



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

- Dec. 15 All counselors meeting
- Dec. 21-23 Finals
- Dec. 23 End of 2nd Quarter
- Dec 23 Term 3 Oxnard online ends
- Dec 26-30 Winter Break

Resources

- [NAMI](#)
- [Tutoring Schedule](#)
- [Wellness Center Referral Link](#)

Reflection

An investment in knowledge pays the best interest. **Benjamin Franklin**

Mental Health Tips for the Holidays

1. Say no without feeling guilty
2. Be kind to yourself
3. More is not necessarily better
4. Set realistic expectations for yourself and the holidays
5. Plan sanity time-outs
6. Take a pause, do something silly
7. Set boundaries instead of people pleasing
8. Find ways to cope with old hurts, i.e. journal for clarity, enjoy the present, remember to take care of yourself
9. Set holiday goals that are achievable
10. Spend time with people who will support and nourish you



*Counselors have sent out Junior at risk letters to parents notifying them of their students graduation status. Counselors are planning incoming 9th grade visits at our local feeder schools. Our incoming 9th grade Parent nights will be February 9 and March 1st 2023. 5:30-7pm.

Holidays are approaching and students may need additional support during this time!

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

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

Counselors:

E - Lamp
Cristella Arriaga
cristela.arriaga@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