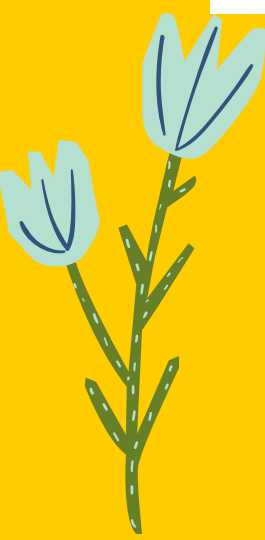


DA VINCI SCIENCE 2020-2021 COUNSELING CORNER

WEEK 3: AUGUST 31-SEPTEMBER 4

GO WOLVES!



September is here, Science students and families! We hope that you have had a chance to reconnect with your classmates, are settling into your classes, and are establishing a routine. Staying organized and being informed are great ways to keep stress levels low and we are eager to support you in any way we can. Below you will find information on our office hours for both parents and students, upcoming dates for seniors, and self-care resources. We look forward to seeing you soon over Zoom. - DVS Counseling Team

OFFICE HOURS

STUDENT OFFICE HOURS

Open forum for students to ask general (non-personal) questions.
Mondays and Thursdays: 2:45pm-3:15pm



Zoom Links
MS. VALLE (A-F)
MS. RUIZ (G-M)
MS. RODRIGUEZ (N-Z)

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](#)

UPCOMING SENIOR EVENTS

Post-DVS Planning Events for 12th graders:

- Starting September 14: Individual Senior Planning Meetings
Students will meet with their parents/guardian and counselor to share their post-DVS plans. This often includes a preliminary college list.
- 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



SELF- CARE

You may be experiencing increased stress and anxiety during this pandemic. Taking care of yourself is essential so you are equipped to respond to your academic and home responsibilities. We encourage you to find ways to connect with your friends and focus on things that bring you joy. Be kind to yourself and others. Below are some self-care resources we encourage you to explore.

[Combating Zoom Fatigue](#)
[Stretch Breaks at your Desk](#)



THE DVS COUNSELING TEAM

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