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.



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 <u>FACILITRON LINK</u> TO COMPLETE THE HEALTH Screening. This needs to be completed every day students are planning to be on campus.

COLLEGE

SESIÓN VIRTUAL: <u>Cafecitos con Colegios</u> (Ayuda Financiera) on May 15.

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

INTERNSHIP

TALENT ACCELERATOR VIRTUAL SUMMER INTERNSHIP

- <u>APPLY</u> 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

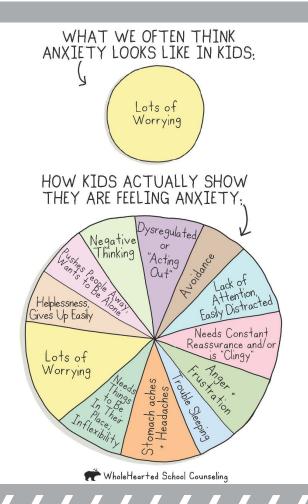
JUNE 7 - GRADUATION @ 4PM



MENTAL HEALTH

MAY IS MENTAL HEALTH AWARENESS MONTH. HERE ARE SOME Resources to encourage wellbeing.

- <u>WE RISE</u> THIS IS AN INITIATIVE OF THE LA COUNTY DEPARTMENT OF MENTAL HEALTH TO ENCOURAGE HEALING THROUGH ART, CONNECTION & COMMUNITY ENGAGEMENT.
- <u>BAY CITIES HEALTH DISTRICT</u> THEIR HEALTH PRIORITIES INCLUDE NUTRITION & EXERCISE, SOCIAL-EMOTIONAL HEALTH, SUBSTANCE ABUSE & COGNITIVE HEALTH.
- <u>Getting Better Together Campaign</u> 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



COUNSELING OFFICE HOURS: Mondays & Thursdays: 2:45PM-3:15PM

> <u>MS. VALLE (A-F)</u>: CVALLE@DAVINCISCHOOLS.ORG <u>MS. Ruiz (G-M)</u> PASSWORD: Ruiz: Cruiz@Davincischools.org <u>MS. Rodriguez (N-Z)</u>: 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 <u>Zoom Link</u>

FOR ADDITIONAL RESOURCES FROM TH DA VINCI SCIENCE COUNSELORS, PLEASE VISIT THE <u>Counseling corner Webpage.</u>