



MVHS – COUNSELOR CONNECTION

Guidance Newsletter: October 2023

Hello Diablos!

October is here which means the first quarter is coming to an end! The Guidance Office has officially ended any schedule changes. All schedules are set until the end of the semester. The School Counselors have given "Academic Success" lessons to all 10th 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.

Junior Counseling Lessons:

"Planning for My Future" in English classes
10/23

Junior one on one meetings with Tech & Counselor in Guidance Office
10/24-10/27



ACADEMIC

Athletic Eligibility
The 1st Quarter grading period concludes on **10/13** in which students could become ineligible to play sports starting **10/30**.

We encourage our student athletes to work with their teachers and attend tutorials for additional support to stay on track and eligible.

Diablo Learning Centers
Students can attend the Diablo Learning Centers **before school, during lunch, and after school** for additional help in certain subjects or as a quiet place to study.

*CSF and NHS tutors can be available upon request to attend sessions. Please speak with Mrs. Gerwatosky for NHS tutors or Mrs. Gawel for CSF tutors.

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.
10/12
10/26
Sign up through Flex time under Ms. Gusiff!

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!

Future Ready was a success! Our seniors worked hard on 10/4 to start, ask questions about, and complete college applications & on 10/5 to learn about financial aid and explore scholarships. We look forward to hosting the event again next year!



SVUSD College & Career Fair

SVUSD College & Career Fair
@ MVHS: **Wednesday, 10/11 from 6pm-8am**
Register: SVUSDcollegefair.org

The SVUSD College & Career Fair provides you with the opportunity to meet representatives from two-year and four-year public and private colleges and universities throughout the United States and internationally. In addition, we will have representatives from the military, OC Fire, OC Sheriff, and CTE programs to help you decide your post graduate pathway.

SOCIAL EMOTIONAL LEARNING

October is Emotional Wellness Month. Maintaining a healthy emotional balance helps us make healthy choices, have good relationships, and achieve our goals.

Motivation: Consider taking time out and celebrating each one of your wins. When you decide you want to do something new, it's a good idea to identify your "why." It can also help to break down your to-do list into bite-size chunks, or micro-tasks, and to work with an accountability partner .

[VISIT MENTAL HEALTH RESOURCE PAGE](#)



Go Diablos!
Mission Viejo High School
Guidance Department