

Guidance Newsletter

November 2011

Who We Are

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Who is Your Counselor?

Seniors

Mr. Wolfson: A-F
Ms. Andrew: G-Me
Ms. McGrann: Mf-Z

Juniors

Mr. Wolfson: A-Gr
Ms. Andrew: Gs-Na
Ms. McGrann: Nb-Z

Sophomores

Mr. Wolfson: A-K
Dr. McCormick: L-Z

Freshmen

Ms. Andrew: Crimson
Ms. McGrann: Gray

Grade Level Briefs

Seniors

This year, we put a strong emphasis on the college application process. Our goal is to have the seniors complete all applications before December vacation. Students are required to ask two teachers for letters of recommendation. Seniors should be filling out the "Teacher Brag Sheet" for the teachers to reference when they write the student's letter. In addition, Students should also fill out a "Senior Brag Sheet" for their guidance counselor. Both brag sheets can be found on the Blackboard website.

For students who are applying to college early, we ask that they submit their finalized list of schools and their "Senior Brag Sheet" to their guidance counselor two weeks before that school's deadline. The next upcoming early decision/early action deadline is December 1st. Application deadlines are on Naviance. If seniors have not taken the SAT test this year, we encourage them to do so. Seniors who are applying to a school that requires the ACT test should register at <http://www.actstudent.org/register/dates.html>. The next upcoming ACT test is on December 10th. Check the website for a location nearest you. In regards to financial aid, all families should fill out a FAFSA form found at <http://www.fafsa.ed.gov>. Families can start filling out this form

on January 1st. Information about scholarships on is Blackboard and the Guidance Webpage. See your guidance counselor for more information. Reminder: SAT's MUST be sent to colleges directly through College Board.

Juniors

This year, the Guidance Department introduces the post-secondary planning process. Students are reminded of their username and password to Naviance; a web-based college research and planning tool. Students should explore colleges on Naviance with regards to seeing if the schools they desire require certain tests such as the SAT II subject tests, or the ACTs. You can find more information about the differences of these tests at <http://www.collegeview.com/admit?p=688>. Some subject tests are only offered once a year, so students should be aware of these deadlines. In addition, we stress the importance of preparing for the SATs. You can check and sign up for upcoming tests at www.collegeboard.com. We stress the importance of maintaining good grades during the junior year. Colleges like to see well-rounded students, therefore participating in long-term community service projects or being a leader on a club or athletic team is extremely beneficial for the college application process.

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Important Dates

Term 2

12/15 - Progress Reports
1/25 - End of Term
2/3 - Report Cards

Evening Counselor Meetings

Ms. Andrew &
Ms. McGrann: 11/28
Mr. Wolfson: 11/29

Upcoming SAT Dates

12/3 at DHS
1/28 not at DHS

FAFSA

Available on 1/1 at
www.fafsa.ed.gov
But you can get your pins now at www.pin.ed.gov

College Goal Sunday

1/29

Semester 2 Electives

Begin 1/26

Transcript Request Form deadline for seniors who want transcripts sent before December break
12/7

AFL-CIO Scholarship

Application due to Guidance
12/19
Exam-2/1



Community Service

All students are required to complete and document 40 hours of community service. Forms can be found on Blackboard and the Guidance website, and must be submitted to the guidance office.

Financial Aid Help

The TERi College Planning Centers provide free individualized financial aid help for students and families. Call 877-ED-AID-4U or visit www.teri-collegeplanning.org.

College Goal Sunday

Need help filling out the FAFSA? Get free on-site professional assistance filling out the form and talk to financial aid professionals about resources and how to apply. The event is being held on Sunday, 1/29. Visit www.collegegoalsundayusa.org for locations.

Evening Counselor Meetings

The guidance counselors will be holding evening meetings for parents of seniors who cannot meet during the school day. Ms. Andrew and Ms. McGrann will be available Monday, 1/1/28, and Mr. Wolfson will be available Tuesday, 1/1/29, all between 1 - 8 PM. Please contact your child's counselor directly for an appointment.

SAT Subject Tests

Are you strong in a specific subject, perhaps an honors or AP level class? Consider registering for the SAT Subject Test. Formerly known as SAT II's, these exams cover material in specific subjects within science, history, math, English and foreign language. Some colleges require or recommend the submission of SAT Subject Test scores in order to consider you for admission. Some scholarships also use SAT Subject Tests as qualifying criteria. The suggested time to take Subject Tests is in June, as you are completing all of your coursework for the subject. However, these exams can be taken at numerous times during the school year. Some subjects are only offered on certain tests dates. For more information and to register, visit www.collegeboard.com.

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During February and April Vacations, we strongly recommend students to visit college campuses. These are good times to do so because the students can get the full affect of what the campus life is like during the school year. If students are considering playing sports in college, they should start to become familiar with the NCAA Clearing House requirements. More information can be found at: http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

Sophomores

This year focuses in the age old question: What do you want to be when you grow up? Whether you want to be a doctor or an architect, an electrician or a teacher, you need to do some career exploration before you can truly answer that question. What kind of training do you need before you get hired? What kind of job tasks will you perform? What will your work hours be? When you are ready to apply, will there be a job available for you? These are all questions you should ask about any potential career. Are you unsure of a career path to follow? Check out some of the resources below as you begin your search:

Massachusetts Career Information System

www.masscis.intocareers.org: Includes an extensive A-Z list of occupations, with very detailed information on most occupa-

tions, including working conditions, commonly performed tasks, education and preparation.

Naviance

www.connection.naviance.com: An all-encompassing Career and College resource. Search different careers based on your interests and personality. Find college majors that can prepare you for careers in the field and match colleges across the country that offer those majors.

Occupational Outlook Handbook

www.bls.gov/oco: An important Bureau of Labor Statistics source of career information: "describes what workers do on the job, working conditions, the training and education needed, earnings, and expected job prospects in a wide range of occupations.

Freshmen

This year focuses on introduction to the High School, discussion about transitioning in and finding extra help from teachers and counselors, being resourceful, using the agenda book and keeping organized. We stress the importance of staying on top of homework and projects, taking advantage of opportunities for rewrites, test corrections etc, getting a tutor and finding opportunities which include leadership (in and out of the classroom) activities such as sports, drama, academic clubs, SADD, class

and student government. We also focus on letting students know about ways to have a more positive high school experience.

We introduce the ninth graders to the services guidance provides and encourage that relationship. We also think it is important for ninth graders to know how GPA and course levels work. We introduce them to the idea of a four year plan so that they will be ready for their post secondary career when that time comes. We have a discussion about NHS and peer leadership selection criteria, graduation requirements including required courses, MCAS, and community service. We share opportunities other students have enjoyed in the past. We also explain how to document and keep records of community service hours. The future will include an introduction to the Naviance program for career and college planning, interpretation of PSAT results for academy students, and seminars to explain the process and complete course selection for sophomore year. If you have questions or concerns about your ninth grader, please feel free to contact your guidance counselor. You can also call or email teachers or special educators directly with any concerns. If it is appropriate to meet with the whole team, guidance can schedule a team meeting during scheduled team meeting times.