



# SMHS Counseling News

SEPTEMBER 2019

No School  
September 2nd

Senior Guidance  
Presentations  
September 10th

Back to School Night  
September 11th

Senior Parent Night  
September 19th  
@Theatre/6pm

Freshman Guidance  
Presentations  
September 23rd

College Expo &  
Future Fair  
@MHHS  
September 24th

Common App  
Workshops  
September 25th/26th

UC Workshops  
October 2nd/3rd

CSU Workshops  
October 9th/10th



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

And we are so happy to welcome all of our new and returning Knights! We hope you enjoyed your summer and are ready for a successful and exciting 2019-2020 school 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 2019-2020 school year.**

## Who is my Counselor?

A-Ko (9th)	Erika Yi	760-290-2263
Kr-Z (9th)	Kristi Harlig	760-290-2314
A-Chu(10th-12th)	Lori Nguyen	760-290-2219
Ci-Et & EL(10th-12th) (9th EL)	Ruben Escobar	760-290-2252
Ev-Ig (10th-12th)	Leandro Galaz	760-290-2228
In-Mora (10th-12)	Janet Paul	760-290-2220
More- Sanc (10th-12th)	Laura Perez	760-290-2259
Sand-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



Back Row- Ruben Escobar, Leandro Galaz

Front Row- Erika Yi, Lisa Berry, Kristi Harlig, Lori Nguyen, Janet Paul, Laura Perez

From left to right



# English Learner Program

The English Learner Program at San Marcos High School is designed to support students' English language development. We are a community with a shared responsibility to value language and culture as assets in order to foster multilingual learners. We utilize grade-level and ELD standards to empower students to build language skills.

**Upcoming ELAC meeting dates  
(Próximas Reuniones de ELAC):**

**SEPT 17 6pm Café**

**NOV 13 6pm Café**



EL Coordinator-

Michelle Peace

[michelle.peace@smusd.org](mailto:michelle.peace@smusd.org)

760-290-2240



EL Program Assistant-

Kristhel Lopez

[kristhel.lopez@smusd.org](mailto:kristhel.lopez@smusd.org)

760-290-2243



EL Counselor-

Ruben Escobar

[ruben.escobar@smusd.org](mailto:ruben.escobar@smusd.org)

760-2902252



## Mrs. Liu— College and Career Center



### YOUR SMHS CAREER CENTER

*What's your plan after graduation?*

**Find events, resources and assistance related to:**

- Colleges (4-yr, 2-yr, CTE)
- Career Exploration
- Scholarships
- Financial Aid
- SAT/ACT Testing
- Jobs and Work Permits
- And more!



Mrs. Liu

#### Follow the Career Center:

[sanmarcoshigh.smusd.org/resources/college\\_and\\_career\\_center](https://sanmarcoshigh.smusd.org/resources/college_and_career_center)



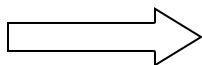
@smhscollegeandcareer



SMHS College and Career Center

## Roy Huerta/Amanda Yantzer— The San Marcos Promise

Need additional support in the following areas?



Reach out to Roy and Amanda who are in the College and Career Center everyday from noon to 4pm.

Career Planning + Exploration  
Resume/Cover Letter Writing  
Interview Prep  
Job + Internship Placement  
Financial Literacy + Personal Financial Classes  
Classroom Presentations  
FASFA Applications



Roy Huerta



Amanda Yantzer



**FIND THE RIGHT COLLEGE FOR YOU!**

Meet with college admissions reps at SMHS!

SEE WHO IS COMING AND SIGN UP AT:  
**bit.ly/smhsrepvisits**

academic fit • social fit • financial fit



**SEPTEMBER COLLEGE ADMISSIONS REP VISITS**

Learn about the college and how to apply!

Sign up to get a pass:  
**bit.ly/smhsrepvisits**

Your teacher must sign your pass to attend a visit during class time.

## Week 1

9/3 IPM Washington State University  
IOAM George Mason University  
9/4 Lunch UC Santa Cruz, University of Houston

## Week 2

9/10 Lunch University of AZ, University of SD  
IPM University of Chicago  
9/11 IOAM Fashion Int. of Design and Merch (FIDM)  
9/12 IPM Johnson and Wales University  
9/13 Lunch High Point University

## Week 3

9/17 IPM Pennsylvania State University  
9/18 IOAM Grand Canyon University  
9/19 IPM Point Loma Nazarene University

## Week 4

9/23 Lunch Stony Brook University SUNY  
9/24 Lunch Embry-Riddle Uni, Tufts University  
IPM Oregon State University  
9/25 IOAM UC Santa Barbara  
Lunch Yale University, University of La Verne  
9/26 Lunch CA Lutheran University, U of CO-Pueblo  
9/27 Lunch IL Wesleyan Uni, Linfield College

## College Application Workshops

### Seniors:

Sign up for our College Application Workshops.

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 the teacher in advance. You are responsible for missed work!

### Sign up URL:

**bit.ly/collegeappworkshops**

## COLLEGE APPLICATION WORKSHOPS



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

THE COMMON APPLICATION

UNIVERSITY OF CALIFORNIA

CSU The California State University

Wed Sept. 25th  
5th Period Block  
or  
Thurs Sept. 26th  
6th Period Block

Wed Oct. 2nd  
5th Period Block  
or  
Thurs Oct. 3rd  
6th Period Block

Wed Oct. 9th  
5th Period Block  
or  
Thurs Oct. 10th  
6th Period Block

### Sign up at bit.ly/collegeappworkshops

Students are encouraged to sign up during an unscheduled class period. If you do have to miss a class, please be sure to make arrangements with your teacher in advance. You are responsible for any missed work.

**WORK ON YOUR APPLICATIONS**  
IN THE CAREER CENTER  
EVERY WED AND THURS  
FROM 12:30 TO 3:30



Work on college, financial aid and scholarship applications in a quiet space where you can get help editing and ask questions!

(excluding dates of Career Center events)





## SMHS TEST PREP CLASS

### ACE THE TEST!

SIGN UP FOR **FREE TEST PREP MINI SESSIONS!**

Sign Up!

[BIT.LY/TESTPREPSESSIONS](http://BIT.LY/TESTPREPSESSIONS)

Take the SAT and ACT each once and then retake the one you like best (SAT or ACT).

**You need to study for at least 20 hours if you want to improve your score!**

#### What you will learn in Test Prep:

- The content and format of the test
- What to expect on test day
- Tips to improve your score
- Practice problems and how to solve them
- FREE resources to study on your own



## 2019-20 Test Dates

achieve more

SAT

ACT

TEST DATE	REGISTRATION DEADLINE	LATE REGISTR DEADLINE	TEST DATE	REGISTRATION DEADLINE	LATE REGISTR DEADLINE
Aug 24, 2019	Jul 26	Aug 6	Sep 14, 2019	Aug 16	Aug 30
Oct 5, 2019	Sep 6	Sep 17	Oct 26, 2019	Sep 20	Oct 4
Nov 2, 2019	Oct 3	Oct 15	Dec 14, 2019	Nov 8	Nov 22
Dec 7, 2019	Nov 8	Nov 19	Feb 8, 2020	Jan 10	Jan 17
Mar 14, 2020	Feb 14	Feb 25	Apr 4, 2020	Feb 28	Mar 13
May 2, 2020	Apr 3	Apr 14	Jun 13, 2020	May 8	May 22
Jun 6, 2020	May 8	May 19	Jul 18, 2020	Jun 19	Jun 26



SAN MARCOS HIGH SCHOOL



## All in! FRESHMAN PARENT ORIENTATION

BEFORE BACK TO SCHOOL NIGHT

WEDNESDAY, SEPT 11 2019

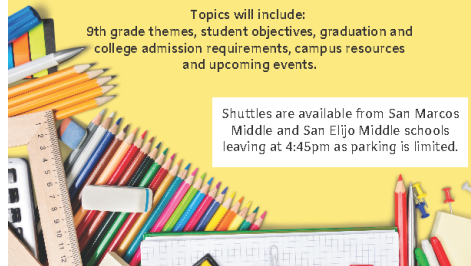
5:15-5:45 PM

THEATER (ENGLISH)  
ROOM 205 (SPANISH)

Topics will include:

9th grade themes, student objectives, graduation and college admission requirements, campus resources and upcoming events.

Shuttles are available from San Marcos Middle and San Elijo Middle schools leaving at 4:45pm as parking is limited.



CLASS OF 2020

## SENIOR PARENT NIGHT

Come join us for a presentation about all relevant topics regarding senior year in high school!

SEPTEMBER 19, 2019

6:00 PM TO 7:30 PM

THEATER (ENGLISH)  
CAFE (SPANISH)

#### TOPICS INCLUDE:

- Student Resources
- College Applications
- Role as a Parent
- Letters of Rec
- Grad Requirements
- Financial Aid
- A-G Requirements
- SAT/ACT Scores
- NCAA

## Are You Connected?

SMHS is no longer using the  
REMIND app...

Stay informed by joining

**MINGA**

Students were given an access code through their school e-mail accounts last week. Information for parent sign-ups will be out soon!



# Knight Zone

Its never to early to get connected with tutoring support. Could you use some tutoring?

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!

KNIGHT ZONE ACTIVITIES					
	Monday	Tuesday	Wednesday	Thursday	Friday
General Information	General Information				
	1:00-4:00 PM				
	Room 363 Library				
	Monday Entry				
	SAT ACT Prep				
Tutoring	Tutoring				
	1:00-4:00 PM				
	Room 363 Library				
	Monday Entry				
	SAT ACT Prep				
Academic	Academic				
	1:00-4:00 PM				
	Room 363 Library				
	Monday Entry				
	SAT ACT Prep				
Enrichment	Enrichment				
	1:00-4:00 PM				
	Room 363 Library				
	Monday Entry				
	SAT ACT Prep				
Physical	Physical				
	1:00-4:00 PM				
	Room 363 Library				
	Monday Entry				
	SAT ACT Prep				

HAVE A JOB?  
ENROLL IN THE  
**WORK EXPERIENCE**  
CLASS

Earn high school AND college credit for working!

Any student that is working or volunteering can earn 5 elective credits per semester, as well as 3 units of Palomar College credit, by signing up for work experience. Students must work at least 225 hours (or volunteer 180 hours, at 1 place) per semester to earn credit. The course is CSU transferable.



For more information, please see the Mrs. Liu in the College & Career Center or email Mrs. Stout at: [lisa@thesanmarcospromise.org](mailto:lisa@thesanmarcospromise.org)

For detailed requirements and FAQ's, please visit: <https://tinyurl.com/SMWork2019>

## Do you have a job?

Are you working 225 hours per semester?

If so, join work experience and earn high school and college credit.



CTE PROMISE

## ANNUAL College Expo & future fair

5-8pm • 09.24.19

MISSION HILLS HIGH SCHOOL  
1 MISSION HILLS CT, SAN MARCOS, CA 92069

90+ COLLEGES & UNIVERSITIES  
60+ BUSINESS & INDUSTRY PARTNERS  
VARIETY OF BREAKOUT SESSIONS

Find out what your future could be!

Free and open to students of ALL ages and their families.

Learn More at: <https://tinyurl.com/SMFuturefair>

For more information please contact Marjorie Smith at 760.290.2755

COLLEGE & CAREER  
**READY**

CSU The California State University

## CSU COLLEGE NIGHT

ACCESS ALL  
**23 CAMPUSES**  
IN ONE NIGHT

MEET WITH CSU CAMPUS REPRESENTATIVES  
ATTEND CSU ADMISSION AND FINANCIAL AID WORKSHOPS  
PREPARE FOR COLLEGE

All students, parents and educators are invited to attend this FREE event!

**MONDAY, SEPTEMBER 16, 2019**  
6:00 - 8:00 PM

QUESTIONS? CONTACT US AT  
[conference@csu.edu](mailto:conference@csu.edu)

Location:  
**SAN DIEGO CONVENTION CENTER**  
111 W Harbor Dr  
San Diego, CA 92101

**PARKING: \$15 TO \$25**  
(no in and out privileges)

We are encouraging guests to take the trolley's green line to the convention center. It is \$5 for an all day mts pass - [www.sdmts.com](http://www.sdmts.com)

**BRINGING A GROUP?**  
Contact: [counselorconference@csu.edu](mailto:counselorconference@csu.edu)



# Social Work Corner

PAGE



## COMMUNITY RESOURCES



Please contact the School Social Worker (michelle.atkins@smusd.org) if your family would benefit from:

Non-perishable food items picked up by your student on Friday afternoon

Counseling (Individual or family) at SMHS for students with Medi-Cal or no insurance



### Pay Attention to Attendance: Keep Your Child On Track in Middle and High School

Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job.

#### DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other potentially serious difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, regular and high attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10 percent, or about 18 days, of the school year can drastically affect a student's academic success.
- Students can be chronically absent even if they only miss a day or two every few weeks.
- Attendance is an important life skill that will help your child graduate from college and keep a job.

#### WHAT YOU CAN DO

##### Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.

##### Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Stay on top of academic progress and seek help from teachers or tutors if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

##### Communicate with the school

- Know the school's attendance policy - incentives and penalties
- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Check on your child's attendance to be sure absences are not piling up.
- Ask for help from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.



#### 18 OR MORE DAYS

- Excused and unexcused absences represent lost time in the classroom and lost opportunities to learn.
- Missing just one day every two weeks can add up to 18 days in a year. Absences add up before you even know it.



#### 10 TO 17 DAYS

- Students who are absent an average of 15 days a year miss a year's worth of school before their senior year.
- When students miss a day of school it actually puts them two days behind their classmates.



#### 9 OR FEWER ABSENCES

- Students with good attendance generally achieve higher grades and enjoy school more.
- Children benefit and make the most of their educational opportunities if they attend school regularly and on time.

\*\*This is based on a 182 day school year.

## Growing Up:

### Helping Our Children Cope with Stress (yes, that's a thing!)

From academic pressure such as a heavy homework load, jam-packed schedules, and highly competitive sports, to the anxiety of appearing perfect on social media, youth experience more stress and pressure than ever before. The "everyone gets a trophy" mentality may not benefit our youth either, as it hinders the understanding that it's okay to fail sometimes and how to cope with this eventuality. The following tips for parents and caregivers might help with lowering your kids' stress levels:

- Don't avoid the hard stuff. Kids need to learn to embrace challenges and build resiliency for when times get tough down the road.
- Learn how to be mindful in stressful situations. Teach kids to be present and observe how they are feeling. Encouraging them to breathe deeply can be a highly effective stress reducer.
- Have open conversations. It's important to talk with your kids about stress and have open conversations so they feel more comfortable coming to you during tough times.
- Model good behavior. How do you react to stress? Stress is contagious, as are other emotions. If you are able to reduce your own stress or react positively to it, your kids will be more likely to better cope when it comes their way.



## NEED TO TALK TO SOMEONE?

Unsure of where to go for help? Chat online or call a counselor today!

- Free confidential support
- Crisis intervention and suicide prevention
- Referrals for mental health and/or alcohol and drug related needs



#### SAN DIEGO ACCESS & CRISIS LINE

- All languages
  - 7 days a week / 24 hours a day
- (888) 724-7240

#### LIVE CHAT

- Chat with a counselor today!
  - Available Mon-Fri 4-10 p.m.
- Visit: [OptumHealthSanDiego.com](http://OptumHealthSanDiego.com) or [Up2SD.org](http://Up2SD.org)

## SMHS Counseling Office

### Contact Information

### Counselors

Hours: 7:00am-3:30pm

Phone: 760-290-2262

Fax: 760-761-0803

Erika Yi	A-Ko (9th grade only)	760-290-2263	Erika.yi@smusd.org
Kristi Harlig	Kr-Z (9th grade only)	760-290-2314	Kristi.harlig@smusd.org
Lori Nguyen	A- Chu (10th-12th)	760-290-2219	Lori.nguyen@smusd.org
Ruben Escobar	Ci- Et (10th-12th) 9-12 EL	760-290-2252	Ruben.escobar@smusd.org
Leandro Galaz	Ev-Ig (10th-12th)	760-290-2228	Leandro.galaz@smusd.org
Janet Paul	In-Mora (10th-12th)	760-290-2220	Janet.paul@smusd.org
Laura Perez	More-Sanc (10th-12th)	760-290-2259	Laura.perez@smusd.org
Lisa Berry	Sand-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 5th	September 6th
November 2nd	October 3rd
December 7th	November 8th

ACT Test Dates <a href="http://www.act.org">www.act.org</a>	Registration Deadline
September 14th	August 16th
October 26th	September 20th
December 14th	November 27th

### SMHS

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

### California Colleges

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

### CSU

[www.calstate.edu/apply](http://www.calstate.edu/apply)

### 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)