

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 10: OCTOBER 19-23



Virtual College Visits

This Week

- 10/20: West LA College
- 10/21: New Mexico Institute of Mining and Technology
- 10/22: University of Arizona
- 10/23: CSU Dominguez Hills

All visits are at 11:45am on Mr. Perez's Zoom.
Students from all grade levels are welcome.

Career Exploration

O*net - <https://www.onetonline.org/>

O*net Online is sponsored by the U.S. Department of Labor.

Website highlights:

- Click on "I want to be a..." and search for careers by name which will list to steps required to pursue that career. Browse by industry to see different jobs in that industry. Click on "I'm not really sure" to access the interest profiler.

[Apprenticeship.gov](https://www.apprenticeship.gov/)

[North America's Building Trade Unions -nabtu.org](https://www.nabtu.org/)

Virtual College Fairs

WACAC on Oct. 22 (Over 100 participating colleges and universities)

Western Association for College Admission Counseling

Christian College Fairs

United College Action Network, Inc (HBCU Recruitment Fair available from Oct. 14- Dec. 31)

National Pacific Islander Education Network on Oct. 24



Stay Organized: Check the Daily Trackers School Schedules Check Grades in PS

- [9th Grade Daily Tracker](#)
- [10th Grade Daily Tracker](#)
- [11th Grade Daily Tracker](#)
- [12th Grade Daily Tracker](#)
- [DVS Landing Page](#)
- [Check Grade in Power School](#)

Cup of Calm

The pandemic has left many of us feeling like we have no control, increasing feelings of anxiety and depression. While we don't know with certainty when things will return to "normal," there are ways we can regain control to make getting through every day a little bit easier.

45 Things You can Do Right Now to Feel Better

Dr. Laurie Santos' 5 Favorite Coping Tips | #WithMe - Dr. Santos is a psychology professor at Yale who teaches the course the "Science of Well-Being."



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)