

Da Vinci Science 2020-2021

Counseling Corner

Week 7: September 28-October 2

Fall is here and October is around the corner. By this time, we hope that students have established their routines including study time, safe socializing, no-screen time, and exercise. Teachers rolled out what students need to do to earn honors in their classes last week.* We encourage students to continue to grow and push themselves academically whether that means taking a few honors classes or passing all of their classes. We know that academics, physical health and mental health are all connected so it is important to find balance. Take care of yourself and we look forward to answering your questions during office hours. -The DVS Counseling Team

*All students have the opportunity to pursue honors in any class

GO WOLVES!

College Visits

Get a glimpse of the programs and services offered at different universities and colleges. Join us as representatives from different schools provide a glimpse of the programs and services offered at their institution. Visits are hosted by Mr. Perez and are held at 11:45am. Use [this link](#) to join meeting.

University of Advancing Technology - Mon, September 28

Chapman University - Tue, September 29

Westmont College - Wed, September 30

Smith College - Thu, October 1

Marymount Manhattan College - Fri, October 2

FAFSA WORKSHOPS

College applicants must fill out the Free Application for Federal Student Aid (FAFSA) in order to qualify for financial aid (ex. grants, loans, scholarships). The FAFSA opens on October 1 and is due March 2 for UC and CSU schools. FAFSA deadlines for private and out-of-state universities vary. Apply early!

- Wednesday, October 7, 4:30-6pm
- Thursday, November 5, 4:30-6pm
- Wednesday, February 10, 4:30-6pm

[California Student Aid Commission - Cash for College](#): links to FAFSA, California Dream Act, Chafee Application, FSA ID

SELF CARE

TAKE SOME TIME TO PAUSE AND FOCUS ON YOUR BREATH

[HEADSPACE: MINI MEDITATION - LET GO OF STRESS](#)

[KID & TEEN AT HOME WORKOUT VIDEO LED BY TEENAGERS | 2020 COV 19](#)

AWARENESS DATES

Sept. 30 - [National Women's Health & Fitness Day](#)

Oct. 1 - [International Day for Older Persons](#)

October

Positive Attitude Month - [Positive Affirmations](#)

[LGBT History Month](#)

National Depression & Mental Health Screening Month

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

[Ms. Valle \(A-F\): cvalle@davincischools.org](mailto:cvalle@davincischools.org)

[Ms. Ruiz \(G-M\): cruiz@davincischools.org](mailto:cruiz@davincischools.org)

[Ms. Rodriguez \(N-Z\): frodriguez@davincischools.org](mailto:frodriguez@davincischools.org)

(click Counselor name for zoom link)