

CANVAS: VHS Counseling Department



Welcome! If you do not yet have the VHS Counseling Department Canvas Classroom set up in your Canvas account, then email your grade-level counselor and ask to be sent a Canvas invitation. When you open your Canvas, you will see a pop-up that says “VHS Counseling Department.” Click “Accept” and the counseling classroom will load into your virtual VHS Canvas Account.

Counseling Department Email Addresses

pcarder@lsschools.net	Mr. Paul Carder, Assistant Principal
slchavez@lsschools.net	Mrs. Sandi Chavez, Registrar
ltraganos@lsschools.net	Mrs. Linda Traganos, Department Assistant
dlolguin@lsschools.net	Dr. Olguin, Freshman Counselor - Last Names A-L
jhimeur@lsschools.net	Mrs. Himeur, Freshman Counselor - Last Names M-Z; Sophomore Counselor
dlolguin@lsschools.net	Dr. Olguin, Junior Counselor
rmontgomery@lsschools.net	Ms. Montgomery, Senior Counselor
trgarcia@lsschools.net	Mrs. Tanya Garcia, VHS Health Assistant

The following information (plus A LOT more) can be found in Counseling Canvas:

Personal/Social/Wellness

- Set an appointment to talk to your school counselor
- Having thoughts of hurting yourself or someone else? Signs of Suicide (SOS)
- Community resources for yourself or others
- Wellness videos to help lift your mood
- Having difficulty being at home
- Brain exercises

Academics

- Free, live online tutoring: <https://www.brainfuse.com/highEd/liveTutoring.asp>
- Free programs to help you pass your classes (Apex tutorials)
- Need a transcript? Contact Mrs. Sandi Chavez
- Want to take college classes (Dual Credit)?
- Find out if the university you want requires the ACT or SAT
- Contact Mrs. Linda Traganos to get an ACT Waiver Form
- Do you know how many credits you need in order to graduate?

Career Development

- Manage your class credits and develop your future career (The Next Step Plan)
- Find out what you may want to do after you leave VHS (Career interest inventory)
- Links to help you research careers (Answer: What careers are out there? How much does it pay? How much schooling do I have to have?)
- What favorite games did you play when you were 5 years old?