

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 29: MARCH 29-APRIL 2

CELEBRATE!

- IT'S SPRING BREAK NEXT WEEK! WOOHOO! TAKE A LONG ZOOM BREAK, GET SOME SUN ON YOUR FACE AND SPEND TIME ON YOUR HOBBIES THAT YOU WISH YOU HAD MORE TIME FOR DURING SCHOOL.



- SOME OUTDOOR SPORTS ARE BACK!
 - [HTTPS://WWW.DAVINCISCHOOLS.ORG/ATHLETICS/](https://www.davincischools.org/athletics/)
 - SWIMMING & SOFTBALL HAD TRYOUTS
 - GIRLS SOCCER HAS A GAME THIS WEEK
 - BOYS SOCCER CONDITIONING IS 3/29-3/31. TRYOUTS ON 4/1-4/2.
 - MORE TO COME ABOUT BASEBALL AND TRACK

GO WOLVES!!!

- WE ARE SLOWLY OPENING UP DUE TO INCREASED VACCINATIONS, DILIGENT MASK WEARING, SOCIAL DISTANCING, AND HAND WASHING.
 - STUDENTS WILL HAVE THE OPPORTUNITY TO BE BACK ON CAMPUS AFTER SPRING BREAK. IN THE EXCITEMENT OF SEEING FRIENDS, WE NEED TO REMEMBER TO SOCIAL DISTANCE. HERE ARE SOME SAFE, NON-CONTACT GREETINGS.



SCHOLARSHIPS

ASIAN PACIFIC COMMUNITY FUND SCHOLARSHIP PARTNERS

[HTTPS://WWW.APCF.ORG/CURRENTLY-OPEN-STUDENT-SCHOLARSHIPS](https://www.apcf.org/currently-open-student-scholarships)



INTERNSHIPS



YOUTH AT WORK
PAID INTERNSHIPS - \$15/HR

MENTAL HEALTH

DVS PARTNERS WITH PEPPERDINE UNIVERSITY TO PROVIDE COUNSELING SUPPORT TO KIDS. PEPPERDINE THERAPISTS PRESENTED TO THE SENIOR CLASS LAST WEEK ON COPING WITH ANXIETY AND DEPRESSION. [HERE](#) ARE THE SLIDES FROM THE PRESENTATION.

RESOURCES FROM THE PRESENTATION:

- [LIST OF ACTIVITIES TO HELP COPE WITH ANXIETY AND DEPRESSION](#)
- [PSYCHOLOGY.COM](#) - RESOURCE TO FIND A THERAPIST
- [HEADSPACE](#) - ACCESS TO FREE MEDITATIONS FOR LA COUNTY RESIDENTS

[MIND OUT LOUD](#) - FREE OPPORTUNITY FOR HIGH SCHOOL STUDENTS TO CONNECT WITH THEIR PEERS TO INCREASE MENTAL HEALTH AWARENESS AND WELLNESS.

CONNECTING WITH YOUR TEEN

SCHOOL CAN BE STRESSFUL FOR STUDENTS IN AND OF ITSELF, LET ALONE THINKING ABOUT HOW 2021 CONTINUES TO BE UNPRECEDENTED. EMOTIONS ARE RUNNING HIGH FOR SO MANY REASONS. IN OUR LIFETIME, WE HAVE NEVER DEALT WITH A PANDEMIC AT THIS SCALE OR THE ANXIETY THAT SOME MAY HAVE ABOUT RETURNING BACK TO SCHOOL. ASIAN AMERICANS HAVE EXPERIENCED VERBAL AND PHYSICAL ATTACKS DURING THE PANDEMIC. THERE HAVE BEEN MASS SHOOTINGS IN THE LAST FEW WEEKS. THINKING ABOUT ALL OF THIS CAN BE OVERWHELMING.

WHAT DO WE DO?

WE NEED TO CONNECT WITH EACH OTHER EVEN WHEN WE DON'T EXACTLY KNOW WHAT TO SAY AND WE NEED TO CONTINUE TO LEARN AND GROW. CHECK OUT [SOUTH BAY FAMILIES CONNECTED](#) FOR RESOURCES FOR TEENS AND PARENTS (EX. ANXIETY, DEPRESSION, SOCIAL MEDIA, SUICIDE PREVENTION).

FAMILIES CONNECTED SPEAKER SERIES
["SOCIAL JUSTICE PARENTING: TEACHING CHILDREN TO LEVERAGE PRIVILEGE FOR GOOD"](#)

When You're Not Sure What to Say to Your (Teen) Child, But Know that You Want to Stay in Connection C H E A T S H E E T

I'm here to support you. No matter what. Let's figure out a solution.

This is really hard right now. But we can do hard things.

Can you help me understand this better? I am listening.

This boundary is not negotiable, but I still want to hear why you disagree.

I know you are upset. When you're ready to talk, I'm here.

Everyone makes mistakes. Let's take a breather, then brainstorm what to do.



COUNSELING OFFICE HOURS:

MONDAYS & THURSDAYS: 2:45PM-3:15PM

[MS. VALLE \(A-F\)](#): [CVALLE@DAVINCISCHOOLS.ORG](mailto:cvalle@davincischools.org)

[MS. RUIZ \(G-M\)](#) PASSWORD: RUIZ: [CRUIZ@DAVINCISCHOOLS.ORG](mailto:CRUIZ@davincischools.org)

[MS. RODRIGUEZ \(N-Z\)](#): [FRODRIGUEZ@DAVINCISCHOOLS.ORG](mailto:PRODRIGUEZ@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 [ZOOM LINK](#)

FOR ADDITIONAL RESOURCES FROM THE DA VINCI SCIENCE COUNSELORS, PLEASE VISIT THE [COUNSELING CORNER WEBPAGE](#).