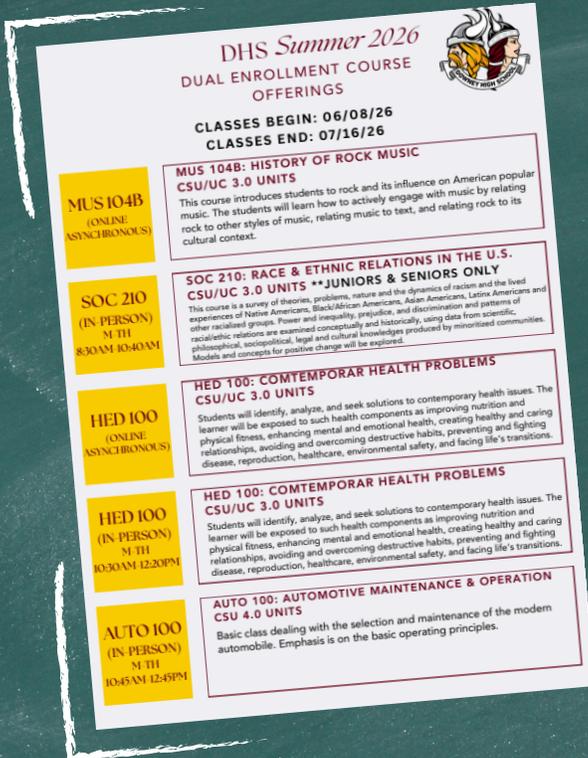


DHS Counselor Corner



DHS Summer 2026
DUAL ENROLLMENT COURSE OFFERINGS

CLASSES BEGIN: 06/08/26
 CLASSES END: 07/16/26

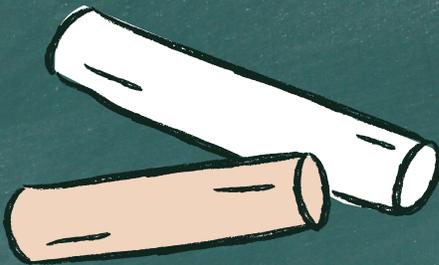
MUS 104B (ONLINE ASYNCHRONOUS)	MUS 104B: HISTORY OF ROCK MUSIC CSU/UC 3.0 UNITS This course introduces students to rock and its influence on American popular music. The students will learn how to actively engage with music by relating rock to other styles of music, relating music to text, and relating rock to its cultural context.
SOC 210 (IN PERSON) M TH 8:30AM 10:40AM	SOC 210: RACE & ETHNIC RELATIONS IN THE U.S. CSU/UC 3.0 UNITS **JUNIORS & SENIORS ONLY This course is a survey of theories, problems, nature and the dynamics of racism and the lived experiences of Native Americans, Black/African Americans, Asian Americans, Latino Americans and other racialized groups. Power and inequality, prejudice, and discrimination and patterns of racial/ethnic relations are examined conceptually and historically, using data from scientific, philosophical, sociopolitical, legal and cultural knowledges produced by minoritized communities. Models and concepts for positive change will be explored.
HED 100 (ONLINE ASYNCHRONOUS)	HED 100: CONTEMPORAR HEALTH PROBLEMS CSU/UC 3.0 UNITS Students will identify, analyze, and seek solutions to contemporary health issues. The learner will be exposed to such health components as improving nutrition and physical fitness, enhancing mental and emotional health, creating healthy and caring relationships, avoiding and overcoming destructive habits, preventing and fighting disease, reproduction, healthcare, environmental safety, and facing life's transitions.
HED 100 (IN PERSON) M TH 10:30AM 12:30PM	HED 100: CONTEMPORAR HEALTH PROBLEMS CSU/UC 3.0 UNITS Students will identify, analyze, and seek solutions to contemporary health issues. The learner will be exposed to such health components as improving nutrition and physical fitness, enhancing mental and emotional health, creating healthy and caring relationships, avoiding and overcoming destructive habits, preventing and fighting disease, reproduction, healthcare, environmental safety, and facing life's transitions.
AUTO 100 (IN PERSON) M TH 10:45 AM 12:45PM	AUTO 100: AUTOMOTIVE MAINTENANCE & OPERATION CSU 4.0 UNITS Basic class dealing with the selection and maintenance of the modern automobile. Emphasis is on the basic operating principles.

Summer Dual Enrollment

The Dual Enrollment program is designed for students who want to earn college credits before graduation. Each semester, students from all grade levels can enroll in this program. These Cerritos College classes are free, and many of them are transferable to CSUs and UCs, potentially saving you time and money in college.

For Summer 2026, Downey High School is offering the following Dual Enrollment courses: MUS 104B, SOC 210, HED 100, and AUTO 100.

For assistance with signing up, please visit the College & Career Center in Room A-201.



Counseling Highlights

On February 2, school counselors went into 11th-grade English classes to do 12th-grade registration presentations. School counselors reviewed graduation requirements, A-G four-year college requirements, factors in college admission decisions, grades/GPA, NCAA, volunteer hours, CTE pathways, and course offerings. During the weeks of February 3-13, counselors met one-on-one with juniors to share their official high school transcripts, review credits, determine A-G status, discuss progress toward graduation, schedule for summer school, and enter course requests for 12th grade.

Important Dates

- 10th-Grade Registration Presentations: March 3
- One-on-One Sophomore Evaluations: March 4-13
- Future Freshmen Night / Open House: March 11
- Middle School Registration (Doty & Sussman): March 23

Regional Scholarships

Our College & Scholarship Advisor, Ms. Tina Campos, shared additional regional scholarships for seniors.

Delta Sigma Theta Sorority, Inc. Cerritos Area Alumnae Chapter is partnering with Crimson & Cream Community Foundation to offer three scholarships, all of which have an application deadline of March 6 at 11:59 PM.

Kiwanis Future Business Owners Entrepreneurs Essay Contest has a deadline of March 7 at 3:00 PM.

Finally, the Kiwanis Ed DiLoreto Essay Contest has a deadline of March 7 at 3:00 PM.

For additional details, please scan the QR code to the right or visit the College & Career Center in Room A-201.

Regional Scholarships
This list is posted in your Canvas announcements
Use this QR Code for the full list of scholarships

Regional List QR Code



“Top Teacher Tip”
from Ms. Rios



My top tip would be to stay organized and ahead of schedule. Make sure to keep due dates in your phone or on a written calendar that you can look at daily. Set reminders and alerts if possible. There is nothing more stress-inducing than forgetting a deadline and not being able to complete the task, or having to rush through it at the last minute. If you have a busy school/work/life schedule (which most people do well beyond the academic years), this will help to minimize the stress of juggling multiple tasks and events. Make sure to schedule in some rest and self-care time, as well, so it is a priority and not an afterthought!

Roadmap to College
and Career Readiness

Follow Us on Instagram

tinyurl.com/roadmapDUSD

@downeyhscounselors

DHS Counselor Corner

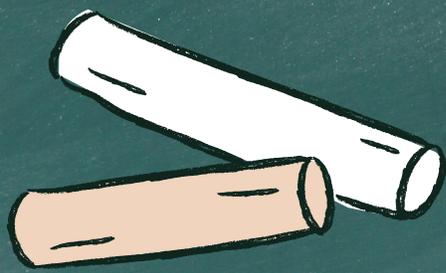


Financial Aid Deadlines

State Financial Aid Programs
For most state financial aid programs, submit your application no later than March 2, 2026.

Cal Grant
Cal Grant requires submission of a school-certified GPA by March 2, 2026.
For additional community college Cal Grants, apply by September 2, 2026.

All Other Aid
If you're a noncitizen without a Social Security card or had one issued through the federal Deferred Action for Childhood Arrivals program, you should fill out the California Dream Act Application at dream.csac.ca.gov.



Counseling Highlights

On January 16, school counselors went into 9th-grade English classes to do 10th-grade registration presentations. School counselors reviewed graduation requirements, A-G four-year college requirements, athletics, grades/GPA, California Scholarship Federation (CSF), CTE pathways, volunteer hours, and course offerings. During the weeks of January 20-29, counselors met one-on-one with freshmen to share their official high school transcripts, discuss credits and summer school, and enter course requests for 10th grade.

Important Dates

- 11th-Grade Registration Presentations: Feb. 2
- One-on-One Junior Evaluations: February 3-13
- February Break (No School): February 16-20
- 10th-Grade Registration Presentations: March 3

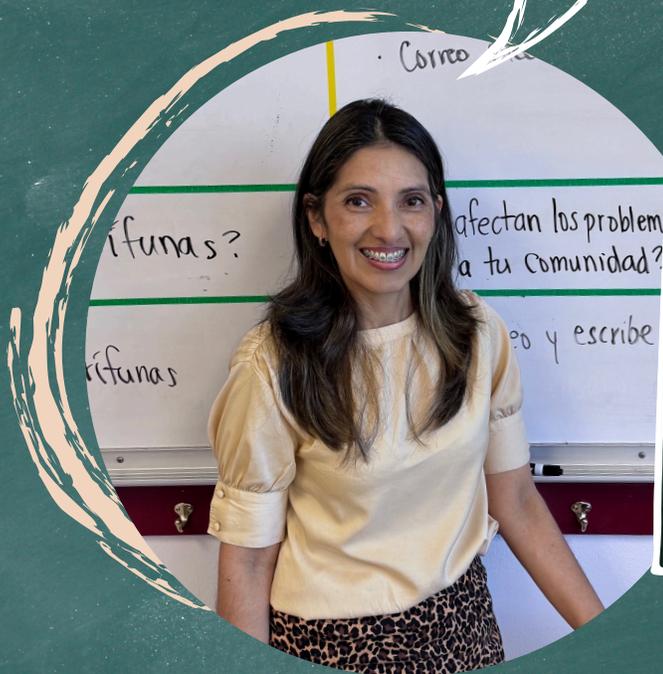
Volunteer, Internship, and Research Opportunities

Hey, Vikes! Are you looking for volunteer, internship, and research opportunities? Our very own Ms. Juliet Santa Cruz has been working with a former DHS student, who is currently a Public Health major at UC Irvine. He has a mentoring program called Bridging the Gap, and he shared a valuable list with us! Ms. Jackie Guevara combined them into one color-coded document, which can be found at tinyurl.com/DHSopportunities. Check with the College & Career Center in Room A-201 if you have any questions.

VOLUNTEER
&
INTERNSHIP
OPPORTUNITIES



“Top Teacher Tip”
from Ms. Buenrostro



My best advice for students to succeed in high school and beyond is to work hard at everything you do. Hard work and dedication will take you far. No matter how difficult or easy a task seems, always give your best effort. Treat each task as if it is your last, and make it your best. Remember that every homework assignment, project, and job reflects who you are, and you want those around you to have the best impression of you.

Roadmap to College
and Career Readiness

Follow Us on Instagram

tinyurl.com/roadmapDUSD

@downeyhscounselors

DHS Counselor Corner

LOCAL SCHOLARSHIP APPLICATION

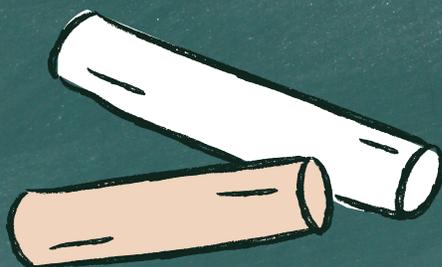
OCT 1ST-JAN 31ST, 2026 AT 11:59pm



FOLLOW THE QR CODE TO THE APPLICATION
Q's? Please email Ms. Campos at tcampos@dusd.net

Local Scholarship Workshops

Throughout the month of January, the College & Career Center will be providing support with the Local Scholarship Application for our Senior Class of 2026. The application closes on January 31. If you have not yet completed the application, please sign up for Viking+ with the College & Career Center to get assistance with completing the application. Workshops will be held in Room A-201 during Viking+ on January 7-8, 14-15, 21-22, and 28-29. Don't miss out!



Counseling Highlights

On Thursday, January 8 and Friday, January 9, school counselors conducted transcript evaluations for over 4,000 students. Counselors reviewed students' final Semester 1 grades, updated their graduation checks accordingly, determined their A-G eligibility, and made appropriate updates to students' schedules to keep them on track.

Important Dates

- 9th-Grade Registration Presentations: Jan. 16
- One-on-One Freshman Evaluations: January 20-29
- 11th-Grade Registration Presentations: Feb. 2
- One-on-One Junior Evaluations: February 4-13

Senior Scholarships

Edison Scholars: Deadline is January 22.

Betty & Joe Zupancic Memorial Scholarship: Deadline is January 31.

Stauffer Community College Scholarship: Deadline is February 3.

To apply for local scholarships, students must complete an essay, résumé, and online application, which can be found at <https://localscholarshiponline.dusd.net/>. Deadline is January 31.



EDISON SCHOLARS
DO YOU WANT TO CHANGE THE WORLD THROUGH STEM?

\$50,000 for STEM College Scholarships!

Edison International is awarding \$50,000 college scholarships to 30 high school seniors to help them follow their dreams in science, technology, engineering or math (STEM) and empower them to change the world.
Guidelines at: EDISONSCOLARS.COM

THE 2025 EDISON SCHOLARS APPLICATION IS OPEN FROM
NOV. 6, 2025 - JAN. 22, 2026
APPLY NOW

ELIGIBILITY REQUIREMENTS INCLUDE:

- Must be a high school senior and show financial need
- Have a minimum 3.0 GPA
- Live in Southern California Edison's service area
- Plan to attend a four-year college or university and pursue studies in science, technology, engineering or math.

The Edison Scholars program recognizes students who want to be makers of tomorrow — the dreamers, inventors, guardians and pioneers — those who dare to be great.

EDISON
INTERNATIONAL



“Top Teacher Tip”
from Ms. Puente



Your path doesn't have to be perfect; mistakes are part of growth. It's good to try new things, get involved, and join something—it helps you find what you do and don't like and creates valuable experiences. Don't be afraid to ask for help from teachers, counselors, coaches, friends, and colleagues. Focus on building good habits to help you not only through school but life. Be proud of your effort, not just results. Small steps forward still move you ahead.

Roadmap to College
and Career Readiness

Follow Us on Instagram

tinyurl.com/roadmapDUSD

@downeyhscounselors

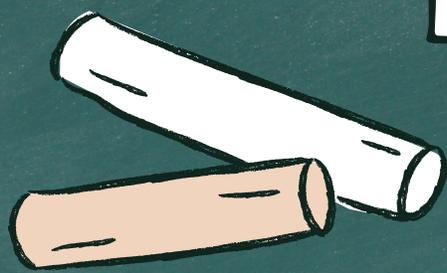
DHS Counselor Corner



#iApplied Day

#iApplied Day was a huge success! On Wednesday, November 19, school counselors and College & Career Center advisors provided one-on-one support to students with their college applications and essays. Thus far, 576 seniors have submitted applications to CSUs, UCs, and community colleges!

During our lunch-time activities, we raffled off a Prom ticket, a Grad Nite ticket, a 2025-26 Yearbook, 2 extra graduation tickets, and pizzas from Domino's. Students who submitted applications also received #iApplied T-shirts. Congratulations to all!



Counseling Highlights

On October 22 and October 23, school counselors conducted academic interventions for 9th-, 10th-, and 11th-grade students with Quarter 1 GPAs between 1.60-1.99. They were summoned to the Downey HS Theater to receive information about graduation requirements, tutoring, and Viking+. They also received a motivational pep talk from Mr. Quintero.

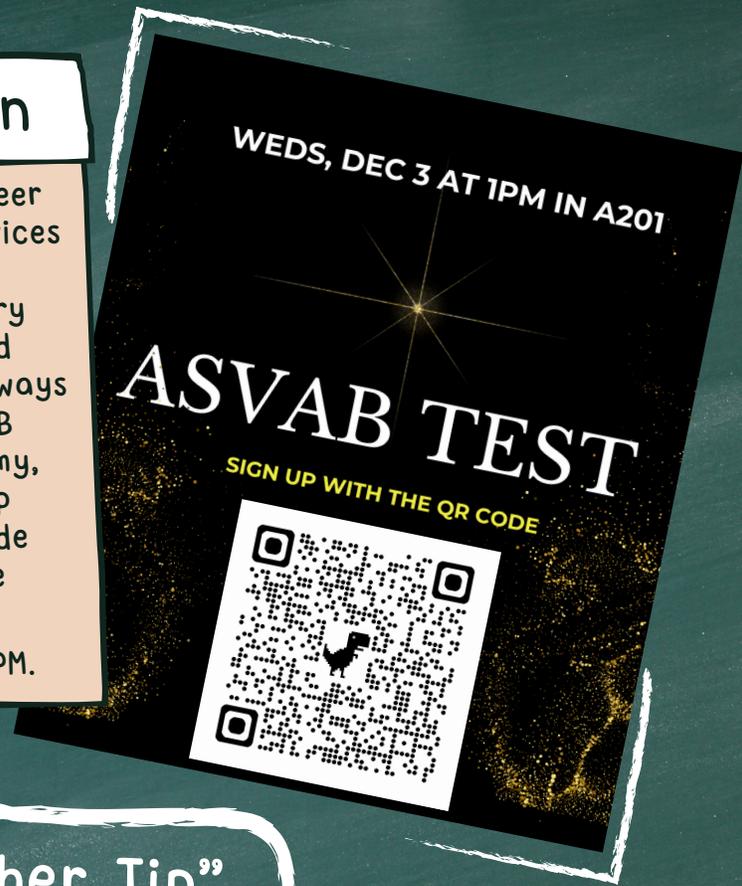
On October 24, school counselors attended the CSULB Counselor Conference and learned important information about alternative majors, common application errors, Dual Enrollment, and financial aid.

Important Dates

- CSU & UC Applications: Due December 1
- Finals Week: December 15-18
- Winter Break: December 22 - January 2
- Local Scholarship Application: Open Until January 31, 2026

ASVAB Career Exploration

On Wednesday, December 3, the College & Career Center will be offering the ASVAB (Armed Services Vocational Aptitude Battery). The ASVAB is a free, multiple-aptitude test used by the military to help students understand their abilities and interests. It can determine which career pathways may be a good fit. A high score on the ASVAB can provide more career options with the Army, Air Force, Navy, and Marine Corps. To sign up for the ASVAB test, you can scan the QR code on the flier to the right, or you can visit the following link: tinyurl.com/downeyasvab
Registration closes on November 30 at 4:00 PM.



“Top Teacher Tip”
from Ms. Lara



Working hard and being dedicated to your workload is important, but find something that relaxes you, too! It can be anything from reading a book, playing with your dog, building with LEGO, completing a puzzle, etc. Sometimes we all need that thing we enjoy that relaxes our mind and calms us. So, when you're stressed, go do that thing you enjoy for an hour, then get back to your work. You'll feel so much better!

Roadmap to College
and Career Readiness

Follow Us on Instagram

tinyurl.com/roadmapDUSD

@downeyhscounselors

DHS Counselor Corner



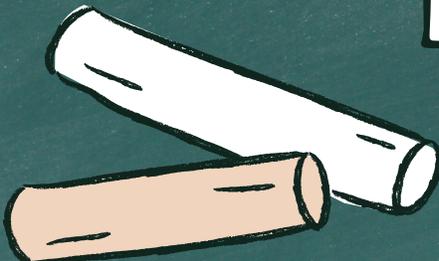
COLLEGE & FINANCIAL AID APP WORKSHOPS 2025

EVERYDAY	10/27	11/03
A201 • Before school • Snack • Lunch • Class time with a pass from teacher	A201 You can stop by to work on any college application and/or financial aid application 🕒 3:30PM - 5:00PM	LIBRARY You can stop by to work on any college application and/or financial aid application 🕒 3:30PM - 5:00PM
11/07	11/08 (SATURDAY)	11/12
LIBRARY You can stop by to work on any college application and/or financial aid application 🕒 3:30PM - 6:00PM	WRITING CENTER You can stop by to work on any college application and/or financial aid application 🕒 9:00AM - 12:00PM	C BUILDING SENIOR MARKETPLA All Seniors are welcome to stop by during senior marketplace work on their applications 🕒 3:00PM - 6:00PM

College App Workshops

College & Career Advisors and school counselors will be hosting College Application workshops on November 3 from 3:30 PM - 5:00 PM in the Library; on November 7 from 3:30 PM - 6:00 PM in the Library; on November 8 (which is a Saturday) from 9:00 AM - 12:00 PM in the Writing Center; on November 12 from 3:00 PM - 6:00 PM in the C building; and in the College & Career Center (Room A-201) every school day throughout November, before school, during snack and lunch, and during class with a written pass from your teacher.

You can receive assistance with your CSU, UC, community college, and Common App applications, and also set up your FSA ID for financial aid.



Counseling Highlights

During the weeks of October 1 - October 9, counselors went into 12th-grade English classes to guide students through completing college applications. Counselors helped students with importing their high school coursework and verifying their A-G matching. Students were told to have their counselor review their applications before submitting them. On Friday, October 17, school counselors visited 11th-grade English classes to conduct Junior Journey presentations, and on Tuesday, October 28, school counselors 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. Sophomores completed a Career Interest Profiler and juniors completed a Personality Assessment that connected to careers and pathways.

Important Dates

- CSU & UC Applications: October 1 - December 1
- Veterans Day (No School): November 11
- #iApplied Day: November 19
- Thanksgiving Break: November 24-28

#iApplied Day

Are you a senior who has applied to a CSU, UC, private, military, community college, or trade/vocational school? If so, then complete the #iApplied Google Form and upload proof of your submitted application. You can scan the QR code on the flier to the right, or you can visit the following link: tinyurl.com/iapplied2

After completion, you can go to the College & Career Center (Room A-201) to get an #iApplied T-shirt. Then, on November 19, join us in the quad for #iApplied Day, where you can enter yourself into drawings for the chance to win prizes!

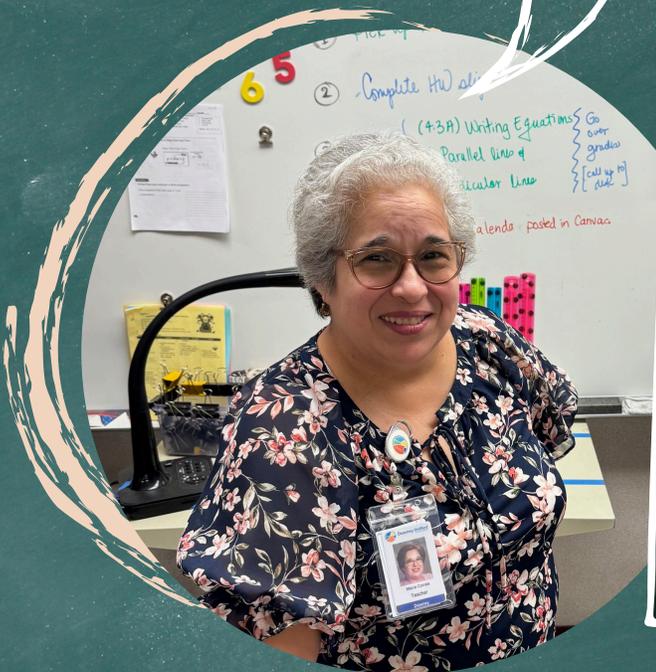
**SENIORS!
DID YOU APPLY TO
COLLEGE?**

Upload proof of submitted application and go to the College and Career Center to get your #iAPPLIED T-SHIRT!

Submit Now
SCAN THE QR CODE

Downey High School
Class of 26

“Top Teacher Tip” from Ms. Correa



I'm a planner who likes to see the overall picture, then break it down into manageable pieces/goals. This process reduces my stress. When I see students with their planners, I encourage them to keep up this habit. When I see a student disorganized and struggling, I suggest a calendar planner. The best tool for high school and beyond is a calendar planner. A calendar planner helps manage tasks, rank the tasks by importance, set up the tasks that must be completed and those that can wait, and thus, reduces stress. Tasks can be assignments to complete, test dates and studying for an exam, and also jotting down family/friend/church/fun events. As an adult, I have a calendar that reminds me to pay my bills on time, including income tax filing and property taxes. It reminds me about my financial goals for vacations, home repairs, and retirement. A calendar planner is an exceptional tool that is often overlooked.

Roadmap to College
and Career Readiness

Follow Us on Instagram

tinyurl.com/roadmapDUSD

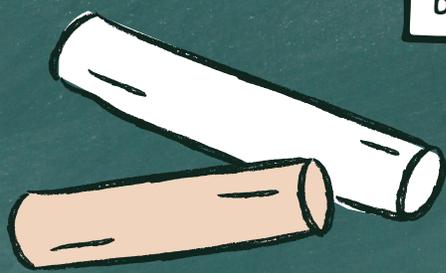
@downeyhscounselors

DHS Counselor Corner



College Fair 2025

On Thursday, October 9, from 5:00 PM - 7:00 PM, the Downey Unified School District will be hosting College Fair 2025 at Downey High School. Students will have the opportunity to learn about 50+ colleges! This free event is open to students of all grade levels. Students and families in the community will be able to explore college options and majors, meet one on one with college reps, learn about important college deadlines, and connect with college advisors. CSUs, UCs, private schools, out-of-state schools, and even international schools are expected to be in attendance. Check it out!



Counseling Highlights

On Monday, September 15, school counselors went into 12th-grade Economics and American Government classes to deliver Senior Success presentations. Counselors reviewed graduation requirements, A-G four-year college requirements, community colleges, trade/vocational schools, and financial aid. During the weeks of September 17-26, school counselors met one on one with seniors to share their official high school transcripts, review credits, determine A-G status, discuss progress toward graduation, and explore post-secondary plans.

- ### Important Dates
- CSU & UC Applications: October 1 - December 1
 - College Application Classroom Visits: October 1, 2, 8, & 9
 - DUSD College Fair 2025: October 9
 - Junior Journey Class Presentations: October 17
 - Sophomore Spotlight Class Presentations: October 28

Local Scholarship Application

To apply for local scholarships, students must complete an essay, résumé, and online application, which can be found at <https://localscholarshiponline.dusd.net/>.

The deadline is Saturday, January 31, 2026. This one application gives students the opportunity to be considered for multiple scholarships. If you have any questions, please email Ms. Campos at tcampos@dusd.net or stop by the College & Career Center in Room A-201.



“Top Teacher Tip”
from Mr. Castile



This is going to sound cheesy, but learning how to skim read for comprehension is super important, not just for college but for “adulthood,” as well. Life after college is all about paperwork. You will be inundated with policies, handbooks, contracts, emails, etc. You are going to have to read so much tedious yet important stuff as you go through life that skim reading for comprehension is essential for surviving the adult world.

Roadmap to College
and Career Readiness

Follow Us on Instagram

tinyurl.com/roadmapDUSD

[@downeyhscounselors](https://www.instagram.com/downeyhscounselors)

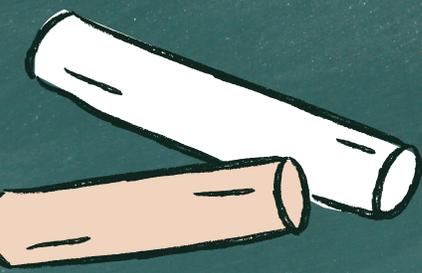
DHS Counselor Corner

Counselor Caseloads

Counselor caseloads for the 2025-26 school year were recently updated based on student last name. Check out these important changes:

- Mr. Cooke: A - Bel
- Mr. Toledo: Ben - Cortez
- Mr. Marshall: Cos - Foot
- Ms. Curiel: For - Hassan
- Ms. Loyarte: Hel - Lopez, Mat
- Mr. Evans: Lopez, Max - Moore
- Ms. Acosta: Mora - Perez, M
- Ms. Murillo: Perez, N - Rodriguez
- Ms. Ruiz: Rogers - Tag
- Mr. Zakour: Tak - Z
- Ms. Enriquez: DHH Program

COUNSELOR DIRECTORY		DHH PROGRAM
 A - BEL COOKE, NATHAN ncooke@dusd.net	 LOPEZ, MAX - MOORE EVANS, WAYNE wevans@dusd.net	 ENRRIQUEZ, ALEXIS aenriquez@dusd.net
 BEN - CORTEZ TOLEDO, ALAN atoledo@dusd.net	 MORA - PEREZ, M ACOSTA, LORI lacosta@dusd.net	
 COS - FOOT MARSHALL, SCOTT smarshall@dusd.net	 PEREZ, N - RODRIGUEZ MURILLO, VERONICA vmurillo@dusd.net	
 FOR - HASSAN CURIEL, TERRI tcuriel@dusd.net	 ROGERS - TAG RUIZ, SUSAN sruiz@dusd.net	
 HEL - LOPEZ, MAT LOYARTE, JOANNE jloyarte@dusd.net	 TAK - Z ZAKOUR, ZAK zzakour@dusd.net	



Counseling Highlights

Throughout the end of July and the month of August, school counselors worked diligently to schedule over 4,100 students into their classes. This included our incoming group of freshmen, the Class of 2029, who totaled over 1,100 students! School counselors also collaborated with teachers and administrators to find solutions to balance class sizes across all departments. We sincerely appreciate your patience, understanding, and support throughout the process!

Important Dates

- Back-to-School Night: September 3
- Freshman Focus Class Presentations: September 5
- Senior Success Class Presentations: September 15
- One-on-One Senior Evaluations: September 17-29

College Visits

Several universities will be visiting Downey High School throughout the month of September and October. Stop by the College & Career Center in Room A-201 to learn more information.

University of Southern California (USC):
September 18

University of California, Riverside (UCR):
September 24

Chapman University: October 1

University of California, Santa Barbara (UCSB):
October 2

Also, on Thursday, October 9, at 5:00 PM, we will host the 10th Annual DUSD College Fair. More information to follow in next month's newsletter!

VIKINGS

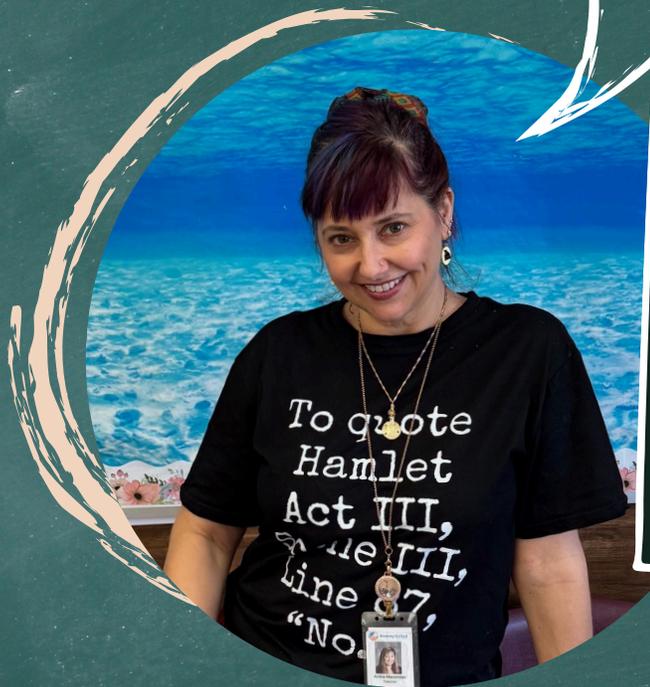
UNIVERSITIES VISITING DOWNEY HS
IN A201 COLLEGE CTR.

- USC
SEPT 18 AT 3PM IN A201
- UCR
SEPT 24 AT 3PM IN A201
- CHAPMAN UNIVERSITY
OCT 1 AT 3PM IN A201
- UCSB
OCT 2 AT 3PM IN A201
- 10th ANNUAL DUSD COLLEGE FAIR
OCT 9 AT 5PM IN THE DHS STADIUM



"Top Teacher Tip" from Ms. Macomber

Work in increments and try to make space in between lessons and assignments for downtime. And make sure to chunk deadlines up into smaller, doable tasks. During downtime, do something that will rejuvenate you so you can recharge, and remember to have a work-life balance.



Follow Us on
Instagram

@downeyhscounselors