

The Advocate

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December 2016

School- wide News & Events



**Financial Aid
Forms Night**
December 15th
form 4-6pm.

Final exams
Final exams will be
January 18 through
20.

COUNSELOR CONTACT INFO:

Corrie
Haskell,
885-7911,
[chaskell@
ssdvt.org](mailto:chaskell@ssdvt.org)

Jason
Touchette,
885-7910,
[jtouchette
@ssdvt.org](mailto:jtouchette@ssdvt.org)

Ann Shaw,
885-7912
[amshaw@ss
dvt.org](mailto:amshaw@ssdvt.org)

Tis the season!

December is here and with the snow accumulating outside, winter is here to stay! With winter here there are some upcoming events and changes to keep in mind.

In this issue, we will talk about VSAC scholarship booklets, new technology, our counseling intern and other important information!

It's beginning to look a lot like the end of a semester

With December already here, it will be finals before we know it. The last day of the first semester will be January 18th, with finals on January 19th and 20th. Make sure to take advantage of teacher help nights!

If you want to change your 2nd semester schedule...

Schedule an appointment as soon as you can if you plan on making changes to your second semester schedule. Semester 2 officially starts January 23rd. Some **MAJOR** changes to how we do schedule changes once the new semester starts: Students have to go through at least one cycle of their classes (so once for A or B elective day classes and twice for every day core classes,) before they will be able to switch out of that class.

Technology in the Counseling office

The counseling office will be getting four new Chromebooks. These will be available for students to use to fill out college applications, scholarships and job applications. This is made possible by

VSAC and we are very excited to be able to offer this to students.

New Intern joining us!

Johanna Petrycki will be a part of the counseling office from December 6th through June. She will be working with a handful of students, a collection from all grades, and will be working with us a couple days a week. She will be here Monday mornings and all day Tuesday and Wednesday. She is working on her Master's degree at Plymouth State University and we are very excited to have her join us. Welcome Johanna!

News from Multiple Pathways

Last call for students to register for Spring '17 Dual Enrollment courses.

Just a reminder that some of these are being offered in the high school, while others are offered on the college campus and online. If you are interested in taking a Dual Enrollment class and

are not already enrolled, please see Mrs. Davenport. These Spring registrations and enrollments will take place on December 19th and December 20th.

Early College has continued to grow in Vermont. This opportunity allows students to complete their last year of high

school while simultaneously completing their first year of college. Currently, Castleton University, Goddard College, Lyndon State College, Vermont Technical College, Community College of Vermont, Johnson State College, and Norwich University have approved Early College programs

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.

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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 important information about scholarships and upcoming events

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/>



"There can be no keener revelation of a society's soul than the way in which it treats its children." -Nelson Mandela

for the 2016-2017 academic school year. Tuition for these courses are free to students. Students are responsible for the cost of textbook and some additional fees may apply, based on the institution. Please see Mrs. Davenport or your counselor for more information.

Work Based Learning

Beginning in the Spring, students can participate in a Work-Based Learning opportunity. This consists of enrolling in a Career Readiness course, taught after-school once a week by CCV, and participating in an internship or job shadow experience. Students receive SHS credit for both of these components. Throughout the course, they will do career exploration, create a resume and cover letter,

learn about and improve their "soft skills" (communication, reliability, timeliness, organization, teamwork, etc.), and practice their interviewing skills. They will go into a work placement in a career field of interest to gain hands on experience. Please see Mrs. Davenport if you are interested or would like more information.

Summer College Credit for Seniors

Graduating Seniors are eligible to take summer college courses, through River Valley Community College. Students can take up to two courses during the summer after graduation, on campus or online, at a very reduced rate of \$250 per course. Additional textbook or other fees may apply. Many course options

available! After graduation, seniors are not eligible for Dual Enrollment in Vermont, so this RVCC program gives you the additional chance to gain credits at a low cost. Please contact Mrs. Davenport if you have any questions.

Student Center Success

The counselors have been in the student center during lunches and third block since the beginning of the school year. So far it has been a successful experience, allowing students to have an alternative space from the lunchroom. The weekly schedule is as follows:

Jason Touchette on Mondays
Corrie Haskell on Wednesdays
Ann Shaw on Fridays.

We hope you will join us for lunch!

12th Grade Post-secondary support

College application season is in full force as we near January regular decision deadlines. If you haven't sent in your applications yet, please see your counselor as soon as possible to make sure we are all set before Winter Break, January 1st will be here before we know it!

FAFSA is available for you to submit, all you need is your social security number and 2015 taxes. If you need any help getting started we will be having our annual Financial Aid Forms Day on December 15th from 1-6pm. Feel free to make an appointment with your counselor throughout the day to get started!

A quick word from VSAC **VSAC Scholarship Booklets are out!**

The counselors came to visit Senior English classes and handed out VSAC Scholarship Booklets. If you did not receive one, please stop by the counseling office!

Although you can't start applying until after January 1st, in the meantime you can look through the booklet to find which scholarships you qualify for, fill out your FAFSA, and get started on your essays!

If you need any help or have any questions, talk to your counselor!

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

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

11th Grade

Although 11th graders still have a little time remaining before they are plunged into the stressful college process, one step many students take during their junior year is sitting for the SAT exam, the ACT exam, or both. These are the two most common and widely-accepted college entrance exams and the majority of four-year colleges will accept either the SAT or ACT as part of their application requirements. Springfield High School administers the ACT onsite in April and administers the SAT onsite in May. We strongly encourage all 11th graders who are considering post-secondary education to take both of these tests at SHS this spring. By taking the exams during junior year, students have the opportunity to get more familiar with the testing formats, to make a determination about which exam better suits their strengths and learning style, and to figure out whether they want to study for the exams and re-take them during the fall of senior year. It is also wise for students who are interested in a specific college or university to visit that school's admissions website and find out the average SAT and ACT scoring range for students who are admitted to that institution. This will help SHS students to steer their goals and efforts around the SAT and ACT testing process. If students or families have questions about the difference between SATs and ACTs or about acquiring fee waivers for the exams, please contact the Counseling Office. Below, we have listed the onsite test dates and registration deadlines.

SAT

<u>Test Date</u>	<u>Registration Deadline</u>
May 6	April 17

ACT

<u>Test Date</u>	<u>Registration Deadline</u>
April 8	March 3

10th Grade

Starting in the months of January and February, counselors will be meeting with all 10th graders. The rationale behind these 25-minute check-ins is threefold: 1) 10th graders tend to be the student population that "falls under the radar" of counselors and other support staff; they are no longer new, needy 9th graders and they are not quite on the brink of important post-secondary planning, 2) many students are transferred to a new counselor after their first year and don't have adequate opportunity to bond with a new adult, and 3) we've found that when the course scheduling/academic planning process starts in February, many 10th graders feel confused, nervous, and unsure about who to turn to. It is our hope that these individual conferences will help to eliminate students' anxiety and increase their comfort level with their counselor as they move into more upperclass(wo)man issues and stressors. We also believe that these earlier meetings will greatly reduce time away from class during the course scheduling process in February and March.

9th Grade

This January will be the first time that the class of 2020 will take final exams to end their courses. The word "finals" can often induce stress in everyone, but if you start preparing early, the finals won't be as scary as you think.

Take the opportunity to go to help nights and flex if you are struggling in a course, your teachers will be more than happy to help you. Spend some time studying outside of school as well, studying a little bit everyday over time is a lot more effective than cramming the night before! Check out the study tips we have on this page as well.

If you need any help with study skills or stress management, meet with your counselor, we are more than happy to help!

All of the school counselors and our hardworking support staff wish our students and families a safe, happy and relaxing holiday season!



Study Tips for the upcoming finals!

1. Give yourself enough study time – do a little every day and avoid “cramming”!
2. Practice on old quizzes and tests from throughout the semester.
3. Plan study groups with friends, but be sure to stay on task (not on Facebook!)
4. Make yourself an exam schedule so that you are punctual and prepared!
5. Snack on “brain food” like yogurt, berries, nuts and dark chocolate.