Volume 1 | Issue 3 | December 2018

Canyon Counseling

Upcoming Dates

- **Winter Break**: Dec 17 – Jan 4 (Counseling office is closed.)
- **Credit Recovery** is ongoing and current classes must be completed by Jan 17.
- **Coffee with Counselors**: Jan 18.
- **Minimum Days:** Jan 24 and 25
- **End of First Semester**: Jan 25

Take Care of Yourself!

Dear Students – These are stressful times, and this is not lost on your school counselor. We know there are a lot of expectations out there so please think about taking care of yourself and then…do it! If you are feeling stressed, take heed. Ask yourself: Am I overscheduled? Am I in the right classes? Am I sleeping enough? Do I have things to do that I enjoy? Am I organized with what I must do? Do I have a concern I need to deal with?

The old ideas of work harder, do more, and multi-task cannot stand alone, because they don't consider all the things necessary to stay healthy and be happy. If you need help, check with your parent, teacher, or your counselor, whoever the right person is for the problem you are presented with. Sometimes you just need to stop and breathe and have some down time. Don't forget yourself in this blur of homework, friends, and activities and don't confuse yourself with your grades. You are a unique and gifted person on a journey that we want to see you enjoy! And we're on the journey with you. Sincerely, Your Counselors

Academic Resources

As a reminder, 1st semester ends January 25 and grades earned will be posted on the official transcript. See below for a list of resources we have available to support students who are struggling in their classes:

- Math Tutoring – a math teacher is available for tutoring Monday – Thursday for an hour after school in the library.
- NHS Student Tutoring – The National Honor Society (NHS) offers free tutoring in the CHS library Monday – Thursday from 2:45 – 3:45. No appointment is needed; walk-ins are welcome! Your counselor also has a list of students who can meet with you one-on-one.
- Khan Academy is a free online resource with tutorials in multiple subjects. www.khanacademy.com
- Don't forget to contact your teachers and visit them during their office hours for any questions you have or extra support you may need!

Senior News

- **College Application Reminders –** Once applications are submitted, please check your email regularly as this is how admissions offices will communicate with you. Students do not want to miss any deadlines or requests. Official transcripts do not need to be sent to the UC and CSU schools unless students are asked to send them..
- **Transcript Requests** - To send official transcripts use: www.parchment.com
- **Common Application** – Mid Year Reports for Common App schools are coming up and the counselors will submit them after first semester grades are posted. Students will need to send another official transcript directly to Common App. Order your mid-year transcript now and then you don't have to worry about it as you are finishing up first semester. When putting in the request on Parchment, select "hold for grades" and then your official transcript will be uploaded to Common App once first semester grades are posted. Counselors can't submit Mid Year Reports until the official transcript is sent.
- **Financial Aid** – FAFSA applications are now open and must be submitted by March 2nd (priority deadline). Use: www.fafsa.gov
- **Scholarships** – Students can search for scholarships through their Naviance account. When logged in, choose the college tab and then select scholarships and money. The scholarship list houses any scholarships we are notified about. There is also a national scholarship search that is a great resource for students. Additionally, students can visit the College & Career Café anytime to check out the scholarship board.

Important Links

School Website:
www.canyonhighschool.org see "Counseling" tab

Free Online Tutoring Resource (including SAT prep):
https://www.khanacademy.org

CollegeBoard Website for SAT and AP Information:
https://www.collegeboard.org

UC Approved HS Course List:
https://hs-articulation.ucop.edu/agcourselist#/list/details/1509/

CHS Bulletin: https://www.canyonhighschool.org/about/daily-bulletin

Counselors

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Counseling Support

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Naviance Student

Ever wondered how to pick the perfect college? Naviance (Family Connection) on the Aeries dashboard can help you with this question.

Last month the counseling staff visited English 11 classrooms to give juniors a useful tool to help with the college search. It's called 'College SuperMatch,' and it's found under the 'Colleges' tab at the top of the Family Connection website. Scroll down and you'll see 'Find your Fit' and it's the first option listed.

Students select from 9 categories: Location, Academics, Admission, Diversity, Instititution Characteristics, Cost, Student Life, Athletics, and Resources. After entering answers to a wide variety of choices, and inputting test scores and GPA, students are then given results that best match their selections. Once the matches are made, students can explore each campus by simply clicking on the school. Many have virtual tours, and more in-depth info on application deadlines and requirements along with cost, degrees offered, and campus size. Students can explore everything from community college options to Ivy League universities. It's a great resource ~ Check it out!

College and Career Café

See below for the latest information and upcoming events through the College and Career Café:

The CA Promise Grant is offering FREE tuition to eligible high school graduates at any California community college. General requirements to qualify for this grant are enrolling full time (12 - 15 units/semester) and maintaining a 2.0+ GPA in college. Each campus may have additional requirements, and you will need to check with that school if interested. For more information about the grant, please visit www.icanaffordcollege.com.

SCC Applications – Erica Lehman, representative from Santiago Canyon College, hosts application workshops monthly during 6th period in the Library. The next app workshop is scheduled for Jan. 15. Sign up with Mrs. Burns in the College & Career Cafe if you are interested. Erica is the one you want to talk to about receiving one year of free college tuition! She can also answer any inquiries regarding financial aid, college applications, honors program and transferring. You can sign-up in the Counseling office to meet with her.

ASVAB - The Armed Services Vocational Aptitude Battery (ASVAB) is coming to Canyon on December 11th. This test allows students to discover their strengths and interests, and map out their postsecondary plans. The military uses these results to determine the best placement for individuals in their program. Interested students should see Mrs. Burns in the College and Career Café to sign up.