

GUIDANCE NEWS

HAMPSHIRE REGIONAL HIGH SCHOOL
MAY – JUNE 2010

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Class of 2010 News

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

To Register for SAT's:

www.collegeboard.com
School Code: 220722

Career Cruising Access

www.careercruising.com
Username: hrhs
Password: hampshire

Congratulations Seniors!

The guidance office assisted seniors in sending out over 300 college applications this year. We would like to congratulate them on their acceptance to the following colleges and universities (not a complete list): American International College, Anna Maria, Assumption, Bay Path, Emerson, Eugene Lang, Becker College, Boston College, Boston U., Clark U., Colby-Sawyer College, Cornell, Elms College, Curry College, Fitchburg State, Framingham State, Franklin Pierce College, Greenfield CC, Hofstra U., Holyoke CC, Immaculata, Ithaca, Keene State, Lassell, Lyndon State, Marlboro, Rhode Island College, Mass. College of Liberal Arts, Mass. Maritime Academy, Maine Maritime Academy, Mount Holyoke College, Mt. Ida College, Newbury College, RIT, Roger Williams, Russell Sage, Salem State College, Smith College, Southern Virginia, Southern Maine U., Springfield College, Springfield Tech. CC, Stonehill College, Suffolk U., UMass Amherst, U. of Buffalo, UConn., UMaine, U. of New England, U. of Philadelphia, Union, UVM, URI, Villanova, Warren Wilson, Wentworth Institute of Technology, Western New England College, Westfield State, and Worcester State, WPI.



Last Steps: College App Process

Most seniors have completed the college application process for 09-10. The last three steps are:

1. Complete a survey regarding plans for next year and how guidance can improve their services. This will be given to all seniors in the middle of May.
2. Complete a final transcript request form with an envelope addressed to the college your student will be attending.
3. Write 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.

Community College Decision Days

Approximately 50 seniors benefited from participating in this year's Holyoke Community College, Greenfield Community College or Springfield Technical Community College Decision Days. Representatives from each of the colleges came to Hampshire Regional, accepted applications and granted admission to the colleges pending student graduation. The Decision Days are yet another effort made between Hampshire Regional and the community to bridge the gap and help students connect their goals to higher education opportunities.

Class of 2011 News

Tech Prep Highlight

In the Fall and Spring, 34 juniors and seniors took the College Placement Test, Accuplacer. The exam determines whether students are college ready in math and English reading and writing. In the fall 2010, students may use A+Advancer to help them prepare for and pass the Accuplacer. Seniors are encouraged to take a fourth year math course as the majority of colleges have some form of a placement exam to determine whether or not the student will have to take remedial courses.

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 Amy Scully. There were more than 60 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 8th, your student was given a packet of the great resources that were distributed.

College Recommendations

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, 2010 for the test date on **June 5, 2010**. If you missed that deadline, the late registration deadline is May 19th (additional fee applies).

Class of 2012 News

PSAT: Save The Date!

The PSAT will be given to juniors on Saturday morning **October 16, 2010**. All HRHS students who are taking the PSAT must take the test on Saturday at HRHS. Please save the date!

Class of 2013 News

9th Grade Career Exploration

The 9th grade career exploration days held in March were very beneficial to the students. On the first of the two days, 9th graders were introduced to the Career Cruising online career exploration program 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 a relaxing social time and snacks!

On the second day, HRHS played host to more than 25 guest speakers who shared the details of their jobs, including Tanner Watson, Musician; Erin Karella and Chris Baran, Crime Scene Services; Walter Bush, Federal Probation Officer; Dr. Mark Bigda, Physician; Denise Schoen, Nurse and Nurse Educator; Max Weider, Forest Firefighter; Kim O'Leary, Personal Trainer; Bob Canon, Realtor; and Leah Rapaport, Outward Bound Guide. 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:

"It helped me to realize that I can do whatever I want if I really try."

"You got to hear about careers from people who are actually in that field and their honest opinions about each job."

"Getting to see all the different career choices."

"I got to explore new careers and learn things I didn't know about."

"We explored careers more in-depth."

"You get to see your choices for the future"

General Guidance News

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. (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. In June, after final grades are verified, the guidance counselors will be contacting students and parents / guardians to let them know of their qualification for summer school.

Promotion Policy

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

PROMOTION: 7TH AND 8TH GRADERS:

- 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 summer school in order to be promoted.
- 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: 9TH GRADERS:

- 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.

Welcome 6th Graders

On Thursday, May 6th, 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.

Students will be visiting that day with their elementary schools. We have seventh grade students who will be taking them on tours of the building. The tour guides have been staying after school to prepare for the visit.

Faculty Bullying Prevention Training

On March 9th, Amy Scully, High School Guidance Counselor, presented valuable information to the HRHS faculty about bullying and discussed steps that teachers can take to prevent bullying in our school. The definition of bullying that was shared at the meeting is



“Bullying is when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself.” Ms. Scully also explained that all students are affected by bullying including the students who witness bullying and feel powerless to help their classmates. Students who find courage to intervene in bullying situations play the most important and effective role in bullying prevention. HRHS faculty members help to encourage these active bystander behaviors. The faculty also plays an important role in bullying prevention by reporting all incidents of bullying and keeping their eyes and ears open to interactions between students. Parents are encouraged to contact the school if they hear of a student who is being bullied whether or not it is their child.

National Anxiety & Depression Awareness Week, MAY 2-8, 2010

To bring awareness and create venues for public education about anxiety and depression illnesses, *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 413-527-7680.

GLSEN at Hampshire Regional



On Friday May 14th, middle and high school students will participate in a school-wide assembly presented by the Massachusetts Gay, Lesbian and Straight Education Network (GLSEN). The GLSEN organization strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression. Presenters will discuss how to create an inclusive school community and the potentially harmful consequences of name-calling and other forms of bullying. For more information about GLSEN, please visit their website at www.glsen.org/Massachusetts. If you have further questions about the assembly, please contact Leslie Giordano or Patti Richmond, Gay Straight Alliance Faculty Advisors at 413-527-7680.

GSA Annual Day of Silence

The Hampshire Regional GSA group is hard at work organizing the annual Day of Silence for Thursday May 20th. The Day of Silence is a student-led action to raise awareness of the discrimination, harassment, and abuse – the silencing – that lesbian, gay, bisexual, and transgender (LGBT) people and their allies face daily. On the Day of Silence, students at schools and colleges across the country take a vow of silence and distribute “speaking cards” explaining their participation. High school students sign up to participate a few days in advance and teachers will receive a list of those participating on the morning of May 20th. Middle school students will be able to show their support by wearing a rainbow ribbon, but they will not participate with silence.

Study Skills Development

This Spring the Hampshire Regional Guidance Department offered Study Skills Groups to middle and high school students. The aim of the group was to help students improve their study skills, build confidence, and develop test-taking skills. This group covered topics such as learning styles, memory, test preparation skills (i.e. time management, identifying content for tests, note taking, retention



aides), test taking strategies and relaxation techniques for tests.

Building skills in these areas may help to increase students’ academic success and develop life-long learning skills. Students provided feedback to the facilitators and shared the following comments:

“I liked learning how to think positive and the helpful study skills.”

“I liked the good ideas about studying and thinking realistically about goals.”

“I liked that it was so open and honest and we could be ourselves without any judgment.”

If you or your student would like information on study skills and techniques or is interested in participating in a study skills group in the Fall, please contact the guidance department.

Career Cruising at MASCA Conference

Patti Richmond, Amy Scully, and Maki Faria (intern) presented information on how to implement Career Cruising into schools at this year’s annual Massachusetts School Counselors Association conference in Danvers, MA.. This is the second year that Hampshire Regional has access to the Career Cruising program thanks to a Perkin’s Grant. The counselors and teachers are learning more about the program and how to implement it into the school curriculum. Career Cruising has thus far been used to conduct career, aptitude and learning style assessments, help students explore various careers in detail, assist in connecting careers to majors and colleges and write resumes.