



# COUNSELOR NEWS

College | Academic | Career

## 2018-2019 Save the Dates

### College Application Window Announcements

CSU Application Window: October 1- November 30, 2018

UC Application Window: November 1- November 30, 2018

Common Application Window: varied deadlines (Opens August 1<sup>st</sup>)

FAFSA/California Dream Act Application Window: October 1- March 2, 2018

## COLLEGE

### College Application Season is here

Fall is an exciting and sometimes stressful time for seniors. Seniors are getting ready to apply to college! The senior counselors are working with your child to finalize a college list, get letter of recommendation requests submitted by the deadline and getting ready to fill out college applications.

At Alliance Marc and Eva Stern Math and Science, students are required to apply to 3 four-year colleges in their senior year. The college list is developed over time. Students work with their counselor starting in freshman year to discuss post-secondary plans. In junior year, students complete various activities to explore college options that match to their criteria (GPA, test scores, interests, etc.). This is an essential part of the process because there are over 4,000 colleges and universities in the United States and 90% of those colleges most students will be admitted to. By senior year, students have done tremendous work to develop a thoughtful college list. This list will reflect all of the hard work and reflection the students completed in the college exploration process with their counselor.

The counselors support the college admissions process by meeting individually with seniors to review the process for applying to college, host after school CSU application workshops and assist with the college applications for the UC and Private Colleges. We are there every step of the way. There is so much support because we want our scholars to be successful when they are applying to college and to feel supported. Parents are also notified of all of this great work via Parent Square. We like to keep our parents informed of everything we are doing with our senior scholars.

We are so excited for our senior scholars and thank you for supporting your student!!!



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# COUNSELOR NEWS

Moral Citizens | Academically Prepared | STEM Scholars | Solutions Oriented

## COUNSELORS

### Mrs. Cuadra

10-12<sup>th</sup> grades

#### Advisories:

10<sup>th</sup>: Gobeille and Michel-Diaz

11<sup>th</sup>: Banda and Yoshikawa

12<sup>th</sup>: Fritts/Hans and Surjono

ncuadra@laalliance.org

### Mrs. Berghaus

10-12<sup>th</sup> grades

#### Advisories:

10<sup>th</sup>: Cendejas and Kaul

11<sup>th</sup>: Ko and Mahoney

12<sup>th</sup>: Guzman and Johnson

cberghaus@laalliance.org

### Ms. Diaz

10-12<sup>th</sup> grades

#### Advisories:

10<sup>th</sup>: Brown and Haro

11<sup>th</sup>: DeAnda and Raihan

12<sup>th</sup>: Batt and Quezada

tdiaz@laalliance.org

### Mrs. Meza

9<sup>th</sup> grade

Campbell, Chavez, Ford, Nguyen,

Parmer, Thomas

emeza@laalliance.org

## ACADEMIC



You probably know the importance of school attendance and the consequences of missing school, but did you know that missing 2 days a month or more is considered chronically absent? School refusal refers to a student who refuses to go to school or stay in school on a regular basis. These students may complain of physical symptoms such as headaches, stomach aches, nausea, and anxiety as well as display some defiance and tantrums. These students typically refuse to go to school for the following 4 reasons:

1. The student is trying to avoid something that causes negative or uncomfortable feelings such as anxiety.
2. The student is trying to escape social situations or evaluative aspects of school. They may fear embarrassment, ridicule, shame or rejection.
3. The student is seeking parent attention.
4. The student is seeking positive experiences outside of school such as sleeping, TV, video games, etc.

Missing school is a missed opportunity for the student to learn material that may be needed in order to understand material later. So what can a parent do if their child refuses to go to school on a regular basis?

- Believe that their student will get over whatever problem they are going through and tell them that you believe they can get through it.
- Encourage their student to talk to the parent about their fears and listen. The parent can try talking at a time that they are not trying to get them to attend school.
- Show understanding by reflecting the student's feelings.
- Maintain contact with the school and teachers.
- Let the student know when they will be picked up.
- Inform the student that they are expected to stay the entire day.
- If the student has trouble separating from the parent use gradual separations.
- If the student has trouble separating from the parent allow the student to carry something of the parent in their pocket.
- Give the student as much control as possible by allowing them to choose whenever possible such as, how the student styles their hair and what shoes they wear.
- Leave quickly and don't look back.
- Do not reinforce the behavior by rescuing the student.
- Have someone else like the other parent or a relative drop off the student.
- Expose the student to school in small degrees and increase the exposure time.
- Emphasize the positive things about school.
- Help the student establish a support system.
- Encourage the student to participate in hobbies and interests.
- Meet with a school counselor.
- Get help from a mental health professional.

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# COUNSELOR NEWS



Throughout the year the Stern MASS counselors will be working with students to explore their career options. As students progress from one grade to the next we will focus our attention on different aspects of this process. We will start by having our students complete assessments that tell us about their strengths, likes, dislikes, etc. Once students have results from these assessments we will be able to better assist students in their research. Counselors will provide guidance on possible careers that students can keep in mind as well as recommend majors, community service sites, internship opportunities, and summer programs based on a student's interest in order to help them advance their knowledge in specific fields. Students will also be expected to research these options on their own with the ultimate goal of either continuing their education or joining the workforce in their field of choice.

In 9<sup>th</sup> grade, students will complete the Strengths Explorer in Naviance. Students will complete this assessment and receive a report, which identifies their top three themes/talents and helps students identify ways to use these talents and make the most of them. Students will then complete the strength explorer workbook in advisory to build on their strengths. This workbook contains activities for students to truly define and identify the ways in which they are already using their talents as well as how they can continue to maximize these in their daily lives to achieve their future goals. In 10<sup>th</sup> grade, students will complete the Career Interest Profiler in Naviance. The results from this assessment will help students analyze their interests and will provide a list of possible careers for them to research. Students will also complete a resume in Naviance. This resume will be updated yearly and will be a way for students to keep track of their high school extracurricular activities, awards, work experience, and volunteer work. This may be used for summer job searches and scholarship applications. Sophomores will also learn more about the possible degrees they can pursue as they continue their education. Students in 11<sup>th</sup> grade will be provided with a college list that matches their academic achievements. Students will be expected to complete a research activity using this list to find out if their desired major is offered. Students will continue their research around careers they are interested in and will complete lessons in Naviance that will help them make a plan and set goals for how they will get there. During 12<sup>th</sup> grade, students will finalize their career plan and choose a path to meet their end goal. This will involve either planning for college applications, joining the workforce, etc. Seniors will be able to participate in workshops with their counselor in order to receive assistance with their college applications, financial aid applications, etc. Students entering the workforce may also seek help from their counselor for job applications, interview skills, etc.

Students interested in doing more research on careers can visit one of the following websites:

- Occupational Outlook Handbook: <https://www.bls.gov/ooh/>
- College Board Big Future: <https://bigfuture.collegeboard.org/explore-careers>

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