

DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 33: MAY 4 - 7

HAPPY MAY! AMONG THE MANY LESSONS THAT THIS TIME HAS TAUGHT US, EMBRACING CHANGE AND FLEXIBILITY HAS PROVEN TO BE A VALUABLE STRATEGY IN DEALING WITH THE EVER CHANGING TIMES. WE LOOK FORWARD TO SEEING YOU IN PERSON ON-CAMPUS AND WE APPRECIATE YOUR PATIENCE AS WE NAVIGATE HYBRID INSTRUCTION.

NON-CONTACT GREETINGS DURING THE COVID-19 PERIOD



RETURN TO CAMPUS

- SCHEDULE - MONDAY SCHEDULE IS THE SAME
 - TUESDAY-THURSDAY CLASSES START AT 8:20AM AND END AT 11:40AM.
- WHAT TO BRING:
 - WATER BOTTLE (THE WATER FOUNTAINS WILL NOT BE ACCESSIBLE, BUT WE HAVE REFILLABLE WATER STATIONS ON CAMPUS)
 - MASK (BE PREPARED TO WEAR IT ON CAMPUS AT ALL TIMES)
 - LAPTOP OR CHROMEBOOK (IF POSSIBLE, WE WILL HAVE SOME AVAILABLE AS WELL)
 - EARBUDS OR HEADPHONES (IF YOU HAVE SOME, WE SHOULD HAVE SOME AVAILABLE IF NEEDED)
- PRIOR TO ARRIVAL, PLEASE USE THIS [FACILITRON LINK](#) TO COMPLETE THE HEALTH SCREENING. THIS NEEDS TO BE COMPLETED EVERY DAY STUDENTS ARE PLANNING TO BE ON CAMPUS.

COLLEGE

SESIÓN VIRTUAL: CAFECITOS CON COLEGIOS (AYUDA FINANCIERA) ON MAY 15.

WOMEN OF DISTINCTION - SMITH COLLEGE: HIGHLIGHTS OPPORTUNITIES FOR AFRICAN AMERICAN, ASIAN AMERICAN, LATINA AND NATIVE AMERICAN STUDENTS.

INTERNSHIP

TALENT ACCELERATOR VIRTUAL SUMMER INTERNSHIP

- APPLY BY MAY 17
- DATES: JULY 12- AUGUST 6
- HOURS: 10 HRS/WK

IMPORTANT DATES

MAY - ASIAN PACIFIC AMERICAN HERITAGE MONTH
MILITARY APPRECIATION MONTH

MAY 1 - NATIONAL COLLEGE DECISION DAY

MAY 4 & 6 - WEAR COLLEGE GEAR ON MAY 4TH (COHORT 1) AND MAY 6TH (COHORT 2)

MAY 4-10 - SCREEN FREE WEEK (TV TURNOFF WEEK)

MAY 28 - LAST DAY TO TURN IN WORK

JUNE 7 - GRADUATION @ 4PM



MENTAL HEALTH

MAY IS MENTAL HEALTH AWARENESS MONTH. HERE ARE SOME RESOURCES TO ENCOURAGE WELLBEING.

- WE RISE - THIS IS AN INITIATIVE OF THE LA COUNTY DEPARTMENT OF MENTAL HEALTH TO ENCOURAGE HEALING THROUGH ART, CONNECTION & COMMUNITY ENGAGEMENT.
- BAY CITIES HEALTH DISTRICT - THEIR HEALTH PRIORITIES INCLUDE NUTRITION & EXERCISE, SOCIAL-EMOTIONAL HEALTH, SUBSTANCE ABUSE & COGNITIVE HEALTH.
- GETTING BETTER TOGETHER CAMPAIGN FEATURES TESTIMONIALS FROM CELEBRITIES AND KIDS TO FIGHT THE STIGMA AND SHAME OF MENTAL HEALTH CHALLENGES.
- MENTAL HEALTH AMERICA - TOOLS 2 THRIVE
- NATIONAL SUICIDE PREVENTION HOTLINE AT **1-800-273-TALK**

WHAT WE OFTEN THINK ANXIETY LOOKS LIKE IN KIDS:



HOW KIDS ACTUALLY SHOW THEY ARE FEELING ANXIETY:



COUNSELING OFFICE HOURS:

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

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)

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 TH DA VINCI SCIENCE COUNSELORS, PLEASE VISIT THE [COUNSELING CORNER WEBPAGE](#).