



Del Norte High School

Counseling Newsletter

March 2021

TRIMESTER 3 BEGINS MARCH 15

- ✓ Students will not receive a printed copy of their Tri 3 schedule. **Finalized schedules can be viewed on MyPlan Sunday, March 14 after 5 p.m. Schedules viewed before this date and time are not valid.**
- ✓ Only schedules with an open or a double period may be changed on the first day of the trimester. Please email your counselor a completed [schedule change request form](#).
- ✓ If you need a different class level, complete a schedule change form found above, and email it to your counselor. You will receive a reply from your counselor once your request has been reviewed.
- ✓ We will consider elective change requests **beginning the THIRD day of the trimester**. Most elective classes are full and your request may not be possible. List alternates on the change form.
- ✓ **Add/Drop deadline for Tri 3: March 26, 2021.**

AP EXAM REGISTRATION



Deadline for spring AP Exam Registration is March 1. These classes include: AP Calculus BC, AP Studio Art, and AP Psychology. The cost for an AP exam is \$100.

For all other classes with the exception of AP Calculus BC, AP Studio Art, and AP Psychology there will be an additional \$40 fee for late registration.

To complete an AP® Exam order successfully, students **MUST** submit an exam fee payment **AND** complete the **Join step on MyAP for EACH exam**. If you have already completed the above steps during the fall registration, there is nothing else to do. Click [here](#) for more information on our counseling website.

Submit AP exam payments

at: <https://apttestservice3.wufoo.com/forms/p1m5w5q51nqor8f/>

CRF SEASON

March 19th deadline

- **CRF Instructions found [here](#).**
- **All CRF forms and resources are available on our Del Norte website Counseling/Course Request 10th-12th found [here](#).**
- **Three steps: 1)** Students need to print their CRF, select 15 classes and alternates, both student & parent sign. **2)** Enter classes onto Synergy Course Request (Student Vue). **3)** Upload completed CRF onto Canvas.
- **Parent questions** – We encourage you to review resources provided on our counseling webpage. We have one remaining **virtual parent drop-in** time: **March 1 from 1:30 – 4:00 p.m.** Here is the Zoom link [information](#). The link is also posted on the [Counseling webpage/Course Request-10th 12th](#).
- **Student questions** – We encourage students to utilize resources on the counseling webpage and or talk with their current teachers to get their recommendation. Counselors are holding student drop-ins on **March 5 from 8:00-10:00 am and 1:00-3:00 pm**. Counselor zoom links found [here](#).
- **CRF DUE ON MARCH 19.** Students are required to upload their completed and signed **CRF form** to Canvas by March 19. If you are taking an AP class, you must also return a signed **AP contract**. Seniors selecting double off roll must include signed **12th Grade Double Off Roll permission form**.

COMMUNITY COLLEGE NIGHT

Del Norte High School will host a virtual Community College Night on Tuesday, March 16 at 6:00 p.m. Visit with representatives from Palomar, MiraCosta, Grossmont and San Diego Community College District

(Miramar). [See flyer.](#) Zoom link will be posted on our website.

8th GRADE FAMILY NIGHT

On Tuesday, March 23 from 5:30 to 7:30 p.m., Del Norte will host a virtual information night for current 8th grade students and their parents/guardians. Zoom link and more information to follow. Check the Counseling webpage under Course Request-Incoming 9th Grade. Additionally, DNHS counselors will virtually visit D39 and OVMS 8th grade classrooms March 17 -19 to share 2021-22 course selection information.

PALOMAR COLLEGE EVENTS



The flyer is titled "What's Coming Up?" and features the Palomar College logo. It lists several key dates and events for students:

- ★ Feb 23 (English) Info Nights with Financial Aid**
★ Feb 25 (Spanish) www.palomar.edu/outreach/infonights
- ★ March 2 FAFSA, Dream Act, Palomar Promise...**
It is recommended to apply for the FAFSA, Dream Act and Palomar Promise by March 2 to receive consideration for the most aid available to the applicant.
www.palomar.edu/fa
www.palomar.edu/palomarpromise
- ★ March 8 2021-22 Scholarship Deadline**
www.palomar.edu/fa/scholarships
- ★ April 19 - 23 Palomar Preview Days**
www.palomar.edu/outreach/preview
- ★ May 3 Summer & Fall Registration Begins**
my.palomar.edu

At the bottom, it asks "How can we help?" and provides contact information for Outreach Services: www.palomar.edu/outreach, outreach@palomar.edu | (760) 744-1150 Ext. 3756

SENIOR REMINDERS

- **March 2 is the deadline to submit FAFSA** (free application for federal student aid, <https://studentaid.gov/h/apply-for-aid/fafsa> for consideration of many state financial programs such as Cal Grant.

-California Seal of Biliteracy: if you have met the requirements found here – <https://www.powayusd.com/en-US/Schools/HS/DNHS/Counseling/CA-State-Seal-of-Biliteracy> Please email the completed application to the registrar, Mrs. Malimali, at tmalimali@powayusd.com The deadline is April 1. Please include a transcript request form, which can be found in the document resources on Naviance or on the Counseling webpage for the CA State Seal of Biliteracy.

-If you have applied to college, continue to check your student portal on a regular basis.

-Remember senior grades can affect college admission, so please continue to be diligent in your studies.

-Continue to work on scholarship applications.

- May 1: Seniors who will attend a 4-year college in the fall must submit their Intent to Register, which includes a deposit, no later than May 1. Also, notify schools you will not be attending.

JUNIOR REMINDERS

Class of 2022 SAT/ACT test requirements for 4-year college admissions: The college admissions standardized testing world continues to change. Generally, what we are hearing from colleges is that many will continue to be test optional/not required for the class of 2022, but you need to be aware that things keep changing and each university has different requirements. If you have a university in mind, continue to monitor their admissions requirements posted on the college website(s). If you can take test and do well, that may be considered by some schools as a benefit, but other schools may not factor in their admissions decision. For many colleges you can take the tests up to December of your senior year, but for many the cut off is October. Check the college and university websites to see what their admissions testing policies are and the test date cutoff is. Check websites of specific universities to which you are thinking of applying.

-College applications begin next fall, so spring Break is the perfect time to research colleges, take virtual tours, and create your list in Naviance of colleges you are considering.

-Attend virtual spring college representative visits. View the spring schedule of rep visits and sign up to attend in Naviance.

-Research summer enrichment opportunities and internships. A list of each can be found in Naviance.

Attend a virtual [National College Fair](#) Various opportunities and geographical areas available online. Visit the above link for details.

Attend virtual WACAC Fairs [here](#).

CAREER EVENT SERIES

The San Diego County Office of Education is hosting a series of career events for students this spring:

- Resilient Careers: Explore Your Future in Health and Biotech — April 19-23
- CreaTech — April (dates TBD)
- Master Chefs — May (dates TBD)

For the most up to date information visit San Diego County Office of Education [website](#) or follow @PowayCTE on Instagram and or Twitter for more information on college fairs, career events, scholarships and more!

TUTORING OPPORTUNITIES

WHAT tutoring: Writing help from peers on campus. WHAT tutors are trained to use a conference-centered approach to tutoring and are ready to help with any type of writing (essays, labs, research papers and projects, etc.); tutors can even help with note taking and with preparing for speaking assignments. During trimester 3, the WHAT Center will also offer several small group workshops on topics like on demand writing and avoiding plagiarism in research writing. The WHAT Center will offer tutoring every Monday, Wednesday and Thursday during tutorial via Zoom. We will also have a small number of tutors available on Mondays and Wednesdays at Nighthawk Tutoring from 6:15 – 7:15 p.m. You can make an appointment for the WHAT Center up to two weeks in advance by signing up on your Canvas calendar. Not sure how to do that? See the WHAT Center Course in Canvas for a “how to” video.

Chemistry tutoring: Need chemistry help? The science department has tutors available every tutorial in Ms. Callicott’s Zoom. The tutors are extremely knowledgeable in all chemistry subjects, whether it be anything from Acid-Base Equilibrium to Stoichiometry. They also have tutors for both Chemistry 1-2 and AP Chemistry. Sign up here: <https://vchung2014.wixsite.com/dnhsctc>

UPCOMING SAT/ACT DATES

Class of 2022:

- CSU has suspended the use of ACT/SAT examinations in determining admission eligibility for all CSU campuses for the 2022-2023 academic year. This temporary change of admission eligibility applies only for the following admission cycles: fall 2022, winter 2023, and spring 2023.
- UC is "test-optional" for 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.



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

ACT - Register at www.actstudent.org

SPRING COLLEGE REP VISITS

Juniors, it is time for you to start thinking about your college plans! Del Norte continues to have virtual college representatives visiting through the spring. Take advantage of this opportunity to get your questions answered and learn about college opportunities. Below are a few universities that are currently scheduled. For more details and future dates, refer to Naviance.

March 1 @ 11:25 a.m.

- University of Illinois at Chicago

March 8 @ 11:25 a.m.

- University of Missouri-Columbia

March 9 @ 2:30 p.m.

- University of New Hampshire – Main Campus

March 10 @ 11:25 a.m.

- Pace University-Westchester Campus

March 11 @ 11:25 a.m.

- **Willamette University**

March 12 @ 11:25 a.m.

- Embrey-Riddle Aeronautical University-Prescott

March 16 @ 2:30 p.m.

- Texas Tech University

March 24 @ 11:25 a.m.

- Lynn University

CAREER PRESENTATIONS

Each spring the Counseling Department hosts career presentations. This year we continue the tradition virtually. We will also be focusing on the [CTE Pathways offered by PUSD](#). These lunchtime visits give students the opportunity to learn first-hand about different professions that might interest them as well as classes offered at Del Norte to fulfill a pathway. This is a wonderful opportunity to connect with professionals in our community. If you are a parent in the community and would like to host a virtual career presentation, please email Sue Reich at sreich@powayusd.com

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

All of the below dates will be hosted virtually during lunch, 11:25-11:55 a.m. [Join Zoom Meeting](#)

- March 1st Marketing
- March 3rd Small Business Owner
- March 16th Biotech/Medical
- March 23rd Engineering (Fitbit)
- March 31st Information Communication Technology
- April 5th Middle School Counselor
- April 7th Careers in Architecture

March 24th Sony Engineering Career Session Sign-up:
[CLICK HERE](#)



STEM TALK SERIES

The SDSU Femineer and Women in Engineering Programs are excited to announce their virtual STEM Talks of the semester featuring **Motorola Solutions' Women of the West on March 5th**, and **Navair on April 16th**, all from **2:00-3:15pm!** Registration is required to participate in all events. All students are welcome to attend, female students are highly encouraged! The event uses a webinar Zoom feature that gives added virtual security throughout the event for our middle and high school participants!

Navair Registration
Link: <https://bit.ly/STEMTALKNAVAIR>

Motorola Solutions Registration
Link: <https://bit.ly/STEMTALKWOW>
(links are case sensitive)

"SAY SOMETHING" SANDY HOOK PROMISE

This event is ongoing throughout the month of March. Say Something celebrates student up standers and trusted adults. This movement empowers students to use their voices to raise awareness about important topics and prevent tragedies when they "see something, say something." Stand with the DNHS SAVE Promise club, show your support by participating in our virtual activities, and learn more about the signs of violence. Be sure to follow us @dnhssavepromise on Instagram to learn more about Say Something and listen as The SAVE Promise Club members discuss COVID safety as we prepare for the return to in-person learning.

PEER COUNSELING

Congratulations to the students selected as Peer Counselors for the 2021-2022 school year!

SCHOLARSHIPS

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

CalRTA Foundation - The Scholarship Foundation, Inc., of the California Retired Teachers Association North San Diego County is awarding scholarships to graduating high school seniors who will attend a California public community college or state university (CSU or UC). The applicant must have a goal of pursuing a career in the field of education. Scholarship checks will be awarded upon receipt of the student's proof of acceptance and enrollment for the fall semester including a class schedule of 12 units. Maximum award is \$1,500. Deadline is March 8.

Gayle Kennedy Memorial Scholarship - The Gayle Kennedy Memorial Scholarship is being awarded by the **Poway Chapter of the National Charity League** in recognition of Gayle Kennedy's devotion to education and to the community. Scholarships will be granted each year to deserving girls from the high schools in the Poway Unified School District. The scholarships will be awarded to students who have demonstrated a financial need, a commitment to pursuing education as a career choice, and a proven record of accomplishment of volunteering in the community. Deadline is April 30.

Lockheed Martin STEM Scholarship - Lockheed Martin launched the STEM Scholarship Program in 2018 as an investment in the next generation of STEM talent. We are committed to providing access to pathways through education and into the STEM workforce for all students, particularly those from diverse backgrounds and communities historically underrepresented in STEM fields.

Each year, the STEM Scholarship Program awards \$10,000 to 200 recipients studying engineering or computer science at a 4-year college or university. Recipients may renew the scholarship up to three times for a total potential value of \$40,000 per student. Deadline is April 1.

Point Loma Credit Union - MyPoint scholarships are available to members of the credit union. Students who are not currently credit union members are welcome to join in order to enter to win a \$2,500 scholarship. Three scholarships will be awarded to outstanding students. Deadline March 31.

MTS, Coca Cola & the San Diego County Office of Education Free Laptop Essay Scholarship - This contest is open to all high school students, grades 9-12. The Metropolitan Transit System will be introducing a new fare collection system in the summer called PRONTO. This new system will have enhanced features and online tools that will change the rider experience for the better, modernizing the way riders pay to ride transit.

Identify your top three favorite PRONTO features and/or tools, and explain why they will make a difference for riders, or how they are different from today's Compass fare system. Explain some of the ways MTS should reach students through different communication tools including social media. What social media are best for reaching young students and why?

Essays should be a minimum of 750 words and a maximum of 1,000 words. All entries are due by Sunday, April 16, at 11:59 p.m. PST. Click [here](#) for more information.

California Armenian Legislative Caucus Scholarship - The California Armenian Legislative Caucus is holding two scholarship contests for the commemoration of the Armenian Genocide. California high school students in 9th - 12th grade are invited to participate in an essay

contest and/or a visual arts contest to increase greater awareness of the Armenian Genocide on its anniversary. The visual arts scholarship is a joint venture between the California Armenian Legislative Caucus and the California Arts Council. Deadline is April 9.

ENRICHMENT OPPORTUNITIES (INTERNSHIPS, SUMMER PROGRAMS, VOLUNTEERING, ETC.)

A complete list of all opportunities is available in Naviance under the Enrichment Programs link. Log into your account for detailed information on each event.

Find your next volunteer opportunity!

TeensVolunteer.org is a database created by teens for teens, offering opportunities in San Diego and throughout California with virtual and in-person opportunities with a variety of organizations. Due to Covid, restrictions may apply so check with the organization before volunteering.

2021-2022 Student Board Member – Attention High School Juniors! The Poway Unified Board of Education has an opening to serve and represent all students at the board meetings. All juniors in good academic standing are eligible to apply. Commitment is from August 2021 to June 2022. Get an application from your ASB advisor or school principal. Applications can also be found at the PUSD website at www.powayusd.com Click on "Board" menu and select Student Board on the bottom left. Completed applications must be received no later than 4:30 p.m. on March 31, 2021, and may be emailed to cpaik@powayusd.com

American Red Cross Volunteer - If you would like to become an American Red Cross Youth Volunteer and are between the ages of 13-17, please find the application [here](#).

Palomar Health Hospital Internship – Must be 16 years of age. You will assist with daily rehabilitation exercises, delivering food trays and assisting with meals, transporting specimens from the lab, interacting with patients, and administrative support within the department. For more information click [here](#).

“Life isn't about finding yourself. Life is about creating yourself.”

— **George Bernard Shaw**

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.