

# Oceana High School

## Counseling

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### Office Hours for Ms. Ziegler - School Counselor for Grades 9-11

- Email: [kziegler@jeffersonunion.net](mailto:kziegler@jeffersonunion.net)

Email Ms. Ziegler with your question and/or concern and she will return your email within 24 hours to discuss how to answer your question.

- Ms. Ziegler will be checking emails from 8-3pm M-F.
- A Google Meet may be scheduled to most effectively answer your question.

### Office Hours for Ms. Owyang - School Counseling Intern for Grades 12

- Email: [aowyang@jeffersonunion.net](mailto:aowyang@jeffersonunion.net)

Click on the link above and choose the time slot that works best for you. Please add your **FIRST AND LAST NAME and the purpose** of your requested appointment (i.e. graduation, credits, college/career, financial aid, etc.)

Notes:

- Appointments will be done through 'Google Meet'.
  - Ms. O will send an invite by email at the time of appointment.
- To schedule a phone appointment, fill out the doc as requested and email Ms. O the best phone number to reach you.
- If no times on the schedule work for you, please email Ms. O with your availability.
- General questions can also be emailed to Ms. O.

### Office Hours for Nico Storrow - Wellness Counselor

- Email: [nstorrow@juhsd.net](mailto:nstorrow@juhsd.net)

You can email or call their office phone and leave a message (650-550-7307) to set up a time to meet via video chat or phone.

- Nico will be checking voicemail twice a day and will return the call within 24 hours M-F. Please state your name and phone number clearly in the message.
- They will be checking email between the hours of 8AM and 3PM Monday through Friday.
- If there is an emergency or you need to reach someone outside these hours please call 911 or StarVista's crisis hotline at: 650-579-0350. (Additionally resources are listed in the wellness section below)

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## Academic Counseling Information

### All Grade Level Information

- [Summer School](#) (click for details)
  - **To families of students who are required to take a Summer School course to stay on track to graduate:**
    - You will receive a letter from the Summer School principal during the week of March 30, 2020 outlining steps to enroll in the recommended course.
    - Your school counselor has informed the principal of what course you need to complete.
    - Enrollment in the course is important to remain on track to graduate.
- [Concurrent Enrollment Steps](#)

### 12th Grade Information

- ❑ [San Francisco State University Next Steps Virtual Presentation](#)
  - Thursday, March 19th at 10am
  - Contact Ms. O for Zoom link
- ❑ [Oceana General Scholarship Application: Extension](#)
  - Given the challenges with COVID19, we understand that some of you may not have had the opportunity to focus and complete the scholarship application. In light of the unfortunate circumstances, the *Scholarship Committee has made the decision to extend the Oceana General Scholarship application dead until: Tuesday, March 24th at 3pm.*
  - We would like as many students as possible who are interested to apply.
  - For any questions regarding the prompts of the application, please contact Ms. O or post in google classroom.
  - If you have already submitted your application and would like to make changes, contact Ms. O ASAP.
  - The Oceana General Scholarship application can be found [HERE](#)
- ❑ [Skyline College Upcoming Dates:](#)
  - April 20-24: Counseling appointments with a Skyline Counselor @ OHS (virtually meetings if necessary)
  - April 28: Scheduling Workshop
  - May 12: Registration Workshop
- ❑ [Curriculum Opportunity -- Do What You Are:](#)
  - If you are interested, please engage in the [Career Interest Profiler via California Colleges](#) and view this presentation for more information:
    - [Do What You Are Presentation](#)

### 11th Grade Information

- ❑ [Curriculum Opportunity -- Financial Aid and Making a College List:](#)
  - If you are interested, here is a presentation with more information about [Financial Aid](#).
  - Review the resources available under the [Financial Aid tab](#) in your California Colleges account.
  - If you are interested in attending a 4-year-college, now is a great time to take **virtual tours** of college campuses and refine your list!

- Read this article, titled, [How Many Applications are Enough](#), for more information about how to make a list of colleges that suit you.
- **Make your list of colleges and refine it by Fall 2020.**

### 10th Grade Information

#### ☐ Summer School

- Your family will receive a letter the week of March 30, 2020 if you are required to take a Summer School course to stay on track to graduate.

#### ☐ Curriculum Opportunity -- A-G Eligibility

- Using the A-G Eligibility tool in your California Colleges account, see if you are on-target to be A-G eligible. [Login](#) and go to the My Plan tab to start.
- Continue to strive for a **C- or above** in all classes to have the option to be A-G eligible in the future.

### 9th Grade Information

#### ☐ Summer School

- Your family will receive a letter the week of March 30, 2020 if you are required to take a Summer School course to stay on track to graduate.

#### ☐ Curriculum Opportunity -- PSAT Score Reports and Next Steps

- Learn more about why your PSAT 9 scores are important by viewing this presentation: [PSAT Score Reports and Next Steps](#)
- Continue to strive for a **C- or above** in all classes to have the option of applying to all California Colleges in the future.

## Wellness Counseling Information

Students and families, I know this is a stressful and anxiety provoking time, and many of us are dealing with our own fears and anxieties for a number of reasons, health anxieties, illness, financial stress, family stress, worry about loved ones, and a variety of other things.

**To minimize the spread of COVID 19, I will not be meeting with students physically, but I will still be available for you to provide wellness support during this difficult and unknown time through phone and video sessions that I will set up with students and families.** You can set up an appointment with me by email at [nstorrow@juhsd.net](mailto:nstorrow@juhsd.net) or by **leaving a message on my office line 650-550-7307**, which I will check remotely twice a day, and will return calls within 24 hours.

If there is an emergency or you need someone outside of the hours of Monday-Friday 8AM-3PM, please call 911 or StarVista Crisis Hotline: 650-579-0350. We will continue to update the Counseling section of the At Home Learning site with counseling related resources and updates. Take good care of yourselves and please do not hesitate to reach out for support!

### Resources:

**In Case of a Mental Health Emergency:**

- Star Vista Crisis Hotline: 650-579-0350
- National Suicide Prevention Hotline: 1 800-273-TALK (8255)
- California Youth Crisis Line (call or text): 1 800-843-5200
- National Teen Crisis Text Line: Text "LISTEN" to 741741
- National Runaway Safeline: 1-800-RUNAWAY
- The Crisis Text Line: text HOME to 877-870-4673
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1 800-985-5990 or text TalkWithUs to 66746
- Community Overcoming Relationship Abuse- 1-800-300-1080
- San Francisco Parent Talkline: 1-415-441-5437
- National Parent Helpline: 1-855-427-2736
- People with deafness or hearing loss can use their preferred relay service to call 1 800-985-5990
- LGBTQ Resources:
  - Trevor Project Lifeline: 1 866-488-7386
  - Trans Lifeline: 877-565-8860

**\* If you or a friend/family member are in immediate danger to themselves or another, please call 911 right away.\***

#### **Devices and Internet Access:**

If a student needs *to borrow* a device at home to access AHL, please fill out this [Google Form](#) to request a Chromebook.

Some families may need more than one device depending on the number of high school-age students at home. Once you sign up, staff will contact you for pick-up information. Free internet is available from Xfinity for sixty days at [internetessentials.com](http://internetessentials.com) or by calling 855-846-8376. Find free Wi-Fi hotspots, no sign up required, on this [map](#).

#### **Food Services:**

Beginning Wednesday, March 18, the district is offering food to-go at Jefferson, Terra Nova, and Westmoor High Schools for all children under 18 years old from 11 a.m. to 1 p.m. all weekdays March 18 - April 3. View full details at <http://bit.ly/JUHSD-food-for-kids>.

**Tips for supporting youth mental health from the CDC - Not all children respond to stress in the same way. Some common changes to watch for in children:**

- Excessive crying and irritation
- Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and "acting out" behaviors
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain

- Use of alcohol, tobacco, or other drugs

**There are many things you can do to support your child:**

- Take time to talk with your child about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child can understand.
- Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your child's exposure to media coverage of the event. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Help your child to have a sense of structure. Once it is safe to return to school or child care, help them return to their regular activity.
- Be a role model; take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members and rely on your social support system.

CDC: [Coping with a Disaster or Traumatic Event](#)

CDC: [Helping Children Cope with Emergencies](#)

SAMHSA: [Coping With Stress During Infectious Disease Outbreaks](#)

NCTSN: [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)](#)

**Activities to help manage feelings of stress or anxiety:**

- Coloring, drawing, art projects
- Reading
- Journaling
- Creative writing
- Baking or cooking together
- Card games like Uno, board games
- Puzzles
- Blocks, Legos, K'nex
- Collaborative games
- Dancing
- Call or video chat a loved one
- Keep a consistent daily routine
- Listen to music
- Exercise, go for a walk, find a local hike
- Watch a favorite show or movie
- Learn something new!

**Free education and online learning resources for students:**

- [School Closure Resources](#)
- [Education Companies Offering Free Subscriptions Due to School Closings](#)

**Free technology and internet resources:**

- [Free home wifi for 60 days from Comcast/Xfinity](#)
- [Unlimited data for all and free international calling to Level 3 countries from T-Mobile](#)
- [AT&T will keep service on and waive late fees](#)
- [Verizon will keep service on and waive late fees](#)