



MESA COUNSELING UPDATE #5

Week of April 27th – May 1

Hello Mesa Students and Parents,

Welcome to our 4th week of online school from home. Please keep up the great work and stay encouraged! Mesa has created a new one stop shop for parents and students to get to their [Distance Learning links](#). Please access this one stop shop by [clicking here](#).

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

- [MSJC Annex at MV interest form link](#)
- Fire Science and Technology Course
- MSJC 5/14/20 Transition Session
- CSU updates for juniors and seniors
- RACC Virtual College Webinars
- Method Summer School Info
- MVUSD Assistline
- Post High School Plans Survey
- AP Exam 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
Mr. David Carrillo, 9th – 12th grades Last Names A-D Phone: 951-304-1626 Email: dcarrillo@murrieta.k12.ca.us
Mrs. Veronica Rubalcava, 9th – 12th grades Last Names E-K & all EL Students Phone: 951-304-1656 Email: vrubalcava@murrieta.k12.ca.us
Mrs. Connie Kim 9th – 12th grades Last Names L-Re Phone: 951-304-1635 Email: ckim@murrieta.k12.ca.us
Ms. Kesha Andrews 9th – 12th grades Last Names Rf-Z Phone: 951-304-1602 Email: kandrews@murrieta.k12.ca.us
Mrs. Lisa Amstutz 9th – 12th grades All AVID, TBI, and Behavior Students Phone: 951-304-1607 Email: lamstutz@murrieta.k12.ca.us ;
Mrs. Lindsey Hersh 9th – 12th grades Social Work and Mental Health Specialist Phone: (951) 304-1609 Email: lhersh@murrieta.k12.ca.us

Do you have a story to share? Use this [link](#) to send us your stories and we may share in our Weekly Updates



The topic of mental health has never been more important than now. COVID-19 has turned our worlds upside down and the feelings of worry, isolation, loneliness, and anxiety associated with the pandemic are affecting us all. Our mental health is essential to overall wellbeing. Coping strategies can help us better deal with adversity.

Join us in raising awareness about mental illness and help reduce stigma by engaging in the Mental Health Week activities and coping skills below.

CALIFORNIA STUDENT MENTAL HEALTH WEEK

Student Mental Health Virtual Spirit Week Coping Strategies Activities!
May 4-8, 2020

MUSIC MONDAY	CRUISE DAY TUESDAY	WORKOUT WEDNESDAY	THINKING CAP THURSDAY	FLANNEL FRIDAY
Coping Strategy: Listening to music helps relax our brains and bodies.	Coping Strategy: Visualizations are a great relaxation tool.	Coping Strategy: Moving our bodies is a stress burner!	Coping Strategy: Journaling or writing things down help them from swirling in our minds!	Coping Strategy: Feeling physically cozy, helps with stress, like the Danish "hygge" culture.
Spend 5 minutes listening to your favorite music or songs today. Solo dance parties and air guitars are allowed!	Visualize yourself on a beach or in your favorite place. You can also listen to guided visualizations!	Go for a walk or run, or try a fun workout video on YouTube!	Try starting a journal or making a list of your thoughts and feelings!	Try wearing cozy pjs or sweats, socks or snuggling up with your favorite blanket or stuffed animal.

www.schoolcounselor-ca.org

Monday: Listen to this [Spotify playlist](#) to lift your mood!

Tuesday: Follow this [ocean escape](#) guided meditation!

Wednesday: Try this [High-Intensity Interval Training](#) workout to release stress!

Thursday: Try these thought provoking [journal prompts](#)!

Friday: Learn about the art of coziness, the Danish way with "[hygge!](#)"



However,
EVERYONE
faces challenges in life
that can impact their
mental health.



Sophomores and Juniors interested in taking MSJC classes through the Murrieta Valley Annex

Sophomores and juniors with above a 2.5 overall GPA, this is a great opportunity to earn college credit and not have to drive to Mount San Jacinto college. Please take a look and complete the interest [survey here](#).

Class options include:

1. AJ 101 Criminal Law
2. CSIS 113A C++ Programming I
3. Dance 100 History & Appreciation of Dance
4. English 101 College Composition (Seniors Only)
5. History 103 World History to 1500
6. History 111 US History to 1877
7. History 118 World Religions
8. AJ 118 Community & the Justice System
9. CSIS 123A C++ Programming II
10. CSCR 100 College Success & Career Readiness
11. Dance 125 Choreography I
12. English 103 Critical Thinking & Writing (Seniors Only)
13. History 104 World History Since 1500
14. History 112 US History Since 1865

Please [Click Here](#) to complete the interest survey.

Murrieta Valley High School Hosting Fire Science and Technology Course

This course will be open to all high school students. You will learn:

- Fire Behavior
- Fire Suppression
- Firefighting Techniques

Hands-on active learning will complement the academics of fire science as students prepare for further career education. Prerequisite: None

Please email your counselor for more information and to sign up for this course.

MSJC Transition Meeting for Seniors

The Mt. San Jacinto College (MSJC) Counseling Department and Student Success Program is here to guide you through your advancement from high school to MSJC!

The High School to College Transition Session will cover the following information within a virtual classroom setting:

1. Identifying what courses to take during your first semester
2. Completing an Abbreviated Educational Plan*
3. Navigating Eagle Advisor/Self-Service for registration
4. Obtaining information on resources
5. Connecting with a counselor and Student Success Mentor

The next sessions will be Thursday, May 14, 2020 - 1:00 PM to 3:00 PM with Cynthia Garcia

To register [Click Here](#)

California State University SAT Updates (Juniors and Seniors!):

Juniors and Seniors – please review the information in this [PDF](#) to get the latest information on:

1. Fall 2020 Redirection
2. CSU Intent to Register Deadlines by Campus
3. Admission Deferral Request
4. Fall 2020 Accommodations & Guidance
5. FAQ: Grades and GPA
6. FAQ: AP Exams
7. Fall 2021 Accommodations & Guidance
8. 2021 – 22 Supplemental Factors
9. Fall 2021 First Year Students
10. Financial Aid
11. Resource Links

[PDF Link Click Here](#)

RACC Virtual Webinars

College Virtual Info: RACC Virtual Webinars & Additional Student Resources!

RACC is excited to kick off their **virtual college webinar series hosted via Zoom!** Each webinar will consist of four to five RACC college representatives. Please check out the www.regionaladmissions.com website which will be updated with the information.

Webinar Series & Dates:

May 5: Exploring Out of State Options - 3:30 PST | [REGISTER HERE](#)

May 7: The Value of a Liberal Arts Education - 5:00pm PST | [REGISTER HERE](#)

May 11: Exploring Out of State Options - 6:00pm PST | [REGISTER HERE](#)

May 13: Applying to Visual & Performing Art Programs - 3:30pm PST | [REGISTER HERE](#)

May 19: Understanding Holistic Admissions - 5:00pm PST | [REGISTER HERE](#)

May 21: Connecting with Colleges - 6:00pm PST | [REGISTER HERE](#)

May 26: Understanding Holistic Admissions - 6:00pm PST | [REGISTER HERE](#)

May 27: Exploring Out of State Options - 3:30 PST | [REGISTER HERE](#)

The [RACC YouTube Channel](#) is now live! Their channel features RACC institution videos and additional content and presentations will be added continuously.

Methods Summer School Info

- **Method Summer School online:** June 15th – July 28th

All students can enroll at: MethodsSchools.org/enroll click on 2020-21 Enrollment to begin.

Language Arts

- Eng. 9 (UC/NCAA/both semesters)
- Eng. 10 (UC/NCAA/both semesters)
- Eng. 11 (UC/NCAA/both semesters)
- AP Language & Composition (UC/NCAA/both semesters)

Math

- Integrated Math 1 (UC/NCAA/both semesters)

Social Studies

- US History (UC/NCAA/both semesters)
- World History (UC/NCAA/both semesters)
- AP US History (UC/NCAA/both semesters)
- AP World History (UC/NCAA/both semesters)

Science

- Biology (UC/NCAA/both semesters)
- Chemistry (UC/NCAA/both semesters)
- Earth Science (UC/NCAA/both semesters)

Visual/Performing Arts

- Art Appreciation (UC/both semesters)
- Music Appreciation (UC/both semesters)

Physical Education

- PE 1 and PE 2 (semester)
- Health (semester)

World Language

- Spanish I (UC/NCAA/both semesters)
- Spanish II (UC/NCAA/both semesters)
- French I (UC/NCAA/both semesters)
- French II (UC/NCAA/both semesters)

Electives

- AP Psychology (UC/NCAA/both semesters)

Summer School is a remediation program that offers students the opportunity to recover D/F grades received in select courses. Original credit may be obtained through METHOD Schools (PE, Art, and Music) 10 credits per summer per board policy.

MVUSD AssistLine

NEED SUPPORT? MVUSD AssistLine begins Monday, April 27th. This is a call line for MVUSD parents, caregivers, and staff seeking mental health/social emotional wellness supports, consultation, and linkage. This is not intended to be a crisis line nor to provide ongoing counseling/therapeutic services. This is simply another resource for our community during these extraordinary times. (951) 304-1841 Hablamos Español.



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!**

AP Updates

For College Board AP Updates visit [this link](#) to find the most updated information!

Please check out [this link](#) to find out more information about the exact steps you should be taking in preparation for this unique AP Exam Season.

World Language Exams: Sample questions will be provided soon. ***Students will use a free app on a smartphone or tablet*** to hear the prompts and record their responses. Closer to the exam date, we will provide additional information about how students will access their exam and record their tasks, as well as more specific exam timing. Please note that Chromebooks will not be able to support this app – iOS, iPad OS and Android OS only.

AP Exam Schedule link: [Click Here](#)

It is important for students to know which email address they used to sign up for MYAP. Students will receive the AP Exam link to that email account. Please log in to MYAP and check your account settings.

It is important to know that students will need to access the online testing system 30 minutes prior their exam time. ***There will be sequence of questions that will need to be answered before being admitted into exam room!***

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) or Mrs. Walsh (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.

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.

