



MVHS – COUNSELOR CONNECTION

Guidance Newsletter: November 2023

Hello Diablos!

November is here, which means Thanksgiving Break is right around the corner! The semester is already over half way complete, which means that students should be working very hard in their classes and communicating with their teachers before grades become final in December. The School Counselors have given "Planning for My Future" lessons to all 11th grade students through English classes. 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.

Thanksgiving Break:

11/20-11/24

This is a great time for students to work on any missing assignments and/or college applications that are due!



ACADEMIC

Tutoring:

The Mission Viejo Library has subscribed to [Tutor.com](#) (a service of The Princeton Review) to provide live, one-on-one tutors to assist students for personalized homework help in over 60 subjects. This service is free to use with your Mission Viejo Library card!

Volunteer Opportunities:

Students in grades 6 - 12 are invited to write for the [Mission Viejo Library Teen Voice Blog](#), a reading recommendation resource for teens, by teens. For every post you write, you'll earn one hour of service credit. Writing for the blog is a completely virtual activity and can be done from home. [Apply today!](#)

COLLEGE AND CAREER

College Application Workshops
The Counselors are hosting college application workshops for seniors to work on their applications and get any help they may need in the Library at Tutorial.

MVHS College Visits
Check out the Guidance Calendar for [College Visits on Campus in room 201 at Tutorial](#). Sign up through Flex time under Ms. Rodriguez!

UC & CSU Applications are due **11/30!** Late applications will **NOT** be accepted!

WEAR YOUR COLLEGE SHIRTS ON THURSDAYS!

11/2
11/9
11/16

Sign up through Flex time under Ms. Gusiff!

NCAA Information Night

NCAA Information Night is on Wednesday, 11/8 at 6pm in the Performing Arts Theater.

The Student Athlete NCAA Information Night will provide information about pursuing athletics at the collegiate level. It will cover topics such as NCAA eligibility requirements, academic standards, recruiting rules, and scholarships. It will be open to all grade levels.

The presenter is Sydney Shipley, the Assistant Athletic Director, Compliance at Cal State Fullerton.

SOCIAL EMOTIONAL LEARNING

November is National Gratitude Month! Showing gratitude can help with improving mental and physical health, feeling positive emotions, lowering stress and anxiety, and improving sleep.

Three simple ways to practice gratitude in every day life:

1. In the morning after you wake up, write down 3 things you are grateful for.
2. Tell someone you care about that you are grateful for them.
3. At night before you go to sleep, write down what you were most grateful for that day.

[VISIT MENTAL HEALTH RESOURCE PAGE](#)



Go Diablos!
Mission Viejo High School
Guidance Department