



# IRVINE HIGH COUNSELING DEPARTMENT'S *Newsletter*

## SPRING SEMESTER 2019

### Welcome to Spring Semester!

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



Leah Fuller  
Counselor  
949-936-7158



Joy Ross  
Counselor  
949-936-7172



Christine Guerrero  
Wellness Coordinator  
949-936-7024



Dania Lizalde  
Project Success  
949-936-8676



Temi Russell  
Admissions Clerk  
949-936-7003



Patty Voisinet  
ROP/LIFE Center  
949-936-7164



Sue Natalizio  
Registrar/Records  
949-936-7073

#### 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](#)

## **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](http://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](http://www.ivc.edu) or see your counselor.

#### **Freshman Advantage Steps**

**Step 1:** Apply for Admission ([admissions.ivc.edu](http://admissions.ivc.edu))

**Step 2:** Submit Transcripts (use [parchment.com](http://parchment.com))

**Step 3:** Apply for Financial Aid ([fafsa.gov](http://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](http://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:

<b>9th GRADE</b>	Complete the NAVIANCE <b>Career Interest Profiler</b> inventory and begin searching related career and colleges majors.
<b>10th GRADE</b>	Begin your <b>Resume Builder</b>
<b>11th GRADE</b>	Complete the NAVIANCE College Super Match. Begin the "College's I'm Thinking of Applying to List"
<b>12th GRADE</b>	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.