Welcome Our New Counselors!

After wrapping up a great first quarter and entering the holidays, the counseling department is celebrating a couple of key new additions and accomplishments.

First, we welcome our newest members of the counseling team, Julie Powers and Jorge Perez. Although Julie Powers is only with us on Tuesdays and Thursdays, she has already made an immediate impact in our department through her counseling experience and knowledge. She has 12 years of experience at the high school level with 8 of those working as a high school counselor. Prior to joining the counseling staff at Modesto High, she worked as a clinical counselor intern in private practice for two years. She earned her bachelor and masters degrees as well as her administrative credential from CSU Stanislaus and considers herself a lifelong learner. As a high school counselor, Mrs. Powers (fittingly named by the way) strives to come alongside her students, encouraging and supporting them toward their personal and academic goals. When she’s not at work, she enjoys spending time with her husband and their two young children. We feel very lucky to have her because of her enthusiasm and the wealth of knowledge and counseling experience she brings to the table.

Mr. Jorge Perez isn’t so fresh-faced around here either. He has supported our students and families through various management positions for MCS during the past 16 years. In his former position, he served as MCS Director of Students, Parent, and Community Support Services. Fortunately for us, he decided to seek his ultimate dream job and work as a high school counselor at Modesto High. His passion is serving students, parents, community, and working as a team player. Mr. Perez’s leadership experience and connections in the community make him a valuable addition to our department. Married 24 years, he and his wife together have 3 daughters and 1 son.

Please stop by and welcome Mrs. Powers and Mr. Perez to our MoHi family. We are excited about working with both of them and their addition to our counseling team will enable us to better serve students.
And speaking of counseling contributions, I would like to thank our very own Alex Gonzalez who interned in our department over the last few weeks as part of the fieldwork requirement for the Masters in Counseling Education at CSU Stanislaus. She dove right in from the very beginning counseling many juniors one-on-one and did an excellent job offering general counseling services and interventions. We’re also happy to have back our counseling secretary Monique Castro who also completed a counseling internship at La Loma Jr. High during her leave of absence. Monique is completing her Masters in Counseling at National University. We also have two new psychotherapists from the Center for Human Services—Helen Sprague and Christina Avila both of whom focus on short- and long-term therapy for critical mental health issues. Jamiqua Gross, the Student Assistance Program Specialist from Center for Human Services, provides short-term intervention/prevention services and crisis counseling via individual and group sessions.

Counselors Meet with Seniors

Counselors just finished up the annual senior graduation meetings in government classes. (A big thanks to all of our government teachers who took time out of their busy schedules to accommodate us.) During these individual conferences, counselors meet with all seniors and review their senior year graduation plan and progress, completing outstanding graduation requirements, transcripts, grades, and other information specific to each student. Counselors created approximately 527 individual senior graduation plans and met with all their seniors. Copies of this plan will be mailed home to parents.

I’m grateful for the assistance the counselors provided allowing students to see their progress and goals yet to achieve.”
Senior Ana Medina

College Application Season in Full Swing

The fall college application season has kicked off this month which means counselors will be busy assisting seniors with the college application process (i.e., letters of recommendation, applications, etc.). Mrs. Cardoza, our college counselor, will of course be working very closely with our seniors throughout this process as well. (Seniors, do not take her services and expertise for granted. Stay on the ball!) Because of college application deadlines and many other senior-year demands, this can be a very hectic and stressful time for seniors and their families. However, seniors do not have to “go it alone”. Counselors are always available to guide students and parents through this challenging process. Seniors can also get application assistance through the AVID center.

And by the way, welcome back, Katy! Great job kicking cancer’s a**!

Reduce your stress level by completing everything early. Do not procrastinate. Your future success is directly related to the effort you put in now.”
College Counselor Katy Cardoza
Panthers Prep With the PSAT

The PSAT (Preliminary Scholastic Aptitude Test) was taken last week at MHS. Exactly 402 Modesto High students, mainly sophomores and juniors, filled both gyms to take the PSAT. The PSAT not only prepares students for the SAT but can also open the door to National Merit Scholarships and other monetary awards if students score high enough.

The next PSAT date is March 15th, 2017 and will be FREE to all students. Sign-ups will tentatively be through English classes in early February. Contact the counseling office for more information.

Upcoming Events

- **College Expo** presented by Modesto City Schools College Counselors
  Saturday Oct. 29th @ Downey High School. 9 AM to 1 PM

- **Freshmen Classroom Visits** – counselors will visit freshmen science classes to deliver a freshmen orientation presentation.
  November 15th and 17th tentatively in science classes

- **Sophomore 4-year Plan Visits** – counselors will visit sophomore classes to create a 4-year high school plan.
  Nov. 29th & Dec 1st tentatively. Classes TBD.

- **The PSAT** – March 15th @ MHS. Open to all underclassmen and FREE.

- **ESS Spring Semester Registration** begins in December. Contact the counseling office for more info. 576-4429

We’re on the Web!
https://mhs.mcs4kids.com/students/counseling-office