



# MESA COUNSELING UPDATE #4

## Week of April 20 – April 24

Hello Mesa Students and Parents,

Welcome to our 3<sup>rd</sup> week of online school from home. Please keep up the great work and stay encouraged! At this point we should be checking in with teachers and working on assigned classwork. If students do not know what to do for a specific class, please e-mail your teacher directly or reach out to your counselor. Again, please 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 SAT updates
- Post High School Plans Survey
- Summer School Updates

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> Phone: 951-304-1626 Email: <a href="mailto:dcarrillo@murrieta.k12.ca.us">dcarrillo@murrieta.k12.ca.us</a>
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<b>Mrs. Connie Kim 9<sup>th</sup> – 12<sup>th</sup> grades Last Names L-Re</b> Phone: 951-304-1635 Email: <a href="mailto:ckim@murrieta.k12.ca.us">ckim@murrieta.k12.ca.us</a>
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<b>Mrs. Lisa Amstutz 9<sup>th</sup> – 12<sup>th</sup> grades All AVID, TBI, and Behavior Students</b> Phone: 951-304-1607 Email: <a href="mailto:lamstutz@murrieta.k12.ca.us">lamstutz@murrieta.k12.ca.us</a> ;
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Do you have a story to share? Use this [link](#) to send us your stories and we may share in our Weekly Updates

## California State University SAT Updates (Juniors this is for you!):

Given the challenges encountered in spring and the unknown situation ahead the CSU wanted to make sure students and their families could move forward with college planning.

To provide some measure of relief, the CSU will **temporarily suspend the use of ACT/SAT examinations in determining admission eligibility for all CSU campuses for the 2021-2022 academic year**. This temporary change of admission eligibility applies only for the fall 2021, winter 2022 and spring 2022 admission cycles. First-time freshmen must meet the following eligibility requirements: be a high school graduate or equivalent; complete the 15-unit comprehensive “a-g” pattern of college preparatory courses; and earn a qualifying “a-g” grade point average (GPA) as described below.

- California residents and graduates of California high schools will be eligible for admission by earning a 2.50 or greater “a-g” GPA.
- Any California high school graduate or resident of California earning a GPA between 2.00 and 2.49 may be evaluated for admission based upon supplemental factors such as number of courses exceeding minimum “a-g” requirements, household income, extracurricular involvement, and other available information that would inform the campus admission decision. Each CSU campus will determine the supplemental factors used with GPA to determine eligibility in these cases and communicate these criteria publicly for prospective students.
- Non-California residents may be eligible for admission to the CSU by earning a 3.00 or greater “a-g” GPA along with other supplemental factors utilized by the individual campus, including those outlined by impacted campuses and programs.

This temporary change of admission requirements will also apply to impacted CSU campuses and programs. Campuses and programs designated as impacted may utilize higher “a-g” GPA thresholds for applicants, as well as identify supplemental criteria and their relative weights, in making admission decisions. However, in no case will standardized test scores be utilized in making admissions decisions for applicants during the 2021-2022 academic year.

## 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. **Seniors – please take a moment to do this – we want to celebrate you!**

## MVUSD Summer School

- June 15th-July 10<sup>th</sup> (Off July 3<sup>rd</sup>)
- Students may submit applications until May 26th or until course offerings are full. Students will be notified of their summer school assignments by June 2nd.
- Students can take up to 2 courses
- Courses are open to Grades 9-12 for credit recovery only.
- Distance Learning Course Offerings (Both First and Second Semester): English 9-12, Math I, Math II, Modern World History, US History, Government, Economics, Biology, Earth Science
- **IF YOU PREVIOUSLY TURNED IN A PAPER SUMMER SCHOOL APPLICATION, YOU WILL NEED TO RESUBMIT USING THE LINK BELOW**
- [Application link here](#)

## Mental Health & Emotional Support

With distance learning in full effect, you may be experiencing an increase in feelings of anxiety and stress. These are normal reactions to a global pandemic affecting us all. There are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.

Below are links to videos explaining where anxiety stems from and worksheets to help you identify your personal triggers and coping strategies.

### Videos:

[Fight Flight or Freeze-Anxiety Explained for Teens](#)  
[Automatic Thoughts](#)

### Worksheets:

[Introduction to Anxiety](#)  
[What is Anxiety?](#)

### MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

SET BOUNDARIES WITH WHAT + HOW MUCH MEDIA YOU CONSUME

YOU'RE ALLOWED TO OPT OUT OF OVERWHELMING DISCUSSIONS

TRY TO RESPOND TO THE FEARS OF OTHERS WITH UNDERSTANDING + RESPECT

GENTLE REMINDERS:  
FOR WHEN THE WORLD FEELS FRIGHTENING

FOCUS ON THE MANY THINGS YOU CAN CONTROL

BE MINDFUL OF WHEN IT'S BECOMING MORE THAN JUST 'BEING INFORMED'

BREATHE, CONNECT + TAKE GENTLE CARE OF YOURSELF + OTHERS

≥@THEMINDGEEK≤

## **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. MVUSD is offering summer school. [Click the link here](#). Online Summer School is also be offered by [Method Charter](#). Please remember that this would be to "fix" grades not to advance.