

OPHS COUNSELING NEWSLETTER

Important Dates

October is Bullying Prevention and ADHD Awareness Month

- **October 13th during lunch in G9:**
College Essay Workshop
- **October 14th:**
End of Quarter 1
- **October 14th:**
Deadline to request a letter of recommendation for a November 15th deadline.
- **October 21st:**
Course Level Change Deadline
- **October 27th at 4pm in Room G9:**
9th Grade Presentation
- **November 2nd 6:30-8:30pm**
VIRTUAL
Financial Aid Presentation - Part Two
- **November 3rd at 4pm in Room G9:**
REPEAT 9th Grade Presentation

Hello October!

We have officially hit the two month mark since the first day of school. Quarter 1 progress grades were released on September 16th, please be sure to check on your student's progress. Counselors have worked with their students on time management, college preparation, stress management, and crisis interventions. On page three, we have highlighted some helpful time management tips, that we have shared with students.

Seniors: if you have any universities that require a counselor letter of recommendation, please schedule your 1:1 college meeting with your counselor, if you have not already. Please see the deadlines below for requesting a letter of recommendation.

Application Due Date	Deadline to Request Letter of Recommendation
Before October 1	Week of September 6*
October 15	September 15*
November 1	September 30*
November 15	October 14*
December 1 - January 15	November 4*
After January 15	At least 3 weeks before deadline*

*Requests submitted after the deadlines may not be submitted by the application deadline and will not be given the same time and personalization as letter requests submitted by stated deadlines.



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 Counselor

9th Grade Presentation

9th Grade Presentations

Sign up here!



OCTOBER 27, 2022

NOVEMBER 3, 2022

4:00PM

OPHS ROOM G9

(BOTH PRESENTATIONS ARE IDENTICAL)

9th grade parents and students are invited to attend a presentation, which will provide you with a basic roadmap to help prepare for the next four years. This presentation will address the following topics:

- **High school graduation requirements**
 - **UC/CSU a-g requirements**
 - **College information**
 - **Academic supports**
- **Social and emotional wellness**
 - **Effective study skills**



Hosted by:

Janet Svoboda, Freshman Counselor

Fatima Hernandez, Wellness Counselor

Amanda Fitts, College and Career Counselor

If you are unable to attend, a recording of the presentation will be available on the OPHS website.

Counseling Department

Over the last month, counselors have had a variety of professional development opportunities. Ms. Charrett, Ms. Smith, and Ms. Fitts attended the National Association of College Admission Counseling Conference in Houston, Texas, Mrs. Katz and Mrs. Svoboda attended the California Association for School Counselors Conference in Riverside, CA. All 10-12 counselors and College Counselor attended the UC Conference, and counselors attended the Ludington Institute workshop titled, "Crisis on our Campuses: Suicide, Major Depression, General Anxiety, Gender Identity, and Social Uncertainty. What can we do?"



College and Career Center

Click below for

- [Upcoming OPHS college events](#)
- [UC Application Workshop slides and upcoming events](#)

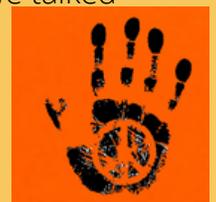


Advanced Peer Counseling Announcements

Advanced Peer Counseling is a special program dedicated to providing social/emotional support to peers. Our goal is to foster a culture of inclusion, acceptance and awareness on campus. Students interested in talking with an Advanced Peer Counselor can make a request with their OPHS Counselor or through the Advanced Peer Counseling request form.

Here are some recent highlights:

- Our annual retreat happened Thursday, September 1st! APC grew closer through team-building activities and guest speakers, all while being in nature.
- Our first Beginning Peer Counseling meeting was Thursday, September 15th! BPC meets every Thursday at lunch on the Great Lawn. All students are welcome to join: [click here](#) for more information.
- Our monthly Freshman Mentoring program started in PE classes. Last week, we talked about the importance of goal setting.
- Our first Halloween Kickback event is coming in October!



Time Management Tips

Do you ever catch yourself or your student saying, "There's just not enough time in the day"? This is a comment OPHS counselors have heard their students say quite frequently. With the new bell schedule with longer days, extracurricular activities, and athletics, some students are reporting to have minimal time to not only complete homework and study, but most importantly, have free time. Time management is such an important and valuable skill for students to develop over the years in preparation for their post-high school plans. Below are some helpful tips the counselors have been encouraging students to be mindful of when considering their time and amount of commitments they have.

1. Get enough sleep at night.
 - a. Running on empty makes your days seem longer and your tasks seem more difficult.
2. Take study breaks.
 - a. Do not schedule a night-before-test cram session. Several short 50 minute sessions are more effective than one long session.
3. Mindful study times.
 - a. Schedule the most difficult tasks for times when you are alert. Geometry, for example may be hard enough when you're fresh. When you're tired, it will feel impossible!
4. Budget your time.
 - a. Use the [Challenge Success Time Management Worksheet](#) to develop a visual of your time and where you're open to work on homework, study, and take breaks.



Time Management Tips (cont.)

- Make a daily to-do list.
 - In the morning, when you're fresh and awake, jot down your to-do list for your day to set the tone of what assignments are due, commitments you have, or priorities for the day. Maybe include one thing you are grateful for!
- Stay focused!
 - If you find yourself frequently stuck on your phone or getting distracted with activities other than your school work, stop and check your to-do list and get back to what the first priority is. Maybe you're procrastinating because you're not sure how to move forward on a school project. If that's the problem, try your best and later check with your teacher to clear things up so you can get moving.
- Release pressure.
 - We are finding a significant increase in student's feeling heightened pressure to "do it all" due to college and societal expectations. Frequently we hear students share, "I have to do all of this, because if I don't, I won't be competitive for colleges." On the flip side, we see students overwhelmed, overworked, exhausted, and stressed. Completing the Challenge Success Time Management Worksheet will really help provide a visual to you/your student on how many tasks and expectations they have, especially if there are any advanced level courses with additional work.

Please remember that while grades are important, a child's well-being also impacts their ability to focus and perform well in their classes.



Here is a helpful article from Forbes, ["Time Management Secrets from 29 Straight-A students"](#)

Wellness Center

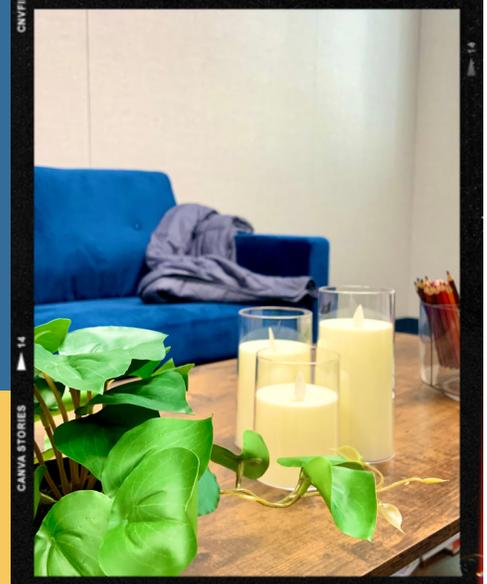
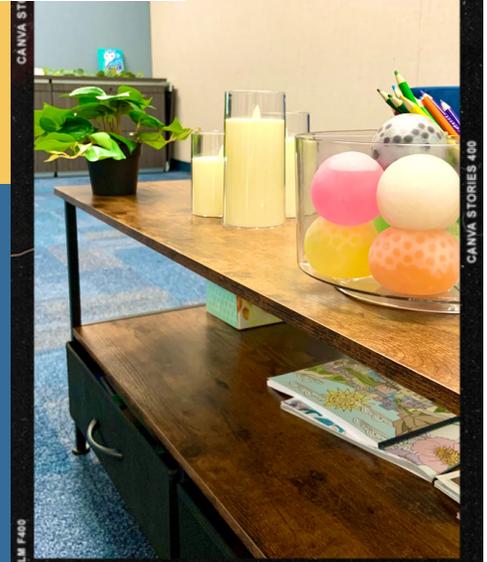


WELLNESS CENTER

WELCOME

Here are some photos of the center so far.

- Our OPHS staff was invited to visit the Wellness Center during nutrition and lunch this week on Thursday 10/6 and Friday 10/7.
- Students will be invited to come visit the Wellness Center all of next week (10/10 - 10/14) during nutrition and lunch only.



“

I think it's really important to take the stigma away from mental health... My brain and my heart are really important to me. I don't know why I wouldn't seek help to have those things be as healthy as my teeth. — Kerry Washington

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WELLNESS CENTER

WELCOME

The Wellness Center invites you!

Students, you are invited to stop by the
Wellness Center during *nutrition and lunch*
October 10th- October 14th.

The Wellness Center is located in H-16.

Find a buddy and come see what we
have been working on!

Questions, see Ms. Hernandez,
or email at fhernandez@opusd.org