



SMHS Counseling News

DEC 2018 / JAN 2019

Recommendation Letter Request Deadline

December 1

Final Exams Minimum Days

Dec 18-20

Winter Break

Dec 21-Jan 11

Return from Winter Break

Jan 14

Martin Luther King Holiday- No School

Jan 21

Understanding Your PSAT Score Report

Jan 22

Coffee with the Counselors

Jan 25

Fast Track to Success CTE Fair

January 29

Course Selection

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It's hard to believe another year has almost come and gone and we are already half way through another school year. In the Counseling Office, we are starting to feel some relief from college application season but are already kicking 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 even venture out to our middle schools to meet our future Knights.

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



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.

- ◆ **CSU The California State University**
- ◆ With prospective students, their families and communities facing hardship due to the wildfires affecting the entire state, the California State University will extend the priority application deadline for admission to the fall 2019 term to 11:59 PM on December 15, 2018, for all applicants.
- ◆ Students that have completed their application in anticipation of the November 30, 2018 deadline are encouraged to submit their application(s) as soon as possible.

Course Selection

Course selection for the 2019-2020 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.

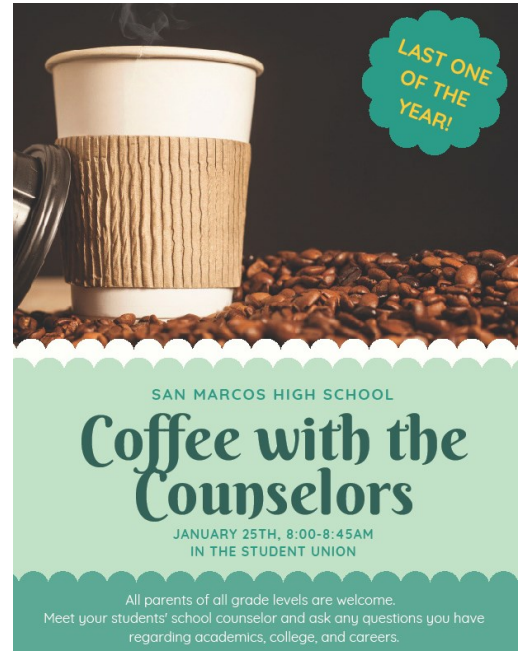
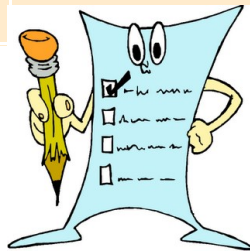
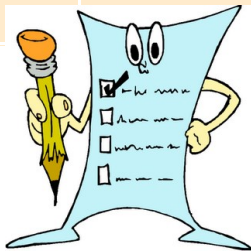
****Please note that counselors are unable to accommodate period or teacher requests and scheduling priority is given by grade level.**




Course Selection Schedule

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Grade Level (current)	Step 1-- Presentations	Step 2- One-On-One Course Selection Meeting
11th grade	Monday, Jan 28th	Feb 4th-8th
10th grade	Tuesday, February 19th	Feb 25th -Mar 1st
9th grade	Monday, February 4th	February 11th-14th




Seniors: If you are going to Palomar College in the Fall....



PALOMAR COLLEGE

WHAT DO I NEED TO DO NOW?



**Qualify for Palomar Promise
Year 1 scholarship**

1. Complete Palomar app (palomar.edu click on apply)
2. Complete the F4E app (palomar.edu click on MyPalomar)
3. Complete FAFSA or CA Dream Act (fafsa.ed.gov or dream.csac.ca.gov)

1st come, 1st served, NOT need-based

**Qualify for Palomar Promise +
Year 2 scholarship**

1. Complete the TSMP Scholar app
2. Complete EVERFI Financial Literacy Course online
3. Graduate with a 2.5 GPA

Complete steps 1 and 2 at:
(<http://thesanmarcospromise.org/programs/palomarpromise/>)

Questions? Talk to Mrs. Liu in the Career Center



Understanding your PSAT score report

GET YOUR PSAT SCORES

PSAT/NMSQT®

CollegeBoard / NATIONAL MERIT SCHOLARSHIP CORPORATION

Scores will be
available online
December 12

Get your paper score
report
January 22

Understanding your
PSAT Score Report
Jan. 22nd
7:30-8:30 AM
SMHS Career Center

CollegeBoard.org
Tools and Resources

- Log In or create your student account
- Get your scores
- Get AP course recommendations
- Explore careers, colleges, scholarships and more (bigfuture.collegeboard.org)
- Free online SAT prep
- Register for the SAT



Did you take the PSAT but are having a difficult time understanding your score report?

Parents and Students: Join us in the College and Career Center to learn more about your scores and what they mean for college admissions.

Where: College and Career Center

When: January 22

Time: 7:30am-8:30am

Score reports will be available for pick up!

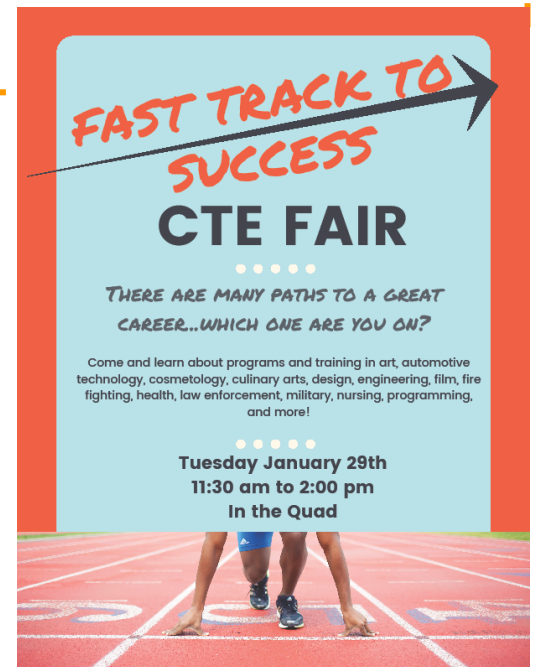
Fast Track to Success CTE Fair

Come and learn about programs and training in art, automotive, technology, cosmetology, culinary arts, design, engineering, film, fire fighting, health, law enforcement, military, nursing, programming, and more.

When: Tuesday January 29th

Where: In the QUAD

Time: 11:30am -2:00pm



Have a part time job ?

Get High School and College Credits for working!

Spring Semester Work Experience

Any student that is working or volunteering can earn 5 elective credits per semester as well as earn 3 units of Palomar College credit by signing up for work experience. Students must work at least 225 hours per semester to earn credit.

For more information visit the College and Career Center website or contact Mr. Liu.



Financial Aid and Scholarships

PARENTS: YOUR STUDENT CANNOT COMPLETE THE *FAFSA* WITHOUT YOUR HELP!

Complete the FAFSA at fafsa.ed.gov OR California Dream Act at dream.csac.ca.gov

TURN IT IN ASAP TO BE CONSIDERED FOR MORE FINANCIAL AID!

- Your student will need information from your 2017 taxes. (IRS 1040, birthdates, SSN, asset information, etc.)
- Parents need to create an FSA ID to sign the FAFSA online. (PIN for Dream Act)

Palomar Promise and PACE Promise require a FAFSA/CA Dream Act

Contact Mrs. Liu in the Career Center for assistance
alison.liu@smusd.org or 760-290-2226

FAFSA FREE APPLICATION FOR STUDENT FINANCIAL AID

DreamAct CA DREAM ACT



The 2019-2020 Common Scholarship Application will launch December 5, 2018
For more information please visit...

<https://www.sdfoundation.org/students/community-scholarship-program/>

Social Work Corner



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

Dec 7th, 8:15-9am, Room 128



How To Reduce Test Anxiety



Positive self-talk...

"I can do this!" "I know the material"
"I have practiced this"
"I am smart and capable"

Visualization...

Close your eyes and picture yourself doing well on the test. This will boost confidence!

Muscle relaxation...

Begin at your toes. Tighten and clench them for three seconds, and then release. Work your way through all the muscles in your body until you've tensed and relaxed them all.

Deep Breathing...

This is a great anxiety reliever. Sit up straight and put your hands on the top of your head. Breathe in a full breath through your nose for five full seconds. Hold that breath in for five seconds. Then breathe out for seven seconds. Repeat until you feel better.

Get silly...

- There are many silly methods to relax before a test.
- Think of something funny (What if your whole class showed up for the test in their underwear!)
 - Get out all the wiggles -- dance, shake, and move around.
 - Raise your hands up above your head! It will help you to feel victorious.
 - Force a smile or laugh. This will help you feel better.



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More worksheets at www.education.com/worksheets

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
December 1st	November 2nd
March 9th	February 8th
May 4th	April 5th

ACT Test Dates www.act.org	Registration Deadline
December 8th	November 2nd
February 9th	January 11th
April 13th	March 8th

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