

# FEBRUARY

## Broncos Counseling Newsletter

### VMHS COUNSELING TEAM



**DEMETRIUS CALDWELL**  
Students: A-Cr  
Location: East Hall



**DIONE TYLER**  
Students: Cu-Hi  
Location: West Hall



**KAREN CANDAELE**  
Students: Ho-Mi  
Location: West Hall



**GABRIELA ARIZOLA**  
Students: Mo-Sa  
Location: East Hall



**CLAUDIA HILL**  
Students: Sc-Z  
Location: West Hall



**DIANA RUIZ**  
Students: AVID  
Location: East Hall



**AURORA PADILLA**  
Students: Intervention/LL  
Location: East Hall



**Eric Peterson**  
Students: Special Projects  
Location: West Hall

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INFORMATION

RCOE COLLEGE SUCCESS COACH

MENTAL HEALTH AND WELLNESS,  
ANGIE CURIEL

FEBRUARY 2021

VOLUME 4

### Welcome February!

It's that time of year again – REGISTRATION! Page 2 of this newsletter includes registration information and dates. We hope the start of the 2<sup>nd</sup> semester has been a successful one for you so far. If you have any questions or concerns please remember you can book an online appointment with your counselor.

Remember to also check-in with your teachers during office hours if you need help.

Reminder to utilize paper.co if you need assistance and tutoring in one or more subject.

NO SCHOOL FEB. 12 AND FEB. 15

Counseling Support Staff: Jackie Moran ext. 6690 (West Hall)

Catherine Whitaker ext. 6676 (East Hall)

Vista Murrieta High School 951-894-5750 [www.vmhs.net](http://www.vmhs.net)

#### Bronco Counseling Team

**A – Cr** Demetrius Caldwell [dcaldwell@murrieta.k12.ca.us](mailto:dcaldwell@murrieta.k12.ca.us)  
[Book an appointment online](#)

**Cu– Hi** Dione Tyler [dtyler@murrieta.k12.ca.us](mailto:dtyler@murrieta.k12.ca.us)  
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**Ho - Mi** Karen Candaele [kcandaele@murrieta.k12.ca.us](mailto:kcandaele@murrieta.k12.ca.us)  
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**Mo - Sa** Gabriela Arizola [garizola@murrieta.k12.ca.us](mailto:garizola@murrieta.k12.ca.us)  
[Book an appointment online](#)

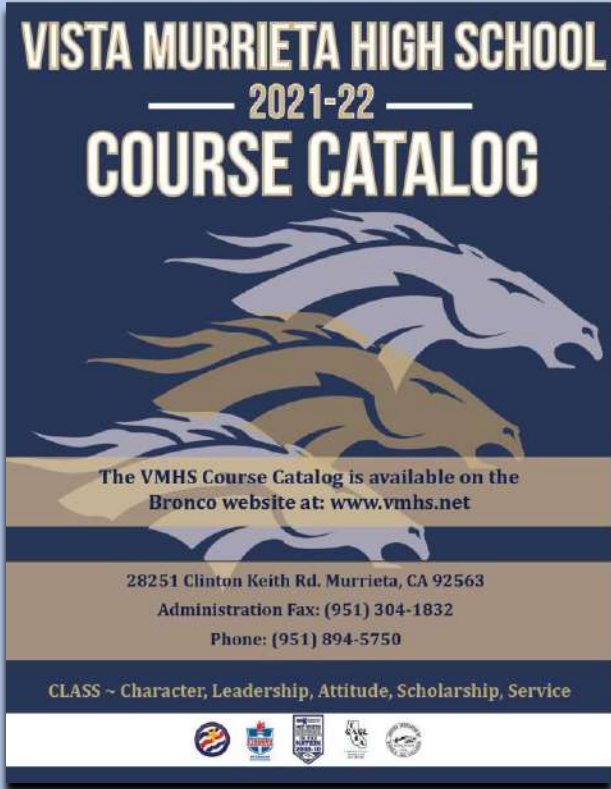
**Sc – Z** Claudia Hill [cghill@murrieta.k12.ca.us](mailto:cghill@murrieta.k12.ca.us)  
[Book an appointment online](#)

**AVID** Diana Ruiz [druiz@murrieta.k12.ca.us](mailto:druiz@murrieta.k12.ca.us)  
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**Academic Intervention** Aurora Padilla [apadilla-napoles@murrieta.k12.ca.us](mailto:apadilla-napoles@murrieta.k12.ca.us)  
[Book an appointment online](#)

**Mental Health Specialist** Angie Curiel [acuriel@murrieta.k12.ca.us](mailto:acuriel@murrieta.k12.ca.us)  
[Book an appointment online](#)

**Special Projects** Eric Peterson [epeterson@murrieta.k12.ca.us](mailto:epeterson@murrieta.k12.ca.us)  
[Book an appointment online](#)



# Registration

## 2021-22

THE COURSE CATALOG  
 WILL BE AVAILABLE  
 ON OUR SCHOOL  
 WEBSITE  
 WWW.VMHS.NET,  
 CANVAS, BRONCO LIFE

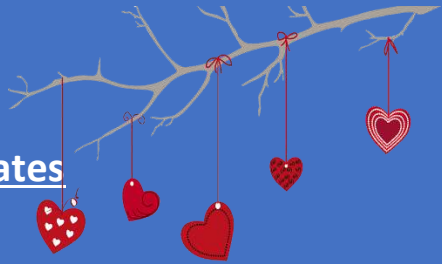
**Registration Blitz Feb. 16-24** - Counselors will be visiting grade level classrooms to go over registration information, procedures, and deadlines during 11<sup>th</sup> grade Social Science classes, 10<sup>th</sup> grade Social Science classes and 9<sup>th</sup> grade Biology classes.

### Registration/Course Selection Dates

11<sup>th</sup> Grade **March 1-5**

10<sup>th</sup> **March 8-12**

9<sup>th</sup> Grade **March 15-19**



Please review the course catalog for course descriptions and prerequisites. If you have questions regarding your course selection please book an appointment with your counselor. Our goal is to assist you with aligning your course selection to your post high school goals and plans.



**AP Students: If you have not paid for your AP exam(s), please login to your Total Registration account to pay your balance. If you have not ordered your exam yet, you will need to contact Ms. Arizola ASAP at garizola@murrieta.k12.ca.us.**

**AP Readiness: The next AP Readiness date is Saturday, February 13<sup>th</sup>. If you have previously registered, you do not have to register again. If you have never registered before, you can register HERE. AP Readiness is a great, free opportunity for students to better prepare themselves for the AP exam.**



FAFSA Assistance Virtual Workshop  
Tuesday, Feb. 23rd at 6pm  
Please register by Feb. 17

This is a workshop designed to answer questions regarding your FAFSA and to help you with your FAFSA submission. Assistance will be provided by MSJC's Financial Aid Department and hosted by VMHS Counseling. If you would like to sign up for this workshop please enter your student's first and last name. A link will be sent to participants for the workshop.

Space is limited. Please register by Feb. 17. For Senior students and guardians.

**If you are interested in attending this workshop, information and the link will be sent out to all Seniors.**

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## **College Applications**

### **Seniors, a few CSU schools have extended their application deadlines:**

- 1/31/21 – San Marcos, San Francisco
- 2/1/21 – San Bernardino, Stanislaus
- 2/15/21 – Maritime, some programs open
- 2/28/21 – Humboldt
- 3/1/12 – Pomona, Hospitality only
- 3/2/21- East Bay

### **SAT and ACT Information**

As schools continue to navigate uncertainties due to the coronavirus, the top priorities of College Board and ACT are the health and safety of students and educators. There is limited testing capacity in certain areas due to public health restrictions. If you are planning on registering for the SAT or ACT, you can go onto their websites and search for testing centers open in our area.

We encourage you to search and register soon for the May or June test.

SAT: [www.collegeboard.org](http://www.collegeboard.org)

ACT: [www.act.org](http://www.act.org)

### **Murrieta Dollars for Scholars**

Seniors, if you have a 3.25 or above you are eligible to apply for a scholarship through Dollars for Scholars. The application deadline is February 28, 2021.

You can find the application at our district or school website. For more information, please contact your counselor.

Seniors: If you have applied to four-year colleges and schools are requesting transcripts, you can order them on [Parchment](#). Remember that your college will request a final transcript, so don't let any of your grades drop, and consult your college admissions office if you are considering dropping any of your senior courses.

Meet Vista’s College Success Coach  
Need help with your FAFSA?

College Applications? Navigating through your College Plan? Mariam is here to help!  
Below is a short bio about her and her contact information to set up an appointment.  
Don’t hesitate to reach out to her if you need assistance.



**College Success Coach, Cal-SOAP**



*Mariam Mekhael*  
[mmekhael@rcoe.us](mailto:mmekhael@rcoe.us)

In high school, Mariam Mekhael was unsure of her career path. With the guidance and encouragement of her family and school counselor, she became determined to pursue a career in the healthcare field and to obtain a graduate degree. She spent her high school years experimenting with different concurrent and dual enrollment college classes that counted towards her undergraduate credits. Mariam has obtained thirteen Associate in Arts/Science Degrees from Coastline Community College and Mt. San Jacinto College in various subjects upon her graduation from high school. As a high school student in a college setting, Mariam has learned and experienced why and how to be prepared to embark on the college journey with the help and support of her family, counselor, professors, and peers. From this, she was inspired to unveil for other students the importance of being prepared for college and the workforce. Mariam Mekhael currently attends Chapman University to obtain her Doctor of Pharmacy Degree.



Mariam Mekhael

Email: [mmekhael@rcoe.us](mailto:mmekhael@rcoe.us)

Bookings link:

<https://outlook.office365.com/owa/calendar/CalSOAPVistaMurrietaHS@rcoe.onmicrosoft.com/bookings/>



Black College Expo California  
 For more information on this virtual event visit:  
[National College Resources Foundation \(thecollegeexpo.org\)](http://thecollegeexpo.org)

The poster features a circular logo for the Black College Expo with a list of cities: Chicago, Los Angeles, Oakland, San Diego, Dallas, DC/Maryland, Atlanta, Houston, Sacramento, New York, and Seattle. The main text reads 'Coming virtual to California' in large, bold letters. Below this, the dates are listed: 'FRIDAY FEBRUARY 19 - 3-7pm (pst)' and 'SATURDAY FEBRUARY 20 - 12-3pm (pst)'. The bottom section contains several logos for sponsors and partners, including UnionBank, SoCalGas, Sempra Energy, HBCUstartups, Comerica, FDUND, NCRF, and the U.S. Army.

NATIONAL COLLEGE RESOURCES FOUNDATION PRESENTS



# Virtual Events - Changing Lives Online Across America

## 2020 - 2021 Calendar



**Latino College Expo™** Sept. 25, 2020  
"Celebrating Hispanic Heritage Month"



**S.T.E.A.M Expo** Oct. 2, 2020

**New York/East Coast** Oct. 16, 2020

**Seattle** Oct. 23, 2020

**Texas** Nov. 13, 2020



**California/West Coast** Feb. 19, 2021  
& Feb. 20, 2021

**Atlanta/Miami** Mar. 5, 2021

**DC/Maryland** Mar. 19, 2021



**LIVE** Grad School Symposium May 7, 2021  
GRADUATE SCHOOL Symposium.



@ncrfoundation @blackcollegeexpo

### #CovidCantStopGOOD





# Vista Murrieta High School Wellness Wednesday Every Wednesday 12-1pm

Click this link to Join:

<https://murrieta-k12-ca-us.zoom.us/j/91445339442?pwd=dStVZE1oWTgwMTlyK1NEbUlnZFlyUTog>



Come in and talk about what is on your mind!

Topics can include:

Self Care

Coping with COVID

Stress Management

Anything you want to bring up or share



# SEL NEWSLETTER

## GRIEF AND LOSS

The pandemic has brought grief and loss to many of our communities. Grief can be an experience when we lose a loved one or when we have a drastic change to our routines. Grief is a complex experience that is unique to each person. Some common responses to loss can be anger, sadness, guilt, depression, anxiety, problems at school, difficulty concentrating and fatigue. The discomfort associated with grief time eases over time, but sometimes time alone is not enough, and additional support is needed.

### Resources:

[How to Deal with Grief](#)

[The Grieving Process](#)

[Supporting Grieving Children and Teens During COVID-19](#)

[Grief and Loss in the Time of COVID-19](#)

The Elizabeth Hospice:

<https://elizabethhospice.org/grief-support/children/>

National Alliance for Grieving Children:

<https://childrengrieve.org>

### HOW TO SUPPORT SOMEONE WHO IS GRIEVING



#### Take time to listen

Some people may not be looking for advice but rather an open ear to vent their feelings. Let the grieving person lead the conversation.

#### Accept all feelings

Acknowledging grief reactions lets the person know the emotions they feel are natural and necessary. You should never pass judgment on how well a person is coping with a loss.



#### Respect individual needs

Offer to be there, but accept if they wish to spend time alone. It is important to respect needs for privacy.

#### Understand differences

Many individuals and cultures have different ways of processing grief. It is important to respect perspectives about death that may differ from your own.



### WHAT NOT TO SAY



They lived a long life.

Only the good ones die young.

God works in mysterious ways.

I know how you feel.

You need to be strong for your kids.

You need to move past this.  
You should be over this by now.

### BENEFITS OF JOINING A SUPPORT GROUP

A grief support group can be a useful and healthy way to go through the grieving process.

Joining a support group can help:



Gain a better understanding about grief.



Provide continuous support that may not be available through counseling.

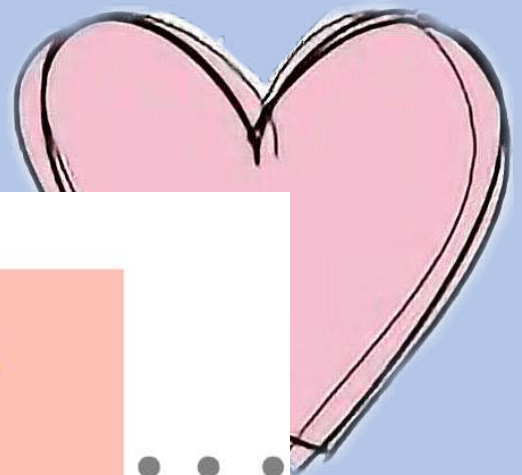


Begin new friendships and relationships.



Learn about other grief and support resources that may be available.

**Asbestos.com**  
Brought to you by The Mesothelioma Center



**Girls Club Presents**

# **SELF-CARE VIRTUAL CONFERENCE**

***A Talk For Middle and High School Students***

***\*\*\*Separate Parent/Guardian Sessions Available***

- Self Care Tips**
- Managing Uneasiness While "Quarantining"**
- Wellness & More!**

**FEBRUARY 13 | 10 AM - 12:30 PM**

Most are ready to go back to school and/or have a "normal" social life. To be honest, it's tough!

Join your peers to help you navigate through these times.



**Register FREE at**

**<http://bit.ly/selfcaeday21>**

**Kama Burton - [kama@lovingmefirst.org](mailto:kama@lovingmefirst.org)**