



IRVINE HIGH COUNSELING DEPARTMENT'S *Newsletter*

SPRING SEMESTER 2019

Welcome to Spring Semester!

See Your Counselor:

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

- Before school (Tu-Fri)
- During Break
- Lunch (Tu/Thur)
- 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](#)

[CSU Apply](#)

[UC System](#)

[Collegeboard \(SAT\)](#)

[ACT](#)

[Irvine High School](#)

[my.iusd.org](#)

[IUSD CTE](#)

The Irvine High School Counseling Department welcomes you to the Spring Semester! We hope that your student had an enjoyable first semester and we are excited to continue to work with your family! Our goal is to provide academic, personal-social, college and career planning, and support all students with their post secondary goals. We hope that you will find these upcoming events and resources valuable.

Meet Your Vaquero Guidance Department



Bob King
Asst. Principal
949-936-7105



Amy Klamberg
Counselor
949-936-7014



Cheryl Linquiti
Counselor
949-936-7013



Kevin O'Connell
Counselor
949-936-7012



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949-936-7158



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949-936-7024



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Project Success
949-936-8676



Temi Russell
Admissions Clerk
949-936-7003



Patty Voisin
ROP/LIFE Center
949-936-7164



Sue Natalizio
Registrar/Records
949-936-7073

SAVE THE DATE

UPCOMING EVENTS BY GRADE LEVEL

ALL STUDENTS

COMMUNITY COLLEGE FAIR

Wednesday, March 6th

Lunch

Quad

Students are able to visit with representatives from community colleges to learn more about their programs and opportunities for students.

IUSD COLLEGE and CAREER FAIR

Monday, March 11th

6:00-8:00pm

Irvine High School Gym

Families are able to learn about the many Career Education Electives offered at IUSD High Schools, how to explore careers through ROP Courses, and explore 2-year and 4-year college and university options. Over 40 college and university representatives will be in attendance.

COURSE PATHWAYS EXPLORATION NIGHT

Wednesday, April 10th

6:00-7:30pm

Irvine High School Theater

Families are able to learn about course selection and how to incorporate the many course options in order to create a balanced schedule and meet the student's post secondary goals. Irvine High School's AP/Honors Program, CTE (Career, Technical Education), ROP, IUSD Blended Learning and Irvine Valley College Dual Enrollment will also be discussed.

WELLNESS WORKSHOPS

Wednesday, March 20th

Lunch

Room HLG

"Wellness Wednesday" is a series of monthly workshops dedicated to promoting student health and wellness. A new topic is selected each month based on student need and interest. Speakers from local community agencies travel to Irvine High School to educate students and offer expert strategies on topics such as stress management, healthy dating, self-love, and more. Wellness Wednesday workshops take place during lunch time in HLG. Thanks to the Youth Action Team, free pizza is offered which makes the workshops a great way to spend lunch.

MONTH of APRIL

On April 10th, during lunch students can check out the *Be Wellness* Resource Fair. Students can learn about the different ways to live more balanced while participating in fun activities that promote connection and well-being. More details to follow.

MONTH of MAY

Each Mind Matters is California's Mental Health Movement that brings people together to eliminate the stigma around mental illness that stops people from seeking help when they need it. We all need mental health wellness, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health awareness. We are opening our hearts and minds to a new understanding of mental wellness for all. We are encouraging students and our staff to wear the designated color of lime green (**day TBD**) to help support this campaign. This lime green color is building momentum as the national color for mental health awareness. For more information, additional resources or ways to show your support for Each Mind Matters, please visit www.eachmindmatters.org

SENIORS (CLASS OF 2019)

IRVINE VALLEY COLLEGE FRESHMAN ADVANTAGE PROGRAM

Freshman Advantage students will receive an early **Freshman Advantage** registration time and be able to enroll in fall and spring courses ahead of most currently enrolled IVC students AND other new students. Students must complete all of the admission and matriculation steps prior to **April 12, 2019** in order to qualify. For more information, please visit www.ivc.edu or see your counselor.

Freshman Advantage Steps

Step 1: Apply for Admission (admissions.ivc.edu)

Step 2: Submit Transcripts (use parchment.com)

Step 3: Apply for Financial Aid (fafsa.gov)

Step 4: Complete Orientation

Step 5: Complete Advisement

FINANCIAL AID INFORMATION

Every IUSD Senior had their GPA submitted by IUSD for Cal Grant GPA Verification. The FAFSA (Free Application for Federal Student Aid) (fafsa.ed.gov) is due on **March 2nd**. If you have not done so already, please complete and submit your FAFSA to potentially receive financial aid for the Fall of 2019.

SENIOR SURVEY (MAY 1st- MAY 15th)

All Irvine HS Seniors will need to log on to their NAVIANCE Accounts to take the required end of the year Senior Survey. This information will be used for the Senior Awards Presentation, and the last issue of the El Vaquero, and must be completed prior to picking up caps and gowns. The survey opens on May 1st.

JUNIORS (CLASS OF 2020)

MANDATORY JUNIOR MEETING

Monday, April 29th

8:00-8:55am

Irvine High School Theater

All Juniors must attend to hear important information about their upcoming Senior Year. Senior Timeline will be discussed.

COFFEE WITH THE COUNSELORS

Tuesday, April 30th

7:15-8:15am

HLG

Junior parents are invited to have "Coffee with the Counselors" to 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.

JUST FOR JUNIORS WORKSHOP-

APPLYING FOR FINANCIAL AID AND SCHOLARSHIPS

Wednesday, May 1st

Lunch

HLG

All junior students will learn how to apply for scholarships and financial aid: including information about The FAFSA (Free Application for Federal Student Aid), Cal Grant, CSS Profile, and scholarship search engines.

JUNIORS (Continued)

JUST FOR JUNIORS WORKSHOP-

APPLYING TO PRIVATE SCHOOLS/LETTERS OF RECOMMENDATION

Wednesday, May 22nd

Lunch

HLG

Students will learn how to use the Common Application to apply to private colleges and universities and the process for requesting letters of recommendation from their counselors.

11TH GRADE COUNSELING PRESENTATIONS (FALL/SPRING SEMESTERS)

All junior students will attend an 11th Grade Counseling Presentation during their Social Science class. The presentation will cover the three counseling domains: **ACADEMIC, PERSONAL-SOCIAL, CAREER**, and include topics such as High School graduation requirements, College Requirements, Higher Education Options, NAVIANCE, Senior Year Planning, Career Planning, and goal setting.

SOPHOMORES (CLASS OF 2021)

HIGH SCHOOL PLANNING CONFERENCE (NOW-APRIL)

All sophomore students will have a High School Planning Conference with their Counselor. The remaining conferences will be scheduled between now 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, and the materials from the conference will be sent home with the student.

Please watch this **VIDEO** below before attending your student's conference:

The High School Planning Conferences will include an academic review, high school planning, and discussing post-secondary goals. We will also review NAVIANCE, a college and career website to support academic, career and personal planning for ALL students.

COFFEE WITH THE COUNSELORS

Tuesday, April 16th

7:15-8:15am

HLG

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

FRESHMEN (CLASS OF 2022)

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. The students will learn general counseling information, high school graduation requirements, college and university entrance requirements, how to access personal/social supports on campus, and higher education opportunities. Students will also begin a four-year plan.

ACADEMIC INFORMATION

HOMEWORK CLUB

Monday-Thursday

3:30-4:30 in Room S6

Free Tutoring! Come and receive assistance on your homework! Even if students do not need help, it is a place where they can get their work done. Peer tutors are available to assist with a variety of subjects.

PERSONAL/SOCIAL INFORMATION

WELLNESS

IUSD's Prevention & Intervention Department offers Irvine High students access to mental health support on campus. Our Mental Health/School Wellness Coordinator assists with crisis counseling, risk assessment, school mental health workshops and resource linkage for students and families.

For more information about **Wellness Counseling Services**, please contact:
Christine Guerrero, Wellness Coordinator at 949-936-7024

CAREER INFORMATION

Grade Level Milestones for College and Career Planning through NAVIANCE:

9th GRADE	Complete the NAVIANCE Career Interest Profiler inventory and begin searching related career and colleges majors.
10th GRADE	Begin your Resume Builder
11th GRADE	Complete the NAVIANCE College Super Match. Begin the "College's I'm Thinking of Applying to List"
12th GRADE	Update Resume. Continue to finalize "College List". Complete Senior Survey. Complete Letter of Rec Survey if applying to Private Colleges.



For new and updated information regarding the Irvine High School Counseling Program and resources, please visit <https://irvinehigh.iusd.org/> and select the "Counseling" Link.