



Del Norte High School

Counseling Newsletter

September 2020

WELCOME TO THE 2020 - 2021 SCHOOL YEAR!

We hope the new school year of virtual learning is off to a great start for all new and returning students. As a means of communication with our families, the counseling department will be sending this newsletter out each month through Naviance to provide you information on counseling related items occurring on and off campus, advice as you maneuver through the career selection and college application process, as well as guidance on a wide-range of topics. You can also find answers to many of your questions by accessing our school website

<https://www.powayusd.com/en-US/Schools/HS/DNHS/Home>

DEADLINE TO ADD/DROP CLASSES FOR TRIMESTER 1: WEDNESDAY, 9/16/20.

Counseling website/Social Emotional Resources:

<https://www.powayusd.com/en-US/Schools/HS/DNHS/Academics/Counseling/Social-Emotional-Resources>

We hope you and your family are well and managing the challenges of this pandemic. There are various resources on our counseling website, including food, daycare, and mental health services. Please do not hesitate to reach out to your child's counselor via email if we can provide additional support.

WHAT IS NAVIANCE?



We use Naviance to disseminate information, provide a resource for career/college data, and offer a listing of

scholarships and enrichment activities. In addition, Naviance provides:

- Access to important student data (such as GPA, counselor, etc.)
- Career assessments
- College rep webinar schedule and sign up
- E-mail messages & newsletters from the counseling department
- Enrichment programs such as summer college programs
- Extensive scholarship database
- Occupational search/employment info
- Scattergrams comparing student academic history to previous Del Norte graduates for college acceptance

Parents must have a current email on file in Synergy to access Naviance. If registering for the first time, please contact the Counseling Department and a temporary password will be sent to your email. Parents, your user ID will be your current email that is on file in Synergy. If you need to reset your password, please click on the "Forgot your password" link and temporary password will be sent to you.

Students registering in Naviance for the first time should send an email to Mrs. Reich, sreich@powayusd.com or Mrs. Stone, jastone@powayusd.com to set up your account. You must have a personal email account, (not @stu.powayusd.com) to set up and utilize Naviance. If you have a current email in Naviance, click on the "Forgot your password" link and a temporary password will be sent to your email to update your password.



PSAT

The PSAT will be administered at Del Norte on **Saturday, October 17th** from 8 a.m. – 12 p.m. for tenth and eleventh graders. Cost is \$25.00, non-refundable. The PSAT, also known as the Preliminary SAT, is a

chance for students to practice taking the SAT in a real-world testing environment. Students are assessed in reading, math and writing levels. Co-sponsored by the College Board and the National Merit Scholarship Corporation, *eligible 11th grade students may qualify for future scholarship and honor opportunities*. Results are found online through CollegeBoard.org, typically sometime in late December or early January. Each student is provided with a personalized report giving vital feedback based upon strengths and areas of needed improvement. Sign up [here](#).

Processing of Work Permits during Virtual Learning

Students may drop off completed work permits 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:

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

SENIORS: UPCOMING EVENTS

- **College Presentation series will be recorded and posted on Naviance:**
 - Sept 18th**
 - **12th Grade College Presentation**
 - Sept 22nd**
 - **Common Application Presentation**
 - **UC Application Presentation**
 - Oct 3rd**
 - **CSU Application**
- **Application Workshops** - Seniors can **virtually drop-in** to work on their college applications. DNHS counselors will be available to assist with questions. Zoom link to follow.
2:20 – 3:30 pm
Oct. 5, 12, 19, 26, and Nov 2, 9, 16, 30
- **Free Application for Federal Student Aid** opens Oct. 1st <https://studentaid.gov/h/apply-for-aid/fafsa>
- **Financial Aid (Virtual) Presentation** – Oct 6th @ 6:30 pm, SENIORS and their parents should **plan to attend this live, virtual event**. Zoom link to follow. Presented by UCSD Senior Financial Aid Counselor Yvonne Borrego.

SENIORS: TRANSCRIPT & COLLEGE PACKET

Seniors can drop by Del Norte front office to pick up a copy of their transcript: September 22- 25 from 1:00 – 3:00 p.m. **MASK AND ID REQUIRED.**

Senior College packet was emailed to seniors and their parent/guardian(s) September 15th. Seniors will be given a printed copy with their transcript pick up. It contains important deadlines and instructions to navigate the college application process. It is also on Senior Naviance homepage.

STUDENT SERVICES

Non-academic student support is available through Student Services. Ms. Hinds, along with peer counselors, are available for confidential support. Social, emotional support, crisis intervention, conflict mediation and connections to community resources. Students can contact a peer counselor https://docs.google.com/forms/d/e/1FAIpQLSc-Q4NseLmTptxCnn7cwgV2_6WUNI9ATbfBbO1aMjS8f2vYWQ/viewform Peer counselors and Student Services are also on Instagram [@dnhspeercounseling](#) and [@dnhs_studentservices](#) If you need to see Ms. Hinds, please email her mhinds@powayusd.com

TUTORING AT DEL NORTE

-**WHAT** stands for **Writing Help and Tutoring**. Stay tuned for more information regarding when tutors will be available. For those of you not familiar with WHAT – they are a group of tutors (junior and senior students) ready, willing and able to assist students with writing and English language related assignments. Additionally, they will offer some workshops on hot topics such as MLA citations, writing on demand, giving speeches, etc.

-**Nighthawk Tutoring** – stay tuned for more information.

SAT/ACT

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 whether or not to submit SAT/ACT scores with your application. 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 w/ 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 strengths.

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

VIRTUAL COLLEGE EVENTS

Attend NACAC virtual college fairs this fall. Registration required. Visit nacacfair.org

October 12 1-9 PM

October 18 12- 8 PM

November 8 2- 10 PM

Admission Counselors Consortium – College Knowledge-vents, see [flyer](#)

ENRICHMENT OPPORTUNITY

Young Women in Biology is hosting a new virtual student professional development program called the Discover Workshop Series to educate students, especially girls, about the various STEM sectors and careers and how they can contribute their unique skills and interests to helping solve complex global issues, from pandemics to protecting our natural resources. Students interested in science are encouraged to apply. There are only 50 slots for the program, so have your students sign up ASAP. All genders are welcome! For

more information, including registration, please see the attached flyer and event details below.

Event Details

Apply here:

<https://www.womeninbio.org/event/SoCalSTEMSeries>

before October 14th

When: the 2nd Wednesday of every month from Oct 14th, 2020 to May 12th, 2021; 6 – 7 pm PST

Who: High school students in San Diego County

**Note: This is a monthly interactive webinar series to be held on the second Wednesday of every month during the 2020-2021 school year. By registering you are committing that you will attend a minimum of six of the seven events. Please do not reserve a space that could go to somebody ready to make this time commitment.*

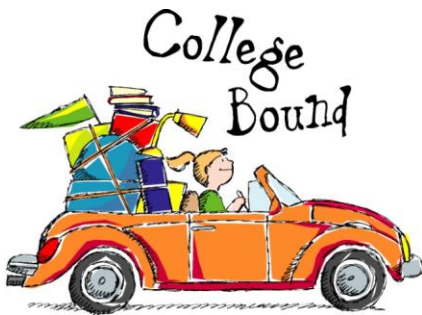
Representatives from colleges across the country will be visiting Del Norte virtually to give short presentations to interested students on the college’s academic programs, campus life, scholarships and more. This is a great opportunity for students to learn about a variety of college options. **To attend these meetings, juniors and seniors must sign up in their Naviance account.**

(This may only be completed in the student account.) As in past years, sign up for college visits through the Naviance platform by logging on to Naviance, to to the college tab, research colleges, and college visits. Please log on to Naviance for the most up to date information. As of today, our September line-up is:

Date	School	Time
9/17	New York University	11:25 am
9/21	UC-Santa Cruz, Vanderbilt	11:25 am
9/21	University of Pittsburgh	3:10 pm
9/22	University of Illinois, University of Tampa	11:25 am
9/22	Georgia Institute of Technology	2:30 pm
9/22	Colorado Mesa University, University of Missouri-Columbia	3:10 pm
9/23	Bucknell University, University of Chicago	11:25 am
9/23	Texas A & M, Tulane University	2:30 pm
9/23	Ohio State, University of Toronto	3:50 pm
9/24	Claremont McKenna College, University College Dublin	11:25 am
9/24	Montana State University	3:10 pm

9/25	Washington State University, Western New England University	11:25 am
9/28	Oregon State University	11:25 am
9/28	John Hopkins University, Rice University	2:30 pm
9/28	Northern Arizona University, Purdue	3:10 pm
9/28	Pennsylvania State University	3:50 pm
9/29	Dartmouth, University of Minnesota-Twin Cities	11:25 am
9/29	Salve Regina University	3:10 pm
9/29	The University of Arizona, UC Irvine	3:50 pm
9/30	Hawaii Pacific University, Maryville University of Saint Louis	11:25 am
10/1	Beloit College, Butler University	11:25 am
10/1	Gettysburg College, Saint Louis University	2:30 pm
10/1	University of New Mexico, Pepperdine	3:10 pm
10/2	Columbia College Chicago, Point Loma Nazarene University	11:25 am

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.



SCHOLARSHIP OPPORTUNITIES

Please have your student log in to their Naviance account to view scholarships. There are many available for all grade levels, not only seniors. These are posted and updated in Naviance, but we try to highlight a few in each month's newsletter.

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