



MVHS – COUNSELOR CONNECTION



Guidance Newsletter: December 2023

Hello Diablos!

December is here, which means Winter Break and the end of Semester 1 are right around the corner! It is extremely important for students to work hard in their classes before their grades become final. Semester 1 grades will appear on the high school transcript. The School Counselors have given guidance lessons to all grade levels this semester. These lessons can be found on the guidance website under grade level information.

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

Grade Level

Google Drives

These are to help students and families find information about all things specific to each grade level.

Winter Break:

12/23-1/7

This is a great time for students to relax, spend time with family & friends, and prepare for a fresh start in January for Semester 2.



Winter break is also a great time to volunteer in the community. Visit [MVHS On Campus Opportunities](#) and [volunteermatch.org](#) for local opportunities.

ACADEMIC

Final Exam Schedule

2023-2024
Fall Semester

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 18 Regular Monday Schedule	December 19 Special Late Start Final - Per. 0	December 20 Special Schedule Final - Per. 1 & 4	December 21 Special Schedule Final - Per. 2 & 5	December 22 Special Schedule Final - Per. 3 & 6
Staff Collab. 7:45 - 8:24 Period 1: 8:30 - 9:26 Period 2: 9:34 - 10:28 Break 10:28 - 10:38 Period 3: 10:46 - 11:40 Period 4: 11:48 - 12:42 Lunch 12:42 - 1:22 Period 5: 1:30 - 2:24 Period 6: 2:32 - 3:26	Period 0: 7:22 - 9:22 Period 1: 9:30 - 10:15 Period 2: 10:23 - 11:08 Break 11:08 - 11:14 Period 3: 11:22 - 12:07 Period 4: 12:15 - 1:00 Lunch 1:00 - 1:40 Period 5: 1:48 - 2:33 Period 6: 2:41 - 3:26	Period 1: 8:30 - 10:32 Break 10:32 - 10:38 Period 4: 10:48 - 12:50	Period 2: 8:30 - 10:32 Break 10:32 - 10:38 Period 5: 10:48 - 12:50	Period 3: 8:30 - 10:32 Break 10:32 - 10:38 Period 6: 10:48 - 12:50

COLLEGE AND CAREER

Seniors!
FAFSA & Dream Act Application
opens 12/31!

Seniors on Common App must submit their official transcript from [Parchment.com](#) to Common App before the semester ends. Please also be sure to check your college portal after applying!

Looking for ways to help pay for college?
Click [HERE](#) for scholarship opportunities!

11th Grade Checklist

The School Counselors have put together an [11th Grade Checklist](#) for students with important information to start in the Fall, Spring, and Summer of 11th grade. This is a very important year for students to start researching what they want to do after high school. We hope this checklist will give students and families a better idea of how to prepare for senior year and life beyond high school.

SOCIAL EMOTIONAL LEARNING

On **Monday, December 4th**, the School Counselors will be delivering the **Signs of Suicide (SOS) presentation** to all 10th grade students through their World History classes. This presentation will give students valuable information to understand the warning signs of depression in themselves and their peers and provides materials to support students through the ACT model: **Acknowledge: Listen to your friend, don't ignore threats, Care: Let your friend know you care, Tell: Tell a trusted adult so they can help.**

[VISIT MENTAL HEALTH RESOURCE PAGE](#)



Go Diablos!
Mission Viejo High School
Guidance Department