



TNC

# COUNSELING CONNECTION



The Troy High School Counseling Department Newsletter

---

November - December 2020

Vol. 1

---

## WELCOME!

Hello Warrior Community!

The Troy High School Counseling Department has started a newsletter to communicate with our stakeholders. For all things Troy counseling, please visit our website:

<https://www.fjuhsd.org/domain/199>

## SCHOOL COUNSELING STAFF

### COUNSELORS

Lisa Avila  
Sonia Diaz  
Dionne Evans  
Jacquie Morck  
Sarah Saleen

### COUNSELING STAFF

Erin Black - Guidance Secretary  
Stephanie Rosner - Registrar  
Chris Standifer - Guidance Technician

## IN THE ISSUE

---

Reminders for All Students

---

Senior Reminders - Class of 2021

---

Junior Reminders - Class of 2022

---

Sophomore Reminders - Class of 2023

---

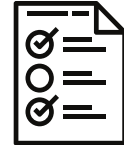
Freshmen Reminders - Class of 2024

---

Student Mental Health & Well Being Spotlight

---

## REMINDERS FOR ALL STUDENTS



### School Counselor Google Classrooms

For all Troy students, you are already in your school counselor's Google classroom! The classroom title includes your counselor's name and graduating year (i.e., Class of 2023 Ms Saleen). Please check the classroom regularly for announcements, resources and important information.



### School Counselor Daily Virtual Drop-in Time

Every school day, your school counselor has a daily drop-in time! You may visit them to ask questions or get support. Check your school counselor's Google classroom calendar for the drop-in time and virtual meeting link.

## SENIOR REMINDERS - CLASS OF 2021

### UC & CSU Applications

Remember that the initial filing period for the UC system application will end on November 30th. The initial filing period for the CSU system application will end this year on December 4th. Don't wait until the last minute to submit your application. The UC and CSU campuses do not want nor require official transcripts or letters of recommendation included with your application. A transcript request will be sent to you when one is needed (or if they would like a recommendation), so be sure to check (and respond to) your email portals often. Links to our

UC website section: <https://www.fjuhsd.org/Page/602>

CSU website section: <https://www.fjuhsd.org/Page/603>

### Fullerton College Counseling 140 Course

If you are planning to attend Fullerton College next fall and did not take the "Counseling 140 Educational Planning" class this semester, it will be offered again in the spring semester. Keep an eye out for this information in your school counselor's Google Classroom.

---

## **SENIOR REMINDERS - CONTINUED**

### **Financial Aid Forms**

A reminder to all seniors and their families that they may now file the Free Application for Federal Student Aid (FAFSA), California Dream Act Application (CADAA) as well as the CSS Profile (requested by some private institutions). Do not wait to complete these forms, we recommend that you apply now. If you plan to go to college in California, you will want to submit your FAFSA or CADAA before the March deadline in order to qualify for Cal Grants. You may access the FAFSA, CADAA, CSS Profile and other information on our financial aid website section: <https://www.fjuhsd.org/Page/609>



### **Military Enlistment**

Thinking of a career in the military? Research your options here: <https://www.usa.gov/join-military#item-35337>

### **Career Education & Apprenticeships**

In the nine Orange County community colleges, there are over 100 career training programs. Research your options here: <https://www.fjuhsd.org/Page/605>  
There are also apprenticeship programs where you can learn and work at the same time. We have links to apprenticeship programs in this section of our website: <https://www.fjuhsd.org/Page/3277>

---

## JUNIOR REMINDERS - CLASS OF 2022

### School/Community Involvement

Continue or start involvement in Troy activities and/or your community! You can still join the majority of school clubs and can locate that information here:

<https://www.fjuhsd.org/Page/394>

For volunteer opportunities, check here for information:

<https://www.fjuhsd.org/Page/614>



### Virtual College Admissions Representative Visits

Attend virtual college representative visits! This is your opportunity to learn more about the college and ask questions of an admissions representative. You may view the list and sign up for them in your Naviance student account:

<https://www.fjuhsd.org/Page/615>

### PSAT/NMSQT Exam

If you registered to take the PSAT/NMSQT test on January 26, 2021, you will receive test information via emails from Total Registration. You are responsible for reading those emails for instructions and details. You are also responsible for bringing the testing items you will need.

Here is a checklist of what you need to bring:

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/taking-the-tests/test-day-checklist>

---

---

## **JUNIOR REMINDERS - CONTINUED**

### College Board PSAT Practice Tests

<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice/full-length-practice-tests>

### Khan Academy PSAT Prep

<https://www.khanacademy.org/test-prep/sat/new-sat-tips-planning/new-sat-how-to-prep/a/full-length-psat-nmsqt>

## **SOPHOMORE REMINDERS - CLASS OF 2023**



### Naviance Student Accounts & Naviance Presentation

Last spring, you had the opportunity to participate in a Naviance presentation. Naviance is a website where every Troy student has their own account to explore two-year and four-year colleges, research careers, build a resume, and take personality and career assessments. You will be using Naviance over the next four years so it's important to get familiar with how to log-in to your account and how to use it's features. If you didn't watch the presentation, you may access it here: <https://www.fjuhsd.org/Page/615>

### School/Community Involvement

Continue or start involvement in Troy activities and/or your community! You can still join the majority of school clubs and can locate that information here:

<https://www.fjuhsd.org/Page/394>

For volunteer opportunities, check here for information:

<https://www.fjuhsd.org/Page/614>

---

---

## FRESHMAN REMINDERS - CLASS OF 2024

### Fall Freshman Workshop

Before the fall semester ends, you will participate in an in-class presentation by a Troy school counselor. This presentation will cover high school graduation requirements, UC/CSU a-g requirements and creating your own four-year course plan.

### School/Community Involvement

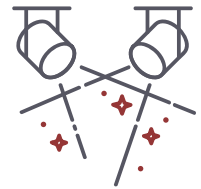
Continue or start involvement in Troy activities and/or your community! You can still join the majority of school clubs and can locate that information here:

<https://www.fjuhsd.org/Page/394>

For volunteer opportunities, check here for information:

<https://www.fjuhsd.org/Page/614>

## STUDENT MENTAL HEALTH & WELL BEING SPOTLIGHT: CALMING RESOURCES



### FJUHS Virtual Calming Room

Feeling stressed? Then visit our district's calming room website. There you'll find resources for journaling, meditation, coloring, visual relaxation and more!

<https://sites.google.com/fjuhsd.org/fjuhsd-virtual-calming-room/home>



### Be Calm: Resources for Adults & Youth

Now more than ever, you may need resources to de-stress and unwind. The Orange County Department of Education has a great list of calming resources for youth and adults. We encourage you to use these resources as a family!

<https://drive.google.com/file/d/1k9J5pD6PK-PREc4BifyOq2v9QXtqrB5B/view>

---