

MVHS - Counselor Connection



Communicate, Collaborate, and Connect- March/April 2021

Spring 2021: Rounding the Corner on COVID

We are not out of the woods quite yet with COVID-19, but we are feeling very hopeful and beginning to imagine what our lives will look like when we get back to a so-called "new normal."

With many months of the Coronavirus crisis behind us, life has been tough for kids of all ages. Many parents, seeing their children experiencing [anxiety](#), sadness and behavior challenges, are wondering how all of this will affect kids in the long term. Even though the Coronavirus crisis is stressful; what you do now can make a big difference down the road.

Here are the facts on stress, [trauma and resilience](#), plus strategies for helping kids bounce back and knowing when to seek professional support. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

With weeks left in this school year, the MVHS counseling team is committed to supporting and advocating for our students' success. This work requires a collaborative effort between teachers, students, parents and counselors to continue finding new ways of learning and developing positive lifelong skills. Be proud of the work you all have done so far!

[Anti-Racism Resources](#)

The shootings in Atlanta are another horrific tragedy and example of the ongoing racism, discrimination and violence occurring daily in America. School Counselors stand with our Asian American and Pacific Islander (AAPI) students, staff and community and unequivocally denounce racism and discrimination of all kinds.

[Crisis and Trauma Resources](#)

Students are coping with a lot right now. Click heading for resources for helping them process traumatic events.

[Text-a-Tip](#)

Our secondary school students have an effective way to anonymously report any wrong-doing on, or around, our campuses through the "Text-A-Tip" program.

MVHS Text-a-Tip
(949) 415-6847

Welcome to MVHS Guidance Department

Mrs. Andrea Echezarreta

School Community Outreach Liaison



Mrs. Echezarreta's hours are:

Monday through Friday from 7:30 am - 2:00 pm.

Andrea.Echezarreta@svusd.org

Google Voice/Text: (949) 607-8672

Mrs. Echezarreta joins MVHS from Cordillera Elementary School and will be working with our English Learner students and their families. She supports communication between students, parents, faculty and staff to ensure student success. Her responsibilities include facilitating parent meetings/conferences, and partnering with local community agencies for assistance. She also works with ELAC on the MVHS campus.

[ACADEMIC](#)

Successful academic support programs are positively associated with social-emotional skills such as creativity, resiliency and problem-solving, which in turn increases success in school and life. Mission Viejo high school offers options for academic support on campus and online.

Academic Support T-F 1:00pm-2:15pm- make appointments with each subject teacher to help with accountability. Tip: Write down questions during class time and address during support appt with teacher.

NHS Peer Tutoring NHS will be holding virtual peer tutoring every Tuesday and Thursday during Academic Support (1 - 2:15 pm). [NHS Peer Tutoring Zoom Link](#)

Staff Lunch Tutoring Mission Viejo High School offers in-person tutoring Tuesday, Wednesday, Thursday, and Friday during lunch (12:05-12:45pm).

[Updated Zoom Links and Passcodes](#)

Summer School

Guidance staff has evaluated student records for graduation tracking. Most students are on track and DO NOT need to attend Summer School. However, students with a grade of D may want to retake a class if it is an A-G required course and are planning on applying to a four year university straight after high school. **Students who received an F in a class will also need to make up that course.**

There are 3 different programs SVUSD uses during the summer and each of those programs have specific details. We've created these slides to help guide you and refer you to the SVUSD summer school website for more details on each program, applications and more. [Summer School Options](#)

- ★ SVUSD Credit Recovery (college prep) Science
- ★ Pacific Coast High School -PCHS (college prep)
- ★ ACCESS Program (high school credit only)

Please contact your Guidance Technician if you are unsure what course or program to sign up for.

A-Go	Maryann Brady	bradym@svusd.org
Gr-N	Gloria Alvarez	alvarezg@svusd.org
O-Z	Jennifer Boucher	boucherj@svusd.org

Grad Requirement Update: SVUSD Board of Education recently approved the following changes to our high school graduation requirements. The first two items affect all high school students going forward (permanent changes to our High School Graduation Requirements Board Policy 6146.1) while the third item ONLY applies to our current senior class of 2021.

1. A cumulative 1.75 G.P.A. is no longer a graduation requirement. Students must pass their required courses to earn credit and make progress toward graduation. (D is passing for HS grad)
2. The Writing Proficiency on the district benchmark is no longer a graduation requirement as SVUSD students have various opportunities to show proficiency in writing, including but not limited to CAASPP testing, district performance tasks, and in-class writing.
3. The senior class of 2021 will not be required to complete the eight hours of community service due to the pandemic. This requirement will be reinstated beginning with the class of 2022.

Scholarship Information

Seniors interested in applying for scholarships- Please check out our MVHS Scholarship opportunity sheet with specific scholarships available to you (requirements, deadlines, applications, etc.) as well as resources to help you find scholarships.

[Scholarship Info. Here](#)

The Mission Viejo Activities Committee- \$1,000 Volunteerism Scholarship: The Mission Viejo Activities Committee is offering \$1,000 scholarships to graduating seniors to honor high school seniors of

exceptional character and dedication to volunteerism. The applicant must be a United States citizen, have volunteered for at least 150 hours, of which, 25 hours of your volunteer service must be within the City of Mission Viejo to qualify for this scholarship, be able to document consistent community service hours throughout your high school career and be a current high school senior enrolling as a full time student at an accredited U.S. two or four year college/university, or a technical/trade school certified program by the fall semester following graduation.

Applications are due by **April 2nd**. Please see <https://mvactivities.com/mvac-scholarships/> for application forms and more information.

The Rotary Club Scholarship: The Rotary Club of Mission Viejo is offering a \$1,500 scholarship to one Mission Viejo High School Senior! The Rotary Club's High School Scholarships will focus on the students' community service, academic achievement and any leadership experience. **BASIC REQUIREMENTS:** To meet the minimum requirements, applications: 1) May share any community service they were able to complete during high school; 2) Must have a 2.5 GPA or above by the start of the second semester of their senior year; and 3) Must be in good standing in their high school attendance.

Please email Ms. Gusiff (gusiffj@svusd.org) for the application. Applications are due by **April 15th** to Ms. Gusiff.

Dr. Walter Cascell Scholarship: The Cascell Scholarship is given to a deserving student with a B or high grade point average attending one of our Saddleback Valley Unified School District high schools in the amount of \$1,000. The scholarship is endowed by the Cascell family in memory of Dr. Walter Cascell, in thanks for educating their children.

Applications must be submitted online by **April 23rd**. Please see <https://sveffoundation.org/scholarships> for application and more information.

COLLEGE AND CAREER READINESS

As students progress through their journey, they identify goals based on their interests and skills, learn what they can do now to achieve their goals, determine whether they will go to college (and how to pay for it) or go into the workforce as well as learn the skills needed to be successful regardless of the path chosen. [CaliforniaColleges.edu](https://www.californiacolleges.edu)

- ❖ **Life Goals-** learn the importance of setting short-term and long-term goals, gain exposure to a variety of occupations, evaluate their own skills and interests, and gain insight into the different pathways they can take to pursue their career.
- ❖ **Preparing in High School** -learners can prepare for their future by succeeding in high school.

Learners earn the key to success of developing strong academic skills by practicing goal setting, study skills, organization, prioritization and time management.

- ❖ **Choosing a Path**-long-term career goals connect to shorter-term decisions and goals related to post-secondary education.
- ❖ **Success in College**-balancing daily life through the experience of higher education. Students will learn the skills to successfully navigate academic, social, financial and personal aspects in life to achieve well-being while pursuing long-term goals.
- ❖ **Starting your career**-relationship building aspects of the job search such as determining if a job is the right fit and using personal networks to secure introductions and insight.
- ❖ **Career Success**- skills needed to thrive in a career. Lifelong learning and adaptability are two themes that are woven throughout this lesson as students learn how to do well on the job and prepare to advance or respond to changes in their own employment status.

Upcoming Virtual College Visits

College and Career visits are being held virtually this year. All students are welcomed to attend. Students will need to sign up for the college visit ahead of time [Click here to sign up](#)

Once students are signed up, an email with the zoom link will be sent to the students. See below for the schedule of colleges visiting our campus. This is a great opportunity for students to gain knowledge about various campuses, majors and more.

- ★ Cal Baptist University - March 30th @ 2pm
- ★ Rutgers University - April 13th @ 1pm
- ★ Babson College - April 14th @ 1pm
- ★ Pacific University - April 22nd @ 1pm

[CLICK to Subscribe to our Calendar of Events](#)

Saddleback College

Freshman Advantage Program: The Freshman Advantage Program offers high school seniors the opportunity to apply for early Saddleback College admission and enrollment. **Only those first-time college students who complete the mandatory steps by April 16, 2021 are eligible for the Freshman Advantage benefits.**

Promise Program: Saddleback College offers the Promise Program which promises to pay the first two years of college for eligible students. Registration fees, book costs, health fee, and ASB stamp are included!

For more information on these programs, or if you would like assistance with getting started, please click to schedule a [Counseling appointment with Mrs. Chau, Saddleback College Counselor](#) who works with MVHS

students. During this appointment, she can assist you with completing the application and/or working through the matriculation steps.

SOCIAL EMOTIONAL LEARNING

Save the Date: Mental Health Virtual Fair

May 5, 2021

- ★ Yoga, Resources and Workshops
- ★ Parent Workshop and much more!

SOCIAL EMOTIONAL LEARNING (SEL) WORKSHOPS

MVHS has partnered with Western Youth Services to provide interactive workshops for students during the school day (1-2pm). Each workshop will be approximately 1 hour long on specific Thursdays. It is open to all students.

[Join Zoom Meeting Here](#) (Same Link for all workshops)

April 1st@1pm - Healthy Relationships

This presentation covers what a healthy relationship looks like. It will compare both good (healthy) and bad (unhealthy) relationship habits. It will also cover different types of relationships: family, significant others, friends and such.

April 15th@1pm - Effective Communication

This presentation focuses on how to communicate clearly and respectfully with the people in your life. Learn how to get your point across in a way that will encourage people to listen to you. It's a lesson in treating others the way you want to be treated!

May 5th @1pm - What is Mental Health? (Wednesday)

This presentation is geared toward breaking the stigma associated with Mental Health. What is it? What influences it? How can we recognize the signs of mental illnesses and what can we do to cope with them.



CRISIS TEXT LINE
TEXT "HOME"
TO 747471
Crisistextline.org

NATIONAL SEXUAL ASSAULT
HOTLINE
(800) 656-HOPE (4673)
Rain.org

OC CHILD ABUSE HOTLINE
(800) 207-4464
Ssa.ocgov.com/abuse/child

AA & NA MEETINGS
SAMHSA NATIONAL DRUG & ALCOHOL
(800) 662-HELP (4357)
Samhsa.gov



THE TREVOR PROJECT
*TREVOR CHAT
*TREVOR TEXT
*TREVOR LIFELINE
(866)-488-7186
Thetrevorproject.org

LGBT CENTER OF OC
(714) 953-5428
Lgbtcenteroc.org
PFLAG
(949) 424-3987
Lbpflag.org