



MESA COUNSELING UPDATE #7

Week of May 11th – May 15th

Hello Mesa Students and Parents,

Welcome to our 6th week of online school from home. Please keep up the great work and stay encouraged! Mesa has created 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](#)
- Updated MSJC Annex Classes MV FAQ
- UC Admissions News
- CSU Financial Aid Office Update
- Growing Inland Achievement (GIA)
- Mental Health and Wellness
- Food Resources

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.

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](#).

MSJC Annex: Frequently Asked Questions

UPDATED-MAY 8: ALL MSJC ANNEX CLASSES WILL BE ONLINE FOR FALL 2020

Title	Criminal Law
Course Section Number	AJ-101-3371
AJ 101 Criminal Law Online	This course is a MAJOR course for the Associates Degree in AJ and for the Associates Degree for Transfer in AJ. This course studies the history, philosophy, constitutional provisions of law, and the classification of crimes. This course also examines the application of criminal law in the criminal justice system through review of case-law, methodology, and concepts of law in society. Course material also categorizes and evaluates specific crimes and analyzes the most frequently used sections of the Penal Code. Transfers to UC/CSU: Yes
Title	C++ Programming - Level 1
Course Section Number	CSIS-113A-1926
CSIS 113A C++ Programming I Online	This course is a MAJOR course for the Associates Degree in Computer Science and for the Associates Degree for Transfer in Computer Science. This course introduces the principles of object-oriented programming using the C++ programming language. Students will investigate and evaluate various programming design methodologies and apply them to programming problems in C++. C++ features that will be covered include language syntax, class definitions, control structures, function definitions, and basic data structures. No prior programming experience required. Transfers to UC/CSU: Yes
Title	History/Appreciation of Dance
Course Section Number	DAN-100-1324
Dance 100 History & Appreciation of Dance Online	This course fulfills MSJC GE AREA F (Diversity); CSUGE AREA C1 (Arts); IGETC AREAS 3A and 3B (Arts and Humanities). This course explores the universal human activity known as dancing from a cross-cultural perspective, examining the myriad ways in which dance functions in societies. The histories, theories, techniques, and purposes of various theatrical, religious, and social dances from around the world are compared, contrasted, and interrelated. The culture-specific nature of the dancing body and its audiences are analyzed to discover the meanings carried within these dances. Transfers to UC/CSU: Yes
Title	College Composition
Course Section Number	ENGL-101-0562
English 101 (Seniors Only) College Composition Online	This course is required to earn any Associates Degree and also required for transfer to a four-year university. This course provides instruction in writing academic analytic essays. Students will learn to interpret and respond to sources analytically, conduct academic-level research, and incorporate those sources into research papers. This course satisfies graduation and transfer requirements. Prerequisite: Based on Multiple Measurement Placement. HS junior 2.6 GPA or higher. Transfers to UC/CSU: Yes (NOTE: If you scored a 3 or higher on AP English Language or Literature this class is not for you and it is recommended that you talk with an admissions advisor at your college/university of choice)
Title	World History to 1500
Course Section Number	HIST-103-1107
History 103 World History to 1500 Hybrid T 3:00-4:15	This course fulfills MSJC GE AREA B2 (Social and Behavioral Sciences) CSUGE AREAS C2 (Humanities); AREA D (Social Behavioral Sciences); IGETC AREAS 3B (Humanities); AREA D (Social Behavioral Sciences). This course is a survey of ancient history that explores the origin and development of human societies in the Near East, India, Asia, Africa, the Americas, and Europe. Using a comparative approach to study the world's major civilizations, students will examine their social structure and daily life, political systems, economic development, and cultural values. Students must also take Hist 112 to complete US History district graduation requirement. Students must also take Hist 104 to complete World History district graduation requirement. Transfers to UC/CSU: Yes
Title	U.S. History to 1877
Course Section Number	HIST-111-1111
History 111 US History to 1877 Online	This course fulfills MSJC GE AREA B1 or B2 (Social and Behavioral Sciences) CSUGE AREAS AREA D (Social Behavioral Sciences); US-1 (U.S History) IGETC AREA D (Social Behavioral Sciences); US-1 (U.S History). This course explores political, social, cultural, economic, and intellectual developments in the United States from colonization and settlement through the Civil War and Reconstruction. Students must also take Hist 112 to complete US History district graduation requirement. Transfers to UC/CSU: Yes
Title	History of World Religions
Course Section Number	HIST-118-1821

History 118 History of World Religions Online	<p>This course fulfills MSJC GE AREA C (Humanities); CSUGE AREA C2 (Humanities); IGETC AREA 3B (Humanities).</p> <p>This course examines the origins, doctrines, practices, people, and events leading to the development of the world's major religions from ancient times to the present. Through an objective study, students will gain an appreciation for how Hinduism, Buddhism, Confucianism, Daoism, Judaism, Christianity, and Islam simultaneously influenced and were shaped by political, social, and economic institutions. The beliefs of the indigenous peoples of the Americas and Africa and contact with foreign religions will also be considered.</p> <p>Transfers to UC/CSU: Yes</p>
---	---

Q: What is the first step for MSJC Annex?

A: Complete the online interest [FORM](#)

Q: Where will the classes be held?

A: When school closures are lifted, they will be held at Murrieta Valley High School MSJC Annex buildings. However, if closures remain, classes will be held online

Q: How do the credits earned by MSJC Annex work?

A: The credits will count for BOTH High School Graduation Requirements and College Credit

Q: Are the classes weighted higher?

A: Yes, the classes are weighted similar to AP and IB courses on a 5.0 scale versus a 4.0 scale

Q: Which classes will be offered and is there a description?

A: For Fall 2020, the below classes are being considered

Q: What is the difference between “Face-to Face” and “Hybrid” classes?

A: Face-to-Face is classes are the traditional classroom style; however, due to current school closures these may be online only. Hybrid classes will consist of combination of online and in classroom activities and requirements.

COLLEGE TERMS

- **General Education:** A required pattern of courses covering a breadth of subjects thought to be useful for all college students regardless of major. Every student earning a degree will need to take general education.
- **MSJC General Education (Option A):** A list of general education course needed to complete the MSJC associates degree.
- **CSUGE or California State University General Education (Option B):** A list of general education courses needed to complete the lower division general education at the California State University System.
- **IGETC or Intersegmental General Education Transfer Curriculum (Option C):** A list of general education needed to complete the lower division general education at the university of college. Used for UC, CSU, Private or Out of State universities and colleges.
- **Prerequisite or Prereq:** A condition of enrollment that a student is required to meet in order to demonstrate readiness for enrollment in a course or program. It can be in a form of a course a student must take and pass with a “C” or better before a student can register for the next level course.
- **Transferable Course:** A 100 or 200 level courses that transfer to four-year universities.

IGETC Areas needed	Courses that can be used to fulfil IGETC Areas
Area1: English Communication <i>1 course from each area needed</i> 1A- English Composition 1B-Critical Thinking 1C-Oral Communication	1A: ENGL 101 1B: ENGL 103 1C. NOT OFFERED AT ANNEX

Area 2: Mathematical Concepts & Quantitative Reasoning <i>1 course needed</i>	NOT OFFERED AT ANNEX
Area 3: Arts and Humanities <i>3 courses needed at least one from each area</i> 3A- Arts 3B-Humanities	3A: DAN 100, DAN 125 3B: DAN 100, HIST 103, 104 HIST 118
Area 4: Social and Behavioral Sciences <i>3 courses needed from 2 different areas/disciplines</i>	4F: HIST 103, HIST104, HIST 111, 112
Area 5: Physical and Biological Sciences <i>1 course from each area and one must be a lab</i>	NOT OFFERED AT ANNEX
Area 6-Languag Other Than English (UC Only)	NOT OFFERED AT ANNEX

COURSES CAN ONLY BE APPLIED ONCE TO ONE AREA, AND CANNOT BE DOUBLE COUNTED EVEN IF THE COURSE IS IN MULTIPLE AREAS. FOR EXAMPLE: DAN 100 CAN ONLY BE APPLIED TO ONE AREA, EITHER AREA 3A OR 3B, NOT BOTH. THIS IS A PLANNING GUIDE THAT STUDENTS CAN USE AS A REFERENCE. IT IS IMPORTANT THAT ALL STUDENTS MEET WITH AN MSJC COUNSELOR TO DISCUSS CERTIFICATES, DEGREES, AND TO CREATE A COMPREHENSIVE EDUCATION PLAN.

UC Admission News

- UC Merced will be accepting freshman applications for Spring 2021 semester. The application filing period is July 1-31.
- All official transcripts must be postmarked or electronically submitted by July 1.
- All UC campuses *strongly encourage* all official transcripts to be submitted electronically. Each campus has a list of specific vendors from whom they accept [electronic transcripts](#).

CSU Financial Aid Office Update

Changes in Family Financial Circumstances

The CSU realizes that many families are experiencing financial difficulties due to the pandemic. The CSU has a robust [Paying for College](#) site that provides information on financial aid. Students and families that have experienced a significant change in their financial situation may contact their campus financial aid office with questions related to additional financial assistance. The campus financial aid office will assist families in determining if changes to their income could result in additional financial aid for the 2020-2021 school year. CSU campuses are diligently working to assist students during this difficult time. Links to each financial aid office website can be found on the Cal State Apply [Financial Aid site](#).

Growing Inland Achievement

Growing Inland Achievement is pleased to announce the launch of a new student support website - [IEStudents.org](#).

[Educational partners](#) in the Inland Empire came together and launched the website to support high school students as they transition to college amid the coronavirus pandemic.

Conversations among partners and [Action Network Teams](#) highlighted critical student needs and helped to drive the website architecture and page content. Each section of the website contains pages with relevant and timely updates for students, such as financial aid administration updates, emergency funds, food resources, technology resources, virtual learning support, and more.

Mental Health & Wellness

We continue living through challenging times filled with worries, fears, anxiety and uncertainty. During times like these it can be hard to maintain a positive mindset, however keeping a positive mindset will increase our overall wellbeing, health, and grit. Some of the benefits of maintaining a positive mindset include increased self-esteem and confidence, lower stress levels, better psychological and physiological well-being.



Below are some links to a video and worksheets to help you practice and adopt a positive mindset.

Video:

[The science of gratitude](#)

Worksheets:

[Gratitude journal](#)

[Growth mindset plan](#)

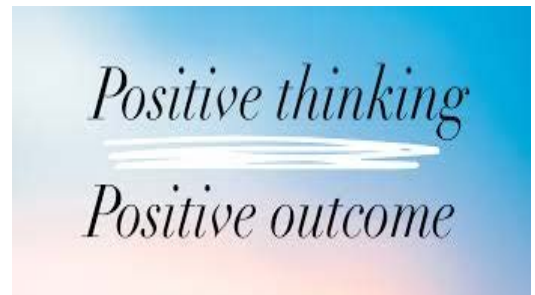
[Self-awareness](#)

Positivity Apps:

[Happify](#)

[Pozify](#)

[Smiling Mind](#)



Food Resources

Pandemic EBT

Due to Coronavirus (COVID-19), children who are eligible for free or reduced-price meals at school will get extra food benefits. These food benefits are called Pandemic EBT or P-EBT benefits. P-EBT benefits help families in California buy food when schools are closed because of the coronavirus emergency.

Families will get up to \$365 per eligible child on their P-EBT card to use on food and groceries.

Families with children who get CalFresh, Medi-Cal or Foster Care benefits do not need to apply. Most will get their P-EBT card in the mail during the month of May. P-EBT cards will begin arriving around May 12, 2020.

Families with children who are eligible for free or reduced-price meals and who do not get their P-EBT card in the mail by about May 22, 2020 must apply online before June 30, 2020. For more information or for the online application visit : [Pandemic EBT](#)

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 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. Marty Dargel at mdargel@murrieta.k12.ca.us

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.