

The Counseling Breeze

Volume 1, Issue 1

October 2008










Freshmen



Your freshmen year is the most important year in your high school career. The choices you make today will impact your future. At the beginning of the year your student was given a daily planner. This tool is an excellent way for students to plan and organize their time, keep track of homework and other responsibilities. Homework is assigned **EVERY** night even if it is a short assignment. Please be sure to check the planner every night to be sure your student is keeping up with their studies. Be sure your student has an established regular study schedule. You can expect your student to need at least an hour a day to complete their homework.

Students with good study habits raise their potential to learn and reduce the amount of time and frustration involved in studying. Here are some ways to improve your study habits.

How To Improve Your Study Habits

-  Come to class ready to learn
-  Be prepared by taking good notes
-  Start working on an assignment as soon as possible
-  Have a agenda/ planner
-  Turn in all assignments on time
-  Join or start study groups
-  Ask questions
-  Make studying a HABIT
-  Have a good attitude

Arroyo Valley High School Counseling TEAM



9th Grade

Black Hawks, Night Hawks, Sharp-tailed Hawks:

Mr. Michael Bennie, Ext. 3010, A-024,
michael.bennie@sbcusd.com

Golden Hawks, Red-tailed Hawks, Sea Hawks:

Ms. Christina Hurtado, Ext. 3177, A-021,
christina.hurtado@sbcusd.com

10th, 11th & 12th Grade (last names beginning with...)

A-Chau: Ms. Rhonda Johnson, Ext. 3029, A-217,
rhonda.johnson@sbcusd.com

Chav-Gom: Ms. Josiane Beckles, Ext. 3180, A-216,
josiane.beckles@sbcusd.com

Gon-Lop: Ms. Helene Bishop, Ext. 3031, A-219,
helene.bishop@sbcusd.com

Lor-O: Mr. James Soward, Ext. 3008, A-022,
james.soward@sbcusd.com

Pa-San: Ms. Gwen Pittman (Head Counselor), Ext. 3016, A-029,
guinevere.pittman@sbcusd.com

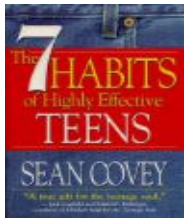
Sap-Z: Mr. Charles Oyas, Ext. 3009, A-023,
charles.oyas@sbcusd.com

Special Education (SDC and RSP):

Ms. Karla Chavez, Ext. 3030, A-218,
karla.chavez@sbcusd.com

How to SEE your Counselor....

Please call or visit Ms. Elva Ocampo, at 909-381-4295
Ext. 3054, between 7 a.m. and 3:30 p.m., or email her
elva.ocampo@sbcusd.com.



During this school year freshmen counselors will be in the classroom presenting on the 7 Habits of Highly Effective Teens by Sean Covey. Life for teens today is no longer a playground. It's a

jungle out there, with tough choices, peer pressure, personal insecurities, and anxiety about what others think. The 7 Habits of Highly Effective Teens provides young people a set of proven tools to deal successfully with real life.

The 7 Habits of Highly Effective Teens can help youth:

- ☺ Gain greater control of their lives.
- ☺ Improve relationships with family and friends.
- ☺ Increase self-confidence and self-esteem.
- ☺ Make smarter decisions.
- ☺ Overcome addiction.
- ☺ Define their values and what matters most to them.
- ☺ Get more done in less time.
- ☺ Be happy.
- ☺ Find balance between school, work, friends, and everything else.

To learn more about the 7 Habits please visit:
<http://www.7habits4teens.com/habits.html>



It's never too early to start planning on your student's college education. Counselors are presently meeting with the freshmen class setting up their four- year plan to prepare them for college. This four-year plan will be sent home. Please review and discuss with your student his/her college plans.



During your sophomore year all students must take and pass the California High School Exit Exam (CAHSEE) in order to graduate from a California public high school. The test determines if you have developed the academic skills essential for life after high school. The exam measures reading, writing and math. In 10th grade students will take the CAHSEE in the spring (**March 17th and 18th 2009**). If you do not pass, you can retake the test during the next years.



**Test Taking Tips
CAHSEE EXAM**

- ✓ Attend after school tutoring
- ✓ Don't rush but pace yourself, read the entire question and look for keywords
- ✓ Stay relaxed and confident.
- ✓ Read the directions carefully.
- ✓ If there is time, quickly look through the test for an overview

California Dept of Education Study Guide:

CAHSEE Math Study Guide:
<http://www.cde.ca.gov/ta/tg/hs/documents/matstudyguide07.pdf>

CAHSEE English Study Guide:
<http://www.cde.ca.gov/ta/tg/hs/documents/elasstudyguide07.pdf>

Are you interested in joining a Club?

There is a variety of clubs and activities available. If you are interested in science, foreign language, diverse cultures, art, film, acting, or community services there is a club for you!!

Here are just a few of our clubs to find a

Complete list visit our website

<http://arroyovalleyhighschool.net/counseling/clubs-to-join>

Club Name, Advisor, and Room location

- 📌 Academic Team, Mrs. Thayer, F204
- 📌 ALIVE Club, G. Wilkins, D103
- 📌 Art Club, P. Cooley, G202
- 📌 Asian Club, A. Allison, C201
- 📌 AVHS Golf Club, E. Clayton, Athletic Office
- 📌 AVHS Young Democrats, E. Mooney, N210
- 📌 AVID Club, J. Lasch, C205
- 📌 Ballicious Club, T. Shearer, Gym
- 📌 Black Student Union, R. Rogers, H111/F209
- 📌 Choral Club, A. Hubbard, G103
- 📌 Club de Español, M. Figueroa, D102
- 📌 Culinary Arts Club, T. Alfaro, B102
- 📌 Dance Company, D. Bonds, I104
- 📌 Drama Club, N. Gross, J103
- 📌 Fashion Design Club, R. Brandenburg, G201
- 📌 Friends Of The Library Club, R. Ali, Library
- 📌 Hawk Studio Production Club, J. Coates, G102
- 📌 JROTC Club, W. Howard, H102/N201/N205/N209
- 📌 Key Club, M. Conwell, I101
- 📌 MECHA Club, C. Burkhart, N208
- 📌 National Honor Society Club, J & C Anderson, H101/H104



Junior

Have you signed up for the PSAT?

The Preliminary SAT[®]/National Merit Scholarship Qualifying Test is a co-sponsored program by the College Board and [National Merit Scholarship Corporation \(NMSC\)](#). PSAT/NMSQT stands for Preliminary SAT/National Merit Scholarship Qualifying Test. It's a standardized test that provides firsthand practice for the SAT Reasoning Test[™]. It also gives you a chance to enter National Merit Scholarship Corporation (NMSC) scholarship programs.

What does it measure?

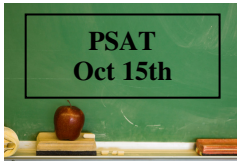
- * Critical reading skills
- * Math problem-solving skills
- * Writing skills



Why Take the Test:

- * To receive feedback on your strengths and weakness
- * To see how your performance on an admissions test
- * To enter the competition for scholarships from the National Merit Scholarship Corporation (grade 11)
- * To help prepare for the SAT.

For more information please visit: www.collegeboard.com



Sign up for the PSAT

At the ASB office

Test Date: Oct 15th

Cost: \$13.00

Where: During 1st period



Students in 11th grade who have not passed one or both parts of the CAHSEE can take the CAHSEE **November 4th and 5th**.



College Application Deadlines UC/CSU

If your student is planning on attending a UC university the application filing period is **November 1 through November 30**. The priority filing period for CSU is **October 1 through November 30**. If you any questions, please contact the counseling department. Students can apply directly on-line. UC: www.ucop.edu/pathways



Do you Need Money for College????

Arroyo Valley High School will be hosting a financial aid workshop. Come learn about grants, loans, scholarships, tips, resources and much more!!!

English

When: November 5th

Where: Theatre

Time: 6:00 p.m.- 7:00 p.m.

Spanish

When: November 12th

Where: Theatre

Time: 6:00 p.m.- 7:00 p.m.

For more information about financial aid please visit: <http://www.fafsa.ed.gov/>



Students in the 12th grade both parts of the CAHSEE can take the CAHSEE **October 7th and 8th** and will have additional opportunities if needed **December 6th and 13th**.

Have you signed up for the

Did you know the SAT is the most commonly used admission test among colleges and universities? Seniors need to remember that either the SAT I or the ACT is required for four-year colleges and universities. Check with the admissions office of the specific college to be sure which test to take. For more information and to register online please visit www.collegeboard.com. You can register online for the ACT at www.act.org. The UC system and highly selective private colleges and universities also require the SAT II. The UC system requires two SAT II tests: Mathematics and one of your choice.



SAT I and SAT II 2008 - 2009 TEST DATES

Test Dates:	Registration Deadline
October 4, 2008	September 9, 2008
November 1, 2008	September 26, 2008
December 6, 2008	November 5, 2008
January 24, 2009	December 26, 2008
March 14, 2009 (SAT I ONLY)	February 10, 2009
May 2, 2009	March 31, 2009
June 6, 2009	May 5, 2009

ACT 2008 - 2009 TEST DATES

Test Date	Registration Deadline
September 13, 2008	August 12, 2008
October 25, 2008	September 19, 2008
December 13, 2008	November 7, 2008
February 7, 2009	January 6, 2009
April 4, 2009	February 27, 2009



June 13, 2009

May 8, 2009

Scholarships!!!!

Want free money for college? The following sites will assist you on your journey.

--The largest and most complete source of scholarships available- please visit www.fastweb.com

--Did you know that www.scholarships.com has over 2.7 million scholarships and grants worth over \$19 billion?

--The Hispanic Scholarship Fund is the nation's leading organization supporting Hispanic higher education. Students must have a 3.0 or better and be citizens or legal residents of the U.S. <http://www.hsf.net/default.aspx>.

--United Negro College Fund is the nation's largest, oldest, and most successful minority higher education assistance organization. <http://www.uncf.org/>

College Tour

Are you thinking about college? Not sure which college to attend? Then a college campus visit is your opportunity to get a firsthand view of a college

If you are interested in visiting any of the California State Universities (CSU), please log onto www.csumentor.edu, click on "more" under the explore heading, go to the FAQ section and click on "campus tours".

If you are interested in visiting any of the Universities of California (UC) please log onto <http://www.universityofcalifornia.edu/about/uc/tours.html>. This site will give you all the information you need to attend a preview day or to arrange a campus tour.

Parent Resources



Parent involvement in your student's education makes a huge difference in kids of all ages. The results can be improved attendance, better behavior, and higher grades. Every two weeks students will be provided a grade check from all their teachers. This will provide you with a current grades, missed work, and contact information.

Grade Check Calendar

- ✓ October 12th
- ✓ November 10th
- ✓ December 15th
- ✓ January 12th
- ✓ February 17th
- ✓ March 9th
- ✓ April 13th
- ✓ April 27th
- ✓ May 11th
- ✓ May 26th

It is important to make sure your student attends school regularly. Poor attendance is one of the main reasons for students having poor grades. At the high school level it is easy to get behind and not catch up due to the amount of material that is presented daily especially within the block classes. There is no substitute for being in class, interacting with peers, and getting direct instruction from a teacher. Please assist your child by making medical appointments after school whenever possible or have them miss as little of the day as possible.

To excuse an absent please call the:

Attendance Office

909-381-4295
Ext. 3019

English Learner Classes

English Learner classes are for parents and students interested in learning English and how to use a computer

When: Tuesday night between 5:30 and 7:30

Where: H110

Who: Mr. Bean

DAYCARE AVAILABLE

Community Homework Center

Does your student need extra support with their homework? The Community Homework Center will help students with homework in core subjects such as English, Science, Math, Social Studies, etc. Student will gain tutorial assistance to reinforce skills and provides technology support with the use of computers for Internet research and word processing. Please contact the center about additional services they provide.

Center	Address	ZIP	Phone	Contact
Central City Lutheran	1354 North "G" St.	92405	381-6921	Ken Wood
St. John's Episcopal Church	1407 N. Arrowhead	92405	889-1195	Kristy Chambers
First Congregational Church	3041 North Sierra Way	92405	886-4911	Love Batchelor
Asian-American Resource Center	1115 South "E" St.	92408	383-0164	Ramsey Sam
Branch Library	525 N. Mt. Vernon Ave.	92410	381-8205	Paula Miller
Top Flight/Johnson Hall	906 Wilson St.	92411	885-7367	Marcus Montgomery