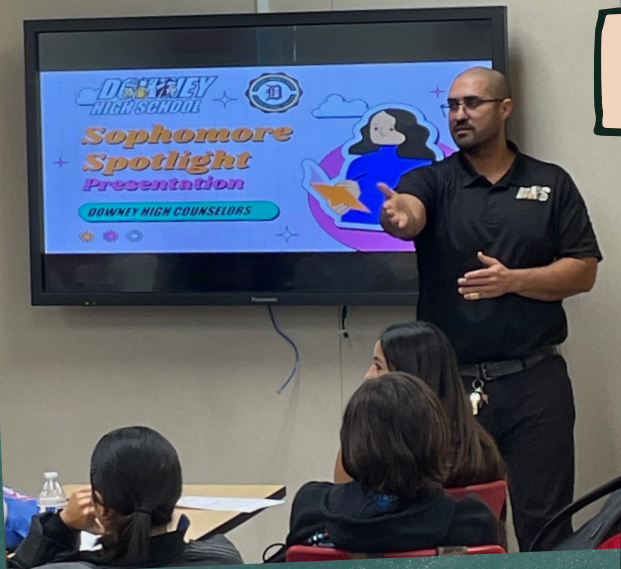


DHS Counselor Corner

Sophomore Spotlight

On Tuesday, November 28, counselors (and special guest Mr. Adrian Quintero) went into 10th-grade English classes to conduct Sophomore Spotlight presentations. These lessons included information on A-G vs. graduation requirements, Honors & AP classes, and State Weighted GPA. Students also completed a Career Interest Survey and wrote summaries about 4 occupations they selected. We raffled off Chick-fil-A gift cards to 5 lucky 10th graders!



Counseling Highlights

#iApplied Week was a huge success! Thus far, almost 300 seniors have submitted applications to 4-year universities, with more to come. We raffled off a Prom ticket, a Grad Nite ticket, a 2023-24 Yearbook, a Winter Formal ticket, and 2 extra graduation tickets. We also delivered #iApplied t-shirts to students in their classes. Congratulations to all!

Important Dates

- ☒ Sophomore Parent Night: December 5
- ☒ ASVAB Test: December 13
- ☒ Finals Week: December 18-21
- ☒ FAFSA: Scheduled to Open by December 31

Cerritos College Liaison

Every Friday, from 12:30 PM to 4:00 PM, the College & Career Center will be hosting a Cerritos College liaison in room A-201. Teachers are welcome to contact Tina, Rudy, Maria, or Jackie to schedule an in-class presentation. Our Cerritos representative, Mr. Santos Nuñez, will be here to assist with 2-years-for-free applications, career exploration, and financial aid workshops.



<https://linktr.ee/cerritosliaison>

CERRITOS COLLEGE

SANTOS NUÑEZ
COLLEGE REP

CERRITOS COLLEGE LIAISON

Downey High School

GET 2 YEARS FREE COLLEGE TUITION!

Contact Info

Ways you can contact me:

✉ sgnunez@cerritos.edu
☎ (562) 379-9694
📷 Cerritoscomplete

Fridays
12:40 PM - 4:10 PM
College and Career center (A201)



"Top Teacher Tip" from Ms. Velasquez



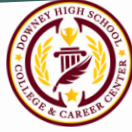
My advice for students to be successful in high school and beyond is to join programs at the school, whether they be athletics or clubs. Get involved in your community, whether it's your church or anything out there. Explore different things that you might enjoy to see what your interests are, so it can help you start deciding what you want your career to be. In short: get involved.

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DHS Counselor Corner

WORKSHOPS



11/8

COLLEGE APPLICATIONS - STUDENTS & PARENTS
LIBRARY
5-8 PM

11/15

COLLEGE APPLICATIONS - STUDENTS & PARENTS
C BUILDING CLASSROOMS
4-7 PM

11/16

FAFSA INFO NIGHT - STUDENTS & PARENTS
ZOOM
6 PM

11/28-30

COLLEGE APPLICATIONS - STUDENTS
COLLEGE & CAREER CENTER (A201)
4-6 PM

College Workshops

College & Career Advisors and School Counselors will be hosting College Application workshops on November 8 from 5:00 PM - 8:00 PM and on November 15 from 4:00 PM - 7:00 PM. There will also be a FAFSA Info Night on November 16 via Zoom, starting at 6:00 PM. Additionally, they will be making themselves available for college application assistance on November 15 during Senior Marketplace from 4:00 PM - 7:00 PM.

Counseling Highlights

With the direction and guidance of our Testing Co-Coordinator, Lauren Nastase, counselors assisted in proctoring the PSAT / NMSQT for over 100 of our freshmen, sophomores, and juniors. It was the first year that the test was fully digital, and IT Technicians helped ensure that everything went smoothly.

Coming Up

- ☒ Chapman University Field Trip: November 7
- ☒ #iApplied Week: November 13-17
- ☒ Junior Parent Night: November 16
- ☒ Sophomore Spotlight Class Presentations: November 28

College & Career Center

The DHS College & Career Center is open Monday - Friday from 7:30 AM - 4:30 PM in room A201. They provide assistance with college and career exploration and applications. It is currently College Application season, and they are making themselves available after school hours to assist students and parents with the college application process. Make sure to attend at least one workshop and have your application reviewed by a School Counselor or College & Career Advisor before you submit it.



"Top Teacher Tip" from Mr. Lostetter



Be able to practice vulnerability. I use Brené Brown's definition with my students: "Vulnerability is uncertainty, risk, and emotional exposure. Vulnerability is not weakness; it's our most accurate measure of courage." Do things that we know long-term are going to be good for us, even if we're going to be uncomfortable in the now. It's treating "future you" better than you have been in the past.

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DHS Counselor Corner



College Fair

On October 18, Downey High School hosted the annual College Fair 2023, with over 40 colleges in attendance! Students and families in the community were able to explore college options and majors, meet one on one with college reps, learn about important college deadlines, connect with Downey High School counselors and college advisors, and even enter a raffle to win college swag! The event was a great success!

Counseling Highlights

Throughout September and October, counselors conducted in-class presentations for 9th, 11th, and 12th graders. Important information was shared regarding A-G requirements, grades, GPA, extracurricular activities, college admissions, post-secondary plans, and financial aid.

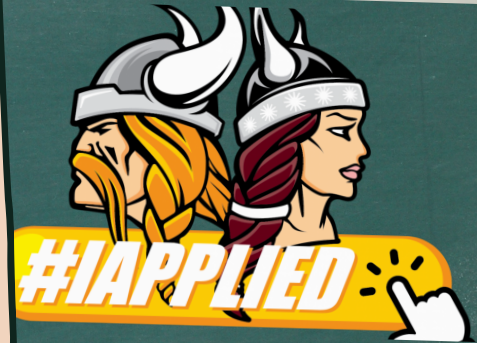
Counselors also visited senior English classes to guide students through submitting CSU applications.

Counseling Activities

- ☒ Freshmen Focus Class Presentations
- ☒ Senior Success Class Presentations
- ☒ One-on-One Senior Evaluations
- ☒ Junior Journey Class Presentations

#iApplied Week Is Coming!

From November 13-17, the Downey High School counseling team will be celebrating #iApplied week! Students who apply to a 4-year university will be entered into a drawing to win awesome prizes, including Prom tickets, Grad Nite tickets, a 2023-24 Yearbook, and much more!



“Top Teacher Tip” from Mrs. Ordway



My best advice for kids in high school—or out of high school—is know your boundaries, be okay to say “no” (even if it’s something you want to do) because it doesn’t fit in with your future goal, and practice time organization. Make sure that you really do give yourself enough time to do the things you need to do, so you can do the things you want to do.

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