Log-in and review teacher Haiku pages, websites, or emails at least once a week**



## FAQ – Frequently Asked Questions

Here are some of the common questions people are asking. We will do our best to share information to these questions as it becomes available to us.

**Q: What if I can't get into my email/Haiku?**

A: Send an email to Mrs. Blancato ([bblancato@murrieta.k12.ca.us](mailto:bblancato@murrieta.k12.ca.us)) or Mrs. Walsh ([jwalsh@murrieta.k12.ca.us](mailto:jwalsh@murrieta.k12.ca.us)) and they will be able help reset.

**Q: How often should I be checking my email/haiku?**

A: You should check it at least once a day. You might be getting text messages as well as emails depending on how you have your Aeries Communication setup. If you wish to change this setting, simply log into Aeries and update in Communication.

**Q: Can I use this time to make up missing work?**

A: It's a good idea to communicate with your teachers to see if there are any missing assignments they will still accept. We all want what is best for all students' success, so teachers are being very flexible, but it's important to ask first.

**Q: Where can I find my teacher's email?**

A: In Aeries under Student Info, there is a tab for "Email List". You will find a link to each of your teacher's email there.

**Q: If I can't communicate with my teachers, who should I talk to?**

A: Counselors will be available to support during Office Hours between 9:45 am-2:45 pm daily. We are currently working on ways to set-up appointments either thru phone or teleconference. Information coming soon.

**Q: What if I need a work permit?**

A: Work permits are issued after you have secured a job. The forms are available online on the [Counseling Website](#). Please complete all sections and then you can scan the form to Mrs. Leslie Anderson, [landerson@murrieta.k12.ca.us](mailto:landerson@murrieta.k12.ca.us).

**Q: What is going on with AP testing?**

A: AP test dates will from May 11-May 22. Exams have been modified to be 45 minutes online tests, and they will focus on application of information learned before March. However, if students do not feel prepared for the exam, they may cancel by logging in to [TotalRegistration.net](#) to process a refund with no cancellation fee. This carefully about canceling, however. You and your teachers have worked hard to prepare for the tests! Check out [CollegeBoard.org](#) for YouTube Live Classes (we are hearing they are awesome!) and additional resources.

**Q: What about Credit Recovery APEX and MCA reverse co-enroll classes?**

A: Make sure to contact your host teacher so they can work with you to unlock sections. Continue working on your classes. Counselors will be working with Seniors and Juniors who need Credit Recovery to meet Graduation Requirements

**Q: What about MSJC classes?**

A: Regularly check your [Eagle Advisor](#) for updates. MSJC has switched over to full online options, but as far as we know, classes are still being conducted using their online platforms.

**Q: For Seniors, what Graduation Requirements have been waived?**

A: MVUSD understands these are very unprecedented times, Seniors – the Community Service hour graduation requirement has been waived. Juniors - the Junior Reflective essay has been waived.

**Q: I am worried about graduation because Aeries is showing I am failing some classes, should I just transfer to K-12 online school?**

A: We understand students (especially Seniors) are having extra stress about grades and credits. Please understand that we are here to support all students and are working tirelessly to make sure students have a variety of ways to bring their grades up to pass their classes. Be patient and let's work through this together.

**Q: What Summer School Options are available?**

A. There are a few options for Online Summer School in Murrieta Valley. [Method Charter](#) and [Diego Hills Charter](#) Please remember that this would be to "fix" grades not to advance.