

RDN April 6 – 10, 2020 Counseling Announcements

Carrillo

1. Intro – Welcome to Counseling Update #1
 - a. Good Morning Mesa! The Counseling Team hopes you are doing well, staying healthy, and finding new and novel ways to connect with friends, family and school. The Counseling Team is aiming for the same goals. This will be the first of our weekly updates to help you stay informed on news and information that is important and directly impacts you.
 - b. Mr. Carrillo will be covering UC and CSU updates. Mrs. Hersh will be covering our social-emotional needs. Connie Kim will be covering Scholarships. Mrs. Amstutz will be covering AP updates. Mrs. Andrews will be covering FAFSA Updates and Mrs. Rubalcava will be covering the WHEEL OF MESA!
2. UC – University of California
 - a. On Tuesday, March 31, the university announced that it has temporarily relaxed its admissions standards for both newly admitted students and prospective high school students
 - b. To serve students and their families during this crisis, UC has enacted the following temporary measures
 - c. UC has temporarily suspended the letter grade requirement for A-G courses completed in spring 2020 for both prospective and admitted students.
 - d. UC will suspend the standardized test requirement (SAT and ACT) for students applying for fall 2021 freshman admission. This modification is not intended as an admissions policy shift but is rather a temporary accommodation driven by the current extraordinary circumstances.
 - e. The deadline for students to accept their admissions offers remains May 1 for freshmen. However, the university has asked campuses to provide maximum flexibility for students who request extensions. Students should contact campus admissions offices directly with these requests.
 - f. UC will also provide flexibility to students and schools who are unable to submit transcripts by July 1. No student's admission offer will be rescinded for missing the deadline.
3. CSU – California State University
 - a. On Wednesday, April 1, CSU has temporarily relaxed some undergraduate admissions standards for both newly admitted students and prospective students to account for changes in grading, instruction and administration of standardized tests.
 - b. CSU campuses are prepared to be as flexible as possible with students who need may need more time to meet intent to enroll, and transcript deadlines.
 - c. To serve students and their families during this time, the CSU has enacted the following temporary measures:
 - d. The CSU will accept grades of "Credit" or "Pass" to satisfy "a-g" requirements completed during winter, spring or summer 2020 terms. All prior coursework

must be graded and a grade of C- or better must be earned for the course to satisfy “a-g” requirements. Grades of credit/pass or no credit/non-passing will not be included in the calculation of high school GPA.

- e. CSU campuses will assess and initially place students in first-year English/Math based on multiple measures: high school and college courses completed, GPAs and test scores (SBAC, ACT, SAT) that students have submitted thus far.
- f. The CSU will not facilitate a systemwide Early Start Program in summer 2020; individual CSU campuses may offer summer transitional programs (e.g. Summer Bridge) in virtual formats.
- g. The CSU requests that high schools that can provide transcripts by July 15, 2020, do so; however, campuses will continue to accept transcripts through the fall 2020 term. CSU campuses will not rescind conditional offers of admission based on the non-receipt of transcripts. If a student is not able to provide an official transcript, due to extended school closure, CSU campuses may use unofficial or self-reported data for senior year grades and graduation status.
- h. New first-year students will remain in a conditionally admitted status until the CSU campus receives a final transcript document and review of the transcript for a-g requirements is completed.
- i. If a student has not met all a-g requirements after review of their final transcript document, at that time, CSU campuses may use admission exceptions on a case-by-case basis if students are no longer CSU-eligible, based on the inability to complete all “a-g” courses in which they were enrolled in spring 2020. Consideration can include how well the student is doing academically in fall 2020. Students should in no way assume that enrollment in Fall 2020 CSU courses means that an exception will be automatically granted.

Hersh – Direct students to online resources on the MMHS webpage for social well being

1. We want to let you know there isn’t a day that we are not thinking of you and your families. This is such an unprecedented and difficult time for all. The most important thing to remember right now is to please take care of yourselves.
2. It is reasonable to expect that you might be experiencing intense and complex emotions associated with this outbreak. Shifting schedules alone, can feel like a major disruption in your life. If you find yourself feeling anxious, isolated and disappointed, know this: you are not alone.
3. Our counseling team has mobilized to provide wellness and mental health resources to support you in acknowledging your feelings associated with this new (temporary) normal. We are prepared to help you navigate through this unpredictable time. We are here for you. We will all get through this together.
4. We have created a section on the Mesa website with wellness and mental health resources. If you are on the homepage click on the banner: **COVID-19 Counseling Resources** (2nd banner from top)
5. Our goal is to up-date this page as often as possible.

- Weekly Newsletters
 - Student & Family Well-being Tools, Tips & Resources
 - Video Playlists & suggested APPS
 - Crisis & Community Based Resources
6. Weekly Theme-Stress Management-Videos and Activities
 7. If you have specific questions or concerns about your emotional reaction to school being closed, if there is a topic you'd like us to address with the Mesa Community or you are just looking to connect please reach out to your school counselor or myself. We look forward to staying in touch and supporting you in the weeks to come.
 8. Please remember to practice self-care and utilize your positive coping strategies. Be safe and well.

Connie Kim – Scholarships – how will they be awarded

1. The scholarship committee will be awarding scholarships. Not all students who applied will be awarded a scholarship. If you are a senior who met the requirements and applied by the deadline, please check your school email end of this month. Donors will be reviewing qualified applicants starting this week to choose recipients.

Amstutz – AP update

9. The University of California and the California State University, despite changes to the method and content of AP exams this term, the university will continue to award credit for exams with scores of 3, 4 or 5
10. Testing dates are now May 11-22nd. Make up dates will be the first week in June. If you don't take your test during the May dates, you'll be automatically given the opportunity to take the test during the make up days at no cost but it is recommended that all students take the test during the May dates. .
11. Tests are online (can be taken with any device, including a phone, and will take 45 minutes. You'll receive an email from College Board with your unique login information before the test. There will be no multiple choice questions. The focus is on the application of the information that you have learned this year.
12. You can cancel your test without incurring a \$40 cancellation fee, but please think carefully about this. Your AP teachers have prepared you well, and you've worked hard this year. Additionally, the college board has ensured us that all questions will be based on information that would have been covered in your classes before distance learning started in mid-March. They are doing their best to help you be successful on these tests in these unprecedented times.
13. You'll receive several emails about the changes to testing, and all of this information is also posted in great detail on the CollegeBoard websiteGo to apcentral and find coronavirus updates . **Make sure that you're checking the email address that you used when you registered your College Board account. If you have no idea what that is, work**

on figuring it out now rather than closer to the time of the test. Reach out to Ms. Andrews, myself or your AP teacher with any questions you may have.

Andrews – FAFSA – encourage students to still submit – email completion to Andrews to add raffle tickets

1. The counseling team has been encouraging you to apply for Free Federal Application for Federal Student Aid. As you know a lot of financial aid is handed out on a first-come first-serve basis. IT'S NOT TOO LATE. Nevertheless, get started now. If you have questions you can email your counselor during our office hours. Please refer to the weekly updates and emails from your counselor.

Rubalcava – Wheel of Mesa – continue to spin for prizes and pull names out for more prizes –

1. We will be looking into alternate prizes for students who had previously won prom, grad night, and graduation tickets. More information to come on that, but Wheel of Mesa is still happening! So please remember to complete your FAFSA if you have not already done so.
2. Students selected for this week:
 - a. Jairo Garcia
 - b. Nathaniel McIlvaine
 - c. Chandler Robinson
 - d. Tristan Johnson
 - e. Cole Wright
 - f. Christopher Phouthavong

Have a great week Rams!!