



SMHS Counseling News

APRIL 2019

Important Dates

Spring Break

April 1st-5th

College Knowledge Night

April 10th

Second Progress Report

April 26th

Future Fair

April 24th

Spring Break

Wishing you a wonderful and safe spring break! Enjoy your time off with family and friends.



Attention Seniors: Final Transcript Request

HOW TO REQUEST A FINAL TRANSCRIPT

1. Go to sanmarcoshigh.org
Under Departments> Counseling> Transcript Request
2. Follow the instructions. You will be re-directed to the Parchment website where you can place your request.



3. Register for your free account. DO NOT use your school e-mail. Use your private e-mail account.
4. Request your transcript (choose order) and select destinations such as colleges, Common App or yourself. ****Please select HOLD FOR GRADES**
5. Track your transcript (watch your e-mail for updates).

ALL REQUESTS MUST BE MADE NO LATER THAN JUNE 7th.

All final transcripts will be sent out the week of June 17th.

Please note that ALL colleges and universities require a FINAL TRANSCRIPT be sent to them after you have finished your Senior Classes.

NOTE: If you are attending CSUSM or Palomar you must make the request but no envelope is needed.

Please make sure you have the proper postage and your envelope is filled out correctly.

Are you planning on taking Summer courses?

Palomar: If you are interested in taking a class at Palomar College during the Summer please see your counselor. You must pick up a K-12 form from the Counseling Office.

Charter/ Online: If you are interested in taking non-SMSUD Summer courses please see your counselor. You must fill out a Request For Outside Credit form. The request must be approved

by the Counselor and Principal prior to participation in the program.



SMUSD Summer School 2019

When: Session 1 - June 17– July 3
Session 2 - July 8 – July 25

Who: A limited number of courses will be offered in summer school. Remediation only (just to make up D's or F's). Incoming Seniors and Juniors only.

Where: San Marcos High School

Students have been pre-registered by Counselors for summer school and will receive a confirmation letter at the beginning of May.

Priority Registration Schedule Pick-Up

Students must pick up their schedule at SMHS on Thursday, June 13th or will be dropped from summer school.

SENIORS: 9:30-11 AM
JUNIORS: 11:30-1PM

If you did not priority register during course selection with your counselor, come to SMHS on Friday, June 14th to choose available open classes between 9-11am.



College Acceptances & Scholarships

Every school year we keep track of all of the wonderful colleges and universities are students are admitted to. Once acceptances start coming in we like to celebrate our students' achievements by displaying on the school marquee, through Knight's News, etc.

To help us in this effort, please notify Ms. Liu in the College and Career Center as soon as you hear of any acceptances.



DID YOU EARN A SCHOLARSHIP?

LET US KNOW!
goo.gl/XCRwLG

We want to celebrate your achievements at the Scholarship Award Ceremony and if you don't tell us, we won't know!



DO YOU NEED A WORK PERMIT?

Step 1: Apply for jobs

Look for job openings online, in your neighborhood and in the Career Center.

Step 2: Fill out the work permit application

Find the CDE Form B1-1 online or in the Career Center.

Step 3: Bring your signed application to the Career Center

Please allow 1-2 business days for processing.

Step 4: Sign your work permit and turn it in to your employer

NEED A WORK PERMIT DURING THE SUMMER?

- Come to the Career Center M-F from 7:00 am to 3:30pm throughout June and August.
- From July 1st through 31st, you can go to the SMUSD district office to apply for a work permit.

Any questions? Please contact:
Mrs. Liu
SMHS Career Center
alison.liu@smusd.org
760-290-2226



Follow us on:



BE IN THE KNOW!

SMHS COLLEGE AND CAREER CENTER

sanmarcoshigh.smusd.org/resources/college_and_career_center




SMHS College and Career Center



@SMHScollegeandcareer

Upcoming Events...



JOIN US FOR
COLLEGE KNOWLEDGE NIGHT

COME LEARN FROM EXPERTS ABOUT
GOOD FIT COLLEGES - SAT/ACT - ADMISSIONS -
SCHOLARSHIPS - CAREER PLANNING - AND MORE

APRIL 10TH, 2019
SMHS THEATER

5:30-6:30 MINI COLLEGE FAIR
6:30-8:00 KEYNOTE SPEAKER AND BREAKOUT SESSIONS

Sessions in English and Spanish!

PROMISE
THE SAN MARCOS PROMISE

SMUSD
FUTURE FAIR
*Learn more...
Earn more!*

APRIL 24, 2019
6:00-8:00pm
SAN MARCOS
HIGH SCHOOL
1615 W San Marcos Blvd
San Marcos, CA 92078
ALL SMUSD FAMILIES
ARE ENCOURAGED TO ATTEND



- Interact with Successful Industry Professionals
- Hands-On Exhibits from High-Growth Careers
- Discover What it Takes to Thrive in Today's Workforce
- Attend Workshops about planning for the Future
- Food Trucks
- Raffles & Prizes

PROMISE THE SAN MARCOS PROMISE CTE Career & Technical Education SAN MARCOS UNIFIED SCHOOL DISTRICT engaging students...inspiring futures

NEXT ON THE TO DO LIST

Palomar College Orientation

Sign up!
goo.gl/uqtKFH

MAY 8TH
ORIENTATION FIELD TRIP
FROM 8:30-12:30PM
@ PALOMAR COLLEGE

APRIL 22ND
NEW STUDENT ORIENTATION
FROM 12:30-1:30
@ SMHS CAREER CENTER

Permission slip in Career Center




The Princess Project San Diego

making prom dreams come true

Get a Free Prom Dress and Accessory!

Dress Giveaway Dates — April 5, 6, 7, 10, 12, 13, 24, 26, 27

Book Your Appointment Online Starting March 4th, 2019 at

PrincessProjectSD.org/get-a-dress

LOCATIONS:

Mission Valley Mall Boutique – All 9 Days

South Chula Vista Library Pop-Up – April 6th

Vista Library Pop-Up – April 20th

El Cajon Library Pop-Up – April 27th

Don't Forget:

- Bring Proof of Enrollment in High School
- Book Your Appointment Online Ahead of Time
- Fill Out the Online Waiver When You Register
- You May Bring One Female Guest to Help You Shop



the
princess
project.



Princessproject_SD



PrincessprojectSD

Social Work Corner

Mental Health Facts CHILDREN & TEENS

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹

20%

20% of youth ages 13-18 live with a mental health condition.¹

11%

11% of youth have a mood disorder.¹

10%

10% of youth have a behavior or conduct disorder.¹

8%

8% of youth have an anxiety disorder.¹

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.²

10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.³

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.⁴

70%



70% of youth in state and local juvenile justice systems have a mental illness.⁵

Suicide



3rd

Suicide is the 3rd leading cause of death in youth ages 10-24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

Warning Signs

- | | |
|---|---|
| <p>! Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).</p> <p>! Trying to harm or kill oneself or making plans to do so.</p> <p>! Out-of-control, risk-taking behaviors that can cause harm to self or others.</p> <p>! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.</p> <p>! Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.</p> | <p>! Severe mood swings that cause problems in relationships.</p> <p>! Repeated use of drugs or alcohol.</p> <p>! Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).</p> <p>! Extreme difficulty in concentrating or staying still that can lead to failure in school.</p> <p>! Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.</p> |
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4 Things Parents Can Do



Talk with your pediatrician



Get a referral to a mental health specialist



Work with the school



Connect with other families

¹ This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov

Follow Us!

facebook.com/officialNAMI
twitter.com/NAMItoconnect

NAMI
National Alliance on Mental Illness
www.nami.org

Mental Health
AWARENESS MONTH

4/18 **Disney Day**
WHAT LIFTS YOU?

4/24 **Green Out!**
Your story Isn't over yet

4/30 **POSITIVE MEME DAY**
LAUGHTER LINKS US!

Como Hablar de Temas Delicados con Nuestros Hijos

Temas como: La sexualidad, divorcio, tolerancia, drogas y alcohol, violencia, la muerte



LUNES
22 de Abril

5:30 a 7:30

San Marcos High School
Cafeteria

1615 W San Marcos Blvd, San Marcos, CA 92078

Mas Información:
Cynthia Flores 760-290-2381 o
Dra Beatriz Villarreal
760-492-8897



Recognize warning signs of substance use, obtain tools to discuss concerns, and learn community resources

April 10th, 5:30- 6:15 pm
SMHS, Room 205

SMHS Counseling Office

Contact Information

Counselors

Hours: 7:00am-3:30pm

Phone: 760-290-2262

Fax: 760-761-0803

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