



SMHS Counseling News

MAY 2019

Important Dates

University/
Statement of
Intent to Register

May 1st

Enrollment Packet
Available at
www.sanmarcoshigh.org

After May 1st

Memorial Day
No School

May 27th

Senior Scholarship
Awards

May 29th

2019-2020
Registration

August 5-9

Seniors:

You are almost to the finish line! Below are some important dates to keep in mind as senior year begins to wind down.

May 20th– Senior talks with Principal Dawson
May 22nd/23rd– Senior Interviews
May 29th– Senior Scholarship Awards Night
May 30th– Senior Awards and BBQ
June 1st– Prom
June 4th– Senior Sunset

June 6th and 7th– Senior Finals
June 7th– Transcript request deadline
June 10th– Senior Movie Day/
Cap and Gown pick up
June 11th– Senior Breakfast/
Grad Practice
June 12th– Graduation/ Grad Night
June 14th– Diploma pick-up



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 your-

self. ****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: Even if you are attending CSUSM or Palomar you must make the request.

Are you planning on taking Summer courses?

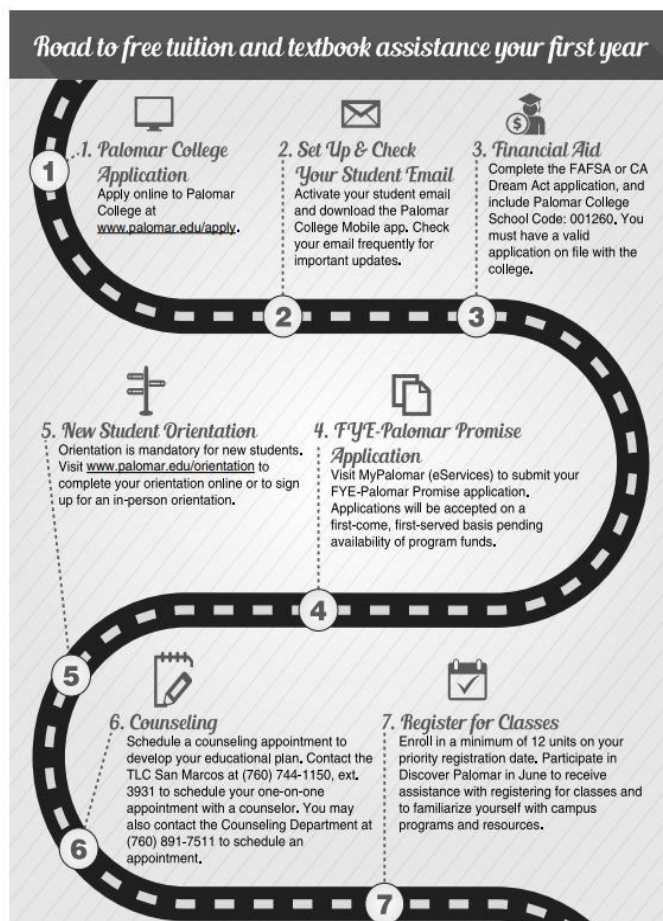
Palomar: If you are interested in taking a class at Palomar College during the Summer please see your counselor. You must pick up a K-12 form from the Counseling Office.

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.



Palomar College: Next Steps



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



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!



The San Marcos Promise presents...

The Community Scholarship Application!

due May 10, 2019

thesanmarcospromise.org/tsmp-community-scholarship

Fill out one application for several local scholarship opportunities!



PROMISE
THE SAN MARCOS PROMISE

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-



San Marcos Youth Ambassador

The City of San Marcos is seeking student applicants who are currently in grades 9, 10 or 11 to apply to be a San Marcos Youth Ambassador, which will run July 1, 2019-June 30, 2020.

A completed application should contain: a one page app that needs parent signature, a supplemental page with two questions to be answered by the student and one letter of reference from a non-related adult. All documents must be submitted together by the **deadline of May 6 @ 5:30pm**. For more information please visit: www.san-marcos.net

SAN MARCOS

DISCOVER LIFE'S POSSIBILITIES

Student Wellness Parent Night

STUDENT WELLNESS PARENT NIGHT

Parenting is tough, so is growing up

Students have the world at their fingertips, with all the benefits and challenges included. More and more we are seeing that risky behaviors are starting younger than they used to so Carrillo would like to partner with parents in taking steps toward prevention by offering this free presentation.

All SMUSD parents are welcome to attend

Drug Trends and Prevention- Wednesday, 5/1/19 at 6:00 pm

Presented by San Marcos Prevention Coalition- Can **YOU** See Through the Smoke?

Over 66% of teens have no idea what is actually in these highly addictive e-liquids; including high doses of nicotine, lead, formaldehyde, and the same ingredients found in anti-freeze and car coolant. Even more concerning is how substances are marketed to kids and youth. You may not have concerns about your child using substances, however they may be exposed inadvertently, as so drugs are looking more and more like candy. Learn more about Electronic Smoking Devices (ESDs) such as JUUL, Vape Pens, and Sorin, as well as other current drug trends.



This presentation will be held in **English and Spanish**

The presentation will be held in the Multi-Purpose Room at the front of Carrillo Elementary School
2875 Poinsettia Lane, Carlsbad, CA 92009

For any questions please contact Gary Pope, Principal at gary.pope@smusd.org or (760) 290-2904



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

How to Beat Test Stress

Adapted from <https://www.scholastic.com/parents/school-success/homework-help/study-skills-test-taking-tips/how-to-beat-test-stress.html>

With AP exams and Finals quickly approaching, some students may be expressing an increase in stress and test anxiety. While some students don't think twice about test days, others get seriously rattled. The pressure can affect scores, and many kids complain about headaches and stomachaches, says Michelle L. Bailey, M.D., a professor of pediatrics at Duke University School of Medicine.



These tips can soothe test jitters and help every child feel calmer and perform their best.

One Month Before:

- **Check your own anxiety.** "Parents feel intense pressure to have their kids succeed," Grolnick says. "It's natural — you love your child and want him to have every opportunity." Assess your motives and ease your own nerves by repeating this mantra: "I'm the antidote for the pressure rather than the cause."
- **Put it in perspective.** To gauge your child's state of mind, ask how they are feeling about the test, suggests Dr. Bailey. If they are fine, move on. But if they are jittery, say, "This is just a way to see if the kids in your school are learning everything they need to know." Highlight strengths and point out a test score is just a small piece that makes up who they are, along with her sense of humor.

The Week Before:

- **Pump up the energy.** Add some fun physical activities (bike ride, walk etc). They'll help your child snooze better at night and creates feel-good endorphins that can relieve stress and boost positive energy, notes Dr. Bailey.

The Night Before:

- **Relax and have fun.** Cramming vocab or practicing math problems isn't going to calm your kid down — or even help him do better, says Dr. Bailey. Instead, plan something that will take everyone's mind off the test, like family game night or a pizza party. A healthy snack an hour before bedtime and a soothing bath will help him nod off.

The Morning Of:

- **Fill her up.** Start the day off right by serving up a morning meal of complex carbs and protein, says Dr. Bailey. Greek yogurt with fresh (or frozen) fruit and honey or oatmeal with nuts are way better than sugary cereals, which can just cause your child to crash when she needs energy the most.
- **Be on time.** Kids can get anxious about arriving late and then having to rush to prepare for the test, so set the alarm ten minutes early to get everyone out the door without last-minute chaos.
- **Connect with a friend or teacher.** Talking about pre-test jitters with a teacher or a close pal can be a good way to chill. "Not only will it make your child feel less isolated, but it'll release some of the nerves he may have," says Dr. Bailey.

During the Test:

- **Remind her to put down the pencil and breathe.** "When kids are anxious, they forget to breathe," says Dr. Bailey. If your child starts to panic or comes to a question that trips her up, she can close her eyes and take three deep breaths. It'll help her be calmer and more confident when she focuses again. If she still doesn't know the answer, she can give it her best guess and move on. After all, these tests happen only once a year, but learning to dial down stress is a skill kids can use every day.

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