DA VINCI SCIENCE 2020-2021 COUNSELING CORNER WEEK 31: APRIL 19-APRIL 23

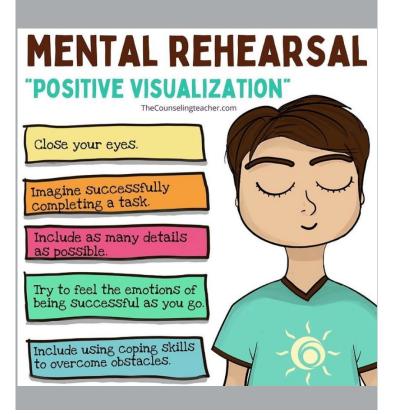
SELF-KINDNESS AFFIRMATIONS

AS WE ENTER A NEW WEEK, IT IS IMPORTANT THAT WE SHOW OURSELVES THE SELF-KINDESS WE ALL NEED AND DESERVE. YOU ALL ARE STRONG, RESILIENT, BEAUTIFUL AND LOVED. USE THE SELF-KINDESS 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



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

MAY 12 June 16 July 14 **Time:** 5:00 To 6: 00 **To Attend Use The Link**: HTTPS://Elcamino-Edu.Z

DATES:



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.

> <u>MS. VALLE (A-F)</u>: CVALLE@DAVINCISCHOOLS.ORG <u>MS. RUIZ (G-M)</u> PASSWORD: RUIZ: CRUIZ@DAVINCISCHOOLS.ORG <u>MS. RODRIGUEZ (N-Z)</u>: FRODRIGUEZ@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 <u>ZOOM LINK</u>