

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 31: APRIL 19-APRIL 23

SELF-KINDNESS AFFIRMATIONS

AS WE ENTER A NEW WEEK, IT IS IMPORTANT THAT WE SHOW OURSELVES THE SELF-KINDNESS WE ALL NEED AND DESERVE. YOU ALL ARE STRONG, RESILIENT, BEAUTIFUL AND LOVED. USE THE SELF-KINDNESS AFFIRMATIONS BELOW TO HELP SET THE TONE FOR EACH DAY:

- TODAY, I CHOOSE NOT TO BE HARD ON MYSELF.
- I ALLOW MYSELF TO MAKE MISTAKES AND TO LEARN FROM YOUR MISTAKES.
- I FORGIVE MYSELF AND I ALLOW MYSELF TO FEEL INNER PEACE.
- I AM WORTHY OF GREAT THINGS.
- I ACCEPT MYSELF AND ALL THE ASPECTS OF WHO I AM AS A PERSON.
- I RECOGNIZE I AM DESERVING OF THE SAME COMPASSION I EXTEND TO OTHERS.
- I DESERVE TO BE HAPPY.



POSITIVE VISUALIZATION EXERCISE

MENTAL REHEARSAL

"POSITIVE VISUALIZATION"

TheCounselingteacher.com

Close your eyes.

Imagine successfully completing a task.

Include as many details as possible.

Try to feel the emotions of being successful as you go.

Include using coping skills to overcome obstacles.



FREE SCHOLARSHIP WEBINAR

ATTENTION SENIORS AND JUNIORS!!!

EL CAMINO COLLEGE FINANCIAL AID PRESENTS
A FREE SCHOLARSHIP WEBINAR

THIS FREE WEBINAR WILL INTRODUCE YOU TO THE SALLIE MAE SCHOLARSHIP DATABASE, PROVIDE KEY TIPS ON APPLYING FOR SCHOLARSHIPS, HOW TO CREATE A WINNING SCHOLARSHIP ESSAY, AND MORE.

HOSTED BY: SALLIE MAE

DATES:

MAY 12

JUNE 16

JULY 14

TIME:

5:00 TO 6:00

TO ATTEND USE THE LINK:

[HTTPS://ELCAMINO-EDU.ZOOM.US/J/91258648787](https://elcamino-edu.zoom.us/j/91258648787)



ATTENTION SENIORS!!!

IT IS HARD TO BELIEVE THAT YOU ARE JUST ABOUT TWO MONTHS AWAY FROM GRADUATING HIGH SCHOOL. ALTHOUGH THE COLLEGE APPLICATION PROCESS FOR 4 YEAR SCHOOLS HAS COME TO AN END, THERE ARE STILL SEVERAL THINGS THAT NEED TO GET DONE. PLEASE TAKE A LOOK AT THE LIST BELOW OF SOME VERY IMPORTANT "TO DO" ITEMS:

- CHECK YOUR PORTALS AND EMAIL DAILY
- MAKE SURE THAT YOU HAVE REVIEWED YOUR STUDENT AID REPORT (SAR) TO DETERMINE WHETHER OR NOT YOU WERE SELECTED FOR VERIFICATION
- UPDATE YOUR NAVIANCE ACCOUNT TO REFLECT ANY COLLEGE ACCEPTANCES/DENIALS
- IF THERE IS ANYTHING ON YOUR COLLEGE PORTAL THAT YOU ARE NOT SURE ABOUT, CONNECT WITH YOUR RESPECTIVE COUNSELOR
- REVIEW EACH FINANCIAL AID PACKAGE RECEIVED AND CONNECT WITH YOUR COUNSELOR IF YOU HAVE ANY QUESTIONS OR NEED CLARIFICATION
- EL CAMINO COLLEGE SOUTH BAY PROMISE DEADLINE IS APRIL 30TH
- NATIONAL COLLEGE DECISION DAY IS MAY 1ST



COUNSELING OFFICE HOURS:

MONDAYS & THURSDAYS: 2:45PM-3:15PM

IF YOU ARE ON CAMPUS AND LOOKING TO CHECK-IN WITH A COUNSELOR, WE ARE CURRENTLY NOT WORKING IN OUR INDIVIDUAL OFFICES. WE CAN BE FOUND IN FRANK'S CLASSROOM TUESDAY THROUGH FRIDAY UNTIL THE END OF THE SCHOOL DAY.

[MS. VALLE \(A-F\): CVALLE@DAVINCISCHOOLS.ORG](mailto:cvalle@davincischools.org)

[MS. RUIZ \(G-M\) PASSWORD: RUIZ: CRUIJ@DAVINCISCHOOLS.ORG](mailto:cruij@davincischools.org)

[MS. RODRIGUEZ \(N-Z\): FRODRIGUEZ@DAVINCISCHOOLS.ORG](mailto:frrodriguez@davincischools.org)

(CLICK COUNSELOR NAME FOR ZOOM LINK)

PARENT/GUARDIAN OFFICE HOURS

OPEN FORUM FOR PARENTS/GUARDIAN TO ASK GENERAL (NON-PERSONAL) QUESTIONS.

EVERY FIRST WEDNESDAY OF THE MONTH: 2:45PM-3:15PM [ZOOM LINK](#)