



Del Norte High School

Counseling Newsletter

April 2019

COURSE REQUESTS

Thank you for assisting your students as they completed their course request forms for the 2019-20 school year. The Counseling department will be in classrooms over the next few weeks presenting college and career planning information and training students on Naviance. Counselors will meet with students individually to review their course requests and academic plans. Thank you for understanding that counselor availability will be limited during the month of April.

AP TESTING INFORMATION



AP testing starts Monday, May 6th and continues through Friday, May 17th. Please click [here](#) to see the AP exam schedule. If you are taking an AP test, you **must** attend a pre-registration session sometime during April 23 - 30. You already selected a session when you registered for your AP exam. If you forgot which session you selected, check your Total Registration confirmation email. You will also receive an email reminder as the date gets closer. Please mark your calendars for this mandatory preparation for your AP exam. The sessions are in the Performing Arts Center:

- 4/23 8:00-9:00 a.m.
- 4/24 3:40-4:40 p.m.
- 4/25 3:40-4:40 p.m.
- 4/30 8:00-9:00 a.m.

COMMUNITY COLLEGE/TRADE FAIR

Don't miss out on this opportunity for **all** students to explore community colleges and other training opportunities on Wednesday April 24th during lunch

1:17 – 1:47 p.m. in the quad. Representatives from Palomar, Grossmont, Mira Costa colleges and San Diego Community College district will be present. We will also have representatives from Paul Mitchell, Bellus Academy, Associated Builders & Contractors, Fashion Institute of Design & Merchandising, as well as representatives from the armed forces: U.S. Marine Corps, U.S. Navy, and the U.S. Army.

“Nursing Revealed” workshop hosted by **SDSU Student Nurses Association**, free event for high school and community college students on Sunday, April 14th, 10:00 a.m. – 2:00 p.m. at San Diego State University, Adams Humanities Building (AH2108). Come learn about SDSU's nursing program, meet students and professors, and practice hands on skills. Lunch included. Register at [Nursing Revealed Registration, Sun, Apr 14, 2019 at 10:00 AM | Eventbrite](#)

Annual Splash at UCSD

4th Annual Splash for High School Students at UC San Diego School of Medicine, Saturday, April 20, 9AM to 5 PM. featuring a variety of classes and workshops designed for high school students and taught by UC San Diego undergraduates, grad students, postdocs and faculty. Register online by April 16th. Registration is on a first come, first served basis. Click [here](#) for more information.

PUSD class **“What I Wish My Parents Knew”**, April 9th, 6:30 – 8:45 p.m. at Del Norte High school. Click [here](#) for more information.

GRADUATING SENIORS - COMMUNITY COLLEGE FIRST YEAR EXPERIENCE

If your plan is to attend a community college in the Fall, you may want to consider participating in special first-year programs available at Palomar College or in the

San Diego Community College District (Miramar, Mesa, or City Colleges). Due to Del Norte's proximity to these particular campuses, students have an advantage by participating, as outlined below. If you plan on attending another campus or have community college questions in general, please see Mrs. Reich or Mrs. Stone in the Nighthawk Center for assistance.

Miramar, Mesa or City Colleges: The San Diego Community College district offers the San Diego Promise program. The San Diego Promise is a two-year completion program for recent high school graduates enrolled full-time (12 units per semester). The program provides up to two years of free tuition to eligible students. Participation in the Promise program comes with a variety of benefits: an assigned peer mentor, counseling retention & interventions, and additional campus engagement opportunities. See the [link](#) for more information. Also, don't miss out on the Miramar College Open House, April 25th from 6 – 8:30 p.m. Please see attached [flyer](#). And lastly, on Saturday, April 27th, Miramar College will host their Super Saturday event from 8:30 a.m. – 1 p.m. where students can complete all enrollment steps to be eligible to receive priority registration for the Fall semester. Please see attached [flyer](#).

Palomar College: For those students that attended the Palomar Promise workshops over the past few months and completed their application process, we have a follow up visit to Palomar tentatively scheduled for May 8th. Palomar representatives will present registration and academic information along with campus tours. Bring a sack lunch or money to purchase food in the food court. Anyone interested in attending needs to have a Palomar ID number (received after completing the online registration process). For more information or to sign up, please see Mrs. Stone in Counseling. Deadline to sign up is Monday April 29th and permission slips are due by Tuesday, April 30th.

NATIONAL COLLEGE FAIR

On Thursday April 18th, The National Association for College Admission Counseling (NACAC) is hosting a National College Fair in San Diego with admission representatives from hundreds of colleges and universities. For pre-registration and more information click [here](#). This event is during our spring break this year, so families can attend during the day or evening.



SENIOR REMINDERS

- Find important timelines [here](#) on our Senior Calendar Newsletter.
- Continue to work on scholarship applications.
- Seniors who will attend a 4-year college in the Fall must: 1) Submit their Intent to Register, which includes a deposit, no later than May 1st. Also, notify those schools which you will not be attending. 2) Request a final transcript through the registrar's office in May. Seniors have many end-of-the-year activities. Information can be found on the Del Norte website. Go to the ASB webpage and click on the Senior Activities tab. Parents, please review this with your senior.
- As part of the senior exit process, students will need to complete a mandatory Senior Exit Survey in Naviance beginning May 1st, which must be completed by May 13th.
- If you are planning to attend a 4-year university this Fall, keep in mind the college's offer of admission is conditional upon 1) earning C's or better your senior year, 2) completion of senior courses reported on application, and 3) GPA not dropping. If you have not met all of these conditions, you need to email college admissions to explain your circumstance. Be sure to document your correspondence with the college admissions office.



JUNIOR REMINDERS

- Take SAT/ACT exams in May or June if you haven't taken them yet.
- AP Exams are in May, and mandatory pre-registration sessions in April. See AP information above.
- Use spring break to research and enter colleges into Naviance. Log in and access "Colleges I'm Thinking About" from the Home page. You'll be able to work from this list in the Fall when you begin applying to college and move them to "Colleges I'm Applying to."
- Research summer enrichment opportunities and internships. A list of each can be found in Naviance

under “Colleges Home,” “Research Colleges” and then “Enrichment Programs.”

-Attend the [National College Fair](#) on April 18th at the San Diego Convention Center.

UPCOMING SAT/ACT DATES

Juniors: We recommend you take the SAT and ACT with Writing by the end of your junior year. You can also choose to take one or more SAT Subject Tests in your areas of strength. For more information or resources click [here](#).



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

SAT Test Date	Registration Deadline	Late Registration Deadline
May 4	April 5	April 24
June 1	May 3	May 15

ACT (Register at www.actstudent.org)

ACT Test Date	Registration Deadline	Late Registration Deadline
June 8	May 3	May 4-20
July 14	June 15	June 16-22

TESTING AND EDUCATIONAL REFERENCE CENTER

PUSD has a free online test prep resource that includes links to three SAT practice exams (updated for 2016), three ACT practice exams, one PSAT practice exam and online courses for SAT, ACT and PSAT. It also includes two full length AP practice exams for almost all of our AP courses, plus many other career and interest links. You can access this great resource from the [Library Database page](#) on the Del Norte website under the Academics tab. The password is “nighthawks”.

College Visits at Del Norte

- **Colorado Mesa University** – Tuesday, April 2nd during break 11:22 a.m.
- **UC Merced** – Wednesday, April 3rd during lunch 1:17 p.m.
- **California Institute of Arts & Technology** Thursday, April 4th 1:17 p.m.

Career Presentations

- Tuesday, April 2nd 12:42-1:12 p.m. – Software Engineer from Qualcomm
- Wednesday, April 3rd 1:17-1:47 p.m. – SDSU Lecturer in Child & Family Development
- Thursday, April 4th 1:17-1:47 p.m. – Clinical Research Manager (Science)

Five College Visits, One Local Stop

Exploring Educational Excellence – a travel consortium of Brown, Columbia, Cornell, and Rice universities, and the University of Chicago, will be visiting our area soon to offer an information session for prospective students and their families. They will be in San Diego Tuesday, April 30th. To learn more and to RSVP, please visit <https://exploringeducationexcellence.org/>

Prom Dress Giveaway

Do you have a dress for prom? *The Princess Project of San Diego* is helping to make prom dreams come true. Visit their website for more information and to book an appointment. <http://www.princessprojectsd.org/>

SCHOLARSHIPS

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

MTS & Coca Cola Free Laptop Scholarship – Open to high school students grades 9-12. 40 laptops awarded. Entrants will write a persuasive essay telling San Diego residents why they should **Choose Transit**. Minimum of 750 words and a maximum of 1200 words per essay. Entries are due by Sunday, April 7, at 11:59 p.m. PST.

APSM Scholarship – If you are interested in education as a profession, contact your counselor to be nominated for this scholarship. Selection criteria: The student's future goals include a career in the field of education and the student has successfully overcome adversity and exhibited resiliency. Award: \$500. Due date: TBD

America Library of Poetry -- Have a knack for poetry? Contest open to grades 3 – 12. Submit a poem with no more than 20 lines in any style in the topics of Pride in America, friendship, feelings, nature, dreams, aspirations, or anything that inspires creativity. \$50 - 500 award. Deadline: 4/30

Henry Williams Scholarship Fund -- Applicant must be a graduating senior in their last semester of high school and planning to attend college or a vocational school. This scholarship is only for residents of San Diego County. Scholarships of \$1,000 will be awarded to students attending four year institutions carrying a minimum of 15 units. Scholarships of \$500 will be available to students attending 2 year or vocational/technical institutions carrying a minimum of 8 units. Deadline: 4/30

RB Choral Scholarship -- Over the past 41 years, the RB Chorale has awarded approximately \$300,000 in musical scholarships to deserving San Diego County High School seniors. Open to all graduating students with musical talent in voice, piano, string, wind, brass, percussion, or any other instrument. Application deadline is April 20th. Auditions will be held May 11th. Applications available at [HOME](#)

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

A complete list of all opportunities is available in Naviance under the Enrichment Programs link (click on the colleges tab, then Enrichment Programs). Log into your account for detailed information on each event.

VOLUNTEER OPPORTUNITIES

Del Norte Juniors! Poway Unified is looking for a student representative to serve on the Board of Education for 2019-20. A Nighthawk as the representative would be great! Click [here](#) for more information. Deadline to apply is April 30th.

Rolling Hills Elementary is looking for middle and high school students to help with their **KidsFest** on Saturday, May 4th. They need help with set up, face painting, auction, and clean up. Sign up at <https://www.signupgenius.com/go/60b0e44acaf2fa0fe3-20193>

Helen Woodward Animal Center 2019 Critter Camp Junior Volunteer - At the Helen Woodward Animal Center, people help animals and animals help people. The Center serves the community by teaching and practicing humane behavior toward man and all living things. They are in need of volunteers for Spring Break and Summer Camps, volunteers need to be at least 14 and or entering the 9th grade in the Fall of 2019. This is

a fun opportunity to get volunteer hours for college. Click [here](#) for more info.

Outpost Summer Camps located in Rancho Penasquitos and Poway, is seeking individuals for their Junior Counselor program. Junior counselors work one-on-one with a mentor, gain valuable leadership skills, and build confidence through autonomy. Sessions are two to three weeks long throughout June – August. For more information click [here](#). Great opportunity for volunteer hours.

SUMMER JOB OPPORTUNITY

The City of Carlsbad is hiring summer positions: lifeguards, recreation leaders, TFIG concert crew maintenance assistants and supervisors. <https://www.governmentjobs.com/careers/carlsbad>