

COUNSELOR CONNECTION

San Pasqual High School – Counseling Department

Counseling Department

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Class of 2021!

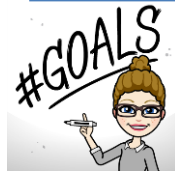
The Counseling Department is here to help you prepare for the rest of your high school career. High school is a fun time, full of new experiences, learning, and preparing for the future.

In order to graduate from San Pasqual High School, all students must meet the 230 credit Escondido Union High School District graduation requirements. These requirements, listed on your high school transcript and on the SPHS website, must be met before graduation.

Counselors are available to help students seek, identify, and achieve personal goals. We work closely with administration, teachers, parents or guardians, and the community to help you gain access to knowledge and skills needed to reach your highest potential.

This newsletter is **for you!** It's full of great information to research, understand, and navigate through options available to you.

If you have any questions and concerns, please utilize the websites listed in this newsletter and/or contact your counselor.



@ Message from: Ms. Geraldine O'Sullivan School Social Worker

Starting high school can be a really exciting and fun time, but it can also bring some challenges. Here are some tips to help you adjust to high school and make your first year at SPHS a great one!

- Get involved! –Now is a great time to break out of your comfort zone and try a new club, sport, or activity. Not sure if you'll like it? Only one way to find out! Challenging yourself is a great way to build your self-confidence and make new friends along the way.
- Ask questions! --Not sure how to check your grades? Not sure how to join a club or sport? Not sure where the SOAR lounge is? Not sure how to open your locker? Not sure who your counselor is? ASK! We are all here to help you.
- Meet new people! –Many of you might have friends from middle school who also came here to SPHS. That's great! But now is also a good time to make new connections and friendships. Don't be afraid to introduce yourself to someone. You never know who might need a friend.
- Stay organized! –There's a lot of changes happening this year. New schedules, new teachers, new homework, etc. Find a way that works for you to stay organized. The more organized you are, the less stressed you will be about school assignments and remembering things you have to do or plans you made.
- Take care of yourself! –Starting high school can be challenging. Try to remember to get enough sleep, eat healthy, and exercise. Feeling stressed or nervous? Find a trusted adult and let them know—we are here to help you.

Ready, Set...Participate!



Freshmen,

Did you know that school participation is the key to success in high school? Students who get involved on their campus are more likely to thrive. Colleges and scholarship donors sometimes require school participation and community service. This is also a great way to develop your leadership skills. We want to make sure you know about the opportunities we have on campus:

School Clubs-We have over 30 clubs on campus. Some examples of clubs would be “Beach cleanup”, “Link crew” and “Medical club”. Many of our clubs meet during lunch or after school. For a complete list of our clubs, visit www.sphsgoldeneagles.org, click on the student info tab and then click “ASB”.

Volunteer-There are many organizations where you can volunteer off campus. We recommend that you find a cause you’re passionate about and find an organization around that topic. Give them a call and see if there are opportunities to assist. We suggest you look for a nonprofit institution as opposed to a business. If you would like to look up suggestions online for volunteer work, visit www.volunteermatch.org.

ASB- Would you like to be part of the organizers of school activities, such as pep rallies, dances, and promoting school spirit? ASB is the place for you! Visit Mr. Rodriguez in room 910 for information on how to apply.

SOAR program- We have different enrichment programs after school. Through SOAR, you can participate in the mountain biking club, indoor soccer, driver’s education and many more! All of these programs are free of charge to students. Visit the SOAR page under the “Student info” tab on our website. Don’t forget to check out the SOAR lounge in room before and after school.

Athletics: We love athletics!

In order to try out for a team, you must have an athletic packet filled out and submitted to the cashier. You must also maintain a 2.0 GPA or higher to be eligible. Make sure to visit the athletics page on our school website. Students can also get PE credits for participating in a team sport starting 10th grade year.

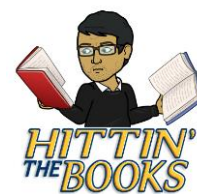
Need more information? Visit the SPHS website!

Click on the “Departments” tab and then “Counseling”

<http://www.sphsgoldeneagles.org>

Fall	Winter	Spring
Cross Country (B&G)	Basketball (B&G)	Baseball
Field Hockey (G)	Soccer (B&G)	Golf (B)
Football	Water Polo (G)	Softball
Golf (G)	Wrestling (B&G)	Swimming (B&G)
Tennis (G)		Tennis (B)
Volleyball (G)		Track (B & G)
Water Polo (B)		Volleyball (B)

Words of advice from our Academic Dean, Mr. Landaverde



In high school, many students don’t know what it takes to be successful. Every student understands good and bad grades, or that they should attend their classes. Successful San Pasqual High students also...

- attend classes regularly and are on time and take responsibility for themselves and their actions.
- demonstrate that they care about their grades and are willing to work to improve them. They take advantage of opportunities when offered (ex. Saturday Scholars, extra credit, tutorials).
- participate and ask questions, even if their attempts are clumsy or difficult. Even if class is boring, they are always polite and respectful.
- talk to their teachers about their grades on a regular basis (before or after class).
- take pride in their work and what they turn in.

Helpful websites

www.cacareerzone.org
www.californiacolleges.edu
www.schools.schmoop.com
Schmoop: Free test prep for EUHSD students. Go to room 904 for login assistance)



The **college and career center** is open to all students for resources and assistance with anything college or career related business. Services include career assessments, financial aid applications, college applications, and work permits just to name a few!

Want to meet with Ms. Villavicencio? Schedule an appointment for one-on-one career guidance!

GET CONNECTED!!

Get reminders and information from the counseling office!

Remind: Text @speagles21 to 81010

Twitter: @sphs_counseling