



MVHS – COUNSELOR CONNECTION



Guidance Newsletter: August 2023

Welcome Back Diablos!

The Mission Viejo High School Guidance team would like to welcome you to the 2023-24 school year. We look forward to this new year and are excited to continue to offer a Comprehensive School Counseling Program. We work with ALL students, families, faculty and staff to help students achieve optimal personal growth, acquire positive social skills and values, set informed career goals and realize their full academic potential. We support our students within the Academic, College and Career, and Social Emotional Learning domains using the **"The ASCA National Model: A Framework for School Counseling Programs"**.

We are here to help support you this school year! Please visit the [MVHS Guidance page](#) and instagram [@MVHSGuidance](#) to find helpful information.

MVHS GUIDANCE DEPARTMENT

Student Service Technicians:

Provide support for students with student enrollments and withdrawals, student records management, registration, scheduling and graduation status tracking.

School Counselors:

Provide support for students with academic achievement strategies, managing their emotions and applying interpersonal skills and planning for postsecondary options.

Bilingual Community Outreach Liaison:

Supports communication between students, parents and faculty and staff to ensure student success. Her responsibilities include facilitating parent meetings/conferences, and partnering with local community agencies for assistance.

ACADEMIC

Schedule Change Requests

Schedule change requests will be honored if you are missing a class or if you are placed in the wrong course level. Any other requests will be considered on a case by case basis. Please contact your School Counselor or Student Service Technician regarding your schedule.

Contact information can be found [HERE](#).

- Last day to **ADD** a class:
 - Friday, September 1
- Last day to make a course **LEVEL** change or **DROP** an **EXTRA** class:
 - Tuesday, September 26

9th Grade Counseling Lessons: "Freshman 101" in English classes 8/28/23



COLLEGE AND CAREER

The **PSAT/NMSQT** for interested 10th & 11th grade students is on 10/14 & 10/18.

This is a practice SAT exam that measures students' knowledge and skills in reading, writing, and math which are skills that are needed to succeed in college and career.

Please see [PSAT Information](#) for further details.

WEAR YOUR COLLEGE SHIRTS ON THURSDAYS!

The deadline to pay for the exam is **Friday, September 1.**

Future Ready CA College Application Event

SENIORS! We are excited to announce that MVHS will be hosting our second annual Future Ready CA campaign on campus on October 4 & 5. This is a college application event. All seniors expected to graduate at the end of the academic year will be encouraged to apply for admission to at least one college or university. We have two [Student Resources](#) that we encourage all students to use in preparation for the college application event.

- **College Research Worksheet**- designed to support students and their families as they narrow down the list of colleges to which each student wants to apply. We encourage students to apply to multiple and varied schools.
- **College Application Worksheet**- allows students to collect information that is typically asked on college applications. Having this completed and available at the College Application event will allow students to quickly and easily complete college applications.

Self care for students



SOCIAL EMOTIONAL LEARNING

[VISIT MENTAL HEALTH RESOURCE PAGE](#)

The link above provides community mental health resources such as:

- Helplines/ Hotlines
- Suicide Prevention
- Counseling Centers
- Caregiver Resources
- Grief Counseling
- LGBTQ+



Go Diablos!
Mission Viejo High School
Guidance Department

**BACK TO SCHOOL
SELF CARE TIPS**