



# COUNSELING CONNECTION



The Troy High School Counseling Department Newsletter

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January - March 2021

Vol. 2

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## WELCOME!

Hello Warrior Community,

Please read on for important school counseling events and information for the months of January through March, 2021. For all things Troy school 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

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## REMINDERS FOR ALL STUDENTS



### Spring Semester Deadlines to Drop an Additional Class and/or Course Level

If a student has an additional course and they wish to drop the class without penalty, they have until 3 PM on Friday, January 22, 2021 to do so. Per district policy, students in grades 9-11 must be enrolled in a minimum of 6 classes and students in grade 12 must be enrolled in a minimum of 5 classes. To request to drop an extra course, the student may email their school counselor directly. If a student is in an Honors, Advanced Placement (AP), International Baccalaureate (IB) and/or Cambridge course and wishes to request to move down in levels, they have until 3 PM on Friday, March 12, 2021 (end of the 3rd grading quarter) to do so. To request a level change, the parent/guardian and student must send a joint email to their child's school counselor. As long as there is room in the lower-level course and it will work with the student's schedule, the request can be accommodated.

### 2021-2022 Course Registration & 2021 Summer School Registration



For current 9th - 11th graders, the 2021-2022 course registration as well as summer school 2021 process is scheduled to take place in February. During this process students will participate in grade-level registration presentations by the counselors and then submit registration forms. We also conduct registration for summer school during this time. If you earned a D or an F in the fall semester, plan to be available for summer school in June. If you need to take the required Health class during summer school, you may register for this class as well. Details and dates for registration will be announced soon.

### School Counselor Google Classrooms

Check your school counselor's Google classroom weekly and utilize their daily drop-in Student Support times as needed.



# SENIOR REMINDERS - CLASS OF 2021



## Communication From The Colleges To Which You Applied

Be sure that you are checking all of communications and application websites/portals from the colleges to which you applied, so that you don't miss any deadlines or notifications/updates. Failure to meet a college's deadline may result in the cancellation of your application.

## Maintain Your Grades

Low grades (i.e., D/F grades) may impact admission decisions and/or eligibility. If you earn a D or F mark in the fall semester, notify the colleges to which you applied in writing (i.e., email).

## Financial Aid

File your FAFSA or CADAA (Dream Act) application ASAP (by the March 2nd deadline for Cal Grant eligibility). Additionally, if required by your college financial aid office, file the CSS Profile by their deadline.

<https://studentaid.gov/h/apply-for-aid/fafsa>

<https://dream.csac.ca.gov/>

<https://cssprofile.collegeboard.org/>



## Spring Semester AP American Government & Macroeconomics Students

Seniors that are taking a second semester course in AP American Government or AP Macroeconomics, be sure to join your teacher's AP Classroom with the join code they provide, and then go to Total Registration to register and pay for your exam by 2/26/21 to avoid a late fee of \$25.00 per exam. The College Board's final deadline to order is 3/12/21, so we will close the portal on 3/10/21 to process our order. <https://user.totalregistration.net/AP/51009>

## Planning to attend Fullerton College?

Register for their Counseling 140 class as soon as possible.

<https://outreach.fullcoll.edu/fjuhsd-dual-enrollment/>



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## SENIOR REMINDERS - CONTINUED

### 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 2021

### Small Group Junior Counseling Meetings

School counselors will be meeting with 11th grade students in small groups. These group sessions take place throughout the spring semester and will be hosted via Zoom. More details and communication will be forthcoming from your school counselor.

### 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>



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## **JUNIOR REMINDERS - CONTINUED**

### **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>

### **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-prepare/a/full-length-psat-nmsqt>



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

### **Spring Semester Workshops**

During the month of January, sophomores will participate in a 10th grade workshop by school counselors and the Guidance Technician. The workshop will take place in the sophomore English classes. It will include a review of graduation requirements, UC/CSU a-g requirements as well as taking a career assessment in the Naviance student accounts.

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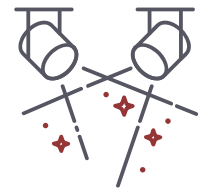
## FRESHMAN REMINDERS - CLASS OF 2024



### Freshman Counseling Appointments

School counselors will be hosting student-parent/guardian counseling appointments throughout the spring semester. At this appointment, we will review the four-year course plan created by freshmen during the December presentation. We will also provide resources and tools as well as answer questions. These appointments will take place virtually. Details and information to be shared in the coming weeks.

## STUDENT MENTAL HEALTH & WELL BEING SPOTLIGHT: NUTRITION



Now more than ever it's important that students ensure adequate and appropriate nutrition. We want students to have the energy and ability to learn and develop into healthy young adults. Below are some resources on teenage nutrition.

<https://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/default.aspx>

<https://www.nutrition.gov/topics/nutrition-age/teens/tweens-and-teens>

<https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/healthy-eating-during-adolescence>



**NUTRITION**

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