

# *School Counseling Department Newsletter*



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## **30 Tips of Dignity & Respect, Tip 2:**

### **SMILE.**

A smile can be contagious.

### **Upcoming Events:**

October is National Anti-Bullying Month!

- October 16 - LIFE info session @TTC
- October 23 - Mid-Term Exams
- October 25- Early Release
- October 29 - Report Cards

### **Test Prep:**

- [www.varsitytutors.com](http://www.varsitytutors.com)
- [www.khanacademy.org](http://www.khanacademy.org)
- [www.VirtualSC.org](http://www.VirtualSC.org)
- [www.asvabprogram.com](http://www.asvabprogram.com)

**It is time to schedule IGP appointments!!!!**

Contact your school counselor

*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 their senior year.
5. Know your graduation requirements! The Class of 2018 needs the following to graduate:  
A total of 24 prescribed units of credit: English- 4, Mathematics- 4, Science- 3, U.S. History- 1, Economics- 0.5 U.S. Government- 0.5, Other Social Studies- 1, Physical Education or Junior ROTC- 1, Computer Science (including keyboarding)- 1, World Language or Career and Technology Education- 1, Electives (including Personal Health)- 7, TOTAL 24

**October:** Take the SAT and/or ACT as appropriate. Continue to research schools to narrow your list to roughly 3 - 5 schools. Take advantage of college fairs and virtual tours. Complete your applications if you are applying early decision or early action. Research financial aid and begin filling out scholarship applications. This is also the month for FAFSA! Go to [fafsa.gov](http://fafsa.gov) to complete your application. Do your parents' places of employment offer college scholarships for employee children? Get your college essay in shape. Get feedback on your writing from a school counselor and a teacher. Request your high school transcript and check it for accuracy. Keep track of all application components and deadlines: applications test scores, letters of recommendation, and financial aid materials. An incomplete application will ruin your chances for admission.



**Be a champion of dignity and respect.**

Bullying is repeated negative behavior toward a less powerful person.

### 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.

**If you see something, SAY SOMETHING!!!!**

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.

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.

# How to Polish an Essay

Here are 5 Tips for trimming personal statements and supplemental essays without destroying their content:

Circle or highlight all adverbs. Take them out. These include “very” and many “ly” words, such as really, extremely, completely and absolutely.

Look for a single word or short phrase followed by a comma. These include because of this, in fact, first, last, hopefully, to be frank, quite frankly and in conclusion. Highlight the words or phrases, then read the sentences without them. Take out the ones that do not enhance your story.

Delete helping verbs. Example: Replace “is going to be attending” with “will attend.”

Delete to be verbs. Rather than saying “I am a voracious reader,” try “I read voraciously.”

Turn some nouns into verbs: “I concluded” is better than “I came to the conclusion.”

## Surprising college costs families typically forget

**Application and Testing Fees** – Unexpected college costs hit before your student even sets foot on campus. At an average of \$41 per school, application fees alone can total hundreds of dollars. Fees are even higher at elite schools like Stanford, where students pay \$90 for the privilege of likely being rejected. The school accepted just 4.8% of students who applied in 2016.

Taking the SAT (including the essay test) costs \$57, but if your student registers late, needs to send extra score reports to schools, or wants to have their score verified, they will pay even more. ACT fees are similar. Each Advanced Placement exam costs \$93, though if your student earns a high score they may be able to save some money on tuition, or at least bypass some introductory courses. Financially strapped applicants can request a waiver if they can’t afford application or test fees.

**Hidden Fees** – Colleges like to show off their swank amenities in admissions brochures, but what they may not highlight is how much it’s going to cost to use that state-of-the-art fitness center with a rock climbing wall. In addition to tuition, room, and board, expect to be hit with fees for the fitness center, health insurance, and everything in between. Often, the fees aren’t optional. The extra expenses don’t stop once that degree is in hand either. They should expect to shell out more if they need copies of their transcripts for graduate school applications.

**Greek Life** – A fraternity or sorority may provide a ready-made social network, but it comes at a price. Annual dues, fines for infractions (like skipping a required meeting), fees for social events, and regular purchases of T-shirts and other paraphernalia can cost hundreds or even thousands of dollars per year.

**Transportation** – When calculating college costs, parents and students may neglect one big item: the cost of transportation. Students who attend an out-of-state school may spend a thousand dollars or more every year on round-trip flights between home and campus. Even students who attend a campus just a few hours away may spend a few hundred dollars per year on gas for weekend trips home. And then there are late-night Uber rides, campus parking fees, and student bus passes. And while it’s hardly mandatory, living it up in Mexico for a week during spring break is another cost parents and students may forget to budget for.

**Supplies and Lab Fees** – Depending on their major, students might have to shell out extra money every semester for lab fees and instructional materials. At some schools, these fees amount to hundreds of extra dollars per course. Biology and chemistry majors aren’t the only ones who have to pay up. Students in art classes may be charged studio fees as well, plus the cost of supplies, while music or performing arts majors might have to pay for practice room time.

**Study Abroad** – Studying abroad isn’t just an excuse to party in another country. Students who spend a semester or more immersed in another culture are more likely to find jobs after graduation and earn higher salaries, studies have found. For many, the experience is life changing. It’s also expensive. Passport and visa fees, flights abroad, and travel within the country where you’re studying all add up. You can expect to spend an extra \$10,000 for a semester abroad, according to the Washington Post. Students should also pay attention to whether their credits from international study will transfer, Fox Business noted; if not, they could end up spending an extra semester at their home campus and thousands more dollars to graduate.

**Internships** – College students who completed a paid internship were more likely to find a job and earned higher salaries than those who didn’t intern, a Georgetown University study found. Expect to pay good money to gain valuable real-world work experience, though. Even if a student lands a paid summer internship, their modest salary may not be enough to cover their living expenses, especially in a big city. For-credit internships also come with a price tag, since you’ll pay your school for the privilege of working for a third party, often for free, according to Money.

The high cost of interning puts poorer students at a disadvantage, so some schools offer grants for those who can’t afford to take on unpaid internships. Part-time jobs, budgeting hacks (like never passing on the free food in the break room), and even taking out a little more in student loans can also help cover the cost of an internship.

Great tips! Here is a link to the article on Cheatsheet.com –

<https://www.cheatsheet.com/money-career/surprising-college-costs-no-one-thinks-to-budget-for.html/?a=viewall>  
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## What SC Colleges Want (GPA, ACT/SAT)

College/University	Location	Average GPA	Average SAT	Average ACT	Public/Private
Allen	Columbia	Minimum 2.0	Recommended	Recommended	Private
Anderson	Anderson	3.30	1045	22	Private
Benedict	Columbia	Minimum 2.0	750	15	Private
Bob Jones	Greenville	3.03	Not Required	23	Private
Charleston Southern	Charleston	3.73	1100	23	Private
Claflin	Orangeburg	3.18	879	18	Private
Clemson	Clemson	4.28	1225	28	Public
Coastal	Conway	3.0-3.7	1000	21	Public
Coker	Hartsville	3.2	1050	22	Private
College of Charleston	Charleston	A/B+	1150	26	Public
Columbia	Columbia	3.4	1000	20	Private
Columbia International	Columbia	3.7	1081	23	Private
Converse	Spartanburg	3.89	1050	22	Private
Erskine	Due West	3.4	1050	23	Private
Francis Marion	Florence	3.19	950	20	Public
Furman	Greenville	3.83	1285	28	Private
Lander	Greenwood	3.6	1000	21	Private
Limestone	Gaffney	3.0	1000	20	Private
Morris	Sumter	Minimum 2.0	700	18	Private
Newberry	Newberry	All Considered	870	21	Private
North Greenville	Tigerville	3.7	1100	24	Private
South Carolina State	Orangeburg	3.04	840	18	Public
Spartanburg Methodist	Spartanburg	3.26	900	18	Private
The Citadel	Charleston	3.5	1100	23	Public
USC - Aiken	Aiken	3.30	1000	21	Public
USC - Beaufort	Beaufort	3.31	929	20	Public
USC - Columbia	Columbia	3.5	1200	26	Public
USC - Salkehatchie	Allendale	HS Diploma	Recommended	Recommended	Public
USC - Upstate	Spartanburg	3.2	900	19	Public
Voorhees	Denmark	Minimum 2.0	Recommended	Recommended	Private
Winthrop University	Rock Hill	3.8	1040	23	Public
Wofford College	Spartanburg	3.56	1250	26	Private

\*\*Based on 2014 Information available through <http://nces.ed.gov/collegenavigator>, individual colleges and Naviance



# South Carolina Scholarships and Grants

Below is a brief overview of the State Scholarships and Grants programs. The information provided is from the South Carolina Commission on Higher Education and is based on the Commission's interpretation of the South Carolina Education Lottery Act. SCCHE information may be changed or updated without notice. Changes may also occur anytime during the legislative process. Although SCCHE attempts to provide up-to-date information on their website ([www.che.sc.gov](http://www.che.sc.gov)), please seek confirmation of information from the appropriate SCCHE office prior to any action taken.

	<b>Palmetto Fellows Scholarship</b>	<b>LIFE Scholarship</b>	<b>S. C. HOPE Scholarship</b>	<b>S. C. Needs-Based Grant</b>	<b>Lottery Tuition Assistance</b>
<b>Initial Eligibility</b>	<p>Minimum 3.5 cumulative GPA based on S.C. Uniform Grading Scale</p> <p>Rank in top 6% of class at end of sophomore, junior, or senior year</p> <p>Minimum score of 1200 SAT/27 ACT</p> <p><b>OR</b></p> <p>Minimum 4.0 cumulative GPA based on S.C. Uniform Grading Scale</p> <p>Minimum Score of 1400 SAT/32 ACT</p> <p>Rank requirement waived</p>	<p>Four Year Institution Must have 2 of 3:</p> <p>Minimum of 3.0 on S.C. Uniform Grading Scale</p> <p>Rank in top 30% of high school graduation class</p> <p>Minimum Score of 1100 SAT/24 ACT <b>OR</b></p> <p>Minimum 3.0 cumulative GPA based on S.C. Uniform Grading Scale at two-year institution</p> <p>Test score and rank are waived</p>	<p>Minimum 3.0 cumulative GPA based on the S.C. Uniform Grading Scale</p> <p>No minimum test score and rank required</p> <p>For students who do not qualify for the LIFE or Palmetto Fellows Program, but graduate from high school with at least a B average (3.0+)</p>	<p>No minimum GPA</p> <p>Students must complete Free Application for Federal Student Aid (FAFSA)</p>	<p>No minimum GPA</p> <p>Students must complete Free Application for Federal Student Aid (FAFSA)</p>
<b>Award Amount</b>	<p>Up to \$6,700 toward the cost of attendance at eligible four-year institutions freshman year</p> <p>Up to \$7,500 for sophomore, junior, and senior years</p>	<p>Up to \$5,000 (includes \$300 book stipend) towards the cost of attendance at eligible four-year institutions</p> <p><b>OR</b></p> <p>Up to the cost of attendance at eligible two-year institutions plus \$300 book stipend</p>	<p>\$2,800 (includes \$300 book stipend) towards the cost of attendance at eligible four-year institutions</p>	<p>Up to \$2,500 for full time students and \$1,250 for part-time students towards the cost of attendance at eligible four-year institutions</p>	<p>Up to cost of tuition</p>
<b>Renewal Criteria</b>	<p>Minimum 3.0 cumulative GPA and 30 credit hours for graduation purposes each academic year</p>	<p>Minimum 3.0 LIFE GPA and an average 30 credit hours each academic year based on initial college enrollment</p>	<p>This scholarship if for the <b>first year</b> of attendance at a four-year institution only.</p>	<p>Fill out FAFSA and minimum 2.0 cumulative GPA and 24 credit hours each academic year if full time and 12 hours if part-time</p>	<p>Fill out FAFSA and satisfactory academic progress</p>
<b>Term Limit</b>	<p>Eight consecutive terms toward first bachelor's degree</p>	<p>Two consecutive terms for a certificate or Diploma; four consecutive terms for an associate's degree; Eight consecutive terms for first bachelor's degree</p>	<p>Up to two consecutive terms of funding</p>	<p>Eight consecutive terms toward bachelor's degree</p>	
<b>Additional Info. Online</b>	<p><a href="http://www.che.sc.gov/Students,FamiliesMilitary/PayingForCollege/WhatFinancialHelpIsAvailable.aspx">http://www.che.sc.gov/Students,FamiliesMilitary/PayingForCollege/WhatFinancialHelpIsAvailable.aspx</a></p>				