

# Da Vinci Science Counselor Newsletter

## 2020 IS UNDERWAY

Spring semester is in full swing. Seniors are finishing up the FAFSA, waiting for acceptances, and applying for scholarships all while working on their senior research project. Juniors are realizing they'll be seniors soon and spending time thinking about taking the SAT and/or ACT. Sophomores are refining their study habits to finish the year strong and freshmen can't believe their first year is half over.

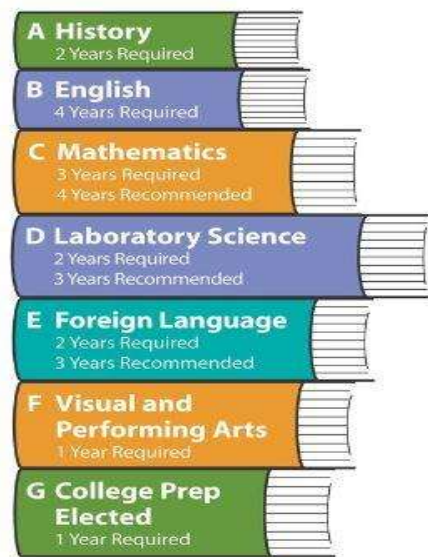
As we reflect on the past and plan for the future, let us also make time to be grateful for the present. We encourage you to try to incorporate a mindful minute into your everyday practice. See tips at the end of the newsletter.

*-The Counseling Team*

## UPCOMING EVENTS

- **February 12<sup>th</sup>**  
10<sup>th</sup> grade College Info Meeting
- **February 21<sup>st</sup>**  
Senior Trip to El Camino College
- **March 2<sup>nd</sup>**  
**FAFSA due** – 55% of our senior class has already submitted the FAFSA
- **March 9<sup>th</sup>**  
Parent Workshop on Anxiety – How to help your child deal with anxiety
- **March 9-12<sup>th</sup>**  
Student Led Conferences
- **March 23<sup>rd</sup> – March 27<sup>th</sup>**  
11<sup>th</sup> grade College Planning Meetings
- **March 25**  
PSAT Day for 10<sup>th</sup> graders  
SAT Day for 11<sup>th</sup> graders  
Senior Beach Day

## GRADUATION REQUIREMENTS



## RESOURCES

### **South Bay Families Connected**

Resources for teen wellness such as coping with stress, mindful parenting, and healthy relationships.

[Southbayfamiliesconnected.org/davinci](https://southbayfamiliesconnected.org/davinci)

### **PowerSchool Login**

Access to grades and teacher communication.

<https://davincischools.powerschool.com/public/>

### **Da Vinci Science Blog**

Counseling news and updates will be posted via the Da Vinci Science Blog. Don't forget to subscribe to the DVS Blog for updates on internships, scholarships, college fairs, visits from college representatives, mental health resources and more.

<http://dvs.davincischools.org/>



### Look at What's Happening in College Writing

During 2nd semester in College Writing we will change our focus from the college application process to helping students transition from high school to college, work and life. Our first project will help students gain competency in Excel/Google Sheets so they can begin to use this valuable tool personally and professionally. Students will have regular times to apply for scholarships and access their college portals so they can be sure to complete the necessary steps towards enrollment. We will also be discussing how colleges are using students' smartphones to gather data, and the pros and cons of this approach. Please feel free to contact Mr. Perez with any questions at [rperez@davincischools.org](mailto:rperez@davincischools.org).

### South Bay Promise

College is expensive. We want to help! The South Bay Promise offers an affordable pathway directly from high school to college for students in the El Camino Community College District. Enrollment fees for the first year will be paid for full-time students and additional services and counseling will be offered to students enrolled in the South Bay Promise.

The South Bay Promise is available to all first-time, full-time college students (regardless of school district) who complete the steps below and attend El Camino the fall after their senior year.

The application for the Fall 2020 South Bay Promise will be available November 1, 2019. Please click on the following website for further details and specific due dates:

<https://www.elcamino.edu/student/studentservices/southbaypromise/>

### Mindful Minute

Mindfulness is about being in the present moment and accepting it without judgement. This practice can be helpful in regulating emotions and decreasing stress, depression and anxiety. Below are a couple mindful activities to try.

- **Breathing Techniques**

Inhale for a count of 4. Exhale for a count of 8. Inhale like you're smelling a flower. Exhale like you're blowing out birthday candles.

Take your right hand and trace along the outside of your left hand. Every time you trace down a finger, exhale. Every time you trace up around a finger, inhale.

- **Affirmations** – Choose an affirmation and repeat it to yourself 10 times. This can be useful when feeling down or nervous before a presentation.

*I am confident. I am intelligent. I am funny. I am loved. I am responsible. I am calm. I am capable. I am optimistic. I am cared for.*



### SAT - Test Dates

SAT Test Dates	Registration Deadline
August 24, 2019	July 26, 2019
October 5, 2019	September 6, 2019
November 2, 2019	October 3, 2019
December 7, 2019	November 8, 2019
March 14, 2020	February 14, 2020
May 2, 2020	April 3, 2020
June 6, 2020	May 8, 2020

### FREE SAT Test Prep

<https://collegereadiness.collegeboard.org/sat/practice>

### ACT - Test Dates

ACT Test Dates	Registration Deadline
September 14, 2019	August 16, 2019
October 26, 2019	September 20, 2019
December 14, 2019	November 8, 2019
February 8, 2020	January 10, 2020
April 4, 2020	February 28, 2020
June 13, 2020	May 8, 2020
July 18, 2020	June 19, 2020

### FREE ACT Test Prep

<https://academy.act.org>

### FREE Practice Tests through Princeton Review

#### SAT

<https://www.princetonreview.com/college/free-sat-practice-test#practice>

#### ACT

<https://www.princetonreview.com/college/free-act-practice-test#practice>

### *Contact Us*

*Office Hours: 8:00-8:25am M-Th*

*Email to Schedule an Appointment*

*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):  
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