



# SMHS Counseling News

SEPTEMBER 2018

## — WELCOME — BACK TO SCHOOL

No School  
September 3rd

Senior Guidance  
Presentations  
September 10th

Senior Parent Night  
September 13th  
@Theatre/6pm

AVID Parent Night  
September 19th

College Expo  
@MHHS  
October 2nd

Common App  
Workshop  
October 3rd

UC Workshop  
October 4th

CSU Workshop  
October 11th

### IT'S A NEW SCHOOL YEAR...

And we are so happy to welcome all of our incoming 9th grade students and our returning Knights! We hope you enjoyed your summer and are ready for a successful and exciting 2018-2019 school year.

This year the Counseling Office is open for walk-in office hours for students before school, during break, lunch, or after school. Stop on by, we look forward to meeting with you!  
**\*\*Please take note of our new Alpha breakdown for the 2018-2019 school year.**

### Who is my Counselor?

A-Ki (9th)	Erika Yi	760-290-2263
KI-Z (9th)	Kristi Harlig	760-290-2314
A-Con (10th-12th)	Lori Nguyen	760-290-2219
Coo-Eng (10th-12th)	Ruben Escobar	760-290-2252
(9th AVID, 10-12 EL)		
Enr-Joh (10th-12th)	Leandro Galaz	760-290-2228
Jon-M (10th-12)	Janet Paul	760-290-2220
N-Sca (10th-12th)	Laura Perez	760-290-2259
Sch-Z (10th-12th)	Lisa Berry	760-290-2227

### SMHS Counseling Contact Information

Hours: 7:00 am- 3:30 pm

Phone: 760-290-2262

Fax: 760-290-2278

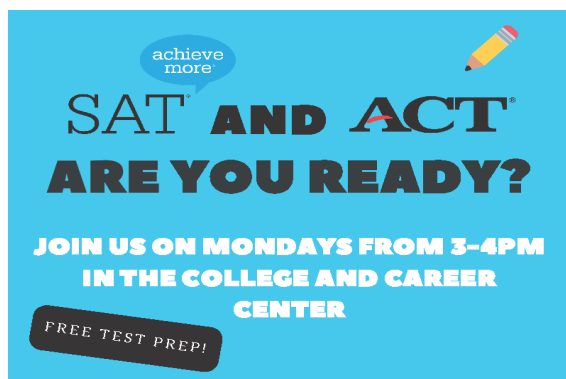
## Meet our new Counseling and College and Career Center Staff

Hi, my name is Alison Liu and I am very excited to be working in the College and Career Center this year helping SMHS students to pursue their educational and professional goals! My family and I moved to San Marcos two years ago from Austin, Texas where I worked for four years as a College and Career

Counselor. I earned my bachelor's degrees at Washington State University in Psychology and Spanish and a master's degree in Cross-Cultural and International Education from Bowling Green State University. I love traveling, running, and spending time with my two young kids.



Hello Everyone! My name is Leandro Galaz and I am honored to be back in the Knight's family. I have spent my career helping others in social work, education, and counseling and truly enjoy my work. I earned my bachelor degree at UC San Diego where I met my wife and we have two wonderful children who are 10 and 7 years old. My first full time school counseling job was sixteen years ago at a very different San Marcos High School campus (before construction). I then took an opportunity 4 years ago to teach in the Masters of Social Work program full time at Cal State San Marcos. And while I enjoyed that opportunity I missed working with teenagers, having an impact on a school community, and working with an amazing team. I am excited to be back serving the students and families of San Marcos High School. As the first one in my family to attend a university, I am passionate about creating opportunities for students to pursue their dreams regardless of the obstacles that may exist. My hope is to support students on their journey towards education and future careers and I look forward to meeting students and their families as I help them achieve their goals.



achieve more

## SAT AND ACT

### ARE YOU READY?

**JOIN US ON MONDAYS FROM 3-4PM  
IN THE COLLEGE AND CAREER  
CENTER**

**FREE TEST PREP!**



*College Admissions Rep Visits*

**LEARN ABOUT A COLLEGE AND HOW TO APPLY  
DIRECTLY FROM AN ADMISSIONS REPRESENTATIVE!**

**September Visits**

- Fri 8/31 UC Davis
- Tue 9/4 Sonoma State University
- Mon 9/17 High Point University
- Thu 9/20 Embry Riddle Aeronautical University
- Fri 9/21 Whitworth University
- Tue 9/25 University of Oregon

*Sign up on the C3 website  
all students can attend!*

**VISITS ARE IN THE COLLEGE & CAREER CENTER DURING LUNCH.**

## College Application Workshops

### Seniors:

Sign up for our College Application Workshops.

Sign up on the College and Career Center web-site or in the C3.

Sign up during an unscheduled period if possible. If you have to miss class please make arrangements with the teacher in advance. You are responsible for missed work!

### COLLEGE APPLICATION WORKSHOPS



Get help with your applications from counselors.  
Work on your application in a focused environment.

**THE COMMON  
APPLICATION**

Wednesday, October 3rd  
Block Day  
Periods 1, 3 and 5

**UNIVERSITY  
OF  
CALIFORNIA**

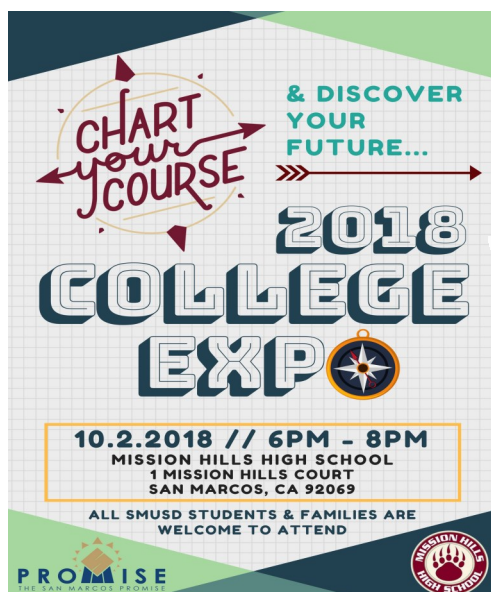
Thursday, October 4th  
Block Day  
Periods 2, 4 and 6

**CSU** The California State University

Thursday, October 11th  
Block Day  
Periods 2, 4 and 6

**Sign up on the College and Career Center website or in the C3!**  
Sign up during an unscheduled period if possible. If you have to miss class, please make arrangements with a teacher in advance. You are responsible for missed work!

## 2018 College Expo



**CHART  
your  
COURSE**

**& DISCOVER  
YOUR  
FUTURE...**

## 2018 COLLEGE EXP

**10.2.2018 // 6PM - 8PM**  
MISSION HILLS HIGH SCHOOL  
1 MISSION HILLS COURT  
SAN MARCOS, CA 92069

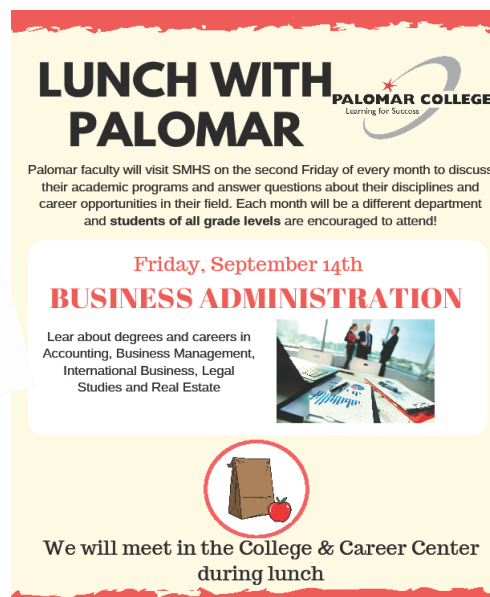
**ALL SMUSD STUDENTS & FAMILIES ARE  
WELCOME TO ATTEND**

**PROMISE**  
THE SAN MARCOS PROMISE

**MISSION HILLS  
HIGH SCHOOL**

Don't  
miss  
it!

## Lunch with Palomar



**LUNCH WITH  
PALOMAR**

**PALOMAR COLLEGE®**  
Learning for Success

Palomar faculty will visit SMHS on the second Friday of every month to discuss their academic programs and answer questions about their disciplines and career opportunities in their field. Each month will be a different department and **students of all grade levels** are encouraged to attend!

**Friday, September 14th**  
**BUSINESS ADMINISTRATION**

Lear about degrees and careers in  
Accounting, Business Management,  
International Business, Legal  
Studies and Real Estate

**We will meet in the College & Career Center  
during lunch**



San Marcos High School is proud to offer the PSAT Exam for grades 9-11 on Sat, Oct 13th, from 8:00 AM - 12:00 PM here on our campus.

The PSAT is a practice version of the SAT Exam and interested students can purchase the exam for \$20.00 by cash or check only, payable to SMUSD. Students can purchase the exam from Sept 3rd- Sept 7th at our Finance Office. No payments will be accepted after the payment deadline of September 7th at 3:15 PM.

## Senior Parent Night



Are you a parent of a senior? If so, join us for senior parent night and learn about information that is relevant to your student. Don't miss out!

**September 13th**

**6-7:30pm**

**Theater (English) Café (Español)**

Tienes un estudiante en el grado 12? Si la respuesta es si, te invitamos a una noche especial para padres en donde se compartira informacion valiosa. No te lo pierdas!

## Knight Zone

**Could you use some tutoring support?**

Join us in the library every day after school from 3-5pm.

**Are you looking for a way to get connected?**

Check out the Knight Zone Calendar and get plugged in!

## Are You Connected?

Stay informed by joining our

**Remind 101**

There are two ways for students to sign up :

Text the message @smhscoun to the number 81010

Or

Text the message @smhscoun to (224) 231-4958

KNIGHT ZONE ACTIVITIES

	Monday	Tuesday	Wednesday	Thursday	Friday
Tutoring	English & Psych Tutoring 7:00-8:00 AM Mon/Ren 297	Chemistry Tutoring 3:00-4:00 PM Mon/Ren 297	U.S. History Tutoring 3:00-4:00 PM Mon/Ren 297	Language Lab Tutoring 3:00-4:00 PM Mon/Ren 297	General Math Tutoring 3:00-4:00 PM Mon/Ren 297
	AP/CP Statistics 3:00-4:00 PM Mon/Ren 360	AP/CP Statistics 3:00-4:00 PM Mon/Ren 360	AP/CP Statistics 3:00-4:00 PM Mon/Ren 360	AP/CP Statistics 3:00-4:00 PM Mon/Ren 360	AP/CP Statistics 3:00-4:00 PM Mon/Ren 360
	Knights Write 10:00-11:00 AM Mon/Ren 233	Knights Write 10:00-11:00 AM Mon/Ren 233	Knights Write 10:00-11:00 AM Mon/Ren 233	Knights Write 10:00-11:00 AM Mon/Ren 233	Knights Write 10:00-11:00 AM Mon/Ren 233
	Special Education Math Tutoring 3:00-4:00 PM Mon/Ren 393	Special Education Math Tutoring 3:00-4:00 PM Mon/Ren 393	Special Education Math Tutoring 3:00-4:00 PM Mon/Ren 393	Special Education Math Tutoring 3:00-4:00 PM Mon/Ren 393	Special Education Math Tutoring 3:00-4:00 PM Mon/Ren 393
	Psychology Tutoring 3:00-4:00 PM Mon/Ren 297	Psychology Tutoring 3:00-4:00 PM Mon/Ren 297	Psychology Tutoring 3:00-4:00 PM Mon/Ren 297	Psychology Tutoring 3:00-4:00 PM Mon/Ren 297	Psychology Tutoring 3:00-4:00 PM Mon/Ren 297
Academic	Library Extended 3:00-5:00 PM Mon/Ren 162	Library Extended 3:00-5:00 PM Mon/Ren 162	Library Extended 3:00-5:00 PM Mon/Ren 162	Library Extended 3:00-5:00 PM Mon/Ren 162	Library Extended 3:00-5:00 PM Mon/Ren 162
	Science Olympiad 3:00-4:00 PM Mon/Ren 440	Science Olympiad 3:00-4:00 PM Mon/Ren 440	Science Olympiad 3:00-4:00 PM Mon/Ren 440	Science Olympiad 3:00-4:00 PM Mon/Ren 440	Science Olympiad 3:00-4:00 PM Mon/Ren 440
	SAT Prep 3:00-4:00 PM Mon/Ren 360	SAT Prep 3:00-4:00 PM Mon/Ren 360	SAT Prep 3:00-4:00 PM Mon/Ren 360	SAT Prep 3:00-4:00 PM Mon/Ren 360	SAT Prep 3:00-4:00 PM Mon/Ren 360
	Excelsior Knights 3:00-4:00 PM Mon/Ren 233	Excelsior Knights 3:00-4:00 PM Mon/Ren 233	Excelsior Knights 3:00-4:00 PM Mon/Ren 233	Excelsior Knights 3:00-4:00 PM Mon/Ren 233	Excelsior Knights 3:00-4:00 PM Mon/Ren 233
	Newspaper 3:00-4:00 PM Mon/Ren 233	Newspaper 3:00-4:00 PM Mon/Ren 233	Newspaper 3:00-4:00 PM Mon/Ren 233	Newspaper 3:00-4:00 PM Mon/Ren 233	Newspaper 3:00-4:00 PM Mon/Ren 233
Enrichment	Guitar Club 3:00-4:00 PM Mon/Ren 150	Guitar Club 3:00-4:00 PM Mon/Ren 150	Guitar Club 3:00-4:00 PM Mon/Ren 150	Guitar Club 3:00-4:00 PM Mon/Ren 150	Guitar Club 3:00-4:00 PM Mon/Ren 150
	Robotics 3:00-4:00 PM Mon/Ren 521	Robotics 3:00-4:00 PM Mon/Ren 521	Robotics 3:00-4:00 PM Mon/Ren 521	Robotics 3:00-4:00 PM Mon/Ren 521	Robotics 3:00-4:00 PM Mon/Ren 521
	Intermediate Dance 3:00-4:00 PM Mon/Ren 475	Intermediate Dance 3:00-4:00 PM Mon/Ren 475	Intermediate Dance 3:00-4:00 PM Mon/Ren 475	Intermediate Dance 3:00-4:00 PM Mon/Ren 475	Intermediate Dance 3:00-4:00 PM Mon/Ren 475
	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475
	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475
Physical	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475	Weight Training 3:00-4:00 PM Mon/Ren 475
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Parent	ELAC For dates, refer to Kristin Anderson For more information, call Kristin at (760)295-2240	Saturday-Sunday 8:00-12:00 PM Mon/Ren 361	Saturday-Sunday 8:00-12:00 PM Mon/Ren 361	Saturday-Sunday 8:00-12:00 PM Mon/Ren 361	Saturday-Sunday 8:00-12:00 PM Mon/Ren 361
	ELAC For dates, refer to Kristin Anderson For more information, call Kristin at (760)295-2240	ELAC For dates, refer to Kristin Anderson For more information, call Kristin at (760)295-2240	ELAC For dates, refer to Kristin Anderson For more information, call Kristin at (760)295-2240	ELAC For dates, refer to Kristin Anderson For more information, call Kristin at (760)295-2240	ELAC For dates, refer to Kristin Anderson For more information, call Kristin at (760)295-2240
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remind 101



# Social Work Corner...

Facts about school attendance from Attendance Works.org

Absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school. [Read more...](#)

By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school...[Read more...](#)



Chronic Absenteeism vs Truant - they are different! A student is truant if they are absent and/or tardy without a valid excuse. Chronically absent is missing 10 percent of the school, or about 18 days in most school districts (2 days a month). Research shows being chronically absent negatively affect a student's academic performance. That's just two days a month and that's known as chronic absence. [Read more..](#)



**Some Secrets Should be Shared**

If a friend talks about hurting himself or someone else, it's important to

**ACT<sup>®</sup>**

**A**cknowledge: Listen to your friend, don't ignore threats  
**C**are: Let your friend know you care  
**T**ell: Tell a trusted adult that you are worried about your friend

Screening for Mental Health is a 501 (c) 3 organization



**I'm not ok.**

**I'm here, and I'm listening.**

**CRISIS TEXT LINE | Text HELLO to 741741.**

**MHHS YELLOW RIBBON WEEK FOR SUICIDE PREVENTION**  
 Presented by The American Foundation for Suicide Prevention

**IT'S REAL: STUDENTS AND MENTAL HEALTH**

Learn how to balance your life from other students who have been there, learn how to spot and help friends who may be struggling, and have an honest conversation about mental health and well-being.

**THURSDAY, SEPT. 13, 2018  
 6:00 PM - 7:00 PM**

Mission Hills High School Redwood Hall (Theater)  
 1 Mission Hills Court, San Marcos, CA 92069

This event is appropriate for students grades 8-12, parents/guardians, and school staff. The film will be in English with Spanish subtitles.

This event will feature a short film and live discussion

Questions?  
 Cheryl Baker, MHHS Counselor  
 760.290.2748  
 cheryl.baker@smusd.org

**American Foundation for Suicide Prevention**

**Keep Calm Group**

- If you are experiencing stress and worry, you are normal. Everyone feels worried at some time.
- Stress is common, and this group will help you by giving you many skills on how to prevent and handle stress.
- May help if you are feeling stress, worry, fear, panic, edginess, jumpiness, butterflies, nervousness, agitation, shakes, freaking out etc.
- You will be learning tools to prevent and reduce these overwhelming feelings.

**Location:** San Marcos High School, Counseling Office

**Time:** One class period a week for 8 weeks. The time will rotate each week to prevent missing too much of one class. Start date to be determined.

**Contact:** Michelle Atkins in the Counseling Office or sign up at [bit.ly/KnightsKeepCalm](http://bit.ly/KnightsKeepCalm)

MHS is a 501(c)(3) non-profit corporation. © Mental Health Systems

**mhsinc.org**

Mental Health Systems is a non-profit agency founded in 1978 to improve the lives of individuals, families and communities facing substance abuse and behavioral health challenges.

## SMHS Counseling Office

### Contact Information

Hours: 7:00am-3:30pm

Phone: 760-290-2262

Fax: 760-761-0803

### Counselors

Erika Yi	A-Ki (9th grade only)	760-290-2263	Erika.yi@smusd.org
Kristi Harlig	KI-Z (9th grade only)	760-290-2314	Kristi.harlig@smusd.org
Lori Nguyen	A- Con (10th-12th)	760-290-2219	Lori.nguyen@smusd.org
Ruben Escobar	Coo- Eng (10th-12th) 9th Avid/ 9-12 EL	760-290-2252	Ruben.escobar@smusd.org
Leandro Galaz	Enr-Joh (10th-12th)	760-290-2228	Leandro.galaz@smusd.org
Janet Paul	Jon-M (10th-12th)	760-290-2220	Janet.paul@smusd.org
Laura Perez	N-Sca (10th-12th)	760-290-2259	Laura.perez@smusd.org
Lisa Berry	Sch-Z	760-290-2227	Lisa.berry@smusd.org

## College Testing

The counseling office recommends that students take college entrance exams such as the SAT and ACT for the first time during their junior year. It is highly recommended that students take both the SAT and ACT exams and based on their results take one of the exams again after studying or practice.

Please see the schedule for testing and the websites in order to sign up online. Fee waivers are available in the counseling office for students on free and reduced lunch.

SAT Test Dates <a href="http://www.collegeboard.org">www.collegeboard.org</a>	Registration Deadline
October 6th	September 7th
November 3rd	October 5th
December 1st	November 2nd

ACT Test Dates <a href="http://www.act.org">www.act.org</a>	Registration Deadline
October 27th	September 28th
December 8th	November 2nd
February 9th	January 11th

### SMHS

[www.sanmarcoshigh.org](http://www.sanmarcoshigh.org)

### California Colleges

[www.californiacolleges.edu](http://www.californiacolleges.edu)

### CSU

[www.csumentor.edu](http://www.csumentor.edu)

### UC

[www.universityofcalifornia.edu](http://www.universityofcalifornia.edu)

### Common App

[www.commonapp.org](http://www.commonapp.org)

### Palomar College

[www.palomar.edu](http://www.palomar.edu)

### College Board & SAT

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

### ACT

[www.actstudent.org](http://www.actstudent.org)

### NCAA Eligibility Center

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)