

# OPHS COUNSELING NEWSLETTER

## Important Dates

- **January 23rd:**
  - 2:45pm - Moorpark College Application Workshop for Seniors in the College and Career Center.
- **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)
- **February 14th:**
  - Course Advisement presentation to students (during the school day)
- **February 15th:**
  - 6-9pm - Course Advisement Night/Open House



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



On Twitter and  
Instagram

HELLO  
January

Happy New Year, Eagle families! We hope you all had a restful winter break. Second semester is in full swing and counselors have been working diligently to address all schedule change requests. Please see page two for more information on schedule change requests.

With classes starting fresh this semester, now is a perfect time to implement any habits of support. Whether it's utilizing support period, meeting with a teacher, or accessing any of our academic support options, creating a consistent routine will help build opportunities for success.

## Newsletter Overview

- General Counseling Department Announcements
- 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

# Counseling Department

## 2nd Semester Schedule Change Requests



**Schedule change deadline: Tuesday, January 23rd**

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.

### 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, please complete this [Google form](#) TODAY, January 19th. If you request a mid-year report after this date, you must email your counselor directly. 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.](#)
- *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 later this month.*

# Counseling Department

## 24-25 Course Advisement

The 2024-2025 course advisement period is around the corner. Please review the timeline below:

- **January 29th - February 15th** - AP/Honors class informational meetings held for students during lunch.
- **February 14th**: Presentation for students during the school day
- **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.

*\*More detailed information will be shared in the February newsletter.*

*\*Please send your child with any questions related to their course requests to see their counselor after the February 14th and 15th presentations.\**



## 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.

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 in early February!

Our Beginning Peer Counseling meetings are back and held every Thursday at lunch on the Great Lawn. All students are welcome and encouraged to join this semester! Students will learn self awareness and practice skills in areas such as effective communication and problem-solving. Beginning Peer Counselors are even given 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>.



# Wellness Center



Happy New Year!

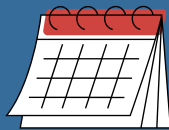
# January 2024

## WELLNESS CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><i>Believe in Yourself</i></p> <p>No Tech in the Center Support Day</p> <p>Winter Break!</p>				
8	9	10	11	12
<p>Pupil Free Day: No School</p> <p><b>WELCOME BACK</b></p> <p><b>Student Workshop 1/11-1/12</b> Goal Setting Vision Bookmarks @ Lunch, H-16 to make your own!</p>				
15	16	17	18	19
<p>MLK Day: No School</p>				
22	23	24	25	26
<p><b>Students</b> Kindness Coffee Sleeves Decorate a Starbucks coffee sleeve! @ Lunch, Great Lawn</p> <p><b>Students</b> Gift a DIY Bracelet @ Lunch, H-16</p> <p><b>Students</b> Kind Chalk Art @ Lunch, Great Lawn</p> <p><b>The Great Kindness Challenge Week: Jan. 22-27</b></p>				
29	30	31	<p>FOR MORE INFO ON WELLNESS TOPICS <a href="#">CLICK HERE OR</a> <b>This Month's Theme</b> <b>Optimism and Goal-Setting</b></p>	

### Random Acts of Kindness Calendar



Virtual Wellness Center. Click or scan



### Parenting Tip of the Month

Grit vs. Talent



Why Self-Care is Essential to Parenting



# Wellness Center

## The Great Kindness Challenge

## January is Trafficking Prevention Month



**HUMAN TRAFFICKING: LOOK BENEATH THE SURFACE**

**OUT OF THE SHADOWS EXPOSING THE MYTHS OF HUMAN TRAFFICKING**

<b>MYTH</b> HUMAN TRAFFICKING IS ONLY SEX TRAFFICKING	<b>TRUTH</b> OF THE 20.9 MILLION VICTIMS OF HUMAN TRAFFICKING GLOBALLY: 68% FORCED LABOR, 22% SEXUALLY EXPLOITED, 10% STATE-IMPOSED FORCED LABOR
<b>MYTH</b> HUMAN TRAFFICKING VICTIMS WILL SELF IDENTIFY	<b>TRUTH</b> 50% OF VICTIMS HAD CONTACT WITH A HEALTH CARE PROFESSIONAL. <b>NONE</b> WERE IDENTIFIED AS A VICTIM.
<b>MYTH</b> HUMAN TRAFFICKING IS NOT IN MY COMMUNITY	<b>TRUTH</b> 30,000+ CASES OF POTENTIAL HUMAN TRAFFICKING REPORTED IN ALL 50 STATES, DC & US TERRITORIES
<b>MYTH</b> HUMAN TRAFFICKING ONLY AFFECTS THE VICTIM	<b>TRUTH</b> THE CRIME OF HUMAN TRAFFICKING IS A SYMPTOM OF A SOCIETAL PROBLEM. <b>HOW TO HELP:</b> CHECK WHERE YOUR GOODS & SERVICES COME FROM, OFFER OPPORTUNITIES FOR AT-RISK INDIVIDUALS, REPORT TO CALL THE NATIONAL HUMAN TRAFFICKING HOTLINE.
<b>MYTH</b> HUMAN TRAFFICKING ONLY HAPPENS TO CHILDREN	<b>TRUTH</b> SINCE 2012, NATIONAL HOTLINE CASES REPORTED: 62% ADULTS
<b>MYTH</b> HUMAN TRAFFICKING ONLY HAPPENS TO WOMEN	<b>TRUTH</b> SINCE 2012, NATIONAL HOTLINE CASES REPORTED: 18% MEN

**Human Trafficking is a crime and you can make a difference.**

Since 2007, the National Human Trafficking Hotline has received over 168,554 calls and identified over 26,243 potential cases of human trafficking. You can receive help, report a tip, or request information or training by calling:

**National Human Trafficking Hotline**  
888-373-7888  
[acf.hhs.gov/endtrafficking](http://acf.hhs.gov/endtrafficking)

**SOURCES**  
U.S. (2012) Online version of International Calendar summary, accessed March 4, 2015.  
HHS. Department of Health.  
DHS. "The 2014 Human Trafficking Report." Accessed March 4, 2015.  
National Human Trafficking Hotline. Accessed 2015. 2014. <http://www.humantraffickinghelp.org>  
HHS. Bureau of the Census. "Human Trafficking in the United States." Accessed March 4, 2015.

DEPARTMENT OF HEALTH & HUMAN SERVICES  
OFFICE OF CHILDREN & FAMILIES

Free Family Edition

Great Kindness Challenge  
Media Coverage



# FROM THE COMMUNITY



CHILDHOOD MATTERS

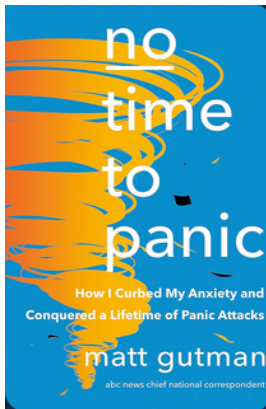
A Non-Profit Organization

## Parent Support Groups



UCLA  
FRIENDS OF SEMEL INSTITUTE  
for Neuroscience and Human Behavior

**POSTPONED**



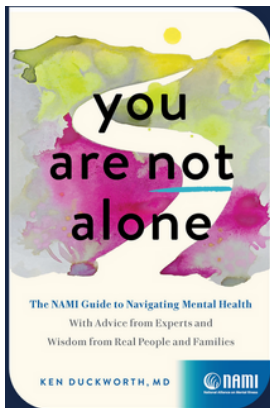
No Time to Panic, by ABC's Chief National Correspondent, Matt Guttman, gives an unflinching look at panic attacks by an award-winning reporter whose career was nearly derailed by them.

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.

**click register for updated date when available.**

**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.