



SMHS Counseling News

FEBRUARY 2019

Important Dates

Course Selection

See Page 1

FAFSA Days

Feb 13th & 14th
In the C3

No School

Feb 15th & 18th

Day with a Knight

March 7th

College Knowledge Night @SMHS

April 10th

Simon Family Foundation Scholarship

Thank you Simon Family Foundation for coming out to our school to present on the Simon Scholarship. We had close to 700 students who met the initial criteria to apply for the scholarship and were invited to come to the assembly. We had a great turnout in both assembly locations!

SMHS students and staff are grateful that this opportunity exists for our 10th grade students. For more information on the application process please visit the Simon Scholars web-site:

<https://simonscholars.org/>



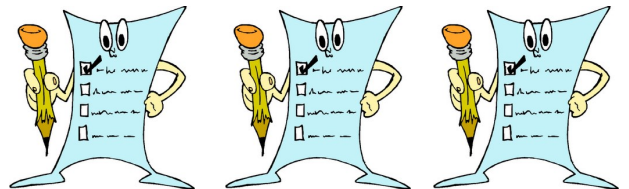
Course Selection

Course selection is a two-step process:

Step 1: Students attend a presentation from counselors detailing high school graduation requirements, college entrance requirements, how to read their transcript, class options for the upcoming year, etc. Students are asked to take their transcript and course selection materials home to discuss with parents.

Step 2: Students meet one-on-one with their counselor to turn in their course selection form and discuss the upcoming year's schedule.

****Please note that counselors are unable to accommodate period or teacher requests and scheduling priority is given by grade level.**



Grade Level (current)	Step 1— Presentations	Step 2- One-On-One Course Selection Meeting
11th grade	Monday, Jan 28th	Feb 4th-8th
10th grade	Tuesday, February 19th	Feb 25th -Mar 1st
9th grade	Monday, February 4th	February 11th-14th

Seniors: If you are going to Palomar College in the Fall....

PALOMAR COLLEGE
Learning for Success

PALOMAR COLLEGE

WHAT DO I NEED TO DO NOW?

**Qualify for Palomar Promise
Year 1 scholarship**

1. Complete Palomar app (palomar.edu click on apply)
2. Complete the F4E app (palomar.edu click on MyPalomar)
3. Complete FAFSA or CA Dream Act (fafsa.ed.gov or dream.csac.ca.gov)

1st come, 1st served, NOT need-based

**Qualify for Palomar Promise +
Year 2 scholarship**

1. Complete the TSMP Scholar app
2. Complete EVERFI Financial Literacy Course online
3. Graduate with a 2.5 GPA

Complete steps 1 and 2 at:
(<http://thesanmarcospromise.org/programs/palomarpromise/>)

Questions? Talk to Mrs. Liu in the Career Center

CAL GRANT

A Cal Grant is money for college you don't have to pay back. To qualify, you must apply for the Free Application for Federal Student Aid (FAFSA) or California Dream Act Application (CADAA) by the deadline and meet the eligibility and financial requirements as well as any minimum GPA requirements. Cal Grants can be used at any University of California, California State University, or California Community College, as well as qualifying independent and career colleges or technical schools in California.

- SMHS COUNSELING OFFICE HAS ALREADY SUBMITTED THE CAL GRANT GPA VERIFICATION ON YOUR BEHALF.

- Create a WebGrant Account (after you have submitted your FAFSA/Dream Act Application) to manage your Cal Grant & other Grants received!



FAFSA & Dream Act

We encourage ALL seniors to apply for Financial Aid! Many scholarships and university-based grants are calculated based on information from FAFSA or Dream Act applications. Completing the FAFSA/ Dream Act application is a REQUIREMENT to be eligible for the Palomar Promise!

Money is distributed on a first come, first served basis! Don't wait to submit!

Volunteer Opportunity



Kaiser Permanente Junior Volunteer Program

Kaiser Permanente San Diego offers a special Junior Volunteer program for 16 and 17 year olds each summer for eight weeks. Students in the program are trained to serve as Medical Center or Medical Office Guest Guides. In this role, they will offer directions, answer common questions, escort patients, and provide wheelchair assistance to those in need. Each student will be partnered with an experienced volunteer who will be able to provide mentorship, encouragement, and support. If students demonstrate enthusiasm, reliability, good customer service skills and initiative, they will be invited to continue as a permanent volunteer and will have opportunities to explore other options.

The summer program will run June 17th through August 9th.

Application due by March 8, 2019.

For more information please visit:

<https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/community-events/volunteer-services/>

Unity Week

From Jan 28th to Feb 1st, SMHS celebrated Unity Week. Collaboration of many clubs including: VUE, NAMI, Girl's Empowerment, Bc2M, BSU, Ella, Orgullo, Hispanic Student Union, Chinese Lion Dance Club, Flag Club, student volunteers from the World Language Departments and ASB. Did you know we have 25 different home languages and over 15 ethnicities on our campus? We are all unique and yet we are all Knights with dreams and bright futures. Thank you for joining us in celebrating our Diversity and our Similarities!

SHARE THE LOVE FEB 11-14

Donations needed:

- Hygiene (deodorant, wet wipes, hair products, feminine products)
- Snack Food (granola bars, fruit snacks, chips/crackers)
- Clothing Drive (new socks & underwear, sweatshirts)

All items will benefit SMUSD students, SDYS, and local shelters serving youth affected by Human Trafficking, Domestic Violence, and Homelessness

* Sponsored by Girls Empowerment with the support of ASB

February is Teen Dating Violence Awareness Month

If you have any questions, talk to a trusted adult at home, in your community or at school.

National Resources

Text Message

Get a quick response from one of LoveisRespect's peer advocates by texting "loveis" (capitalization does not matter) to 22522. *Message and Data Rates May Apply

Call a Peer Advocate

Speak with a trained LoveisRespect advocate for education and support for you or someone you love who is in a violent relationship. [1-866-331-9474](tel:1-866-331-9474).

Call the Hotline

Reach a trained expert advocate 24/7 for education and support for you or someone you love. The National Domestic Violence Hotline [1-800-799-7233](tel:1-800-799-7233).





Some of these characteristics may seem obvious to you, and some may make you think about how you can improve your own relationship, or help a friend improve theirs. We can all work to build healthier relationships, and it starts with education and conversations!

Information Provided
by One Love
Foundation

10 SIGNS OF A HEALTHY RELATIONSHIP

TRUST

Believing your partner won't do anything to hurt you or ruin the relationship. Examples are when your partner is comfortable when you do things without them, has faith that you won't cheat on them, respects your privacy online (like who you text and Snapchat), and doesn't make you go out of your way or work hard to "earn" their trust.

HONESTY

Being truthful and open with your partner. It's important to be able to talk together about what you both want. In a healthy relationship, you can talk to your partner without fearing how they'll respond or if you'll be judged. They may not like what you have to say, but a healthy partner will respond to disappointing news in a considerate way. Some examples are having good communication about what you both want and expect and never feeling like you have to hide who you talk to or hang with from your partner.

COMFORTABLE PACE

You and your partner allow the relationship to happen at a pace that feels comfortable for both of you. Often times when you begin dating someone, you may feel that you're spending all of your time with them because you want to – that is great! But be sure that nothing feels imbalanced or rushed in the relationship. In a healthy relationship, nobody pressures the other.

INDEPENDENCE

Having space and freedom in your relationship to do you. Examples are when your partner supports you having friends and a life outside of your relationship and not needing to be attached at the hip or know every little detail about your life.

RESPECT

If respect is present in your relationship, your partner will value your beliefs, opinions and who you are as a person. Examples are complimenting you, supporting your hard work and dreams, not trying to push or overstep your boundaries, and sticking up for you.

EQUALITY

You and your partner have the same say and put equal effort into the relationship (instead of feeling like one person has more say than the other). Examples are feeling like you are heard in your relationship or feeling comfortable speaking up, making decisions together as opposed to one person calling all the shots, and equally compromising on decisions in your relationship that make the other person feel important or respected.

COMPASSION

Feeling a sense of care and concern from your partner and knowing that they will be there to support you, too. If you're in a healthy relationship, your partner will be kind to you, they will understand and be supportive of you when you're going through tough times, and they will lend a helping hand in times of need.

TAKING RESPONSIBILITY

You and your partner are both responsible for your own actions and words. You both avoid putting blame on each other and own up to your actions when you do something wrong. Examples are when your partner genuinely apologizes for their mistakes, they avoid taking things out on you when they're upset, and they try to make positive changes to better your relationship.

LOYALTY

When your partner is reliable and you feel confident that they have your back. Some examples are when your partner is respectful and faithful, sticks up for you, doesn't take sides against you but helps you see the middle ground, and keeps your secrets safe. In a healthy relationship, you don't have to test the other person's loyalty, because you just know it's there. Sometimes people say "we all make mistakes" and "nobody's perfect" to make excuses for disloyalty. If you find yourself saying that more than once, it's a red flag that the relationship may not be healthy.

COMMUNICATION

If you can talk to your partner about anything—the good and the bad—this is a sign of a healthy relationship. Examples are when you feel like your partner will listen to you when you need to talk and that they are open to discussing further and when you don't feel judged for your words or opinions.

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 www.collegeboard.org	Registration Deadline
March 9th	February 8th
May 4th	April 5th
June 1st	May 3rd

ACT Test Dates www.act.org	Registration Deadline
February 9th	January 11th
April 13th	March 8th
June 8th	May 3rd

SMHS
www.sanmarcoshigh.org

California Colleges
www.californiacolleges.edu

CSU
www.csumentor.edu

UC
www.universityofcalifornia.edu

Common App
www.commonapp.org

Palomar College
www.palomar.edu

College Board & SAT
www.collegeboard.org

ACT
www.actstudent.org

NCAA Eligibility Center
www.eligibilitycenter.org