



Counseling Department At-A-Glance

The Rio Mesa High School counselors are here to assist students in achieving success in all aspects of their lives, Academic, Social Emotional, and College and Career. We encourage students to come in to ask questions, seek information, and get to know the counselors. We are here to provide individual guidance on academic, personal, extracurricular, and post-secondary options. Counseling office hours are: 8:00-3:40 pm on regular school days.

Coming up

- Ms.Farias will hold SST's with 10th grade students that are credit deficient with 2 or more F's; also holding check ins with 9th grade students with 2 or more F's
- Oct 1- College Apps open up
- *Oct 3-6- Senior Meetings
- Oct 6- HEW (Higher Education Week)
- Oct 7- CSUCI Counselor Conference
- Oct 10- first day of TERM 2 Oxnard Online
- Oct 12- PSAT 9/11
- Oct 13 and 27 Workshops UC/CSU Apps
- Oct 14- End of 1st quarter
- October 17- Professional Development Day
- Oct 19- Oxnard and Ventura CC Apps
- Oct 24- Senior At Risk letters sent out
- Oct 27- All counselors meeting, all counselors at the District Office

Resources

6 Hidden Signs of Teen Anxiety

<https://www.psychom.net/hidden-signs-teen-anxiety/>

Reflection

Collaborations between school counselors and other school personnel is of great value to ensure the success of every student academically, in career development, and personally/social.

Quote of the Month

“one small positive thought in the morning can change your whole day”

*Counselors will be meeting with all seniors in the library this month, providing a senior packet with important information and dates for their post secondary needs.

A - Char
Victor Farias
victor.farias@oxnardunion.org

Chas - D & AVID
Carri McDevitt
carri.mcdevitt@oxnardunion.org

Counselors:
E - Lamp
Cristella Arriaga
carri.mcdevitt@oxnardunion.org

Lamq - Nav & IB Diploma Programme
Kristene Kenney
kristene.kenney@oxnardunion.org

Guidance Tech:
Yesenia Ambriz
yesenia.ambriz@oxnardunion.org

Naw - Rom &
IB Career-Related Programme
Ingrid Brennan
ingrid.brennan@oxnardunion.org

Ron - Z
Sylvia Gomez
sylvia.gomez@oxnardunion.org

Categorical Programs
(ELD, Foster, Migrant Ed., Exchange Students)
Christian Zuniga
christian.zuniga@oxnardunion.org

Academic Intervention Counselor
(9th & 10th Grade)
Chari Farias
chari.farias@oxnardunion.org