



HIGH SCHOOL

# COUNSELING corner



**ecampus**  
PEORIA VIRTUAL SCHOOL K-12



October 2021

# THIS MONTH

10.1 | FAFSA OPENS

10.6 & 10.7 | TERM 1 EXAMS

10.8 | END OF TERM 1

10.11 | NO SCHOOL

10.12 | START OF TERM 2

10.14 & 10.26 | JUNIOR PLANNING WORKSHOPS

10.18 | WESTMEC APPLICATION OPENS

10.19 | PUSD COLLEGE FAIR @ CENTENNIAL HS

10.25 | PUSD CAREER NIGHT @ CACTUS HS

## Links to Love

[eCampus Website](#)

[eCampus Counseling Page](#)

[Major Clarity Academic Planning](#)

[Mental Health Resources](#)

[Schedule your Term 1 Exams](#)

# LIFE IS TOUGH

*but so are you*

## *a note from your counselor*

MY FAVORITE QUOTE WAS SAID BY VISIONARY AND BAPTIST MINISTER HOWARD THURMAN.

REMEMBER IT THIS MONTH:

"DON'T ASK YOURSELF WHAT THE WORLD NEEDS. ASK YOURSELF WHAT MAKES YOU COME ALIVE, AND GO DO THAT, BECAUSE WHAT THE WORLD NEEDS IS PEOPLE WHO HAVE COME ALIVE." ♡

## CONTACT INFO

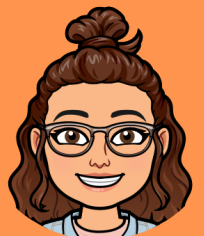
Mrs. Allison Salari

Lead Counselor

623-412-5340

[ASalari@pusd11.net](mailto:ASalari@pusd11.net)

[Book a Teams Meeting](#)



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# JUNIORS

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This month, you will attend an Academic Planning Workshop via Microsoft Teams!

This is required by the State of Arizona, and a great way to get a jump on planning for life after high school.

[Click here to attend on October 14th at 10am](#)

[Click here to attend on October 26th at 2pm](#)

## West-MEC

Are you a Sophomore or Junior who is interested in CTE (Career and Technical Education)? West-MEC offers lots of CTE programs you can take while in high school to receive both high school credits AND hands-on career training. [Email Mrs. Salari](#) for more information and [click here](#) to browse their program offerings.

2022-2023 application opens October 18th!

## YOU HAVE OPTIONS

*did you know that eCampus offers...*

- Dual Enrollment at GCC
- WestMEC enrollment
- Honors Classes  
(once again including Humanities Honors!)
- Co-Enrollment at your home-PUSD campus
- Internship Courses

*Email Mrs. Salari for more info!*



## YOU CAN WIN \$25 AMAZON GIFT CARD



Starting this month, all full-time eCampus High School students who complete their Time Tracking in StudentVue (AND have their parents verify!) each week will be entered into a drawing at the end of each month. The winner will receive a \$25 Amazon e-gift card sent right to their email!



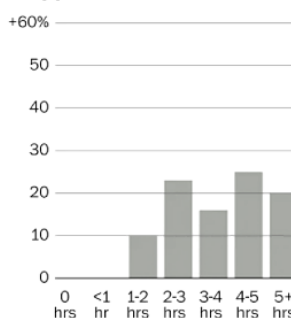
## Get Outside!

Research shows a clear correlation between time spent in nature and overall wellness. Now that it is cooling off here in the desert, get outside! [Article linked here!](#)

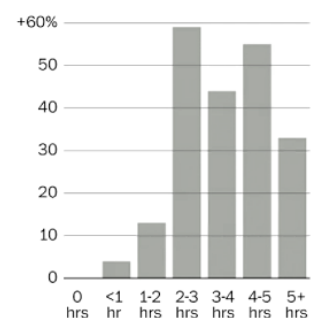
### Go outside

Increased likelihood of reporting happiness and good health for people who spend time in nature, relative to those who don't spend any time in nature at all

**Happiness**



**Good health**



Weekly time in nature

Weekly time in nature