

The Advocate

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September 2016

School- wide News & Events



Senior College Planning Night on September 21st at 6pm in the SHS cafeteria. All students and parents are welcome!

ACT for all 12th graders on September 27th..

Paying for College Night on October 20th.

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Welcome Back Cosmos!

September is here, and school is back in session! The office has been busy preparing for all of the new transfer students as they came in, as well as making schedule changes for continuing students. Needless to say it has been a bit crazy!

In case you are wondering what this newsletter is (it has been a while since it's last issue) The Advocate is a way to keep SHS families in the loop of what's going on in our counseling office, upcoming events and some fun things along the way! This issue also includes information from our Multiple Pathways coordinator Patty Davenport about some of the unique options Springfield students have for their education here.

Some minor (and some major) adjustments

Change happens everywhere, and this year we have some changes both in our office and in

the way we are doing things. First off we would like to welcome Ann Shaw to the counseling team. She will be working with students in 10th through 12th grade. She comes to us from Sage College where she completed her degree in School Counseling. This is her first School Counseling position and she is excited to get to know all of her students.

In an effort to provide another

space for students to meet with counselors, or just have a quieter space, counselors will be in the student center Monday, Wednesday and Friday during lunches and 3rd block. We hope that this is another resource for students that will be beneficial to all. There will also be a calendar outside the cafeteria with upcoming events, college visits and who's going to be in the student center that day.



News from Multiple Pathways

Naviance for Students & Parents: Personalize Your Learning Experience

Just a reminder of the great tool that Springfield High School students and families have at their fingertips. Naviance is a program that offers career and college

readiness tools to students. This program is also being used for the creation of Personalized Learning Plans (PLP's) for students in grades 7-12. All high school students currently have accounts and have worked hard this past year to begin building their plan to personalize their learning. Springfield High School offers a variety

of learning experiences to students – including traditional classes, technical center programs, dual enrollment and advanced placement courses, online course options, internships, work-based learning, etc. These PLP's are live documents that will be updated throughout each year in order to reflect student goals and achieve-

Class of 2017 - Important Reminders From Your School Counselors

Student Center

Counselors will be available in Room 201 during Block 3 on Monday, Wednesday and Friday's.

Remind.com

Sign up with Mrs. Haskins in the counseling office to get regular communication about deadlines and scholarship information!!

Check your school email

We will email you your senior meeting appointments (and email you other important information) through this email account!

Flex Workshops

College application support will be offered through this group workshop format.

Check with your advisor EVERY WEEK in order to be informed about what workshops the counselors are offering.

School counseling website - <http://www.ssdvt.org/main/high-school/shs-guidance/>

ments. Students, teachers, counselors and parents will use this as a tool when they connect about student progress and future plans. This will take place monthly during advisory time. Naviance provides some excellent career and learning style inventories, a four-year course planning tool, strength explorers, and many other tools built directly into this platform. If you have not already, please explore the tools available in Naviance. Please go <https://connection.naviance.com/springfieldhs> to log in to your account. If you experience trouble accessing your Naviance account, please contact Patty Davenport.

rollment options for our high school students. Dual Enrollment provides students an opportunity to take college classes during their high school careers, currently at no cost to the student or family. Students receive one high school credit for this course, while simultaneously receiving three or four college credits. Students are able to take courses online, on the college campus, or at SHS taught by our teachers. These teachers have related credentials and have been hired by the Community College of Vermont or River Valley Community College to teach these college-level courses. Among the courses taught in house this year are English Composition, Introductory Chemistry, Statistics I, Calculus I, Spanish III-V, French III, and Wellness for Life. Students are also able to take numerous other

courses online or on the college campus. If you are interested in taking a Dual Enrollment course or want more information, please see Patty Davenport.

Dual Enrollment

Again this year, Springfield High School is offering many dual en-

12th Grade Post-secondary support

For many years, SHS counselors have guided senior students through the college application process during advisories. Counselors visited each advisory group multiple times over the course of September and October, talking to students about the Common Application, college visits, recommendation letters, Naviance, and other topics related to postsecondary planning. This fall, we want to try something new. Instead of forcing each 12th grader to sit through multiple lessons on the college process, we are offering a series of miniworkshops during the FLEX period. Senior students who are interested in getting a jumpstart on college planning should be sure to talk to their advisor about getting scheduled into these FLEX workshops and should also make an appointment for a Senior Meeting through Mrs. Haskins in the Counseling Office!

Also this year all 12th graders will be taking the ACT on September 27th while the rest of the grades participate in a community service day!

Important Test Dates:

SAT Test Dates

<u>Test Date</u>	<u>Registration Deadline</u>
November 5(@ SHS)	October 7
December 3	November 3

ACT Test Dates

ALL SENIORS WILL TAKE THIS FOR FREE ON SEPTEMBER 27TH

<u>Test Date</u>	<u>Registration Deadline</u>
October 22	September 16
December 10	November 4

ASVAB (Armed Services Vocational Aptitude Battery)

November 7th at 8am



A quick word from VSAC

SENIORS -- To best prepare for the Sept. 27th ACT please eat a good breakfast and take a look at this resource from the ACT web site. If nothing else, scroll to the bottom of the page and read the "General Test Taking Tips" section.

<http://www.act.org/content/act/en/products-and-services/the-act/test-preparation.html>

Families -- There is so much great information on VSAC's college/career planning web site!

www.vsacroadmaps.org<<http://www.vsacroadmaps.org>>

11th Grade

11th grade is usually the most academically challenging year of high school. Many students are challenging themselves with honors and AP courses and the workload and expectations of teachers increases while others students challenge themselves in a more hands on way at RVTC. Either way counselors often see a spike in anxiety during 11th grade and we encourage students and families to reach out to us for support. It is vital that 11th graders take advantage of teacher help nights, FLEX time and any other small group/one-on-one support opportunities. If a student is struggling in a specific class, families are also encouraged to connect with the classroom teacher BEFORE reaching out the counselor. The teachers have the most investment and the best insight into academic challenges and every teacher's email address is listed on the district website.

Along with academic stress, 11th grade is also the year that we see an uptick in risk-tasking. Many of these behaviors are normal and are related to developmental milestones, like driving and dating, but we want to make sure students have a place to turn if they are feeling pressured or overwhelmed - and that families have a place to turn if they are feeling overly concerned. School counselors can't always solve these struggles, but we are always a safe place to vent or a place to turn to for additional resources.

For 11th grade students who are considering college, we strongly advise taking the SAT I or ACT exam at some point this year. SHS offers the SAT I in the Fall and both the SAT and ACT exam onsite in the spring, but students can register for the fall or winter exams at other local high schools through the websites below. If your family qualifies for F/R Lunch, students should speak to their counselor about obtaining a fee waiver. websites:
collegeboard.org
actstudent.org

10th Grade

10th grade can be one of the strangest and most uncertain times of high school. A lot of educators will reference the "sophomore slump" as a telling label for this in between time; students are no longer experiencing the excitement and stress of 9th grade and yet they're still not considered veteran upperclass(wo)men. One of our goals as a department is to help our 10th graders feel more active in the school community. We encourage families to support their 10th graders in getting involved in a club, sport, or extra-curricular activity. Not only do these foster friendships, but they can boost feelings of belonging, pride and selfworth.

9th Grade Welcome!

As we say every fall: Welcome to our building and welcome to the jungle that is high school! Some families may have had previous children come through our building and some may be experiencing SHS for the first time, but we hope every 9th grade family feels excited about the next four years. In the counseling office, 9th graders are in a unique situation in that they all have the same counselor, Mr. Jason Touchette. Mr. T has a great skill-set and a valuable outlook when it comes to working with students who are learning to adjust to a new place and new expectations. Over the next few weeks, Mr. T is looking to meet individually with every member of the Class of 2020 and make sure they are having a positive acclimation to our school. So, if your student gets called to our office and receives an appointment pass, tell them not to panic! Another valuable piece of information for 9th grade families is that every SHS teacher offers a weekly afterschool "help night". These casual, small-group sessions give students an opportunity to catch up on missed work, get support on challenging skills and content areas, and have one-on-one access to their classroom teachers. If they haven't already, please encourage your student to ask teachers about their designated help nights and to use this extra support if they start to fall behind or feel overwhelmed. As counselors, we know that a positive first year of high school can have a tremendous impact on students' academic success. Thus, we want to be sure that our new students are comfortable seeking out help and are using all available resources to help them succeed.

A note to the 9th grade students from Mr. Touchette

Things to remember for our 9th graders!

- Get Involved! Try your best to find something to join. Try a sport, a club, student government etc...
- I suggest staying for at least one help night in each of your classes first semester in order to get to know your teachers and get used to how a help night works here at the high school
- Remember to reach out to your mentors or advisor with any questions
- Get off on the right foot by trying to hand in ALL your work so you don't get behind
- And remember, stay positive, breathe, smile, laugh often, forgive yourself and come see me if you need anything!!!

Hope to see you soon!
-Mr. Touchette