



SEA KING COUNSELOR CONNECTION

Newsletter

DECEMBER 2020

The PVHS Counselors

Mrs. Paula Stapleton | Gr. 9–12: A–Da | stapletonp@pvpusd.net

Ms. Megan Lichter | Gr. 9–12: De–H | lichterm@pvpusd.net

Ms. Kristen Nelson | Gr. 9–12: I–Mc | nelsonk@pvpusd.net

Nelson Sub until January Sina Evans | sinasi@pvpusd.net

Mrs. Merika McHugh | Gr. 9–12: Me–R | mchugha@pvpusd.net

Ms. Heidi Shulman | Gr. 9–12: S–Z | shulmanh@pvpusd.net

The PVHS Counseling Department put together this informational newsletter to keep students and parents updated and connected during virtual learning. For all things counseling related, please check out our counseling office [page](#) on the PVHS website.

In This Issue

- Info for all students
- Senior updates
- Junior updates
- Sophomore updates
- Freshmen updates
- Mental Health and Wellbeing
- College & Career Center updates

INFORMATION FOR ALL STUDENTS

Setting Up a Virtual Counseling Meeting

Your counselors are available to meet with you virtually just as we are during in-person instruction. All you have to do is click on the ***Request Counseling Help*** button on the PVHS homepage or click [here](#) to schedule an appointment with your counselor.

Final Exams

A reminder that Final Exams will take place on December 16, 17 and 18. ***0 Period Finals will take place on December 15.*** Click [here](#) to view the Final Exam Schedule.

Upcoming Dates

January 13 – Sophomore Guidance Lesson

January 20 – Sophomore Parent Presentation

February 10 – Junior Parent Presentation

February 17 – Junior Guidance lesson

February 19 – Last Day to drop or level down in a class

UPDATES FOR SENIORS

College Deadlines – January 1 is a big deadline for many colleges. If you continue adding schools to apply to, please make sure you are communicating this information with your counselor. If you still need to order transcripts sent to colleges please do so before winter break. You can order transcripts using this [link](#).

Cal State and select UC campuses have extended their deadlines – all Cal States have extended their application deadline to December 15. UC Merced, UC Riverside and UC Santa Cruz have also extended their application deadline until December 15.

Apply now!

Cal State Application – <https://www2.calstate.edu/apply>

UC Application – <https://admission.universityofcalifornia.edu/apply-now.html>

Check your Email for College Information – A reminder to seniors to check your email (including junk mail) for important information from the colleges you applied to regarding application requirements and missing documents. Respond promptly to any requests!

Financial Aid – The Free Application for Federal Student Aid (FAFSA), California Dream Act Application and CSS Profile are now available to file. We recommend you apply now. If you plan to attend college in California you will want to submit your FAFSA before the March deadline. For more information check out the CCC Financial aid information section on our website.

Community College – You can now apply to El Camino for Fall 2021. Considering applying for the South Bay Promise to get your first two years at El Camino for free (click [here](#) for more information). Visit El Camino's website [here](#).

UPDATES FOR JUNIORS

Attend Virtual College Visits – This is your chance to learn more about the colleges you are interested in applying to. You can view the list of upcoming visits and sign up to attend on your Naviance ac- count.

Naviance – Utilize the research tools in Naviance to start researching which colleges are a good fit. As a reminder, you must now sign on to Naviance using your SSO portal and click on your Naviance tile to access your account. We recommend checking out the SuperMatch feature!

PSAT/NMSQT Exam – If you registered to take the PSAT/NMSQT test on January 26, 2021, you will receive test information via emails from Total Registration. You are responsible for reading those emails for instructions and details. You are also responsible for bringing the testing items you will need. Click [here](#) for a checklist of what you need to bring.

Save the Date – Counselors will be holding a virtual ***Junior Guidance Lesson on February 17 at 1:30pm***. At this lesson, we will review important information regarding graduation requirements, college requirements, post-secondary options, and research tools. This presentation is for students only. More information will be released as the date approaches. ***A Junior Parent Presentation will be held virtually on February 10 at 5:30pm to review this information as well.***

Opportunities for Involvement – Continue or start involvement in activities at PVHS or in your community. **Join a club:** Use this [link](#) to learn more and sign up to join one of the many clubs offered at PVHS.

Volunteer: There are many opportunities to volunteer in your community. Use this [link](#) to find local volunteer opportunities.

Students who feel connected to their school and community are more likely to succeed academically.

We encourage all students to get involved in an activity that interests them.

Think about what interests you and try joining a club, volunteering or even taking up a new hobby.

High School is about exploring your interests and discovering new passions. Even during virtual learning there are opportunities for you to get involved both in school and within your community.



UPDATES FOR SOPHOMORES

Save the Date – The *Sophomore Guidance Lesson* will be held virtually on January 13 at 1:30pm. At this lesson, we will review important information relating to graduation and college requirements, post-secondary options and planning. This lesson is for students only. A *Sophomore Parent Presentation* will be held on January 20 at 5:30pm.

Sophomore Counseling – In February all sophomores and their parent(s)/guardian(s) will have an opportunity to schedule an individual meeting with their child's counselor to review course planning for junior and senior year as well as to plan for post-secondary options. Information on signing up for these meetings will be reviewed at the parent presentation on January 20 and sent via Constant Contact.

Opportunities for Involvement – Continue or start involvement in activities at PVHS or in your community. **Join a club:** Use this [link](#) to learn more and sign up to join one of the many clubs offered at PVHS. **Volunteer:** There are many opportunities to volunteer in your community. Use this [link](#) to find local volunteer opportunities.

UPDATES FOR FRESHMEN

Freshmen Lesson - If you have not yet watched the virtual Freshmen lesson we encourage you to do so [here](#).

Opportunities for Involvement – Continue or start involvement in activities at PVHS or in your community. **Join a club:** Use this [link](#) to learn more and sign up to join one of the many clubs offered at PVHS. **Volunteer:** There are many opportunities to volunteer in your community. Use this [link](#) to find local volunteer opportunities.

Lunchtime Meet and Greet with Your Counselor – Your counselors want to meet you! Join your counselor on January 6 at lunch for a meet and greet in a group session. Your counselor will review with you high school graduation requirements, four-year college admission requirements, the importance of grades and your transcript, etc. Following this, your counselor would like to meet with you individually for a quick check in. You will receive an invitation to join your counselor's Freshman Google Classroom to schedule an appointment with your counselor. This is a voluntary opportunity but we hope you will take advantage.

Virtual Wellness Center – Feeling anxious and stressed? Visit the virtual Wellness Center website [here](#) for relaxation resources or to sign up to meet with one of our student support specialists.

Meet our Student Support Specialists:

Ms. Nancy De La Rosa | delarosan@pvpusd.net

Ms. Kelly Washington | washingtonk@pvpusd.net



South Bay Families Connected – Visit the Families connected [website](#) to access a multitude of resources related to mental health and wellness. There are resources and presentations available to both students and parents.

Help Hotlines

Suicide Prevention Lifeline
(800) 273-8255

CrisisTextLine
text word "HOME" to
741-741

Didi Hirsch
Mental Health Services
(877) 727-4747

LA County
Mental Health Services
(800) 854-7771

The Trevor Project
(866) 854-7771

UPDATES FROM THE COLLEGE AND CAREER CENTER



SENIOR CLASS OF 2021: *You still have time to apply to the Cal States and some UC campuses!*

The deadline for **ALL of the Cal States** as well as **UC Santa Cruz, Riverside & Merced**, has been extended until **11:59pm on December 15th!** Here is a link from our website to some excellent resources that provides tips to help you finalize your UC/ Cal State applications: <https://bit.ly/37MNigX>

Supplemental Essay Workshop: This is your chance to get an inside view on the role of the supplemental essay within the college application. You'll analyze and compare Johns Hopkins supplemental essay excerpts to understand the role of the supplemental essay and how to strengthen your own writing in the college process. If you're still working on Regular Decision applications, this workshop is for YOU!

Early Decision & Early Action college admission decisions are starting to come in... please update Naviance with any admission decisions... thanks! If you'd like to discuss a decision, please feel free to contact Mrs. Lewis

via email to set up a zoom meeting or phone appointment: lewisja@pvpusd.net

Questions regarding financial aid? Feel free to contact Mrs. Hoffman: hoffmant@pvpusd.net

CLASS OF 2022 & 2023: Take a **FREE, PROCTORED, PRACTICE PSAT** remotely in the safety of your home!

Do not confuse this opportunity with the Official PSAT/NMSQT that is scheduled for January 26th!

We understand that there are downsides to the in-person Official PSAT/NMSQT exam scheduled for January 26th (possible cancelations, several weeks/months to turn around scores) — so we are hosting a **virtual, PRACTICE PSAT** on **January 9th** that is open to all sophomores and juniors!

IMPORTANT!! This **PRACTICE PSAT** on **January 9th** **IS NOT IN ANY WAY** connected to **National Merit Scholarship opportunities...** this is only an opportunity to take a **PRACTICE test!**

Families will **receive results promptly** (within a week to 10 days!) and our students will be on track in terms of advising and considering how testing **may or may not fit into their spring plans**. Students can complete a **no-cost, proctored PSAT with Compass Education safely and remotely** and you'll have a score report back before the Official PSAT/NMSQT that should take place later in the month.

Students may use this opportunity as **practice to prep** for the January 26th official PSAT/NMSQT, or simply to **be exposed to and take a proctored PSAT** and end up with a **useful diagnostic assessment and practice score** in hand. **REGISTRATION: *Everything you need to take the test will be in the auto-generated confirmation email that you receive after completing the registration.*** Students will be emailed their scores within ten days of testing, and there is **NO OBLIGATION** to contact Compass Education for explanation of the score report. **[REGISTER HERE!](#)** Registration closes **January 2, 2021!**

ALL PVHS SEA KINGS: **SAVE THESE DATES** for our Spring Semester **COLLEGE ESSENTIALS TOOLKIT!**

January 12: The State of College Admissions – COVID Version!

January 21: College Testing Info Session

February 9: The College Aid Lady – Show Me the Money! Financial Aid & Scholarships

February 25: California Public College Options: Overview of UC's, Cal States & Community College

March 4: Options & Opportunities! A Panel Discussion with different TYPES of colleges

March 16: Out of State & International Colleges... they may be less expensive than you think!

March 23: College Admissions 101 / Breaking Down the College Search