



COUNSELING NEWSLETTER

EL TORO HIGH SCHOOL | OCTOBER 2023

Be sure to follow us on Instagram: @eltoro_guidance
and check out our [News You Could Use! e-bulletin](#)

FUTURE READY THURSDAYS

Don't forget to attend our Future Ready Thursday workshops that highlight different universities and careers. Here are some of the upcoming events:

- October 5: Baylor University and Oregon State University
- October 19: UC San Diego
- October 26: ASU and University of Utah

WELLNESS WEDNESDAYS ARE HERE!

We have a limited number of spots for each workshop. Please be sure to sign up in advance since seats will go quickly. You can sign up [here!](#)

- October 11: Defining Wellness
- October 25: Helpful Ways to Increase Motivation
- November 8: Self Care and Social Media
- November 29: Healthy Relationships
- December 13: Study Strategies & Stress Management

Don't forget to check out the ETHS "News You Could Use!" [e-bulletin](#).

CLASS OF 2024 IMPORTANT INFORMATION

The Future Ready CA College Application Day is happening October 17-18!

Set yourself up for success! Check out these helpful tasks to get started on:

- Visit CaliforniaColleges.edu to finalize your college list
- Does your college application require an essay? Start working on it now! [Essay tips](#)
- Are you applying to a UC? Start working on your Personal Insight Questions now! [PIQ Guide](#)

Don't miss your [Letter of Rec packet deadline](#) for your Counselor! It must be printed and delivered in person to your Counselor. November 1st is the deadline!

UPCOMING DATES

Please note that dates and times are subject to change.
For up to date events, please visit our [Guidance calendar](#).

October 5: National "Do Something Nice" Day

Be sure to tell your favorite ETHS Staff Member you appreciate them!

October 11

- [SVUSD College & Career Fair](#)

October 14

- PSAT for students Grade 9-11

October 17-18

- Future Ready CA College Application Day for 12th grade students

October 31

- [Letters of Recommendation packets](#) are due for applications with a Jan. or later deadline

Meet the Team

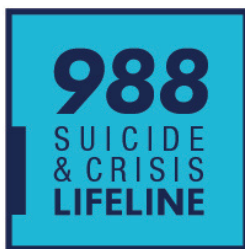
Hi! My name is Hannah Cagnetti and I am the new school counselor at El Toro for students with the last name A - Cro. While this is my first year in SVUSD, I was a high school counselor in San Diego for the past 7 years where I was also the director of college counseling. Prior to becoming a school counselor, I was an admissions counselor for the University of San Diego and University of Arizona. In my spare time, I love golfing, running, and watching the Buffalo Bills. I'm excited for a fun school year here at El Toro!

Miss Cagnetti



September was Suicide Prevention Awareness Month.

If you or a loved one are experiencing a crisis or mental health emergency, call 988.



Suicide Prevention Lifeline: 1(800) 273-8255

Suicide Crisis Line: 1(877) 727-4747

Trevor Project - LGBTQ: 1(866) 488-7386

Teen Line: (310) 855-4673

Or text "teen" to 839863

There is hope.



FUTURE DATES

Please note that dates and times are subject to change.
For up to date events, please visit our [Guidance calendar](#).

November 1

- Non Student Day

November 10

- No School - Veteran's Day

November 17

- Minimum Day

November 20-24

- No School - Thanksgiving Break

November 30

- CSU and UC applications due

December 22

- Last day of Fall Semester

ETHS WELLNESS WEDNESDAYS TUTORIAL IN THE RETREAT FALL 2023

October 11	Defining Wellness
October 25	Helpful Ways to Increase my Motivation
November 8	Self Care & Social Media
November 29	Healthy Relationships
December 13	Study Strategies/Stress Management

Please use the QR code below to sign up (or [this link](#)).

We have a limited number of spots for each workshop. Your spot is confirmed when you receive an invitation in class. If you do not receive an invitation, you can come to the rETreat to see if there are any available spots for you to participate in the workshop.



SADDLEBACK COLLEGE COUNSELING

**HAVE QUESTIONS ABOUT SADDLEBACK
COLLEGE?**

**WALK IN ZOOM MEETINGS ARE
AVAILABLE FOR ETHS STUDENTS
TUESDAYS 2PM-7PM**

WWW.TINYURL.COM/SBCZOOM23-24

SCAN HERE

