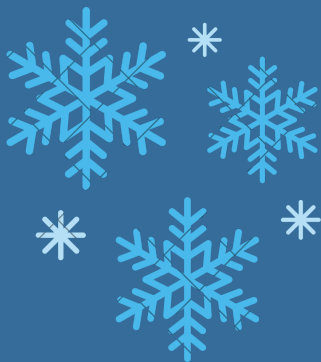


OPHS COUNSELING NEWSLETTER

Important Dates

- **December 19th-21st:**
 - Final Exams - minimum day schedule
- **December 22 - January 9th:**
 - Winter Break
- **January 18th:**
 - 6-7pm: Should you test?
Understanding the SAT/ACT Landscape
 - **IN PERSON IN THE PAVILLION**
- **January 23rd:**
 - 6:30-7:30pm - Sophomore Family College Meeting (Virtual)
- **January 25th:**
 - 6:30 - 8:30pm - Financial Aid Workshop, Part 3: FAFSA/CA Dream Act Application (Zoom)



[@counselingOPHS](https://www.instagram.com/counselingOPHS)

On Twitter and
Instagram

HELLO! December

Happy end of the semester, Eagles! We are transitioning into finals week and soon to be winter break. Please continue to encourage your student to utilize any of the academic support available and listed below, as needed.

- Attending support period.
 - Create intention for the week as to what teacher/class they will attend for each support that week.
- Free tutoring through the Ventura County Libraries:
 - [Brainfuse HelpNOW](#)
- Math Honors Society support times included in flyer below.
 - [MHS Flyer](#)

Winter Break: Counselors will be out of the office for winter break and not monitoring their emails. Please email any questions prior to winter break. Counselors will return on Monday, January 8th and respond to emails in the order they were received.

Wishing you all a happy holidays and see you all in the new year!

OPHS Counselors

Fatima Hernandez - Wellness Counselor
 Janet Svoboda - 9th Grade Counselor
 Caity Katz - 10-12 Counselor A-Fi
 Andrea Lanter - 10-12 Counselor Fj-Ln
 Jenny Charrett - 10-12 Counselor Lo-Ro
 Ranju Matson - 10-12 Counselor Rp-Z
 Amanda Fitts - College & Career Counselor

Counseling Department

2nd Semester Schedule Change Requests

Schedule change requests are not accepted via email. For any requests, please complete the Schedule Change Request Form, which can be found in the Main Office. Please keep in mind the following:

- Schedule changes are not permitted for teacher changes or for shifting periods.
- Schedule change requests are based on availability in classes.

IMPORTANT!

Seniors:

***Please note: the deadline has passed to request a letter of recommendation for a deadline occurring the first couple weeks of January. At this time, any spring deadlines, 3 weeks notice minimum is required.**

If you are applying to any scholarship that requires a transcript to be submitted or counselor letter of recommendation, please email your counselor to notify.

Mid-Year Report Request Process:

If one or more of your colleges requires a mid-year report, you must complete this [Google form](#) by Friday, January 19, 2024. A mid-year report is a form submitted by your counselor indicating your academic progress for the first half of your senior year. Along with the mid-year report, your counselor will submit a mid-year transcript.

- In order to determine whether your college(s) require a mid-year report, you can check the application requirements on each of your college's admission websites. For Common Application colleges, you can check by looking at the "My Colleges" page on your Common App account, and then viewing the "recommendation requirements." [Click here to view an example.](#)
- Note: UC, CSU, and community colleges do not require a mid year report unless a campus contacts you specifically to request one.
- Counselors will send mid-year reports in January.

Counseling Department

Juniors:

If you missed the Junior Family College Presentation, you may view the recording and presentation slides through [this link](#). This information is also posted on the [College & Career Center website](#).

Additionally, please see the following resources for additional information:

- Higher education author Jeff Selingo's webinar, "Rethinking Achievement Culture and the College Search." [Here is a recording of the event from November 28.](#)
 - In the chat, they discussed whether going to a selective college is essential to having a secure economic future and a happy life. Here are some of the resources and reports they mentioned:
 - Gallup-Purdue study: "[Big Six](#)" [College Experiences Linked to Life Preparedness](#)
 - By Frank Bruni: [Where You Go Is Not Who You'll Be](#)



College and Career Center

Please [click here](#) to review updates and important dates from the College and Career Center



Advanced Peer Counseling

For over 30 years, Advanced Peer Counseling has been dedicated to providing support to students, offering guidance, understanding, and compassion to our peers, along with fostering a culture of inclusion, acceptance, and mental health awareness on our campus. We believe in the ability to create positive peer connections so that all students can succeed in their high school life.

The Beginning Peer Club meetings are held every Thursday at lunch on the Great Lawn. All students are welcome and encouraged to join! For more information, visit <https://bit.ly/bpc23-24>.

Freshman Mentoring is a program in which Advanced Peer Counselors visit freshman PE classes monthly to talk about a variety of social/emotional topics, while creating positive peer connections. This month's topic was Breathe, which emphasized this year's Awareness Week theme. The lesson focused on mindfulness and relaxation strategies.

APC's Awareness Week event was a success and very well attended by students and staff! This year's theme, BREATHE, reminds us to take a break from our fast-paced lives to center ourselves and focus on the present, not worrying about the past or the future.

Stay tuned for next semester's events!

Awareness Week



Wellness Center



December 2023

WELLNESS CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
This Month's Theme Give to Others				
<ul style="list-style-type: none"> • Universal Human Rights Month • 12/3 International Day of Persons with Disabilities • 12/4 Wildlife Conservation Day • 12/10 Human Rights Day 				
<ul style="list-style-type: none"> • Support days • IRL- No Tech in the center 				
APC AWARENESS WEEK				
4 APC- Mural Reveal @ Lunch, The Great Lawn <i>Breathe</i>	5 APC- Teacher Talk, @ Lunch in G-9 For Parents/ Staff REGISTER FOR FREE EVENT UCLA Semel Institute: Teen Mental Health Crisis 7:00 - 9:00 pm @ UCLA	6 APC- Dr. Lockwood on Anxiety & Stress Management, @ Lunch in G-9	7 APC- Mindful Meditation with Ms. Hernandez, @ Lunch in G-9	8 APC- Holiday Kickback @ Lunch in the Pavilion WELLNESS COUNSELOR OFF CAMPUS
11 Love on a Leash @ Lunch, Great Lawn	12	13 Student Workshop Understanding Test Anxiety/ Test Taking Tips @ Lunch, H-16	14 Finals 0	15 Finals 0/7
18 YOU CAN DO HARD THINGS Finals 7	19 YOU ARE ENOUGH Morning Games on the lawn Finals 1-2	20 YOU GOT THIS! Morning Games on the lawn Finals 3-4	21 PROGRESS... NOT PERFECTION Morning Games on the lawn Finals 5-6	22
25	26	27	28	29 Happy Holidays
<h1>Winter Break!</h1>				
FOR MORE INFO ON WELLNESS TOPICS CLICK HERE OR				



Parenting Tip of the Month

Grit vs. Talent



Why Self-Care is Essential to Parenting



Virtual Wellness Center

Wellness Center



How To Beat Test Anxiety

TEST-TAKING TIPS

OPHS Wellness Center

FEELING NERVOUS?

- Focus on breathing & relax. Push negative thoughts away & Stay positive.
- Repeat these steps while you take a test.
- Remember, you can still do well if some of your answers are incorrect.



DATA DUMPI

- Write everything you know like formulas or important reminders at the top corner of your test before starting.

LOOK OVER YOUR TEST FIRST

- so you know how long it will take to complete.
- Don't rush
- As you work pay attention to how much time is left to pace yourself appropriately

READ ALL INSTRUCTIONS

- Read all instructions & read each question carefully.
- Don't be afraid to ask your teacher for clarification on any instructions/ questions

ON MULTIPLE CHOICE

- read through all the answers before making a choice



NOT SURE WHICH IS THE RIGHT ANSWER?

- Try to eliminate all the answers you know are wrong
- on a difficult question, look for clues within the wording of the question

IF YOU GET STUCK ON A QUESTION..

- Don't spend too much time on it. You can skip and go back to it later.
- Other questions in the test can provide clues and jog your memory.

WHEN YOU'VE FINISHED THE TEST..

- Use any leftover time to review answers.
- check for mistakes, Questions you may have misunderstood, or questions you may have skipped.

ESSAYS..

- Proof read essays & short answer questions, make sure they make sense and are legible



Study Tips!

OPHS Wellness Center

1. Get Enough Time to Study: Start Early

- 3-4 weeks in advance, space your studying
- NO CRAMMING- Do not pull all-nighters



Remember!

2. List Your Goals/Create a Study Schedule

- make sure you make your study goals first.
- Dedicate certain days & times to studying, STICK TO IT!
- DO NOT study long hours!

Studying improves:

- YOUR KNOWLEDGE
- LEARNING RETENTION
- YOUR MINDSET
- SKILLS & HABITS
- YOUR PERSPECTIVE

3. Study Group

- discuss difficult topics with study partners.
- Explain your answers to others.
- May not work for everyone

4. Test yourself!

- mock exam; can help you adapt to examination pressure.
- Practice on old/past tests.
- Use Mnemonics.

*Reward yourself for the great work you do!

5. The right environment

- Find a place that keeps you accountable; dining room table, library
- Phone on DND, or away from your study area.
- Keep snacks around, feel free to move around, focus mode, timer, breaks

CONE OF EXPERIENCE

EDGAR DALE



Virtual Wellness Center

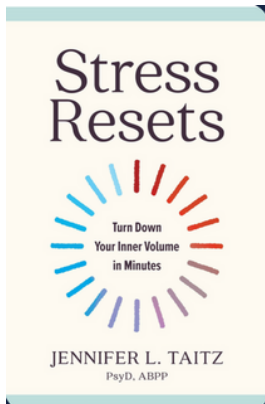


Mental Health Tips for the Holidays

1. Say no without feeling guilty
2. Be kind to yourself
3. More is not necessarily better
4. Set realistic expectations for yourself and the holidays
5. Plan sanity time-outs
6. Take a pause, do something silly
7. Set boundaries instead of people pleasing
8. Find ways to cope with old hurts, i.e. journal for clarity, enjoy the present, remember to take care of yourself
9. Set holiday goals that are achievable
10. Spend time with people who will support and nourish you

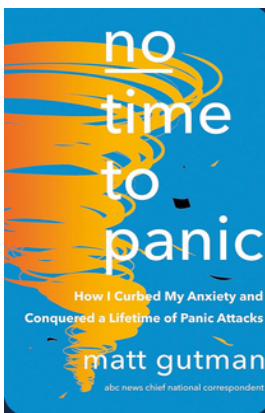


FROM THE COMMUNITY



In her new book, *Stress Resets – How to Sooth Your Body and Mind in Minutes*, UCLA Clinical psychologist, Dr. Jenny L Taitz, gives us 75 evidence-based and scientifically grounded techniques and exercises to manage stress and build resilience.

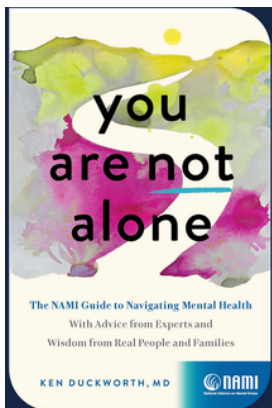
**Thursday, January 11, 2024
5:00 PM - 6:00 PM PT**



No Time to Panic, by ABC's Chief National Correspondent, Matt Gutman, gives an unflinching look at panic attacks by an award-winning reporter whose career was nearly derailed by them.

Unsparring, perceptive, and often funny, this is the story of a panic sufferer who took on the monster within. Filled with wisdom and actionable insights, it's at once an inspirational journey and a road map—if not toward a singular cure, then to something even more worthy: peace of mind.

**Thursday, January 25, 2024
5:00 PM - 6:00 PM PT**



Written with authority and compassion, *You are Not Alone* by Dr. Ken Duckworth, Chief Medical Officer of the National Alliance on Mental Illness (NAMI), is the essential resource for individuals and families seeking expert guidance on diagnosis, treatment, and recovery of mental illness.

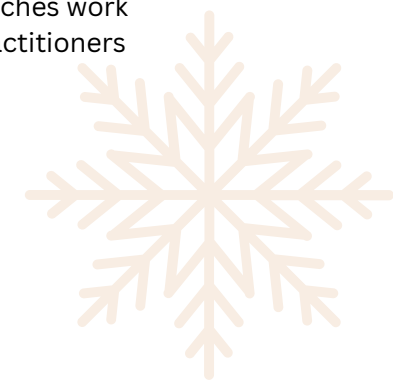
This singular resource—the first book from NAMI, America's largest grassroots organization helping people with mental illness and their families, is a powerful reminder that help is here, and we are not alone.

You are Not Alone provides:

- Practical guidance on dealing with a vast array of mental health conditions and navigating care
- Research-based evidence on what treatments and approaches work
- Insight and advice from renowned clinical experts and practitioners



**Thursday, February 8, 2024
5:00 PM - 6:00 PM PT**





Sunday, February 25, 2024
9:30 AM – 1:30 PM
Refreshments and Lunch Included
UCLA Meyer and Renee Luskin Conference Center
425 Westwood Plaza
Los Angeles, CA 90095



**Presented by the Teen Advisory Council of UCLA's
Friends of the Semel Institute for Neuroscience and Human Behavior**

Join us for inspiring and engaging conversations on mental health and wellness. Students, mental health advocates, influencers, athletes, entertainers, and UCLA experts will discuss:

- Substance Use and Addiction
- Climate Anxiety
- Body Image and Eating Disorders
- Resilience
- Justice, Equity, Diversity, and Inclusion (JEDI)
- Mindfulness
- Social Media
- Anxiety
- Depression
- Relationships

[See The Participants Here](#)

Admission is FREE for high school and college students, but registration is REQUIRED. Don't miss out! RESERVE NOW to secure your spot! Parents, teachers, counselors, and school administrators are welcome to attend. If you are able, please consider a suggested donation of \$25 or more to support our Teen Advisory Council.