

# OPHS COUNSELING NEWSLETTER

## Important Dates

- **February 15th:**
  - 6-9pm - Course Advisement Night/Open House
- **February 26 - March 15th:**
  - Course Advisement 1:1 Meetings with Students
- **February 20th & 21st:**
  - 2:05 - 2:45pm - Counselors available for drop-in course request questions in G-9.
- **February 21st:**
  - 11:40am - Q/Student Connect window opens for course requests.
- **February 25th:**
  - Q/Student Connect window closes
- **March 5th:**
  - 6:30-7:30pm - Everything You Need To Know About Finding Scholarships (VIRTUAL)
- **March 7-8th:**
  - Minimum Days
- **March 21st:**
  - Level Change Deadline
- **March 25th:**
  - Spring Break

The week of February 5th - 9th was National School Counseling Week! Counselors are an integral part of the education system and support students with their academic, personal/social, college, and career goals. At OPHS we are incredibly lucky to not only have case-load counselors, but a Wellness Counselor, and College and Career Counselor on campus.

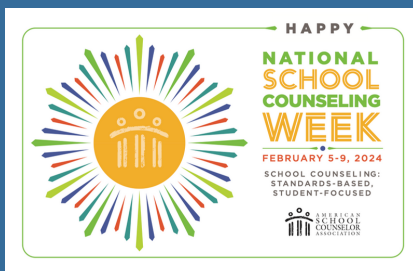


## Newsletter Overview

- Course Advisement Information
- APC Updates
- College and Career Center upcoming events
- Wellness Center Announcements

### 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



[@counselingOPHS](https://twitter.com/counselingOPHS)

On Twitter and  
Instagram

# Counseling Department

## Summer or Scholarship Program

If you are in grades 9 - 11 and applying to a summer or scholarship program that requires a counselor letter of recommendation, please complete the **Summer or Scholarship Program Application Counselor Survey** on your Naviance home page, located under your initials and "Surveys from your school." Before completing the questionnaire, make sure you have formally requested a letter of recommendation by either emailing or seeing your counselor in person at least THREE weeks before the deadline.

## 2024-2025 Course Advisement Information

Please review the timeline below regarding the course request process:

- **February 14th:** Presentation for students during the school day.
  - Click here to access the slides covered during the presentation
- **February 15th:** Course Advisement Night/Open House - Counselors will be presenting to each grade level in the Pavillion.
- **February 20/21st:** Counselors available for general scheduling questions during support period in G-9.
- **February 21st:** Course request window opens in Q at 11:40pm. Students will have an opportunity in their class to request classes.
- **February 25th:** Course request window closes.
- **February 26th - March 14th:** Counselors will meet one on one with students to review the following:
  - a. Review pre-requisites.
  - b. Verify graduation requirements.
  - c. Ensure students sign-up for the correct number of classes.
  - *See next page for meeting schedule*

***Be sure to check out our 4-year Planner and Tracker to track your graduation requirement and A-G progress!***

### Resources:

- [Rising 10th Course Request Form](#)
- [Rising 11th Course Request Form](#)
- [Rising 12th Course Request Form](#)
- [Honors/AP Contract](#)
- [Q/Student Connect Course Request Tutorial](#)



*\*At this time, case-load counselors are unable to schedule family meetings to discuss course requests, 4-year plans, and schedule planning. Please send your student with any questions you may have to their one-on-one meeting and we will do our best to cover everything!*

# 2024-2025 Course Advisement Information

## Q Course Request Timeline



**Current  
10th-12th**

↓

**February 21st -  
11:40am**

February 21st is an  
Activity Schedule day.

You will be able to  
select your courses in  
Q during class at  
11:40am.

•Window closes for  
all grades February  
25th

## One-on-One Counseling Meetings - Spring 2024

### Grades 9 – 11

🟡 Fridays will be used as makeup for students who are not seen during the assigned time. 🟡

	Period 1/2	Period 3/4	Period 5/6
<b>Mon, February 26 (1-3-5)</b>	Creason	Creason	
<b>Tues, February 27 (2-4-6)</b>		Peters	Peters
<b>Wed, February 28 (1-3-5)</b>	Chevalier	Anderson	Anderson
<b>Thurs, February 29 (2-4-6)</b>	Anderson	Anderson	Anderson
<b>Mon, March 4 (2-4-6)</b>			
	Keene	Keene	Rohlf's-Leggett
<b>Tues, March 5 (1-3-5)</b>	McCranie	McCranie	McCranie
<b>Wed, March 6 (2-4-6)</b>	McCranie	McCranie	McCranie
<b>Thurs, March 7 (1-3-5)</b> <i>*MINIMUM DAY*</i>		Wall-Smith	Wall-Smith
<b>Mon, March 11 (1-3-5)</b>			
		Uyematsu	Lippincott / Uyematsu Uyematsu (Per 7)
<b>Tues, March 12 (2-4-6)</b>	Lory / Michelin		Michelin / Uyematsu
<b>Wed, March 13 (1-3-5)</b>			Kokiouisis
<b>Thurs, March 14 (2-4-6)</b>	Kokiouisis / Midiri	Kokiouisis	Kokiouisis
<b>Week of March 18</b>			
	Make-Ups (As Needed)		

<b>Class of 2025</b>	Current Grade <b>11</b> students will come during their <b>History</b> class.
<b>Class of 2026</b>	Current Grade <b>10</b> students will come during their <b>English</b> class.
<b>Class of 2027</b>	Current Grade <b>9</b> students will come during their <b>FOS or Algebra 1A</b> class.

# 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.

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. The next meeting will be on February 26 and 27! This month's topic is "Adopting A Growth Mindset."

Beginning Peer Counseling meetings are held every Thursday at lunch on the Great Lawn. All students are welcome and encouraged to join! Students will learn self awareness and practice skills in areas such as effective communication and problem-solving. Beginning Peer Counselors will have the opportunity to apply for the Advanced Peer Counseling program at the end of the year! For more information, visit <https://bit.ly/bpc23-24>.



# College and Career Center



**Tuesday, March 19th, 2024**

**4:00pm – 5:15pm PT | 7:00pm – 8:15pm ET**

The college admissions process can be a source of stress and anxiety for students and parents alike. This research-based workshop addresses many of the important questions we hear from families. *What do college rankings really measure? Are students who attend more selective colleges better off later in life? What is “fit” and why does it matter?* Participants will learn practical strategies to help reduce unnecessary pressure around the college admissions process and ways to support their student’s overall well-being and readiness for life in college and beyond.

A recording of the workshop will be sent to all registrants on March 20th.

Who should attend	Location	Price
Parents, Students, Educators	Virtual / Online	\$15 per person

## Learning Objectives

1. Learn research-based findings on the relationship between college selectivity and future outcomes, including learning, job satisfaction, and well-being.
2. Explore practical strategies to embrace a healthier approach to the college admissions process.
3. Gain a deeper understanding of the value and meaning of engagement in college and high school.

[Register Here](#)



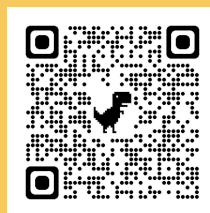
# Wellness Center



## February 2024 WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>This Month's Theme</b> <b>Be Kind</b></p> <ul style="list-style-type: none"> <li>• Luc Boddan Day</li> <li>• Black History Month</li> <li>• Lunar New Year</li> <li>• Valentine's Day</li> </ul>	<p> Tuesday</p> <p> Support days</p> <p> No Tech in the Center</p> <p><small>FOR MORE INFO ON WELLNESS TOPICS <a href="#">CLICK HERE OR</a></small></p>	<p>Wednesday</p> <p></p> <p></p>	<p> Thursday</p> <p>BLACK HISTORY MONTH</p>	<p>Friday</p> <p>1</p> <p>2</p> <p>Groundhog Day</p>
<p>5</p> <p>Thank you card to the counselors all this week! Stop by H-16 to make one.</p> <p></p>	<p>6</p>	<p>7</p> <p>Come have a cup of tea with the Counselors! @ nutrition, H-16</p> <p></p>	<p>8</p>	<p>9</p> <p>Parents &amp; Staff: Protecting Youth from Addiction VCOE 2/12 6-9 PM <a href="http://bit.ly/jlahey21224">bit.ly/jlahey21224</a> Livestream available</p>
<b>National School Counseling Week</b>				
<p>12</p> <p>DIY Valentine Envelopes @ lunch, H-16</p> <p></p>	<p>13</p> <p>Valentine's Day Fredrick Douglass Day Ash Wednesday</p>	<p>14</p>	<p>15</p> <p>Susan B. Anthony Day</p>	<p>16</p> <p>Lunar New Year Celebration @ Lunch @ the Lawn</p> <p></p>
<p>19</p> <p></p> <p>Presidents Day: No School</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Healthy Coping Skills by BRITE @ Lunch, Lawn</p> <p></p>	<p>23</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	

Virtual Wellness Center. Click or scan



Parenting Guides

# Wellness Center



School counselors are certified/licensed educators who improve student success for ALL students by implementing a comprehensive school counseling program.



## School Counselors support students with...

### Social/Emotional Domain:

- Student well-being, stress, and worries
- Developing positive coping skills
- Problem-solving, goal-setting, and taking action
- Concerns about peers' well-being
- Mediating conflicts



### Academic Domain:

- Earning adequate grades and developing study habits
- Class selections
- Collaboration with other school staff to support success



3 main areas

### College/Career Domain:

- Preparing for college/career goals



# FROM THE COMMUNITY

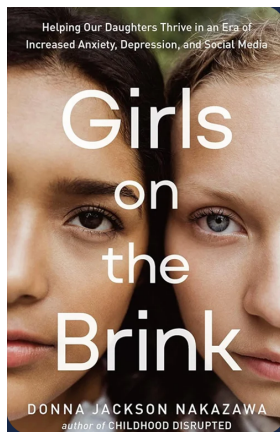


This collection of trainings will be led by a member of the REACH Lab and is geared towards parents and guardians of students that are interested in learning more about various topics surrounding vaping, nicotine, and cannabis.

**Tuesday, February 20**  
**The Triangulum of**  
**Nicotine, Vaping, and**  
**Cannabis for**  
**Parents/Guardians**

**Tuesday, May 14**  
**The Triangulum of**  
**Nicotine, Vaping, and**  
**Cannabis for**  
**Parents/Guardians**

**Tuesday, March 5, 2024**  
**5:00 PM - 6:00 PM PT**

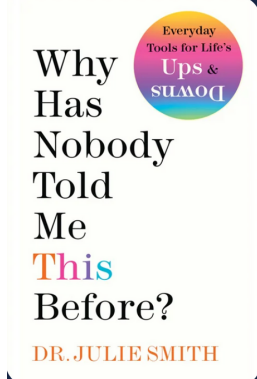


Anyone on the front lines of caring for girls today knows that our daughters, students, and the girl next door are more anxious and more prone to depression and self-harming than ever before. The question that no one has yet been able to credibly answer is Why?

Open Mind community and lecture series, free to the public.



**Thursday, March 21, 2024**  
**4:00 PM - 5:00 PM PT**



Registration Available Soon

Drawing on years of experience as a clinical psychologist, online sensation Dr Julie Smith shares all the skills you need to get through life's ups and downs in her debut international best-selling book, Why Has Nobody Told This? Everyday Tools for Life's Ups and Downs.

Filled with secrets from a therapist's toolkit, this is a must-have handbook for optimizing your mental health. Dr Julie's simple but expert advice and powerful coping techniques will help you stay resilient no matter what life throws your way.



# FROM THE COMMUNITY



Click on the Fliers to Learn More

**mind out loud**™

## 4th Annual Youth Mental Health Event

Wednesday May 1st, 10 -11 AM PST

WellnessTogether.org™

Join Mind Out Loud's inspiring **4th Annual Virtual Event**. Led by students, the Mind Out Loud Annual Event is a beacon of hope, advocacy, and empowerment for student mental health. This year, experience the power of authentic stories to break barriers and lead the next generation in paving the way for the future of youth mental health.



Child Mind Institute

## Parenting Tips For a Teen Loneliness Epidemic

FREE LIVE WEBINAR | FEBRUARY 21, 2024 | 5:30PM ET

Fort Child Mind Institute

We are facing an “epidemic of loneliness and isolation” according to the U.S. Surgeon General and young people are more at risk than anyone else.

Children have never been more connected but have never felt more isolated. They may be online “almost constantly,” but the number of teens reporting loneliness at school has almost doubled between 2012-2018. As parents, we face a dilemma: if we encourage our children to spend more time offline, we risk being told to “stay out of it.” But if we leave them to their own devices, literally and figuratively, we risk an increase in the chances they'll face depression and anxiety.

In this webinar by Fort Health in partnership with the Child Mind Institute, parenting and mental health experts will share practical tips on how to help children and teens feel supported as they form strong social bonds.

On February 21 at 5:30pm ET, join us in a roundtable discussion filled with practical advice you can implement now:

[Parenting Tips For A Teen Loneliness Epidemic](#)



Free Live Webinar

Wednesday, February 21 at 2:30 pm Pacific Time