

# School Counseling Department Newsletter



## 30 Tips of Dignity & Respect, Tip 27:

***Become a mentor.***

*You - yes, you - can help others realize their potential.*

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## NAVIANCE

### Family Connection

Naviance is a program students can use to explore colleges and careers. You can also request transcripts, take career assessments, build a resume and much, much more!

See your counselor for login information!

### Mark Your Calendar:

#### Schedule IGP and FAFSA appointments!!!!

- Nov 22-26 - Thanksgiving Break
- Nov 27 - SAT Prep- all 4 periods, sign up in Guidance
  - Nov 28 - Progress Reports
- Dec 1 - GearUp Parent Appreciation Luncheon
- Dec 2 - SAT ( last one until March 2018)
  - \*see GearUp counselors for a test fee waiver\*

## ***SENIOR YEAR IS FINALLY HERE!!!***

### ***What all SENIORS need to know. . .***

Senior Year is a busy and extremely important time in the college admissions process. This is your last chance to get the ACT and SAT scores you need, and senior year is when you have to narrow down your college options to the handful of schools to which you'll apply. You'll need to get your college essay up to snuff, line up your letters of recommendation, and apply for financial aid. During the application process, you'll need to keep active in extracurricular activities and maintain high grades.

**1. Know how to brag about yourself to colleges, employers, and scholarship committees. Fill out the Profile Sheet and bring it to your counselor or anyone else you ask to write a letter of recommendation for you.**

**2. Know about Naviance Family Connection. Visit <https://connection.naviance.com> for information on all colleges and universities, and scholarship information and applications.**

**3. Know about scholarships and financial aid. Make sure you also visit individual college websites for information on scholarship programs specific to those schools. Fill out the Free Application for Federal Student Aid (FAFSA) in OCTOBER. More information about the FAFSA can be found at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).**

**4. Know about the SAT and ACT. Seniors planning to attend college should have already taken at least one of these tests, but may wish to take them again during the fall of their senior year.**

**5. Know your graduation requirements! The Class of 2018 needs the following to graduate: The student must earn a total of 24 prescribed units of credit. The unit requirements are distributed as follows: English 4 Mathematics 4 Science 3 U.S. History and Constitution 1 Economics 0.5 U.S. Government 0.5 Other Social Studies course(s) 1 Physical Education or Junior ROTC 1 Computer science (including keyboarding) 1 World Language 1.0 or Career and Technology Education 1 Electives 7 TOTAL 24**

**November: Register for the December SAT or ACT if appropriate. Take the November SAT. Don't let your grades slide. It's easy to be distracted from school work when working on applications. Senior slump can be disastrous for your admissions chances. Make sure you've submitted all components of your applications if you are applying to colleges with November deadlines for early decision or preferred application. Put the final touches on your application essays, and get feedback on your essays from counselors and/or teachers. Continue to research and fill out scholarship applications.**



*Be a champion of dignity and respect.*

*Bullying is repeated negative behavior toward a less powerful person or persons.*

## **Teasing vs. Bullying**

### **TEASING:**

Usually involves 2 or more friends who act together in a way that seems fun to everyone involved;  
NEVER involves social or emotional abuse;

### **BULLYING:**

Saying mean or hurtful things, making fun or calling mean names;  
Ignoring or excluding on purpose;  
Hitting, kicking, pushing;  
Telling lies or spreading rumors;  
Trying to make others dislike someone



### ***What to do if you're bullied?***

Report any acts of bullying behaviors immediately;  
Tell a trusted adult - a parent, a counselor, an SRO, a teacher or administrator;  
Place names or concerns in the Bully Box (located in the Guidance Office);  
Email the Bullying Stops Here tipline found on the WAHS homepage.

***A two- or four-year college degree is becoming more and more important for unlocking the doors to economic and educational opportunity in America today. Getting a college education requires a lot of time, effort and careful planning by parents and students, but it provides knowledge and skills students will use for the rest of their lives to help them succeed in whatever they undertake.***

### **Action Plan for Freshmen**

***As a freshman, take the time to start learning about the process for applying to secondary institutions.***

- ◆ ***Talk with your guidance counselor to discuss your college plans. Review your schedule to ensure that you are enrolled in challenging classes that will help you prepare for college.***
- ◆ ***Get involved with extracurricular activities.***
- ◆ ***If you are having difficulty in any of your classes, ask for help from your teachers or guidance counselor.***
- ◆ ***Start a college file to keep information about the colleges you are interested in.***
- ◆ ***Start building your high school resume.***
- ◆ ***Look for a great summer opportunity - job, internship or volunteer position.***

### **Action Plan for Sophomores**

***When reviewing your record, colleges take into consideration both your GPA and the amount of effort required to earn it. If you were not automatically placed in advanced classes, think about asking to be placed in them.***

***Begin thinking about a financial plan for covering the costs of a college education. Check the websites of colleges that you are interested in to get an estimate of tuition costs. Don't forget to include the cost of books, room and board, etc. in your planning. There are many online resources that can help you fund your education.***

- ◆ ***Meet with your guidance counselor to insure that you are on target with your core academic requirements and that you are enrolled in any academically challenging classes that you qualify for.***
- ◆ ***If you are involved in extracurricular activities, consider taking on a leadership role. If you haven't gotten involved in any extracurricular activities, now's the time to get involved.***
- ◆ ***Consider taking AP courses when you register for courses for your Junior year.***
- ◆ ***Get a summer job and save money for your college expenses.***

### Action Plan for Juniors

*Junior year is the time for serious college planning. The time you spend this year will more than pay off next year. Consider researching potential college majors. Identify your interests or consider taking a career assessment test.*

◆ *Take the PSAT/NMSQT® in October.*

*Prepare for the PSAT/NMSQT by getting PSAT/NMSQT tips and a free practice test. When taking the PSAT/NMSQT, sign up for the Student Search Service® to hear from colleges and scholarship programs.*

◆ *Start your college search.*

*Make lists of your abilities, preferences, interests, and personal qualities.*

*Determine which colleges specialize in your areas of interest and offer majors that you are considering.*

◆ *Begin thinking about Financial Aid.*

*Talk with your counselor about your college plans.*

*Attend Junior Night and any other meetings where information is offered.*

### Action Plan for Seniors

◆ *Prepare to complete college applications. Narrow your list of colleges to five and visit the campuses of each. Sit in on classes. Get an application and financial aid form from each.*

◆ *Stay active in your extracurricular and community service activities.*

◆ *Set up a master calendar that shows all deadlines for college applications, financial aid, testing, fees and high school deadlines for transcript requests, etc.*

◆ *Decide if you are applying for early action or early decision as this may require taking the SAT or ACT early as well as having an earlier application deadline.*

◆ *Register for the ACT and/or SAT.*

◆ *Research financial aid and scholarship opportunities.*

◆ *When completing your applications, pay attention to details. An incomplete application is a waste of your time and the college admission office. If an essay is required, make sure that someone else proofs your draft.*

◆ *Once you receive the decision from your colleges, consider all of your options including financial aid. Once your decision is made, let each school if you have accepted their offer as soon as possible.*