

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 14: NOVEMBER 16-20

Mistakes
are proof
that you
are trying.

Class of 2021

COLLEGE APPLICATION DEADLINES ARE AROUND THE CORNER.

UC APPLICATION DEADLINE: NOVEMBER 30TH

CSU APPLICATION DEADLINE: DECEMBER 3RD

CONNECT WITH YOUR RESPECTIVE COUNSELOR PRIOR TO SUBMITTING YOUR COLLEGE APPLICATION TO ENSURE THAT THE APPLICATION IS FILLED OUT CORRECTLY AND COMPLETELY PRIOR TO SUBMISSION.

PLEASE EMAIL YOUR RESPECTIVE COUNSELOR TO SCHEDULE AN APPOINTMENT, WE ARE HERE TO SUPPORT YOU!

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

MS. RUIZ: [CRUIZ@DAVINCISCHOOLS.ORG](mailto:cruiz@davincischools.org)

MS. RODRIGUEZ: [FRODRIGUEZ@DAVINCISCHOOLS.ORG](mailto:frodriguez@davincischools.org)

VIRTUAL COLLEGE VISIT

11/19-UNIVERSITY OF THE PACIFIC

12/3-UNIVERSITY OF NEW MEXICO-MAIN CAMPUS

12/10-VIRGINIA MILITARY INSTITUTE

12/11-LAFAYETTE COLLEGE

12/16-JOHNSON & WALES UNIVERSITY-DENVER

ALL VIRTUAL COLLEGE VISITS START AT 11:45AM

AND ARE HOSTED ON MR. PEREZ'S ZOOM

MENTAL HEALTH IMPROVEMENT QUICK GUIDE

Mental health improvement

@4realguide



Eat well



Share your feelings



Be creative



Relax



Good sleep



Exercise



Talk to friends



Manage stress

"Be kinder to yourself.
And then let your
kindness flood the
world."

- Pema Chodron

✂ Declutter The Mind

Counseling Office Hours on Monday & Thursday 2:45 to 3:15 pm

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

Ms. Ruiz (G-M) password: Ruiz: cruiz@davincischools.org

Ms. Rodriguez (N-Z): frodriguez@davincischools.org

(Click Counselor name for Zoom link)