

MVHS - Counselor Connection



Communicate, Collaborate, and Connect- September 2021

September is National Suicide Prevention Month

Welcome Back Diablos!

Mission Viejo High School counselors work with ALL students, families, faculty and staff to help students achieve optimal personal growth, acquire positive social skills and values, set informed career goals and realize their full academic potential.

School counselors design and deliver school counseling programs that improve student outcomes. "The ASCA National Model: A Framework for School Counseling Programs" outlines the components of a school counseling program that is integral to the school's academic mission and is created to have a significant positive impact on student achievement, attendance and discipline.

The ASCA National Model guides school counselors in the development of school counseling programs that:

- are based on data-informed decision making
- are delivered to all students systematically
- include a developmentally appropriate curriculum focused on the mindsets and behaviors all students need for postsecondary readiness and success
- close achievement and opportunity gaps
- result in improved student achievement, attendance and discipline

Mission Viejo High School Guidance Department

Student Service Technicians- Student enrollments and withdrawals, student records management, registration, scheduling and graduation status tracking. Guidance techs work in collaboration with counselors to support all students.

School Counselors- Counselors provide full support for students supporting academic achievement strategies, managing their emotions and applying interpersonal skills and planning for postsecondary options. [Guidance Contacts](#), [Guidance on Instagram](#)

Grade Level Parent Nights

9th Grade Parent Night/BTSN - Sep 23, 2021

12th Grade Parent Night- Sep 29, 2021

11th Grade Parent Night- TBD

10th Grade Parent Night- TBD

10th and 11th grade students - PSAT Info

The PSAT is an optional practice test for the SAT and is open to any interested 10th or 11th grade student.

Date: Saturday, October 16, 2021

Time: 8:00 A.M. -12:30 P.M.

Cost: \$30

Purchase at the Mission Viejo High School Activities office or on [WebStore](#) no later than Thursday, September 30th or until tests are sold out, whichever comes first.

If you have any questions, please contact our Ms. JeNell Gandy at jenell.gandy@svusd.org.

Master Guidance Calendar - Bookmark this live calendar! This calendar will have all dates related to the Guidance department and labeled as Academic, College and Career, or SEL (social emotional learning). Please make sure to open the calendar event to access more info or the registration links.

- College Fairs
- Financial Aid Webinars
- **College Visits (live and virtual)**
- **Social Emotional Learning Webinars**
- Important Dates/Deadlines

College Applications- SENIORS!!

If you are applying to a UC and/or CSU campus, all applications are due by November 30th. * Letters of recommendation and SAT/ACT scores are not part of the admission criteria and will not be considered for admission decisions.

Private colleges, out-of-state universities, and some scholarship applications may require letter(s) of recommendation, secondary school reports and test scores. Please check with each campus directly.

Link to Letter of Recommendation Request Packet

Counselor Letter Requests Deadlines

★ Early Action/Early Decisions:

MUST REQUEST BY 10/01/2021

★ Application deadline of December 15th:

MUST REQUEST BY 11/01/2021

★ Application deadline of January 1st:

MUST REQUEST BY 11/15/2021

September is Suicide Prevention Month



YOUTH

Suicide is the second leading cause of death for young people between 10 to 24. Sometimes your struggle can be underestimated because of your age. But we hear you, and help is available.

How To Take Care Of Yourself

Ask for help: Don't be afraid to let your friends, family, or teachers know what you need when they ask; they want to help. You can also call the National Suicide Prevention Lifeline any time — calls are confidential.

Make a safety plan: A safety plan can help guide you through difficult moments and keep you safe. Learn how to make your own.

Remember that this feeling can be overcome: Family conflict, relationships, grades, sexual identity, and the loss of important people can seem impossible to deal with. But with support from others, you can.

Evaluate the relationships in your life: Love and friendship are all about respect. Toxic or unhealthy relationships can negatively affect you. Whether you're dating or building new friendships, remember your rights. If you're being bullied, help is also available.

How To Help

We all have a role in preventing suicide. Learn how to support and be an ally to your LGBTQ+ loved ones.

Take your loved one seriously: Some people feel that kids who say they are going to hurt or kill themselves are "just doing it for attention." But if your child, friend, or family member confides thoughts of suicide, believe them and get help.

Listen with empathy and provide support: A fight or breakup might not seem like a big deal, but for a young person it can feel immense. Sympathize and listen. Minimizing what your child or friend is going through can increase his or her sense of hopelessness.

Learn the warning signs: Friends sometimes let friends know if they are thinking about suicide or dying. Other times, changes in behavior may show that someone is struggling.

Don't keep suicide a secret: If your friend is considering suicide, don't promise to keep it a secret. Tell him or her you can help, but you need to involve other people, like a trusted adult. Neither of you have to face this alone.

LGBTQ+

The LGBTQ+ community is diverse and strong, but may be disproportionately at-risk for suicidal feelings and other mental health struggles because of the discrimination and prejudice they too often are up against. This section has information and resources for yourself and to help support loved ones who are LGBTQ+.

How To Take Care Of Yourself

Know you are not alone: LGBTQ+ people are everywhere and many have experienced similar joys and struggles.

Talk to someone: Silence isn't strength. Don't keep suicidal feelings to yourself. Lean on your support network, find a therapist or a support group, or get in touch with the Lifeline

Make a safety plan: Have a step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe.

How To Help

We all have a role in preventing suicide. Learn how to support and be an ally to your LGBTQ+ loved ones.

Be an ally: If you're straight, publicly show your support for the LGBTQ+ community. If you're LGBTQ+, affirm your identity and offer support to loved ones.

Ask and listen: Be an active part of your LGBTQ+ loved ones' support systems and check in with them often. If they show any [warning signs](#) for suicide, be direct. Tell them it's OK to talk about suicidal feelings. Practice [active listening techniques](#) and let them talk without judgment.

Strong family bonds, safe schools and support from caring adults can all protect LGBTQ youth from depression and suicidality (Committee on Adolescence 2013).
Youth

CRISIS RESOURCES

[National Suicide Prevention Lifeline](#) (24/7)

Call 1-800-273-TALK (8255); [Online chat support](#)

[National Alliance on Mental Illness Crisis Text](#)
(24/7) Text NAMI to 741-741

[National Parent Helpline](#) (M-F 10am – 7pm PDT)

Call 1-855-2736 for emotional support and advocacy

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Stay Safe and Diablostrong!