

# Counseling Department Newsletter

January 2020

## FRESHMEN

### *Midterm Madness, January 21<sup>st</sup>-24<sup>th</sup>*

Pay close attention to the midterm schedule. Midterms are half days and if you do not have an exam scheduled, you do not need to come in. The schedule is as follows:

	Exam 1: 8:00-10	Break	Exam 2: 10:20-12:20
Tues., Jan 21	Period 1		Period 5
Wed., Jan 22	Period 2		Period 6
Thurs., Jan 23	Period 3		Period 7
Fri., Jan 24	Period 4		Period 8

## SOPHOMORES

### *Optional PSAT 10, February 26<sup>th</sup>*

Sophomores can take the practice SATs at the end of February. This test is optional—we will be sending home an opt-out form this week during advisory. It must be **signed by a parent and turned into guidance by February 14<sup>th</sup> if you wish to opt out of the exam.** A parent can also email one of the school counselors granting a student permission to opt out. All students also take the PSATs in the fall of their Junior year. These practice exams help prepare students for the state-mandated School Day SAT in the Spring of their Junior year.

## JUNIORS

### *Counselor Classroom Lessons*

- January: Students will complete the *Career Interest Profiler* on Naviance. Naviance is a comprehensive college and career search tool that promotes post-secondary exploration and plays an integral role on the college application process for both counselors and students. We give a refresher on Naviance and show students how to research schools to compile a list of colleges they are thinking about. Students will also work on resumes on Naviance.
- February: This lesson will be focused on the college application process. We also encourage students to schedule appointments with us before the end of the school year **for individual college planning.**

### *Junior Parent Night Program, March 2<sup>nd</sup> @ 6:30 p.m.*

Attention Juniors and parents: Join the counselors in the High School Library to discuss senior and post-secondary planning. The college search and application process will be quickly approaching for many of you and we would like to take this opportunity to outline that process and highlight strategies to make the process smooth. We encourage you to come out and bring any questions or concerns you might have.

### *SAT Prep March 5<sup>th</sup>, 9<sup>th</sup> & 12<sup>th</sup>*

All Juniors will have mandatory SAT preparation classes in the library from 9:30-11 a.m. in the weeks leading up to SAT day.

### *SAT School Day, March 25<sup>th</sup>*

All Juniors will take the SATs in March. Counselors have distributed PSAT score reports from the October practice exams to students and they have also familiarized students with their CollegeBoard accounts and Khan Academy. Khan is an online service that links with CollegeBoard and provides personalized SAT practice based on previous test results. CollegeBoard stores PSAT score reports and future SAT scores. If you need help accessing your CollegeBoard account, see your counselor.

## SENIORS

### *Need midyear grades sent to colleges?*

**Counselors do not automatically send out midyear grades to colleges!** It is your responsibility to request midyear grades if required by colleges. Reach out to your counselor if you need these reports sent to schools.

### *Planning for Life After High School*

Still unsure about what you would like to do after you graduate? Come see your counselor! We will help you plan the next step, be it employment, military, volunteering, or college. Make an appointment with counseling if you're still unsure about your next step.

### *FAFSA*

Most college deadlines for FAFSA are February 15<sup>th</sup>, 2020 (check your college's financial aid site)! You must submit this application if you would like to be eligible to receive federally-funded student aid. You need to complete the FAFSA if you would like to apply for the Westbrook Foundation Scholarships.

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## Scholarships

1. **Naviance:** There are currently 44 active scholarships and web links available. More will be added throughout the school year. To access the full list, log in to your Naviance account, click the "Colleges" tab, select "Scholarships and Money," and click "Scholarship list."
2. **The Westbrook Foundation Scholarships:** The booklet is still being updated; we will provide you with more information about the scholarships and application process in our next newsletter and on the WHS website. In the meantime, **students must complete the FAFSA in order to be eligible to apply.** Even if you do not need financial aid for college, you will need to submit your Student Aid Report generated by the FAFSA if you would like to be considered for the these scholarships.
3. **Local Scholarship Booklet:** This booklet is currently being updated and will be posted in the Guidance office and on the WHS website as soon as the information is ready to be released.

*\*\* To access the comprehensive lists of local and Foundation scholarships, go to the WHS homepage, click "Guidance," then click "Scholarships."\*\**

## Mrs. Carson's Career Connections Corner

*More information to come on all of these events; date, times & locations are subject to change*

### HOSPITALITY INDUSTRY PANEL

**Who:** Interested Sophomores, Juniors and Seniors; sign up in Advisory  
**What:** Industry-specific panel discussion moderated by Junior Achievement  
**When:** Thursday, February 6<sup>th</sup>, 12:30-1:30 pm (half day)

### JUNIOR JOB SHADOWING EVENT

**Who:** Entire Sophomore class  
**What:** Field trip to a local business/industry based on an interest survey that will be completed in Advisory  
**When:** Tuesday, February 11<sup>th</sup>, 8:00-11:30 a.m.

### MOCK INTERVIEW WORKSHOPS

**Who:** Interested Juniors and Seniors  
**What:** Students will register to attend this two-day event hosted at Westbrook High School. On 3/11, students will learn tips for good interviews. On 3/12, registered students will participate in mock interviews with our business/industry partners.  
**When:** Wednesday, March 11<sup>th</sup> and Thursday, March 12<sup>th</sup>, 8:15-9:15 a.m.

### CAREER DAY AT SHORELINE CLINIC

**Who:** Interested Juniors and Seniors  
**What:** The shoreline clinic allows about 10-12 students per area high school to attend this event. The Counseling Department will invite selected students who have shown a career interest in the medical field. It will give valuable insight for students interested in entering this profession.  
**When:** Monday, March 23<sup>rd</sup>

### SAT SCHOOL DAY

#### Who & What:

- **Freshmen:** Participating in job shadowing event, will choose from two options
- **Sophomores:** Participating in interactive career exploration lesson in library
- **Juniors:** Taking the SATs in chorus room
- **Seniors:** Attending Financial Literacy Fair at Lyme/Old Lyme HS

**When:** Wednesday, March 25<sup>th</sup>

### MANUFACTURING INDUSTRY PANEL

**Who:** Interested Juniors and Seniors, sign up in Advisory  
**What:** Industry-specific panel discussion moderated by Junior Achievement  
**When:** Wednesday, March 26<sup>th</sup>, 8:30-9:30 a.m.

### RESUME FEEDBACK FORUM

**Who:** Interested Sophomores, Juniors and Seniors  
**What:** Students will register to participate in this forum and space will be limited. Students will be provided with 20-minute time slots to one-on-one with Human Resource personnel from our business/industry partners and they will receive feedback on their resumes.  
**When:** Tuesday, April 7<sup>th</sup>, 11:00 a.m.-12:00 p.m.

### MIDDLESEX CHAMBER OF COMMERCE CAREER EXPOSITION

**Who:** Interested Sophomores, Juniors and Seniors  
**What:** Students will register to participate in this forum and space will be limited. Students will be provided with 20-minute time slots to one-on-one with Human Resource personnel from our business/industry partners and they will receive feedback on their resumes.  
**When:** Tuesday, April 7<sup>th</sup>, 11:00 a.m.-12:00 p.m.

### SENIOR INTERNSHIPS

Internships are still available if you are interested in boosting your resume, getting hands-on job experience, and exploring the work world. Schedule an appointment with Mrs. Carson in the Counseling Office for more information. Get off your rear and get a career! ☺