

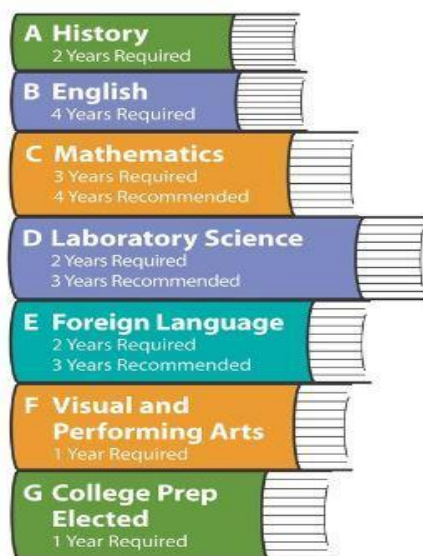
# Da Vinci Science Counselor Newsletter

November 2019



It's hard to believe that a quarter of the year is already complete! We hope that everyone has settled into a good routine. The counseling team has begun hosting grade level college planning meetings during the evening. Upcoming events are noted in this newsletter. We are looking forward to future class presentations, evening programs, counseling groups and individual meetings that are planned for the remainder of this and next semester. While the counseling team follows a timeline for services, we encourage students to meet with their counselor at any time. ~ *The DVS Counseling Team*

## GRADUATION REQUIREMENTS



## Mindful Minute

November can be a joyous time with the holiday season approaching but it can also be a stressful time as the semester winds down and college application deadlines are around the corner. One way to manage stress is through gratitude. To help reframe how we think about stress and how to focus on being thankful, we recommend reading the blog post by Dr. Madeline Levine, psychologist and author.

Regaining Gratitude this Thanksgiving

<http://www.challengesuccess.org/blog/regaining-gratitude-this-thanksgiving/>

Here are some activities to promote gratitude:

- Write a thank you note
- Volunteer
- Surround yourself with positive people
- Perform random acts of kindness
- Keep a gratitude journal

Prompts: Ex. Tell about a time that someone helped you solve a problem. What is your favorite activity to do? What was the best part of your day?

## RESOURCES

### **South Bay Families Connected**

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

[Southbayfamiliesconnected.org/davinci](http://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. Subscribe for updates on internships, scholarships, college fairs, visits from college representatives, mental health resources and more.

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

## UPCOMING EVENTS AND IMPORTANT DATES

- **November 5, 2019**  
11<sup>th</sup> grade College Info. Meeting @ 5 pm
- **November 13, 2019**  
College Planning Meeting in Spanish @ 5pm  
presentation is for all grade levels
- **November 15, 2019**  
Professional Development Day (No School)
- **November 21, 2019**  
DVS Exhibition Night
- **November 25<sup>th</sup>-29<sup>th</sup>**  
Thanksgiving Break



## Look at What's Happening in College Writing

During the month of November, we will be working to complete the FAFSA, UC, CSU and community college applications in class. As a way to avoid last minute submissions, there is an internal deadline of Nov. 17<sup>th</sup> so our counselors can meet with students to check applications before Thanksgiving. Applications are due November 30, which falls during the break. Our students have a great opportunity to have a restful break by meeting our internal deadline! Thanks for all of your support!

## UC/CSU Applications Tips

When you're ready to complete your application, be sure to have the following items available:

- ✓ Unofficial transcript
- ✓ Test scores (SAT, ACT, SAT subject test—if applicable)
- ✓ Your Social Security Number
- ✓ Your citizenship status
- ✓ A method of payment
- ✓ Your parent's residency status
- ✓ Annual income: parent's if you are a dependent, your income if you are independent
- ✓ EOP applicants (CSU applicants only): Your parent's employment background and two recommendations.

## College Representative Visits in November

Open to all grade levels and during lunch in Mr. Perez's room

College Name	Date of Visit to DVS
University of Rochester	November 4, 2019
University of California, San Diego	November 8, 2019
Mount Saint Mary's University, Los Angeles	November 14, 2019

## SAT/ACT Practice Test & Tips Seminar: Presented by: PJ Test Prep

Students take an ACT or SAT practice test, learn test strategy tips, and find out how to maximize scores.

### Upcoming Dates:

Sunday, December 8 - Hermosa - FREE!  
 Saturday, January 4 - Hermosa - FREE! (next day seminar)  
 Sunday, January 5 - Hermosa - FREE!  
 Saturday, January 11 - Hermosa - \$5  
 Saturday, February 8 - Torrance - FREE!  
 Sunday, April 5 - LAX - \$5

### Locations:

Hermosa - Holiday Inn Express HB, 125 PCH  
 Torrance - Courtyard Marriott, 2633 Sepulveda  
 LAX - Courtyard Marriott, 6333 Bristol Pkwy

RSVP: [www.pjtestprep.com/rsvp](http://www.pjtestprep.com/rsvp)

Questions: [pi@pjtestprep.com](mailto:pi@pjtestprep.com) or 310-529-7285

## 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>

## FUTURE EVENTS

### Financial Aid Workshop

Wed. Jan. 22 5pm-6:30pm

*\*You must come prepared with your 2018 taxes and your FSA ID.*

## Counselor Contact Information

*\*office hours: 8am-8:25am M, T, Th  
 Email to schedule an appointment*

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