

## Counseling Corner



### Congratulations to our December Graduates!

Congratulations to our December graduates. We are very proud of you! If you are wondering what to do next don't forget about the various options available to you. Enrolling in a community college, entering the workforce, military or if you still are not sure please visit the following website [www.sdicregionalconsortium.org](http://www.sdicregionalconsortium.org).

This information is a guide to job training opportunities in the San Diego and Imperial Counties Community Colleges. Please keep in mind apprenticeship programs are also provided. An apprenticeship may include pay and on the job training. Graduates, if money is stopping you from accomplishing your future goals please stop by the counseling office to pick up scholarship information and visit [www.sdfoundation.org](http://www.sdfoundation.org).

The state of California requires the counselors to meet with every senior to complete an Academic Review. The main components of the academic review involve understanding transcripts, graduation requirements and evaluating each individual student's academic progress. We are near completion of meeting with each senior and parent. We may be calling to schedule our final meeting with students who have yet to complete their Academic Review. If you have not had a chance to attend, please contact your counselor to set up an appointment.

### ROP/Regional Occupational Program

<http://www.sdcoe.net/rop/>

The mission of the San Diego County Regional Occupational Program is to prepare a diverse population, 16 years of age and older, for further education, employment and occupational changes. ROP courses are available to anyone age 16 through adult. Over 265 tuition-free courses are offered per year. ROP college courses taken specifically for college credit may require payment of a tuition fee to a local community college; however, all ROP courses are available as tuition free.

### TESTING CALENDAR

#### California High School Exit Exam

Feb. 3rd and 4th (Seniors Only)

March 17<sup>th</sup> and 18<sup>th</sup> (10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> graders)

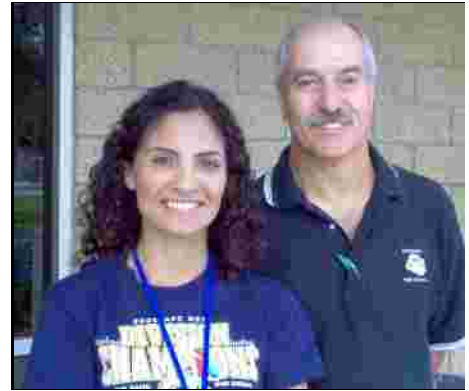
May 12<sup>th</sup> and 13<sup>th</sup> (Seniors & Absent 10<sup>th</sup> & 11<sup>th</sup> graders)

#### California Standards Test

April 21<sup>st</sup> - 28<sup>th</sup> (10<sup>th</sup> & 11<sup>th</sup> graders)

### Metropolitan Transit System

Bus schedules are available in the Front office, Routes 844 /845. Local fare is \$2.00; Day Pass is \$5.00; Monthly Pass for Youth (18 and under) is \$32.00. All San Diego County Ralphs, Vons, Longs Drugs, select Food 4 Less, and other locations offer selected regional monthly passes. For the pass sales outlet nearest you, call Regional Transit Information at: 619-233-3004 or 800-266-6883. For more transit information, please visit: [www.sdmts.com](http://www.sdmts.com).



Counselors: Veronica Flores and George Pantano

### Abraxas Counselors (858) 748-5900

A—L George Pantano ext 2205  
M—Z Veronica Flores ext 2206

### Caring Connections Center

The Caring Connections Center is a "family resource center". and part of the Student Assistance Program for the Poway Unified School District. The focus of service is for students in grades K-12 who may be experiencing any of the following: difficult situations at home or in school, depression, continued academic failure, involvement in violence-related behavior. please see your school counselor George Pantano and Veronica Flores for a referral or you may choose to contact the Caring Connections Center at (858) 668-4087.

### School Day Start / End Times

Period 1/2 .....7:45 a.m. to 8:55 a.m.  
Period 3/4 .....9:10 a.m. to 10:55 a.m.  
Lunch .....10:55 a.m. to 11:25 a.m.  
Period 5/6 .....11:30 a.m. to 1:15 p.m.  
School Dismissal.....1:15pm