

WPHS COUNSELING NEWSLETTER



DECEMBER

2024-2025

PAVE YOUR PATH!

NEWS & UPDATES!

Tutoring

- Visit the student union (located by the counseling office) to receive afterschool tutoring or support from 3:30-4:15 every day. You can receive support for any subject. Contact Aderris@rjuhsd.us for more info.



Upcoming Events/ News

- **FAFSA is now open. Create your FAFSA ID and start your application!**
- **Finals - December 19-20th (Minimum day schedule)**
- **Winter break: December 23-January 7**

HELLO 
 *winter*

Reminders

School starts at 8:30 am (9:30 on Wednesdays) please make sure you are on site before this time.



RJUHSD
Career Technical Education
**Clinical Medical
Assistant**

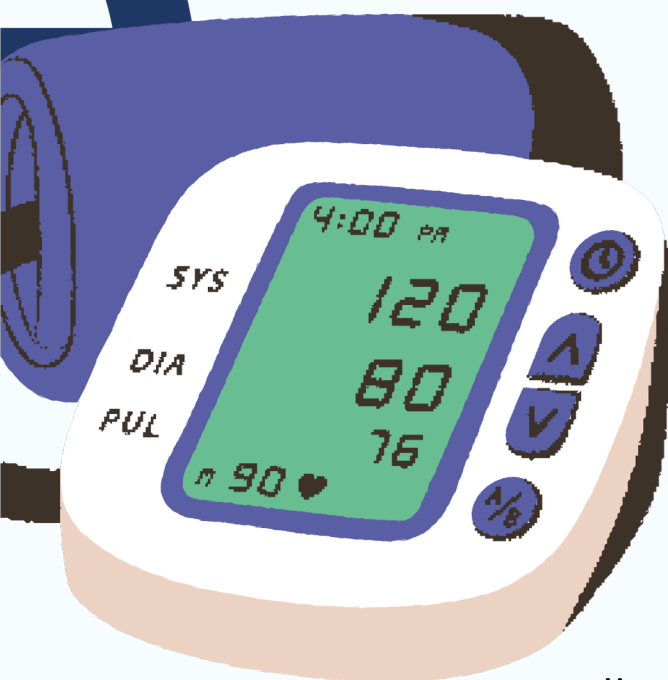
Join the allied health courses, become a clinical medical assistant, get college credit, and earn your high school diploma!

Patient Care Pathway

**Course 1
DE Medical
Terminology**

**Course 2
DE Health
Careers**

**Course 3
Clinical
Medical Assisting**



CONTACT M. CRUZ OR ATTEND
THE INFORMATIONAL ZOOM
MEETING ON THURSDAY, 12/19/24
AT 3:30PM

Zoom link:

[HTTPS://RJUHSD-
US.ZOOM.US/MY/MARCELLACRUZ](https://rjuhsd-us.zoom.us/j/marcellacruz)



Marcella Cruz / mcruz@rjuhsd.us

Seniors...



APPLY FOR LOCAL SCHOLARSHIPS!

THE RJUHS LOCAL SCHOLARSHIP PROGRAM IS OPEN
FROM FRIDAY 01/10/2025 TO FRIDAY 02/14/2025



ALL SCHOLARSHIP DETAILS AND APPLICATIONS
WILL BE ONLINE VIA CANVAS.

ALL SENIORS WILL RECEIVE AN INVITE TO THE
'LOCAL SCHOLARSHIP PROGRAM' COURSE.



THE DEADLINE TO APPLY IS 02/14/2025 AT 3:00PM.
LATE APPLICATIONS WILL NOT BE ACCEPTED.

Visit your College & Career Center for more info!

Seniors...don't miss out on **LOCAL SCHOLARSHIPS**

Program Open: January 10, 2025 @ 8am - February 14, 2025 **Deadline:** February 14, 2025 @ 3:00pm (No late applications accepted!)

How to Apply: Accept Ms. Luna's Canvas invite to the 'Local Scholarship Program' course.

Missed the Presentation? [Watch It Here](#)

Questions? Stop by the College & Career Center for more information or assistance!

**For students starting Gov/Econ classes after the break, presentation will resume, so stay tuned!*



WHAT'S YOUR DREAM JOB?

Get to know your strengths,
yourself, and your options.

Learn more about the program at

www.asvabprogram.com



Find out at **no cost** and **no commitment**.

The ASVAB Career Exploration Program is sponsored by the Department of Defense.

TESTING WILL TAKE PLACE:

Wednesday
1/22/25

Date

8:00 AM

Time

WPHS - Research Lab

Place

[Click here to sign up!](#)




West Park is hosting the ASVAB CEP test!

What is it? The ASVAB CEP will match your skills and interests to possible careers.

See Ms. Luna for details!

A message from your counselors!



Good Luck on Finals & Enjoy your Break!

Dear Panthers,

As finals approach, we want to wish you the best of luck! This is your chance to show all the hard work you've put in this semester. Remember to:

1. **Stay Focused:** Stick to a study schedule and tackle one subject at a time.
2. **Take Care of Yourself:** Prioritize rest, eat well, and find moments to breathe.
3. **Reach Out:** If you're feeling overwhelmed, we're here to help—don't hesitate to connect with us.

Winter break is almost here, so give it your all now and look forward to some well-deserved rest and relaxation. You've got this! We wish you and your family a wonderful holiday season.

Cheering you on,

Your WPHS Counseling Team

Counseling Corner



Study Tips for Finals!

Get enough sleep - So that your brain has the opportunity to take in new knowledge.

Break study time into chunks
Space your learning over multiple days.

KNOW YOUR BODY - Study when you are at your most ALERT

Turn headings into questions
and read paragraph by paragraph for comprehension.

Treat yourself! - Occasionally reward yourself from time to time for accomplishing your goals!

Counselor Corner

What is your favorite holiday drink?

Mrs. Hildebrand: Peppermint Mocha

Mrs. Swinford: Mexican Hot Chocolate

Mr. Simmons: Wassail

Mr. Bains: Sparkling apple cider

Ms. Gilchrist: Chai Latte

What is your favorite holiday movie?

Mrs. Hildebrand: ELF

Mrs. Swinford: Christmas with the Kranks

Mr. Simmons: Scrooged or Home Alone

Mr. Bains: Home Alone 1 or 2

Ms. Gilchrist: ELF

If you could travel anywhere for winter, where would you go?

Mrs. Hildebrand: New York City!

Mrs. Swinford: Switzerland or somewhere tropical

Mr. Simmons: Vermont

Mr. Bains: Zermatt Switzerland

Ms. Gilchrist: Switzerland, Bora Bora

Stay connected!

Students, check your email for an invite to our grade level Canvas class!

Welcome Freshmen!

Counselors will be using this Canvas classroom to help guide you during your time at West Park High School. We will provide information regarding course registration, upcoming events, and other counseling-related topics that you might need to know.

Meet Your Counseling Team



Phitsamay Gilchrist	Laura Swinford	Keith Simmons	Romy Bains	Kassie Hildebrand
Pgilchrist@rjuhsd.us	Lswinford@rjuhsd.us	Ksimmons@rjuhsd.us	Rbains@rjuhsd.us	Khildebrand@rjuhsd.us

Resources



- Announcements on upcoming events.
- Access to our monthly newsletter.
- Lessons and how to guides for college/career planning.