# Counseling Corner

@raid.ersrise

March Dates to Remember:

- ➔ March 2 International SEL Day
- ➔ March 6 No School for Students
- ➔ March 12 March in March / Student Advocacy Day at the California State Capitol.
- ➔ March 19-20 Midterms
- ➔ March 23-April 6 Spring Break

**Registration Open for 2026 High School Pre-Health Symposium at UC Davis.**
This is the last week to register for the 2026 High School Pre-Health Symposium at UC Davis on Saturday, March 14, 2026 from 9am-4pm. Registration is open at https://hpa.ucdavis.edu/HSS and closes on Friday, March 6th. This one-day event will feature various health professionals, health professions advisors, undergraduate pre-health students, panels, interactive workshops, and more! This is a unique opportunity for high school students to explore and learn about the many health professions out there and about what they can do now as high school students to prepare for a career in healthcare.
Tickets are $25 for high school students and includes a tote bag, breakfast, lunch, and access to the full day's event. At this time, seats are filled for parents/guardians, to be added to the waitlist, please email hsphsymposium@ucdavis.edu. Per policy of the UC Davis Youth Protection Services, all parents/guardians of minors must complete a set of forms, which are available during the online registration and must be submitted at the time of registration. Please note that there is no registration at the door.

Want to support and cheer on talented young people? The Friday Night Live Showcase of Stars Talent Show will feature talented middle school and high school FNL students from across Sacramento County, with performances including singing, dancing, lip-syncing, and more. The showcase provides students with an opportunity to develop their skills while participating in a positive, supportive, and engaging community event. Come support young people in this live showcase at the beautiful Sofia Theatre in Sacramento on March 13th at 6:30pm. Click HERE for more details. We hope to see you there!

**The SACRAMENTO CITY COLLEGE REPRESENTATIVE, RACHEL DINH,** will be onsite 11:30am - 1:30pm in the counseling office on the following dates:

- March 17
- April 7 and 21
- May 5 and 26

**Regional Events**

- **College Admittance Letters:** Most admissions decisions are released in late March. Students typically receive a notification from each individual school they applied to, either by email or in their application portal, when decisions are ready to be viewed. Common 2026 Admissions Decision Release Dates
- **Black Family Conference (March 7):** An event in the Sacramento area focused on the resilience and joy of Black families.
- **March 12:** March in March & Advocacy Day: A student-led advocacy event (specifically in California) focused on protecting student rights and funding for higher education.
- **March 14:** Pi Day (3.14): A popular day for math-related activities and, of course, eating pie.
- **March 15:** Community Schools Day of Action: Rallies and events to support community-centered bargaining goals for better school staffing and resources.

**RISE CENTER Counselor of the Day - March**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Mrs. Cramer | Ms. Straessler<br>Ms. Alduenda | Ms. Price | Mrs. Clark | Mrs. Ozeroff |

Building the Future Leaders of Healthcare

# High School Pre-Health Symposium at UC Davis

## Saturday, March 14, 2026

**Registration Fees**

High School Student: $25

Parent/Guardian/Counselors: $50

**Registration Information**

Registration Deadline

Friday, March 6, 2026

**Location**

UC Davis Campus

Davis, California

**Questions**

Email

hsphsymposium@ucdavis.edu

## Learn More and Register at hpa.ucdavis.edu/hss

UC Davis Health Professions Advising, UC Davis Health School of Medicine Office of Medical Pathways and AvenueM are proud to bring back High School Pre-Health Symposium in 2026! This opportunity is for high school students to explore and learn about the many health professions available and what they can do now as high school students to prepare for a career in healthcare. Attendees will be able to meet and speak with various health professionals, health professions advisors, undergraduate pre-health students, and other high school students all with a passion for pre-health.

UCDAVIS HEALTH PROFESSIONS ADVISING

UCDAVIS HEALTH | SCHOOL OF MEDICINE

Office of Medical Pathways

California Medicine Scholars Program

AvenueM Roadmap to Your Career in Medicine

WASHINGTON UNIFIED SCHOOL DISTRICT
WEST SACRAMENTO

# #SELday

International SEL Day 2026 - Skills for Community, Skills for Career

Washington Unified School District (WUSD) is proud to celebrate the many ways SEL comes to life every day across our classrooms and campuses. From welcoming inclusion activities, community-building circles, and emotion check-ins, to morning messages, affirmations, PBIS practices, and student leadership opportunities, our schools are intentionally creating safe, caring, and engaging environments where every student feels seen, valued, and connected.

At the heart of this work are the five core SEL competencies of self-awareness, self-management, social awareness, relationship skills, and responsible decision-making, which directly support our Portrait of a WUSD Graduate. Through SEL, our students grow as creative and critical thinkers, effective collaborators and communicators, empathetic and ethical global citizens, lifelong learners, and people of character who act with integrity and compassion.

We invite you to explore our **2026 SEL Day Showcase** to see these practices in action throughout WUSD and to learn more about how SEL supports our commitment to equity, excellence, and empowerment for every student, every day.

SACRAMENTO FRIDAY NIGHT LIVE PRESENTS

# SHOWCASE OF STARS

## TALENT SHOW

Join us for a fun, family-friendly talent show featuring high school and middle school Friday Night Live students from across Sacramento County. This **FREE** event is open to everyone. Come cheer on our amazing youth!

**MARCH 13 | 6PM-8PM**

**The Sofia Theater**
**2700 Capitol Ave.**
**Sacramento, CA 95816**

Sacramento County
FRIDAY NIGHT LIVE™
PARTNERSHIP

SCOE
Sacramento County Office of Education

FOR MORE INFORMATION PLEASE CONTACT:
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