

DA VINCI SCIENCE 2020-2021

COUNSELING CORNER

WEEK 4: SEPTEMBER 8-11

GO WOLVES!

The counselors have enjoyed getting a chance to connect with students and parents during the past few weeks. We appreciate your questions and commitment to your academics and the college going process. We also want to encourage you to take breaks away from the computer and prioritize making time to safely spend time with family and friends. We hope that the long weekend gave you an opportunity to find the balance between school work and self-care. Take care of yourselves. - The DVS Counseling Team

COLLEGE RELATED INFORMATION

Post-DVS Planning Events for 12th graders:

Starting September 14: [Individual Senior Planning Meetings](#). Calendly links to schedule appointments will be posted on the College, Career & Life Google Classroom.

[FAFSA Workshops](#) - College applicants must fill out the Free Application for Federal Student Aid in order to qualify for financial aid (ex. Grants, loans, scholarships). The FAFSA opens on October 1 and is due March 2. Apply early!

Wednesday, October 7, 4:30-6pm

Thursday, November 5, 4:30-6pm

Wednesday, February 10, 4:30-6pm

SAT/ACT

The SAT/ACT is not required to apply for fall 2021 and fall 2022 admissions to UC schools. CSU schools do not require the SAT/ACT to apply for fall 2021 admissions and have not yet made a determination whether the SAT/ACT will be required for fall 2022 admissions. . Check admissions requirements for private schools.

[UC Exam Requirement](#)

[CSU Exam Requirement](#)



AWARENESS MONTH

Suicide Prevention - Suicide is preventable. [#BeThe1To](#)
- Ask. Keep them safe. Be there. Help them connect.
Follow up.

Self-Improvement - [60 Self Improvement Tips](#)

Deaf Awareness - According to the CDC, about 2-3 of every 1000 children are born with detectable levels of hearing loss in one or both ears. When speaking with someone who has hearing loss, it is helpful to face them and to have your mouth uncovered which is difficult during COVID times. Writing notes can be helpful.

Hispanic Heritage Month (Sept 15-Oct 15) - [Online events to celebrate Latinx culture](#)



SELF CARE

Virtual school likely means that you are sitting most of the day and are not as physically active. Here are some easy things you can do to stay healthy while we do school online.

[Quick and Easy Stretches To Do While Sitting at Your Desk](#)

[Relieve Eye Strain with these Expert Tips](#)

COUNSELOR OFFICE HOURS ON MON & THURS 2:45-3:15

(CLICK COUNSELOR NAME FOR ZOOM LINK)

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