



COUNSELING CORNER



Want to Take Classes at SBCC?

SBCC Spring Schedule is now up on their website - [SBCC](#). If you are interested in taking a SBCC class this Spring you need to do the steps found on the SBCC Dual Enrollment page - [SBCC Dual Enrollment](#).

There are a lot of classes they offer including Psychology, Communications, Astronomy and so much more. You are looking for classes that are three units or more and UC transferable. The first day you can sign up for classes is December 7, 2021 but you need to do the steps before you can sign up for a class. See your Counselor with questions.

Community Service - Please Get Started!

All 9th graders need to complete 60 hours and now is the time to start getting them done. All 10th, 11th and 12th need to complete 45 hours. Go to the College/Career Center for a list of places to do the hours. Students will not graduate without completing their hours by May of their Senior year.

Term 1 Grades: Term 1 grades are now on transcripts found in Aeries.

Pre-ACT and PSAT Test Results: Sophomore Pre-ACT test results will be given out November 17th. Junior PSAT Test results will be given out after Thanksgiving break.



MENTAL HEALTH SUPPORT

Is life a bit too much these days? It's ok to reach out for support. Santa Barbara High School offers several opportunities for counseling and therapy. Visit the Family and Student Engagement, or your academic counselor to be connected to a therapist. Contact Dean of Students Josefina Cabrera at jcabrera@sbunified.org.

The Wellness Center, Walk-ins 11am-1pm Monday-Friday

FSA Counselors (by referral): Michael Tong, Jessica Zacarias, Katie Rowan, Jessica Spigner and Monica Galindo.

Youth Outreach Workers also available (by referral): Zoe Alfonso, Ismael Huerta, and Ali Cortez

Hospice Counselor: Monique Bloedau