



SMHS Counseling News

MARCH 2020

FAFSA/ Dream Act Deadlines

Seniors:

March 2nd is the deadline for FAFSA & Dream Act applications.

Don't miss your opportunity to get financial assistance for college.

The Palomar Promise, which provides two years of tuition assistance, is on a first come first serve basis and requires that students fill out the FAFSA/ Dream Act. More information regarding the requirements and necessary steps to qualify can be found on the SMHS College & Career Center webpage under the Palomar Path-ways link.

A graphic with a red background and yellow accents. It features a hand typing on a laptop keyboard. Logos for California Dream Act and FAFSA (U.S. Department of Education Federal Student Aid) are visible. The text reads: 'CLASS OF 2020 STUDENTS AND PARENTS', 'FILL OUT THE FAFSA', 'BY MARCH 2nd', 'DON'T MISS OUT ON FREE MONEY FOR COLLEGE!', and 'CA DEADLINE IS MARCH 2ND!'. At the bottom right, it lists 'The FAFSA & CA Dream Act (CADAA) FAFSA.ED.GOV or DREAM.CSAC.CA.GOV'.

FAFSA/ Dream Act Deadline
March 2

Day with a Knight
Mar 5

College Knowledge Night
March 19

Incoming Freshman Visits
March 19

Empty Bowl
April 3

Spring Break
April 6-10

Day with a Knight

Please join us for our annual Day with a Knight, Thursday, March 5th. This day is designed to let parents experience a typical school day with their students.

RSVP: if possible, please have your student tell their teachers you are coming.

COFFEE AND JAZZ: Come enjoy jazz and java in the quad beginning at 7:00am.

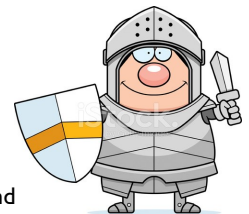
WORK RELEASE: According to law, you are allowed time off work each year without penalty to visit your child's school.

APPROPRIATE BEHAVIOR: We ask that you observe the classroom rules of

appropriate behavior as this is a regular school day for students.

CELL PHONES: All cell phones must be turned off while in the classrooms.

GUESTS: Day with a Knight is for parents and legal guardians only. Please do not bring children, family members or friends. Small children, siblings, friends, or other family members are not permitted to remain on campus. **PARKING:** Parking will be very limited on campus. Family carpooling is highly recommended. See website for additional parking



Day with a Knight Bell Schedule

Period 0	7:15 - 7:50 AM
Period 1	8:05 - 8:40 AM
Period 2	8:46 - 9:21 AM
Period 3	9:27 - 10:02 AM
BREAK	10:02 - 10:17 AM
Period 4	10:23 - 10:58 AM
Period 5	11:04 - 11:39 AM
Period 6	11:45 - 12:20 PM

Seniors: Will you be attending Palomar College in the Fall?

SAN MARCOS HIGH SCHOOL

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!**



SENIORS: GOING TO PALOMAR NEXT YEAR?



PALOMAR COLLEGE ORIENTATION

**NEW STUDENT
ORIENTATION
AT SMHS**

March 12th
1-2pm

**FIELD TRIP TO
PALOMAR
(INCLUDES ORIENTATION)**

April 14th
8am-1pm



SIGN UP!



College Knowledge Night



COLLEGE KNOWLEDGE NIGHT 2020



**PARTICIPATE IN WORKSHOPS
PARTICIPE EN TALLERES**

Participate in workshops with experts on college admissions, paying for college, being successful in college and planning for your future career!

Participa en talleres con expertos en aplicaciones para la universidad, como pagar por la universidad, como tener éxito en la universidad y como prepararte para tu carrera futura.

**MARCH 19
6 - 7:30PM
AT SMHS**

**FOR 11TH GRADE
STUDENTS AND FAMILIES
(BUT ALL ARE INVITED)**

**HABRÁN
TALLERES EN
ESPAÑOL**

Questions? alison.liu@smusd.org or 760-290-2226

Need Money for College?

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PROMISE
THE SAN MARCOS PROMISE

COMMUNITY SCHOLARSHIP APPLICATION

6 Scholarships - ONE Application!

<https://thesanmarcospromise.org/tsmp-community-scholarship/>



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



GET 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.

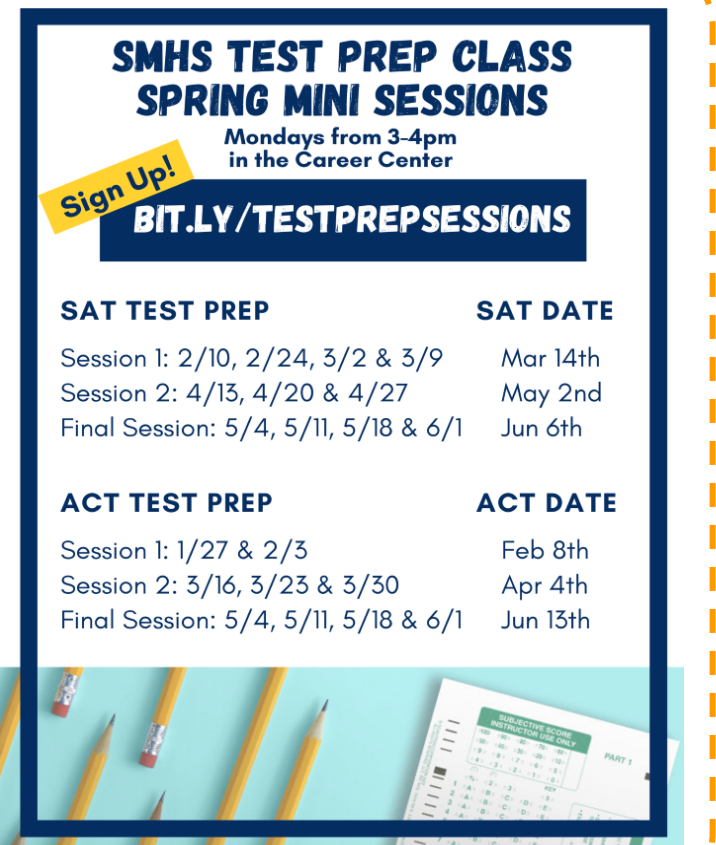
Step 3: Bring your signed application to the Career Center
Please allow 1-2 business days for processing.

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



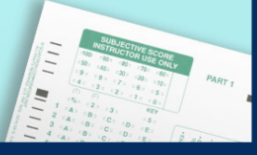
SMHS TEST PREP CLASS SPRING MINI SESSIONS

Mondays from 3-4pm
in the Career Center

Sign Up!
BIT.LY/TESTPREPSESSIONS

SAT TEST PREP	SAT DATE
Session 1: 2/10, 2/24, 3/2 & 3/9	Mar 14th
Session 2: 4/13, 4/20 & 4/27	May 2nd
Final Session: 5/4, 5/11, 5/18 & 6/1	Jun 6th

ACT TEST PREP	ACT DATE
Session 1: 1/27 & 2/3	Feb 8th
Session 2: 3/16, 3/23 & 3/30	Apr 4th
Final Session: 5/4, 5/11, 5/18 & 6/1	Jun 13th





On Tuesday March 10th, students are invited to join us for a Day of Silence. The day is modeled after a GLSEN's event in which participants vow not to speak in order to spread awareness regarding the harmful effects of bullying, harassment, and silencing of people's voices and experiences. Clubs on campus and ASB designed stickers to represent their current culture or cultural heritage. Students can choose up to 2 stickers that represent their culture, heritage, or alliance. During the school day, as students represent these groups, your silence will be symbolic of the silencing many people face. Everyone is invited to participate, even if you are not a member of one of the cultural clubs, to show support for all. This is a day to be respectful and to remember we all are Knights, we all are facing a battle that we can help each other through. Stand in solidarity and show SMHS is a No Place for Hate School.



North County Lifeline's HERE Now program will be on campus March 2-14, 2020 per the Assembly Bill No. 2246 requirement in which each school must provide suicide prevention training. They will be presenting, for the 4th year, the SOS (Signs of Suicide) Prevention evidence-based program to our 9th graders during their science class. The focus is to decrease the rates of suicide by educating students on the risk factors of suicide and reducing stigma around seeking help for themselves or others. Students and parents can opt out of the program if they choose by completing the opt form that was provided on Tuesday, Feb 25th in their science class. Questions about the program, please email Michelle Atkins at michelle.atkins@smusd.org

Some Secrets **Should** be Shared

If a friend talks about hurting himself or someone else, it's important to

ACT[®]

Acknowledge: Listen to your friend, don't ignore threats

Care: Let your friend know you care

Tell: Tell a trusted adult that you are worried about your friend

Screening for Mental Health is a 501 (c) 3 organization



SMHS Counseling Office

Contact Information

Hours: 7:00am-3:30pm

Phone: 760-290-2262

Fax: 760-761-0803

Counselors

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
March 14th	February 14th
May 2nd	April 14th
June 6th	May 19th

ACT Test Dates www.act.org	Registration Deadline
February 8th	January 10th
April 4th	February 28th
June 13th	May 8th

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