



JANUARY 2023

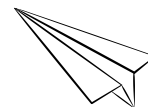
SENIOR NEWSLETTER

MISSION HILLS HIGH SCHOOL CLASS OF 2023

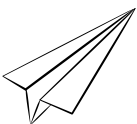


WHAT'S INSIDE?

- Information about your diploma
- Final transcript requests
- Next steps for college and career options
- Resources for self-care
- Future Center events and resources
- Important Senior Checklists



You don't have
to see the whole
staircase, just
take the first
step.



SCHOOL COUNSELORS



- Mrs. Baker (A-Ch) - cherryl.baker@smusd.org
- Mrs. Segal (Ci-Gom) - angela.segal@smusd.org
- Mr. Cruz (Gon-Le) - eric.cruz@smusd.org
- Mrs. Goldstein (Li-Ok)-
kathleen.goldstein@smusd.org
- Mrs. Martinez (Ol-Sar)-
susan.martinezalejandre@smusd.org
- Mrs. Rios (Sas-Z) - adriana.rios@smusd.org



WE BELIEVE IN YOU!
WE ARE HERE FOR YOU!



MHHS COUNSELING



MARK YOUR CALENDAR!

- February 14- Deadline to make changes to your name on your diploma
- March 2- Financial Aid Application (FAFSA/CADAA) deadline
- May 1- Deadline for Statement of Intent to Register (SIR) for four-year colleges
- May 16- Request your final transcript on Parchment
- June 1 & 2- Senior Finals
- June 6- Senior Breakfast and Graduation Rehearsal
- June 7- Graduation!



DIPLOMA

Your diploma will have the same name listed exactly as it appears on your transcript. If any corrections to your name are needed, please contact MHHS Registrar, Mr. Wolcott, at mark.wolcott@smusd.org by February 14th, 2023.

FINAL TRANSCRIPT REQUESTS

Some organizations may require a final transcript from you, such as 4-year colleges. After May 16th, 2023, you can begin requesting final transcripts on Parchment that will be sent out in June, after you graduate.

1. Go to the [MHHS Transcript Request page](#)
2. Create a Parchment account with a personal email address, do NOT use your SMUSD email address.
3. Select "HOLD UNTIL FINAL GRADES"

Need more self-care resources? Scan me!



SELF-CARE FOR SENIORS

- 8-10 hours of quality sleep every night
- Eat well and hydrate
- Exercise
- Set goals and prioritize
- Ask for help and stay connected
- Be a good friend
- [Teen Guide to Mental Health](#)



STAY UPDATED!

INSTAGRAM: @MHHS_COUNSELING

MARK YOUR CALENDAR!

- January 26- Black College Expo Field Trip
- January 27- Financial Aid Friday
- January 30- Scholarship of the Week
- February 6- Financial Aid Workshop
- February 17- Afrikan Student Union High School Conference Field Trip
- February 23- Apprenticeship Expo @ Palomar College
- February 24- Palomar Application Deadline for Free College
- March 2- Financial Aid Application Due

FUTURE CENTER STAFF



Ms. Shania & Ms. Sanchez

THE PALOMAR PROMISE OFFERS FREE COLLEGE

Apply to Palomar College by FEBRUARY 24th in order to receive Palomar Promise funding!

In order to be eligible for the Palomar Promise you must...

- Activate your "MyPalomar" student portal
- Complete New Student Orientation
- Submit a Financial Aid Application

If you need assistance, please see Ms. Shania in the Future Center

FINANCIAL AID APPLICATION

Complete Financial Aid by March 2nd deadline! CADAA and FAFSA support available in the Future Center.

See Mrs. Sanchez for help filling out your financial aid or to complete your opt out form to fulfill graduation requirements.

MS. SHANIA



- College Applications
- Scholarships
- Dual Enrollment and more!

MS. SANCHEZ



- Workforce readiness
- Financial Aid Application
- Promise 360 Program and more!

STAY UPDATED!

Google Classroom: rbkfqic
Instagram: @mhhs_futurecenter



YOU'VE GOT THIS.

(AND WE'VE GOT YOUR BACK)



SENIOR YEAR CHECKLISTS

COMMUNITY COLLEGE OR TRADE SCHOOL

- ☐ Research
- ☐ Apply
- ☐ Activate Student Portal
- ☐ Orientation/Registration
- ☐ Submit Final Transcript and AP Scores

Apprenticeship
Expo Registration!



4 - YEAR COLLEGE

- ☐ Check emails/portals often
- ☐ Submit your Intent to register (by May 1)
- ☐ Orientation
- ☐ Submit Final Transcript and AP Scores

MILITARY

- ☐ Research military branches
- ☐ Meet with a Recruiter
- ☐ Take the ASVAB
- ☐ Enlist

Thinking about the
military? Learn more!



WORKFORCE

- ☐ Create a Resume
- ☐ Research Jobs
- ☐ Interview Prep
- ☐ Apply!

SCHOLARSHIPS



Don't miss out
on free money!
Check out our
Scholarship
Board.

ADULTING TIPS

Use Careers Edge to learn...

- Goal Setting
- Communication Skills
- Time Management
- Stress Management and more!

REGISTER
FOR FREE!



NEED HELP? NO PROBLEM!

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