



IRVINE HIGH COUNSELING DEPARTMENT'S *Newsletter*

FALL SEMESTER 2018

Welcome & Welcome Back!

The Irvine High School Counseling Department welcomes you to the 2018-19 school year! We are excited to work with your family this upcoming school year! Our goal is to provide academic, personal-social, and college and career planning support to all students as well as prepare them for their post secondary goals. In an effort to keep students and families informed, we hope that you will find these upcoming events and resources valuable.

Meet Your Vaquero Guidance Department

See Your Counselor:

Your counselor is available on a drop in basis during "Office Hours":

- Before school (Tues.-Fri)
- During Break
- Lunch (Tues. & Thurs.)
- Between Periods 3 & 4

In the event of an urgent personal/social matter, a counselor is available throughout the school day.

Helpful Web Links:

[Naviance](#)

[Cal State Apply](#)

[UC System](#)

[Collegeboard \(SAT\)](#)

[ACT](#)

[Irvine High School](#)

my.iusd.org



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SAVE THE DATE UPCOMING EVENTS BY GRADE LEVEL

SENIORS

COFFEE WITH THE COUNSELORS (FOR PARENTS)

Tuesday, September 11th

7:15-8:15am

Room HLG

Senior parents are invited to have “Coffee with the Counselors” and hear a presentation on what to expect during your student’s senior year. Coffee and light snacks will be served. The areas of **ACADEMIC, PERSONAL-SOCIAL, and CAREER** will be discussed.

MANDATORY SENIOR MEETING (FOR STUDENTS)

Thursday, September 13th

8-8:50am

Irvine High School Theater

All seniors must attend this very important meeting to learn about the senior year timeline, graduation status, using NAVIANCE for post-secondary planning, and the college application process.

SIMPLY FOR SENIORS WORKSHOP: LETTERS OF RECOMMENDATION (FOR STUDENTS)

Wednesday, September 19th

Lunch

Room HLG

All Students planning on applying to a Private College/University or UC Berkeley should attend in order to receive information on the letter of recommendation process.

CSU AND UC APPLICATION EVENING (FOR STUDENTS AND PARENTS)

Wednesday, September 19th

6pm(CSU)/7pm(UC)

Irvine High School Theater

Representatives from the CSU and UC Systems will present on how to complete the online application. The UC Representative will also present on responding to the Insight Questions.

SIMPLY FOR SENIORS WORKSHOP: FINANCIAL AID AND SCHOLARSHIPS (FOR STUDENTS)

Wednesday, September 26th

Lunch

Room HLG

Come and learn about applying for scholarships and financial aid. The FAFSA, Cal-Grant GPA Verification Form, and scholarships will be discussed.

FINANCIAL AID NIGHT (FOR STUDENTS AND PARENTS)

Thursday, September 27th

6:00pm

Northwood High School Theater

Come and learn about applying for scholarships and financial aid. The FAFSA, Cal Grant, and scholarships will be discussed.

APPLICATION ASSIST WORKSHOPS (FOR STUDENTS)

Wednesdays

Lunch

Life Center

Swing by the LIFE Center during lunch to receive assistance on your CSU, UC, and Private School Applications. Counselors will present to answer any questions and to provide assistance. (Workshops will be on **10/3, 10/24, 11/7, 11/14, 11/28**)

IRVINE VALLEY COLLEGE FRESHMEN ADVANTAGE MEETING (FOR STUDENTS)

Tuesday, November 20th

Lunch

Room HLG

Come and learn about Irvine Valley College’s Freshmen Advantage Program and how to obtain priority registration for the Fall of 2019!

JUNIORS

PSAT/NMQST

Wednesday, October 10th

8am

TA Classrooms

All Juniors will be taking the PSAT/NMQST for free during the school day as a part of the Irvine Unified School District College and Career Readiness Grant. This test is designed to help prepare students for the SAT, college, and careers. **Students do not have to sign up to take this test.** More information will be posted on our school website at www.irvinehigh.org under Counseling- Grade Level Information-Juniors

COLLEGE PLANNING EVENING (FOR STUDENTS AND PARENTS)

Wednesday, October 24th

6pm

Irvine High School Theater

All Juniors and their parents are invited to attend this panel presentation featuring representatives from the Community College System, Cal State University System, UC System, Private and Independent College System, and Testing (SAT/ACT).

11TH GRADE COUNSELING PRESENTATIONS (FALL/SPRING SEMESTERS)

All junior students will attend an 11th Grade Counseling Presentation during their Social Science class during the first or second semester. The presentation will cover the three counseling domains: **ACADEMIC, PERSONAL-SOCIAL, CAREER.**

The students will learn:

ACADEMIC (GRADUATION AND COLLEGE INFORMATION)

- Irvine High School Diploma and College/University Entrance Requirements
- College Prep Requirements (Minimum vs. Recommended)
- Higher Education Options (Community College, CSU, UC, and Private University Systems)
- Senior Year Planning (Graduation, Educational and Career Goals)
- Standardized Testing Information and Timeline
- College Planning
- College Search Activity

PERSONAL-SOCIAL

- Discussion on Decisions, Goals, and Conflict Resolution

CAREER

- All students will receive an overview of the LIFE Center (IHS College and Career Center)
- Information on NAVIANCE where students can begin their career research

SOPHOMORES

PRE-ACT

Wednesday, October 10th

8am

TA Classrooms

All Sophomores will be taking the PreACT for free during the school day as a part of the Irvine Unified School District College and Career Readiness Grant. This test is designed to help prepare students for the ACT, and provide a full view of student's college and career readiness by identifying areas of strength and improvement for student success. **Students do not have to sign up to take this test.** More information will be posted on our school website at www.irvinehigh.org under Counseling- Grade Level Information-Sophomores

SOPHOMORES (continued)

HIGH SCHOOL PLANNING CONFERENCE (OCTOBER-APRIL)

All sophomore students will have a High School Planning Conference with their Counselor. The conferences will be scheduled between October and April. You will receive a letter inviting you, the parent (s) or guardian (s) to attend. The letter will arrive in advance, allowing time for you to make plans to attend. If a parent or guardian is unable to attend, the conference will still take place with the student, and the materials from the conference will be sent home for review.

The High School Planning Conferences will include a pre-video and an academic review, high school planning, and post-secondary goals. We will also review **NAVIANCE FAMILY CONNECTION**, a web site to support academic, career and personal planning for ALL students.

FRESHMEN

COFFEE WITH THE COUNSELORS

Tuesday, September 18th

7:15-8:15am

Irvine High School Theater

Freshmen parents are invited to have “Coffee with the Counselors” and hear a presentation on what to expect during your student’s freshman year. Coffee and light snacks will be served. The areas of **ACADEMIC, PERSONAL-SOCIAL, and CAREER** will be discussed.

PSAT 8/9

Wednesday, October 10th

8am

TA Classrooms

All Freshmen will be taking the PSAT 8/9 for free during the school day as a part of the Irvine Unified School District College and Career Readiness Grant. This test is designed to help prepare students for the SAT, and establishes a baseline measurement for college and career readiness. Once students have taken the test, they are able to upload their test results to Khan Academy to receive targeted learning plans that they can use to learn more about and practice the skills they need to improve. **Students do not have to sign up to take this test.** More information will be posted on our school website at www.irvinehigh.org under Counseling- Grade Level Information-Freshmen

9TH GRADE COUNSELING PRESENTATIONS (FALL/SPRING SEMESTERS)

All freshmen students will attend a 9th Grade Counseling Presentation during their English class during the first or second semester. The presentation will cover the three counseling domains: **ACADEMIC, PERSONAL-SOCIAL, CAREER** and the structure of the counseling program around these domains.

The students will learn:

GENERAL COUNSELING INFORMATION

- Who is my counselor and how can I see them?
- Where is my counselor located?
- The Importance of 9th Grade

ACADEMIC (COLLEGE)

- Successful Academic Planning and Study Skills Information
- Irvine High School Diploma and College/University Requirements
- Higher Education Options

PERSONAL-SOCIAL

- Discussion on Decisions, Goals, and Conflict Resolution

CAREER

- All students will receive a tour of the LIFE Center (IHS College and Career Center)
- Information on NAVIANCE where students can begin their career research



ACADEMIC INFORMATION

HOMEWORK CLUB (Starting Monday, September 17th)

Monday-Thursday

3:30-4:30 in Room S6

Free Tutoring! Come and receive assistance on your homework!

FLEX TIME

Tuesdays and Wednesdays built in to each period

The extended time attached to each period on Tuesday's and Wednesday's is designed to allow students opportunities to gain a better understanding of their subject matter. The "Flex Time" may be used but not limited to the following activities: student conferences, make-up tests/quizzes, post lab discussions, and homework help.

PERSONAL/SOCIAL INFORMATION

WELLNESS

IUSD's Prevention & Intervention Department offers Irvine High students access to Mental Health/Wellness Counseling services on campus. What's Wellness? Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Our Wellness Coordinator provides brief individual counseling support, group counseling, crisis intervention, resource linkage and other related services to support the whole student. Wellness Counseling services are designed to support student growth in healthy self-care behaviors, emotional intelligence and improving relationships with others.

For more information about Wellness Counseling Services, please contact:

Christine Guerrero, Wellness Coordinator at 949-936-7024

PROJECT SUCCESS

Project Success is a program that provides opportunities for students to participate in individual and small group settings to address typical teen wellness concerns including: stress management, goal setting, conflict resolution, healthy relationships, and dealing with loss/major life transitions.

For more information about Project Success Services, please contact:

Dania Lizalde, Project Success Specialist at 949-936-8676

CAREER INFORMATION

ROP (REGIONAL OCCUPATIONAL PROGRAM)

Coastline ROP offers Irvine High Juniors and Seniors the opportunity to take Career Tech Ed classes (CTE) in all career pathways. The classes are offered at various locations throughout Orange County after school hours. These classes are taught by fully credentialed teachers with experience in their related industries. Some examples of classes offered are EMT, Culinary Arts, Business Internship, Manufacturing Engineering & Technology, Programming & Robotics, Dental Assistant, Financial Services, and so much more. Some classes offer an internship component as well. The classes are free of charge to high school students. They receive a grade and credit on their transcript for completing the courses. To review the full catalogue of courses, visit www.coastlinerop.net. Students **MUST** see Mrs. Voisinet in the LIFE Center on campus to register and get information about the classes.

Office hours are M,T,W,F 8:00am-3:30pm and Thurs. 1:00-3:30pm

You may also e-mail her at pattyvoisinet@iusd.org