



Del Norte High School

Counseling Newsletter

March 2019

END OF TRI 2, BEGINNING OF TRI 3

The beginning of Trimester 3 is March 11th. Some important reminders for the beginning of the trimester:

- ✓ Students, you will not receive a printed copy of your Tri 3 schedule. Please look on MyPlan on Sunday, March 10th **after 5 p.m.** to see your current schedule. Print it at home, or view it on your phone. Schedules viewed before this date and time are not valid.
- ✓ If you need a schedule change - only schedules that have an open or a double period can be changed on the first day of the trimester. Come to Counseling during **that** class period.
- ✓ If you need to be in a different class level, complete a schedule change form found [here](#), and turn it into the box in the Nighthawk Center. You will receive information from your counselor as soon as your request has been reviewed.
- ✓ If you want to change an elective: **Beginning the THIRD day of the trimester**, you can complete a schedule change form and return it to Counseling. Please understand most elective classes are full.
- ✓ **Add/Drop deadline for Tri 3: March 27, 2019.**

AP EXAM REGISTRATION



AP exam registration opened on January 30th. Your student was given an informational newsletter provided to us by College Board regarding AP testing. Please review this information carefully. Regular registration closed on February 27th at 11:59 p.m. Late registration, which assesses an additional \$20 fee, closes on March 6th at 11:59 p.m. Click [here](#) for more information on our counseling website.

CRF SEASON

Counselors were in classrooms

before break to present information to students about selecting classes for next school year. Each student was given a CRF (Course Request Form) and an instruction packet on how to complete the form and enter classes on MyPlan. You can view the classroom presentations, and obtain all instructions and information [here](#). Please note:

- If students have questions on their course selection, they are encouraged to talk with their current teacher for recommendations or their counselor during break or lunch.
- If parents have questions regarding the CRF, we have two parent drop-in times: Feb 27th and March 4th from 2:00 – 4:30 p.m.
- **CRF DUE ON MARCH 15th**. Students return completed CRF form and printed copy of class selection to Homeroom teacher. If you are taking an AP class, you must also return a signed AP contract.
- Seniors selecting double off roll must include signed parent permission form.



8th GRADE FAMILY NIGHT

On March 19th from 5:00 p.m. to 7:30 p.m. Del Norte will host an information night for incoming Freshman and their parents/guardians. Help us spread the word to any families that might be interested.

SENIOR REMINDERS

- Find Senior Newsletter [here](#).
- **March 2nd is the deadline to submit FAFSA** (free application for federal student aid; www.fafsa.ed.gov for consideration of many state financial programs such as Cal Grant.
- If you have applied to college, continue to check your student portal on a regular basis.

- Remember that senior grades can affect college admission, so please continue to be diligent in your studies.
- Visit college campuses if you are still undecided.
- 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 1st. Also, notify those schools you will not be attending.

JUNIOR REMINDERS

- Take SAT and or ACT this spring.
- College applications begin next Fall, so Spring Break is the perfect time to visit colleges and create your list in Naviance of colleges you are considering.
- Attend college representative spring visits in the Nighthawk Center.
- Research summer enrichment opportunities and internships. A list of each can be found in Naviance.
- [National College Fair](#) will be held on April 18th at the San Diego Convention Center, 9 a.m. – 12 p.m. and in the evening from 6 – 8:30 p.m.

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 some small group workshops on topics like "Documenting Your Sources in Research Writing" and "Improving Your Style with Sentence Structure." The WHAT Center is located in G117 and is open every Monday, Wednesday and Thursday during tutorial and period 5 for off roll students. Students can make an appointment for the WHAT Center up to two weeks in advance by signing up on their MyConnect calendar. Here's how: On the main MyConnect calendar page, make sure WHAT is turned on in your course list. Look for a day you would like to come in to the WHAT Center and click on the appointment on your calendar. Click on "reserve" at the bottom of that page and you are done! NOTE: If you do not want to get notifications about WHAT Center appointments and workshops, please go to your Settings in MyConnect, then go to "Notifications" and

adjust your settings. Sorry, but the WHAT Center cannot do this for you.

Chemistry tutoring: Need chemistry help? The science department has tutors available every tutorial in Ms. Callicott's room K104. 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://lucycao.wixsite.com/dnhsctc/sign-up-for-tutoring>

AP European History tutoring: Do you need help with APEC? If so, there is an APEC tutoring club where tutors meet in Ms. Volger's classroom L114 during tutorial time. Tutors may not be in L114 every tutorial so feel free to see Ms. Volger for more information on the tutor's schedules.

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 strengths. For more information or resources click [here](#).



SAT (Register at [The SAT | SAT Suite of Assessments – The College Board](#))

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
April 13	March 8	March 9-25
June 8	May 3	May 4-20
July 14	June 15	June 16 - 22

Spring College Visits

Juniors, it is time for you to start thinking about your college plans! Del Norte continues to have 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 SAT dates, refer to Naviance.

Monday March 4th during break (10:37 a.m.)

- University of California, Santa Cruz
- University of Florida
- The University of Iowa
- Seton Hall University

Monday March 11th

- University of Houston (at break 10:37 a.m.)
- The University of Arizona (at lunch 1:17 p.m.)

Career Presentations

Each spring the Counseling Department hosts career presentations in the Nighthawk Center during lunch. These lunch time visits give students the opportunity to learn first-hand about different professions that interest them. This is a wonderful opportunity to connect with professionals in our community.

Upcoming Lunch Time Career Presentations:

- March 14th Lawyer/Law Professor
- March 19th ABC Construction – Apprenticeship
- March 20th – Physicist
- March 26th – Business Owner, Professional Organizer
- March 27th – Electrical Engineer from Fitbit

If you are a Del Norte parent and would like to volunteer about an hour of your time sharing information about your career, please sign up for an opportunity at:

<https://www.signupgenius.com/go/5080e4eafa822a5f94-career1>

SCHOLARSHIPS

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

Kiwanis Club of Rancho Bernardo – Dr. Hap Neufeld Memorial Scholarship – Scholarships are available to deserving high school seniors from Mt. Carmel, Westview, Rancho Bernardo, Del Norte, and Abraxas high schools. See Naviance for details and application. Deadline is April 19.

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 7.

Gayle Scholarship Kennedy Memorial - 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 track record of volunteering in the community. Extended to March 15.

Lockheed Martin STEM Scholarship - Calling all STEM Scholars! Lockheed Martin has launched a new scholarship program to provide opportunities to students who want to build their talents and change the world! Beginning in 2019, we are awarding 200 scholarships of \$10,000 per student renewable each year. The program will continue to add up to 200 new recipients each year, and will be open to individuals studying engineering or computer science that demonstrate financial need and come from underrepresented or underserved communities. See Naviance for more details. Deadline March 12.

Ayn Rand's Novels' Essay Contest - Ayn Rand's novels are inspiring and intellectually challenging. But they can also be financially rewarding for high school and college students. The Ayn Rand Institute sponsors annual essay contests that offer over 750 prizes and \$130,000 in prize money each year. Click [here](#) for more information. Deadline April 25.

Point Loma Credit Union -- PLCU scholarships are available only to members of the credit union. Students who are not currently credit union members are welcome to join in order to apply for a \$2,500 scholarship. Deadline March 31.

MTS & Coca Cola Free Laptop Essay Scholarship -- This contest is open to all high school students, grades 9-12. 40 laptops will be awarded. Entrants will write a

persuasive essay telling San Diego residents why they should **Choose Transit**. Essays should be a minimum of 750 words and a maximum of 1200 words. All entries are due by Sunday, April 7, 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 2019 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 8.

Resource Conservation District Scholarship—Up to 7 scholarships of \$1,000 each will be awarded to students pursuing further education in the fields of resource conservation, environmental sciences, biology or agriculture. Applicants may be entering a community college or a 4-year college or university. Scholarship recipients will collect their prizes at their school's Senior Award Night. Deadline is April 8.
www.rcdsandiego.org

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.

San Diego Miramar College Science Department presents “Science Month March 2019, Science Fun for Kids 5 to 99” on Saturday, March 9th from 9 a.m. to noon. Free parking on campus. Please see attached flyer for information. [..\Science Festival flyer 2019.pdf](#)

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**