



Del Norte High School

Counseling Newsletter

December 2020 - January 2021

HAPPY HOLIDAYS!



Winter break this year is Monday, December 21st – Friday, January 1st, with classes resuming on Monday January 4th. Since school will not be in session during this time, the office will be closed. Please plan accordingly.

PSAT RESULTS ARE EXPECTED THIS MONTH

College Board will release PSAT scores online to students beginning December 7. Once you get your confirmation email, follow the instructions to create your College Board account, and then use the access code to view your scores. *Communications are sent to the email address your student provided on the test answer sheet.* Please note: these scores and emails are not coming from Del Norte, but from College Board. **If you have problems accessing your account, you will need to contact College Board.**

UPCOMING 9TH, 10TH, & 11TH GRADE INFO NIGHTS

Please plan to attend our upcoming virtual parent information nights. We will present information on how to navigate high school and plan for college. Questions regarding course selection, how to read your student's high school transcript, college requirements, and more will be addressed. The dates are as follows:

- January 12 – 11th Grade College Info Night
- January 19 – 10th Grade Info Night
- January 26 – 9th Grade Info Night

These events will be from 6:00-7:00 p.m. A Zoom link will follow.

ACADEMIC SUPPORT

Do you need a little academic help in this new trimester? Below are a few places you can find support.

NIGHTHAWK 2.0 TUTORING has returned! Nighthawk Tutoring: Every Monday and Wednesday in the Library from 6:15-8:15 p.m. Click [here](#) to reserve a spot.

ACADEMIC ASSISTANCE

Peer Counselors are available for tutoring via Zoom during virtual learning. To schedule a meeting, please fill out the following form and a Peer Counselor will contact you.

<https://forms.gle/68nb777UeRd5NCYF7>

WHAT (WRITING HELP AND TUTORING)

Teachers have student tutors available during their Zoom tutorials and by special arrangement. Students can make their appointments through the scheduler on their MyConnect calendar. Not sure how to do that? See the WHAT Center Course in MyConnect for a “how to” video.

EMOTIONAL SUPPORT

In addition to the many social and emotional resources posted on the Del Norte High School Counseling webpage, Poway Unified also offers support. [PUSD Caring Connections Counseling](#): 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 offenses, alcohol, or other drug related behavior. Families may be referred by their student's school counselor or may choose to self-refer for assistance. (858)668-4084
Brochure in [English](#) [Spanish](#)
[Community resources during COVID-19](#)
[Parent education classes](#)

SENIORS APPLYING TO FOUR-YEAR UNIVERSITIES

- ✓ Check your student portal for each college to which you submitted an application. You will likely see a list of items in your student account that need to be completed. Colleges may also send you an email with items that require action. It is your responsibility to keep current with any requests.
- ✓ Submit a request to the Del Norte registrar if any of the colleges require an official transcript.
- ✓ If you have not already begun to do so, begin working on scholarships.
- ✓ Update your college acceptance status in your Naviance account.
- ✓ Send thank you notes to the people who wrote letters of recommendation for you.
- ✓ If you applied to colleges using the Common Application: You should have completed the steps on this [handout](#). Counselors will submit mid-year reports in January.

PLANNING TO ATTEND COMMUNITY COLLEGE?

Please attend Palomar's Virtual Information meeting using the Zoom link below:

Thursday, December 10

2:30 – 3:30 PM

<https://cccconfer.zoom.us/j/93634666885>

Seniors, if you would like assistance applying to Palomar Community College and the Promise application, please complete the interest form via the link on the Counseling Home page. Once we have 20 students, we will schedule a Zoom workshop with Palomar and the meeting information will be sent to you.

Plan to attend our virtual Community College Night in February. More information to come. Representatives from our local community colleges will present. Parents are encouraged to attend with their students.



COLLEGE FINANCIAL AID

The deadline for Seniors to apply and be eligible for California pell grants is March 2nd. Financial aid comes in the form of grants, loans, and scholarships. Some families choose not to file the financial aid documents believing they will not qualify for any aid. While individuals may not be eligible for federal grants, **filing the**



Free Application for Federal Student Aid (FAFSA) is required if you will be taking out any federal loans, and for many colleges and universities offering scholarships. To begin filing your FAFSA, [click here](#).

If you are interested in viewing the Zoom presentation from our Financial Aid Night, located on our Senior News webpage, [click here](#).

FALL SAT/ACT DATES

Class of 2021: CSU will temporarily suspend the use of ACT/SAT examinations in determining admission eligibility for all CSU campuses for the 2021-2022 academic year. This temporary change of admission eligibility applies only for the fall 2021, winter 2022 and spring 2022 admission cycles.



UC is "test-optional" for fall 2021 and fall 2022. Freshman applicants are not required to submit SAT/ACT test scores. You can choose to submit SAT/ACT scores with your application; however, if you are unable or choose not to submit test scores, your application will still receive full consideration.

Juniors: Due to the pandemic, testing availability is challenging and many colleges are test optional for fall 2022, including the UC system. It is typically recommended that you take the SAT and ACT with writing by the end of your junior year. You can also choose to take one or more of the SAT Subject Tests, in your areas of strength. For more information or resources click [here](#).

Please visit the the SAT and ACT websites for the most up to date information on testing during COVID-19.

SAT - Register at <http://sat.collegeboard.org>

ACT - Register at www.actstudent.org

SAT and ACT prep books are available for check out through the DNHS library.

Free Test Prep sites: www.khanacademy.org/sat

ENVISION 2021

The UC San Diego Student Chapter of the Society of Women Engineers (SWE) announces **Envision 2021** with virtual sessions every weekend from **February 6 -27, 2021**. The event is geared towards high school girls to educate them about career possibilities in engineering and computer science. For more information, see their website: <http://ucsdenvision.wix.com/envision>

WORK PERMITS

If your student is employed while still a minor, federal labor laws require he is issued a work permit. Minors must meet mandatory school attendance laws in order to obtain a work permit. Del Norte requires students maintain a GPA of 2.0 or better. The permits are required all year, including all school recesses, holidays, and during the summer, and must be renewed at the start of each new school year or at the time students obtain new jobs. Work permits must be kept on file at work sites and the student's school site. Minors work with the permission of the local school district, and work permits may be revoked if students violate school policies. Students may drop off completed work permit applications with security at the front office on Mondays from 1:30 – 3:00 p.m. Processed work permits may be picked up on Thursdays in the front office between 1:30 – 3:00 p.m. For forms and additional information see our website:

<https://www.powayusd.com/en-US/Schools/HS/DNHS/Counseling/Work-Permits>



SCHOLARSHIPS

Scholarships are entered into Naviance often. Click on the Colleges tab and then click on the Scholarship link. A few scholarships to consider this month:

San Diego County Ford Salute to Education

The purpose of the San Diego County Salute to Education scholarship program is to encourage students to seek a higher education at a vocational/technical school, junior college, college or university after graduating from high school. The program aims at recruiting students who deserve recognition for their personal accomplishments and contributions to their schools and communities. *Academic achievement is considered, but is not the determining factor in receiving a Salute to Education scholarship.* The San Diego County Salute to Education program will award a minimum of \$150,000 in scholarships to San Diego County senior high school students. In addition, one scholarship recipient will receive a new EcoSport, Mustang, Ranger, or the all-new Bronco Sport. Deadline: February 19, 2021.

The San Diego Foundation

This portal is for students interested in applying to local San Diego County Scholarships. The application launches December 2nd and closes on February 3, 2021. Please see the link <https://www.sdfoundation.org/students/counselors-advisors/>

The Coolidge – A Scholarship for America

Full-ride merit scholarship covering tuition, room, board, and expenses for four years of undergraduate study that may be used at any accredited American university. **Open exclusively to students in the 11th grade.** Deadline: January 2021. See website for details.

Diller Teen Tikkun Olam Award

For Jewish teens who have demonstrated remarkable leadership and are actively engaged in projects that embody the values of tikkun olam: "repairing the world." Award: \$36,000. Deadline: January 8, 2021.

Safe Jobs for Youth Poster Contest

Are you a California teen between 14 and 18? Design a poster highlighting job safety and health for teens and you could win a cash prize! All youth between the ages of 14-18 who live in California can submit a poster in any media: pen and ink, collage, paint, photography, computer, etc. Awards: \$100, \$200, \$300. Deadline: January 29, 2021.

VOLUNTEER OPPORTUNITIES

Find your next volunteer opportunity! TeensVolunteer.org is a database created by teens for teens, offering opportunities in San Diego and throughout California. Virtual and in-person

opportunities with a choice of organizations. Due to Covid, some opportunities have restrictions, so check with the organization before volunteering.

JANUARY PARENT TO DO LIST

1. Review grades with your student on My Plan.
2. Contact teachers by email or phone with questions and or concerns regarding your student's progress.
3. Watch for the 6-week progress report on 01/22/21.
4. Check the school & counseling websites for up-to-date information and resources.

Reminder: Tri 2 Finals March 10-12. Tri 3 Begins March 15.

The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD prohibits discrimination, harassment, intimidation, and bullying on the basis of actual or perceived race, color, ancestry, national origin, nationality, immigration status, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or group with one or more of these actual or perceived characteristics. For more information, please contact the Associate Superintendent, Personnel Support Services, Poway Unified School District, 15250 Avenue of Science, and San Diego, CA 92128-3406.