

Monta Vista High School COUNSELOR NEWSLETTER

December 2024



Contact Info & Links

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Counseling Resources (linked below)

- [MVHS Counseling & Student Support Website](#)
- [Course Selection](#)
- [Meeting Requests for Students](#)

If a parent/guardian would like to meet with their student's counselor, please email them to schedule a meeting.

Fall Term Stats

- **327** college recommendation letters written by School Counselors and administrators for seniors
- **50** colleges visited MVHS
- **99%** of 9th graders completed the Learning & Productivity Naviance Assessment in October
- **95%** of 10th graders completed the Career Interest Profiler Assessment in Naviance in November

9th grade parents/guardians will receive more information in early January regarding this unit.
Be sure to check your email!

Upcoming Events

- **Final Exams** are December 17th-20th
- **2025-2026 Course Selection** info coming soon
- **9th Grade Counseling Unit** in January!
- **10th Grade Parent Night** this Thursday!

Monta Vista High School's Counseling Team presents...



The 10th Grade Parent Night Presentation and Q & A

Thursday, December 12th (6:00 to 7:15 pm) - MVHS Auditorium

The goal of this presentation is to review:

- Counseling program overview
- Graduation requirements
- Post-high school options including college eligibility
- 10th grade career exploration unit
- Standardized testing for college
- Questions & Answers

Presenters:

- School Counselors: Ashley Voigt, Sylvia Lam, Belinda Olson, Clay Stiver
- College & Career Advisor: Rogelio Calderon

Counselors handing out candy (samples) on Halloween dressed as Trader Joe's employees!
From left: Ms. Olson, Ms. Voigt, Mr. Stiver, Mr. Calderon, Ms. Lam





1st Semester Highlights

August

- Counselors provided an **Advisory lesson** shared with all students that included information on ways we support students, featured our Wellness Room, and tips on how to manage stress.

September

- We welcomed 9th grade parents at our **9th Grade Parent Information Night** where School Counselors introduce themselves and their role in supporting students through the next 4 years of high school.
- Hosted a **Coffee with Counselors** event for 12th grade parents to explain college information and the application processes.

November

- Sophomores received the **10th Grade Career Unit** in their World Literature classes to complete the Career Interest Profile in Naviance and update their 4-year plan.
- MVHS hosted a virtual **Financial Aid Night** for 12th graders and families.

December

- We are offering our first ever **10th Grade Parent Information Night** for 10th grade parents to share about course selection/planning, review our 10th grade unit, and discuss post-high school options.



Congratulations to the class of 2025 seniors for wrapping up your college applications! We recognize all the hard work you've put in throughout your years of high school and we are really proud of you!



Additional Resources



FUHSD -
De Anza
MIDDLE COLLEGE



Current 10th and 11th Graders: Are you looking for a different learning environment—one where you can take both high school and college classes, on a college campus? Are you feeling disconnected from your high school community academically, socially, or emotionally?

If so, Middle College might be the right place for you!

Built on a foundation of community and connection, the Middle College program provides a truly relational approach to high school education that supports the varied needs of each individual student. Here, you can take rigorous coursework in a small, supportive community and earn college credit—without taking any AP exams!

Scan the QR code to visit our website where you can watch a video and learn more about the unique benefits of this program.



MV Wellness Room C201

What is the Wellness Room?

- It's a place to "reset" when you are feeling overwhelmed/stressed/upset.



When/How can I go to the Wellness Room?



If you are in class:
Ask your teacher for a wellness pass

If you have a free period:
You may come without a pass

What should I expect in the Wellness Room?

- ALL visits are limited to 15 minutes
- Phone use and socializing is not allowed
- We provide calming activities and self care tools for you to actively take care of yourself.



COUNSELOR CORNER

What was your
favorite movie in 2024?

Ms. Voigt
Inside Out 2

Ms. Olson
Transformers One

Ms. Lam
Wild Robot

Mr. Stiver
Heretic

Mr. Calderon
Beetlejuice Beetlejuice

Thank you, Sevana!

The MVHS Counseling Team was able to host **Sevana Cortez**, an intern from the Counselor Education Program at San Jose State University in the Fall 2024 term. We have been grateful for her help particularly with our 9th grade students in completing their Learning & Productivity assessment.

We appreciated her being part of the team!
All the best, Sevana!

happy holidays
The MVHS Counseling Team wishes you all a
happy, safe, and wonderful holiday season!

For support during the winter break, please see
FUHSD [Mental Health Resources](#)