



# THE COUNSELORS' CHAT

A WEEKLY NEWSLETTER ABOUT CURRENT HAPPENINGS IN COUNSELING, BROUGHT TO YOU BY YOUR THS COUNSELORS



## WELCOME TO THE 2019-20 SCHOOL YEAR!

WELCOME BACK TO THE 2019-2020 SCHOOL YEAR! Counselors will be an integral part of your students' support at school. The purpose of this newsletter is to inform you of events, deadlines, tips, and information that support students' college and career readiness.

## COLLEGE VISITS ARE BACK!

FOR MORE INFORMATION, CHECK [NAVIANCE](#) AND RSVP.

### MEET YOUR COUNSELORS!

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### THIS WEEK'S UP-DATES

**2019 TUSD COLLEGE AND CAREER FAIR!**

TUSD is holding its 2019 College and Career Fair on **Monday, November 4**, from 6 to 8 p.m. at Tustin High School. Over 90 colleges, universities and military academies will have representatives hand out literature and answer questions about their institutions. There will also be workshops on financial aid, higher education options in California and out-of-state, and NCAA eligibility. Don't forget to save the date!

### CLASS OF 2020- CONTINUED

#### SAVE THE DATES:

**November 19th: College Application Day!** You will all apply to college before this date! Start thinking of which college (s) you want to apply to, do your research, and get ready to apply! Our #applied celebration will be on this day!

### CLASS OF 2021, 2022, & 2023

**PSAT:** Saturday, October 19th @ 7:45am. Test begins at 8am. Prepare for the PSAT by utilizing tutorials through Khan Academy. You will find additional resources [HERE](#).

### CLASS OF 2021

**Junior Workshops:** From October 28th to November 15th, Counselors will be presenting in U.S. History classes and meeting with all Juniors 1:1 to discuss college planning and timeline. Students will receive a copy of their transcript to review their graduation and A-G progress, discuss testing timeline, and college/career research.

### ALL CLASSES

**AP EXAM:** AP Exam registration is on-going until November 1st. \$105 per exam. If you qualify for financial assistance at Tustin High School, you may request a fee waiver in the registration form and Admin approval will approve your request for a discounted price. Late registration begins **November 2**. No fee waivers will be approved during late registration. **Please be sure to register for your AP exam(s) by November 1st!**

**Test Prep Resources:** Shmoop online test preparation is excited to be partnering with Tustin USD for another great year! Resources are available for ACT, SAT, AP and the PSAT. Students login through Haiku and go to "apps" in the top right corner to locate the Shmoop link. Once logged in to Shmoop, use these direct links to quickly access just some of the premium resources:

- [ACT Test Prep](#)
- [SAT Test Prep](#)
- [AP Test Prep](#)
- [PSAT Test Prep](#)

### ALL CLASSES

**College Visits:** Did you know that we have over 60 visits scheduled already? We encourage students to sign up for these invaluable visits to get more information about colleges AND ask questions. We hope you keep an open mind and attend as many of these opportunities as possible. How do I sign up for a college visit? Login and click sign up. It's that simple.

**Student Athletes:** If you are planning to play Division 1 or Division 2 sports in college, review the [NCAA requirements](#).

**College & Career Readiness (CCR):** The CCR Academy time is dedicated to College and Career Readiness for all Tillers. Once a month, during tutorial period, students will have the opportunity to explore their post-secondary education and/or training that leads to gainful employment. Your next CCR Academy will be on **Tuesday, October 15**.

- FRESHMEN**
- SOPHOMORE**
- JUNIOR—RACC Case Studies**
- SENIOR**

**Titan Tutors:** THS has partnered with Cal State Fullerton's Titan Tutors program to provide FREE tutoring services Monday through Thursday from 1:45pm to 4:30pm. The tutors are able for support in all subjects. Drop in to rooms 412 and 415 for assistance!



### MENTAL WELLNESS AT THS

Tustin High is taking the next step toward successfully achieving our mission of fostering a community that supports student diversity and values the backgrounds of all students, aiming to enrich the overall educational experience. We believe that students who feel valued and experience a sense of ownership in their school community are more likely to be successful in all of their future pursuits.

Mental Wellness related events and workshops will be available to students throughout the school year. On September 12th, the counseling department held a Thoughtful Thursday event at snack and a workshop during tutorial. We then hosted a Mental Wellness Week from October 7-11th.

Beginning with **Monday, November 4th**, we will hold Mindful Monday events on the first Monday of every month!

### CLASS OF 2020

**College Tip of the Week:** If you are you planning on applying to private universities, scholarships, or programs that require a letter of recommendation (LOR)?

There are some important steps to take to ensure you will have a quality letter in a timely manner. First, get organized with your deadlines. You should give your recommenders a minimum of 2 weeks before the due date of the application to submit your LOR. Second, fill out an **LOR Packet** (make a copy of the file 1st!). This packet was carefully crafted to help your recommender write a quality letter for you. So take the time and submit this packet to your recommenders within at least 2 weeks of your application deadline.

**ACT or SAT:** Still need to take the SAT/ACT? It's not too late! Colleges will typically accept scores from exams taken until December of Senior year. If you are in need of a fee waiver, please come to the counseling office. Sign up for the SAT or SAT subject exams by creating an account and registering [online](#). Sign up for the ACT exam by registering [HERE](#). Please keep in mind that there are deadlines to register for exams.

SAT Dates		ACT Dates	
11/2/19	3/14/20	10/26/19	2/8/20
12/2/19	5/2/20	12/14/19	4/4/20
	6/6/20		6/13/20

### CHALLENGE SUCCESS

2019 Quarter grades have been posted and that can leave students feeling stressed and overwhelmed.

American Psychological Association tells us:

**29% of teens aged 13-17 report that they worry about getting into a good college and deciding what to do after high school, while only 5% of parents believe this is a source of stress for their child.**

Students... share your worries with your parents. They can help support you.

Parents... ask your students about their future. Share the strengths you see in them. Support their ideas.

Challenge Success strives to decrease student stress, improve social and emotional health, and promote academic engagement.