

# DA VINCI SCIENCE 2021-2022

# COUNSELING CORNER

## SEPTEMBER MONTHLY NEWSLETTER

Science students and families, we hope that you have had a chance to reconnect with your classmates, are settling into your classes, and are establishing a routine. Staying organized and being informed are great ways to keep stress levels low and we are eager to support you in any way we can. In this monthly newsletter, you will find a variety of academic and mental wellness resources. We are excited to be back on campus with all of you and are hopeful for a wonderful and prosperous school year.

- DVS Counseling Team

### COLLEGE PLANNING MEETINGS

Please join us via Zoom to learn about what your student can do in their current grade level to prepare for their post high school plans. Whether it is college, the work force, a gap year, military or trade school, your counselor is here to support you with that process.

- **9th Grade:** September 30th @ 5pm
- **10th Grade:** October 5th @ 5pm
- **11th Grade:** October 7th @ 5pm
- **12th Grade:** Started mid September



Please use the following [Zoom link](#) for the scheduled 9th, 10th and 11th grade College Planning Meeting. We look forward to seeing you there!

### COLLEGE REP. VISITS

**Get a glimpse of the programs and services offered at different universities and colleges. Visits are hosted in Mr. Perez's class during lunch and are open to ALL grade levels. Each college rep visit will take place via Zoom.**

- Monday, September 20 - Academy of Art University
- Wednesday, September 22 - Pennsylvania State University-Main Campus
- Friday, September 24 - University of San Francisco
- Monday, September 27 - George Washington University
- Tuesday, September 28 - Hult International Business School
- Wednesday, September 29 - Mount St. Mary's University
- Monday, October 4 - Boston University
- Tuesday, October 5 - Cal Poly State University-San Luis Obispo
- Wednesday, October 6 - Whittier College
- Thursday, October 7 - Hult International Business School
- Friday, October 8 - University of Redlands
- Monday, October 11 - El Camino Community College



### PSAT 8/9, PSAT/NMSQT, SAT SCHOOL DAY

On October 13, DVS will host an "SAT School Day" in which all 12th graders will take the SAT, 11th and 10th graders will take the PSAT/National Merit Scholarship Qualifying Test(NMSQT), and 9th graders will take the PSAT 8/9 free of cost during the school day. Below are some resources to help prepare for each of these tests:

[SAT Test Prep Resources](#)

[PSAT/NMSQT Test Prep Resources](#)

[PSAT 8/9 Test Prep Resources](#)

The PSAT/NMSQT and PSAT 10 measure what you're learning in school, determine if you're on track, and open doors for opportunities to prepare and pay for college.

Learn more about the PSAT/NMSQT [here](#).

### TESTING POLICY UPDATES

#### California State University (CSU)

The California State University (CSU) has temporarily suspended the use of ACT/SAT examinations in determining admission eligibility for all CSU campuses for the 2021-2022 academic year. This temporary change of admission eligibility applies only for fall 2021, winter 2022, spring 2022, fall 2022, winter 2023, and spring 2023 admission cycles. For more information check [here](#).

#### University of California (UC)

UC will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships. If students choose to submit test scores as part of their application, they may be used as an alternative method of fulfilling minimum requirements for eligibility or for course placement after you enroll.

#### Private Universities/Colleges

Most private schools are test optional for the Fall 2022 semester. Each private school runs a bit differently therefore, it is recommended that you are checking the website of each private institution you plan on applying to to determine their testing policy.

# NATIONAL HISPANIC HERITAGE MONTH

September 15 - October 15, 2021

Join us in celebrating National Hispanic Heritage Month as we recognize the achievements of Hispanic Americans who have inspired others to achieve success.

Check out the following website to see what amazing kid and family events are taking place, when books discussions are happening, where you can catch a live performances, listen to a panel discussion and so much more:

[National Hispanic Heritage Month](#)



## SUICIDE PREVENTION MONTH

Suicide Prevention-September is Suicide Prevention Month. All Month mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention.

### Know the Warning Signs

- Talking about not wanting to live
- Talking about feeling hopeless
- Talking about being a burden to others
- Increasing the use of alcohol and drugs
- Acting anxious or agitated, behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Extreme mood swings



### Suicide Prevention Hotline

800-273-8255 or text "HOME" to 741741

## WHAT IS SELF-CARE?

5 key words to help you define what self-care looks and feels like for you...

**SPACE** - How do you make space for yourself? do you let your feelings take up space? Do you create enough space in your own life for your own needs?

**REST** - When was the last time that you let yourself rest? When did you last take a real break? How could you carve out some time to rest today?

**HEAL** - Have you acknowledged your own need to heal from recent events? How could you start to make time for emotional healing?

**LISTEN** - Your body and mind are always communicating with you, listen. What do you really need right now? How will respond to these needs?

**CONNECT** - Do you need to disconnect or reconnect today? How can you better nurture your connection to your sense of self and the world around you?

## SELF-CARE ROUTINE

### BUILD CONFIDENCE

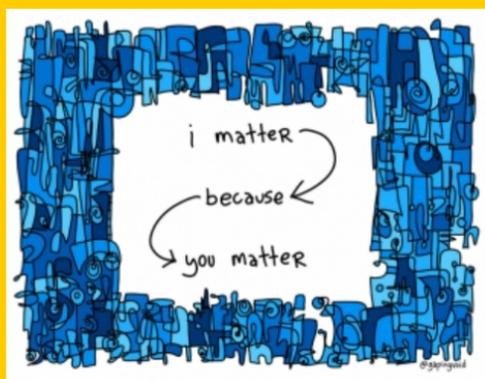
- make the bed
- wear something you love
- recite self-affirmations

### STAY FOCUSED

- drink water
- write your to-do list
- no screens for 2 hours

### BE HEALTHIER

- stretch
- get some sun
- move your body



### FEEL CONNECTED

- meditate
- call a loved one
- journal your thoughts

### SHARPEN YOUR MIND

- brain dump
- read a chapter
- take a walk

### TAKE A BREAK

- spend time outside
- listen to music
- drink tea

## RESOURCES FOR PARENTS/GUARDIANS

- Da Vinci Schools has partnered up with South Bay Families Connected to provide our students, family members with resources to help students thrive. Click [here](#) to access and explore these resources.
- Check out the [DVS Counseling Corner](#) website to access resources in the area of academics, college career and life and mental wellness.
- If your student would benefit from some additional academic support, please encourage them to take advantage of **free** tutoring after school every **Monday from 3:45 to 5:45 pm** hosted by RRISE UP.

### COUNSELOR OFFICE HOURS:

Monday - Friday: 8:00-8:15 am & Thursday 2:15-3:30 pm

Ms. Valle (A-F): [cvalle@davincischools.org](mailto:cvalle@davincischools.org)

Ms. Ruiz (G-M): [cruiz@davincischools.org](mailto:cruiz@davincischools.org)

Ms. Rodriguez (N-Z): [frdriguez@davincischools.org](mailto:frdriguez@davincischools.org)