

GUIDANCE NEWS

HAMPSHIRE REGIONAL HIGH SCHOOL
MAY – JUNE 2009

WELCOME 6TH GRADERS

On Thursday, May 7th, HRHS will hold a Welcome to HRHS Grade 7 Orientation for the parents and guardians of 6th grade students. This will be held at 7:00 p.m. in the auditorium.

CONGRATULATIONS SENIORS!

The guidance office assisted seniors in sending out over 500 college applications this year. We would like to congratulate them on their acceptance to the following colleges and universities: American International College, Art Institute of Technology, Art Institute of Ohio, Becker College, Boston College, Boston U., Brandeis, Bridgewater State College, Brooks Institute of Photography, Castleton State, Clark U., Coe College, Colby-Sawyer College, Connecticut College, Cornell, Curry College, Duquesne U., Elmira College, East Carolina U., Elms College, Endicott College, Fairfield U., Fitchburg State U., Framingham State College, Franklin Pierce College, Green Mountain College, Greenfield CC, Hamilton College, Hertsmancaux Castle Program, Hofstra U., Hollins U., Holyoke CC, Hood College, Ithaca College, Johnson & Wales U., Keene State U., Lesley College, Lynchberg, Marshall U., Manhattanville College, Marquette U., Mary Baldwin, Mass. College of Liberal Arts, McGill, Mount Holyoke College, Mt. Ida College, Nichols College, Northeastern U., Pace U., Queens U., Quinnipiac U., Rensselaer Polytechnic Inst., Pomona College, Roger Williams U., Sacred Heart U., Salem State College, Savannah College of Art & Design, Sienna College, Skidmore College, Simmons College, Smith College, Southern Maine U., Springfield College, Springfield Tech. CC, Stonehill College, Suffolk U., U. of Cincinnati, U. of Illinois, Tufts, U. of Hartford, UMass - Amherst, U. of Maine, UMass - Dartmouth, UMass Lowell, U. of Miami, U. of New England, U. of New Hampshire, U. of Vermont, URI, Vassar College, Washington State U., Wentworth Institute of Technology, Wesleyan U., Western Ct. State U., Western New England College, Westfield State College, Wheaton College, Wilson College, Worcester Polytechnic Inst. and Worcester State College.

LAST STEPS: COLLEGE APP PROCESS

Most seniors have completed the college application process for 08-09. The last two steps are:

1. Completing a survey regarding plans for next year and how guidance can improve their services.
2. Writing thank you notes to individuals who wrote recommendation letters or helped with the college application process. This is a great opportunity to encourage your student in a life skill and positive character quality – remembering to thank people who help them along the way, which fosters the character quality of gratefulness.

NAVIGATING THE COLLEGE PROCESS

Thank you to all of the parents/guardians and students who attended the information session on the college application process presented by guidance counselors Patti Richmond, George Gunn and Jeanne Thompson. There were more than 45 parents/guardians and students in attendance. If you are the parent/guardian of a junior and were not able to attend the workshop on April 9th, please feel free to stop by Guidance to pick up the outline of the evening and the great resources that were distributed. Guidance would like to extend a special thank you to senior Adam Parsons for sharing his experience with the college application process. In addition, on April 14th, all juniors were given a handout titled “**Juniors, Start Your Engines**” which explains the first steps in the college application process.

COLLEGE RECOMMENDATIONS FOR NEXT YEAR'S SENIORS

Juniors are *strongly* encouraged to request college recommendations from teachers before June 1st. Prior to making that request, juniors must create an activity resume. Instructions and an example are available in the guidance office.

SAT

The final regular registration date for the SAT is May 5, 2009 for the test date on June 6, 2009. If you missed that deadline, the late registration deadline is May 15th (an additional fee applies). The best way to register for the SAT is online at www.collegeboard.com. School code: 220722.

PSAT: SAVE THE DATE!

The PSAT will be given to juniors on **Saturday morning October 17, 2009**. All HRHS students who are taking the PSAT must take the test on Saturday at HRHS. Please save the date!

9TH GRADE CAREER EXPLORATION

The 9th grade career exploration days held in April were very beneficial to the students. On the first of the two days, HRHS played host to more than 25 guest speakers who shared the details of their jobs, including Rob Lewis – FBI; Claudio Guerra – Restaurant Owner/Entrepreneur; Joan Holliday – Midday Host, radio station WRNX 100.9; Erin Karella and Matt Gladu – Crime Scene Services, MA state police; Amy Apicerno – UMass School of Business/Sports Management; and Raf Anzovin – Creative Director with Anzovin Studios. At the end of the morning, the students were asked to write their favorite thing about the day and these are some of their remarks:

“I experienced many new careers that I’ve never thought of.”

“I liked that we were able to ask questions to the speakers when they finished.”

“I got to explore my future and meet many role models.”

“There were people here that helped me really think about what I want to do and gave me some good advice.”

“I learned about how many choices are out there.”

“I enjoyed hearing real life stories about what it’s like to have these jobs.”

On the second day, 9th graders were introduced to the Career Cruising online career exploration program (www.careercruising.com), where they created their own portfolios detailing their career interests and 4-year educational plan. Students can update their online portfolios any time with their username and password. Students also completed a Learning Styles Inventory and determined how they learn best: visual, auditory or tactile learner. These results will be shared with their teachers. The final activity the ninth graders enjoyed included team building activities and muffins and juice!

SUMMER SCHOOL POLICY

High School students must receive a final grade of 55 - 59 in a course at HRHS in order to be eligible to take a summer school course and be granted credit. Exceptions may be made with the approval of the following: the teacher of the course failed, the curriculum coordinator of the department, the guidance counselor, and the principal. (To read the policy in its entirety, please refer to pg. 14 of the Student – Family Handbook at www.hrhs.net.) Summer school is not offered at HRHS. All summer

school courses must be approved by the student’s guidance counselor prior to beginning the course. If you would like information on area summer schools, please contact the guidance office in late May.

PROMOTION POLICY

Hampshire Regional has implemented a promotion policy which is described in the Student - Family handbook. It states the following:

Promotion: Seventh and eighth grade students:

- Seventh and eighth grade students who pass four or more required year-long courses will be unconditionally promoted to the next grade.
- Seventh and eighth grade students who pass three year-long courses will be promoted but advised to attend summer school *approved by the administration* or be tutored in the course(s) failed, both at the expense of the parent/guardian.
- Seventh and eighth grade students who pass only two of the year-long courses will be required to attend and pass one of the failed courses at summer school *approved by the administration* at the expense of the parents/guardians. Students will need to earn a grade of 70 or higher in order to be promoted *and advised to attend summer school approved by the administration or be tutored in the course(s) failed, both at the expense of the parent/guardian.*
- Students who do not attend summer school will not be promoted.
- Seventh and eighth grade students who pass only one or none of their year-long courses will not be promoted.
- The Principal will make decisions concerning students with unique circumstances (e.g. extended illness) after consultation with the guidance counselor and the students’ teachers.

Promotion: Ninth grade students:

- Ninth grade students who do not earn a minimum of 3.0 credits will not be promoted to grade 10.
- The Principal will make decisions concerning students with unique circumstances (e.g. extended illness) after consultation with the guidance counselor and the students’ teachers.

DOCTOR FOR A DAY

Hampshire Regional was once again selected to participate in the “High School Doctor for a Day” program on March 25, 2009, at the Cooley Dickinson Hospital in Northampton. Each student is assigned to spend a full day with a physician observing daily rounds, surgery or emergency care based upon the specialty requested by the student. The program is an excellent opportunity for students who are seriously considering any aspect of the medical profession as a future career path. This year’s participants included Evan Baum, Mike Boucher, Sarah Labrie, Fallon Lapan, Corey Smith, Erica Sullivan and Michelle Turner.

NATIONAL ANXIETY AND DEPRESSION AWARENESS WEEK, MAY 4 - 10, 2009

To bring awareness and create venues for public education about anxiety and depression illnesses, (FFF) **Freedom From Fear** (www.freedomfromfear.org) has created the National Campaign on Anxiety and Depression Awareness. Each year more than 17 million Americans will suffer with an anxiety disorder. More than 19 million will also suffer from some type of depressive illness. The cost to the economy of these terrible diseases is billions of dollars each year; the cost in human suffering is immeasurable.

Despite all of advancements and opportunities for safe treatment, the majority of folks who suffer with anxiety and depressive illnesses do not seek treatment, drop out of treatment too quickly, are non-compliant to treatment or receive treatments that are not the most effective. Some of the reasons this occurs are the terrible stigma surrounding mental illnesses, lack of resources available to those in need (adequate insurance, community resources, knowledge of where to go for treatment, not enough treatment providers, etc) public's lack of understanding the signs and symptoms of these illnesses. In a survey conducted by Freedom from Fear among 50,000 individuals, the above reasons were also confirmed.

The National Campaign on Anxiety and Depression Awareness will be a year-long public education campaign to educate the public about the signs and symptoms of anxiety and depressive illnesses and guide them to treatment networks.

To learn more, go to the FFF website - www.freedomfromfear.org, or contact the HRHS School Adjustment Counselor, Jan Sniffen, or School Psychologist, Leslie Giordano at 527-7680.

GUIDING GOOD CHOICES

HRHS will, for the second year, sponsor a 5-session program to help parents reduce the risk of their children developing drug or alcohol problems. **Guiding Good Choices** (GGC) is a multimedia prevention program that gives parents of children in grades 4-8 (ages 9-14) the knowledge and skills needed to guide their children through early adolescence. GGC, formerly named *Preparing for the Drug Free Years*, grew from research that showed that positive parental involvement is an important factor in helping children resist substance use and other antisocial behaviors. There is clear evidence that the child rearing practices, attitudes, values and

behaviors of parents influence whether their children will use drugs or alcohol. GGC seeks to strengthen and clarify family expectations for behavior, enhance the conditions that promote bonding in the family, and teach the skills to parents and children that allow children to meet the expectations of their family to resist drug use successfully. The format will involve lecture, discussions, interactive activities and audio-visual media. Thirteen HRHS families participated in 2008 and reported that the course was tremendously informative, helpful and fun.

GGC will meet once a week for 2-2 ½ hours in the evening, starting in October. Specific dates and times are still to be determined. Attendance at all sessions is requested. Participation is free and food and childcare will be provided. Parents of children in all of our schools are welcome.

Contact Mary Phelan @527-7200, Leslie Giordano or Jan Sniffen @ 527-7680 with questions or to register.

WEBSITE

Please be sure to check the guidance page on the HRHS website on a regular basis for information on upcoming events, scholarships, etc. www.hrhs.net