



SMHS Counseling News

DEC 2019 / JAN 2020

**Recommendation
Letter Request
Deadline**
December 1st

**Final Exams
Minimum Days**
December 17, 18 & 19

Non-Student Day
December 20th

Winter Break
Dec 21-Jan 12

**Return from
Winter Break**
Jan 13th

**Martin Luther
King Holiday**
No school
January 20th

**Course Selection
Information**
See Pages 1&2

December is here and that means we are just about half way done with another school year. In the Counseling Office, we are starting to feel some relief from college application season but are already starting to kick things into gear for course selection. We are excited to be meeting with all of our current students one-on-one within the next couple of months and to also have the opportunity to welcome and meet with our future Knights as we venture out to our middle schools.

As the fall semester winds down and we near winter break, the Counselors and the Counseling Office Staff would like to wish you all a wonderful and relaxing time off. Enjoy your family and friends!

Enjoy Winter Break!



Senior College Information



Seniors: You MUST contact colleges and universities to which you are applying to notify and discuss the ramifications of dropping a course senior year.

Course Selection

Course selection for the 2020-2021 school year will begin soon.

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.

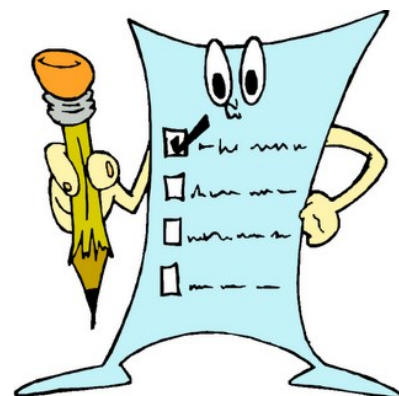
Step 2: Students meet one-on-one with their counselor to turn in their course selection form and discuss the upcoming year's schedule.

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



Course Selection Schedule

Grade Level (current)	Step 1– Presentations	Step 2- One-On-One Course Selection Meeting
11th grade	Monday, Jan 27th	Feb 3rd-7th
10th grade	Tuesday, February 18th	Feb 24th-28th
9th grade	Monday, February 3rd	February 10th-21st



CLASS OF 2020

APPLY FOR LOCAL SCHOLARSHIPS

Get free \$\$ to pay for college!
Check the list for requirements and deadlines.

bit.ly/localschol

Be the first to know with Remind:




SCAN ME

LIST UPDATED EVERY WEEK


SAN MARCOS HIGH SCHOOL

PALOMAR COLLEGE®
Learning for Success

3 STEPS TO THE PALOMAR PROMISE

1. Complete the Palomar Application
palomar.edu (apply)
2. Complete the FAFSA or CA Dream Act
fafsa.ed.gov OR dream.csac.ca.gov
3. Complete the Palomar Promise Application
palomar.edu (my palomar)

DON'T MISS OUT ON 2 YEARS OF FREE COLLEGE!



Seal of Biliteracy

California State Seal of Biliteracy

Seniors: You may know apply for this recognition which will grant a special seal on your diploma and a purple cord to wear at graduation. In order to qualify, you must:

1. Show proof that you passed the 11th grade CAASPP exam with a score of 3 or higher. Scores can be obtained via StudentVUE.
2. Show proof that you have proficient knowledge in a world language by:
 - Taking 4 years of a World language class and passing an oral exam
 - Passing an AP Test in a World Language with a score of 3 or higher
 - Passing an SAT Subject Test in a World Language with a score of 600 or higher

If you are a Senior and have questions about qualifying, please contact your counselor.



CLASS OF 2020
STUDENTS AND PARENTS

FILL OUT THE FAFSA

The FAFSA & CA Dream Act (CADA)
Open on Oct. 1st!
FAFSA.ED.GOV or
DREAM.CSAC.CA.GOV

Seniors will participate in FAFSA/CADA
workshops with their government class in
October. COME PREPARED!

Work on your Applications in the Career
Center every **Wednesday** and **Thursday**
from **12:30-3:30pm**. (Parents welcome!)



WHAT DO I NEED TO COMPLETE THE FAFSA/CADA

- Your Social Security Number (if you have one)
- Parents' SSN, DOB and Mo/Yr married or divorced
- For you and your parents:
 - Tax documents (1040) *if you pay taxes*
 - Asset information (additional homes, businesses, cash, checking and savings)
 - Amount of child support received or paid
 - Est. amount received from any government program
- FAFSA
 - Sign online with an FSA ID (with SSN)
 - Print parent signature page (no SSN)
- CA Dream Act: sign online

THE FUTURE CENTER PRESENTS:

MONEY WISE

A SERIES COVERING FINANCIAL
LITERACY AND BANKING BASICS

Credit Cards & Loans
Dec. 10 from 3:00-3:45 PM

TO SIGN UP PLEASE SCAN BELOW



SMHS

PSAT/NMSQT®

CollegeBoard / NATIONAL MERIT
SCHOLARSHIP CORPORATION

**SCORES AVAILABLE
ONLINE
DECEMBER 10TH**

COLLEGEBOARD.ORG

Paper score reports will available in the Career Center.

IT'S TIME TO RAISE THOSE GRADES!

PARENTVUE



ParentVue allows parents to track their child's grades in real-time, and gives parents the information they need to help their child stay on top of all their assignments. Follow the steps below to logon:

1

Go to sanmarcoshigh.smusd.org.

2

Scroll down to the QUICKLINKS on the left-hand side of the page and click on



3

Click



4

If you don't already have an account, click [More Options](#) then



5

Accept the Privacy Statement and sign in. If you need an activation code, call 760-290-2209 or email stacie.boyle@smusd.org.

TUTORING

Please encourage your child to attend tutoring for the subjects they are struggling in. We offer many options:



General Tutoring (all subjects):

Monday- Friday 3-6 pm in room 265 and the library.

Knight Zone Tutoring: Go to

bit.ly/knightzone

to see tutoring options for English, ELD, History, Math, Science, and World Language.

Helpful
Tip

Email the teacher to see if your child showed up to tutoring.

FINALS ARE COMING!

Final exams are December 17-19. Make sure your child gets plenty of rest, eats a healthy breakfast, and studies for each class. Doing well on these exams is essential to passing classes.



FUN B4 FINALS

December 13th

Meet us in the student union, quad and the theater for games and prizes & to relax before finals!

**BROUGHT TO YOU BY
YOUR SMHS NAMI &
BC2M CLUBS**

SAN MARCOS HIGH SCHOOL'S

Giving Tree

HOW TO DONATE:

- 1) PICK UP GIFT TAG FROM TREE IN STUDENT UNION
- 2) PURCHASE GIFT THAT IS ON THE TAG
- 3) BRING UNWRAPPED GIFT TO THE ASB ROOM WITH TAG



NOVEMBER 18 - DECEMBER 6



UNPLUGGED MALES GROUP

Sign up or find more info at:
[BIT.LY/SMHSGROUPS1920](https://bit.ly/SMHSGROUPS1920)

Need advice? Support?
Encouragement?

Do you want to connect with your peers?

Starting
the end of
January!

Meets on Tuesdays once a week for 8 weeks.
Contact: Michelle Atkins @ Counseling Office, RM 130



UNPLUGGED FEMALES GROUP

Sign up or find more info at:
[BIT.LY/SMHSGROUPS1920](https://bit.ly/SMHSGROUPS1920)

Need advice? Support?
Encouragement?

Do you want to connect with your peers?

Starting
the end of
January!

Meets on Mondays once a week for 8 weeks.
Contact: Michelle Atkins @ Counseling Office, RM



**KEEP CALM
GROUP**

SIGN UP OR FIND MORE INFO AT:
BIT.LY/SMHSGROUPS1920

Experiencing stress or worry?

Join us in learning some tools to
manage overwhelming stress.
Meets on Tuesdays once a week for 8 weeks
in the counseling office!
Contact: Michelle Atkins @ Counseling Office, RM-130



Recognize warning signs of drug and alcohol use,
obtain tools to start the conversation, and learn
about community resources

Dec 11th, 5:30-6:15pm, SMHS, room 128
Jan 31st, 8:45-9:30am,
SMHS College and Career Center
Feb 19th(in Spanish with English translation),
6-6:30pm, SMHS Cafe







mhs MENTAL
HEALTH
SYSTEMS

Prevention of Drug & Alcohol Abuse 18th Yearly Educational Conference

We Invite the Latino Community of the San Diego County

Prevención de Abuso de Drogas y Alcohol 18va Conferencia Educativa

Invitamos a la Comunidad Latina de San Diego

Admisión Gratuita	Monday December 2nd, 2019	FREE Admission	Admisión Gratuita	LUNES - DICIEMBRE 2, 2019	FREE Admission
	Where: Encinitas Community & Senior Center 1140 Oakcrest Park Dr. Encinitas, CA 92024 5:30 to 8:30 PM			Donde: Encinitas Community & Senior Center 1140 Oakcrest Park Dr. Encinitas, CA 92024 5:30 to 8:30 PM	
Providing Support & Education to the Latino Community		Providing Support & Education to the Latino Community		Providing Support & Education to the Latino Community	

**Learn About the Danger of Drugs that Exist in our Community
and how they Endanger the Lives of Our Children**

**Aprenda Sobre las Drogas que Existen y Como estas
Ponen en Peligro la Vida de Nuestros Hijos**

- Topics:**
- Which are the most common drugs and how are they used in our communities when you abuse drugs: the side effects
 - What can we do as parents and family members to prevent drug abuse in our children and our communities
 - What does the law say about the use of drugs
 - What consequences our youth face when using drugs and alcohol

- Temas:**
- Cuales son y como son usadas las drogas en nuestras comunidades?
 - Cuales son los efectos del uso y abuso de las drogas?
 - Que podemos hacer como familiares para prevenir el uso y el abuso de las drogas en nuestros hijos y en nuestras comunidades?
 - Que dicen las leyes sobre el abuso de las drogas?
 - Cuales son las consecuencias legales cuando los jóvenes usan drogas y alcohol?

- Sponsors:**
- Dr. Beatriz Villarreal - Mano A Mano Foundation
 - Carlsbad Police Department
 - Drug Free World Foundation
 - The Encinitas Sheriffs Department
 - Migrant Education Program, SDCOE
 - California Highway Patrol
 - Hope2gether Foundation

- Patrocinadores:**
- Dra. Beatriz Villarreal -Mano A Mano Foundation
 - El Departamento de Policía de Carlsbad
 - Hope2gether Foundation
 - El Departamento de Sheriffs de Encinitas
 - Fundación Libre de Drogas
 - Programa de Educacion Migrante, SDCOE
 - California Highway Patrol



**If you have any questions, please contact
Dr. Beatriz Villarreal at: (760) 492-8897**

**Si tiene alguna pregunta hable al
(760) 492-8897 - Dra. Beatriz Villarreal**

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 www.collegeboard.org	Registration Deadline
October 5th	September 6th
November 2nd	October 3rd
December 7th	November 8th

ACT Test Dates www.act.org	Registration Deadline
September 14th	August 16th
October 26th	September 20th
December 14th	November 27th

SMHS

www.sanmarcoshigh.org

California Colleges

www.californiacolleges.edu

CSU

www.calstate.edu/apply

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