

GUIDANCE NEWS

HAMPSHIRE REGIONAL HIGH SCHOOL
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General Guidance News

Website

Please be sure to check the HRHS website (<http://www.hrhs.net>) on a regular basis to keep up to date on what's happening in Guidance. You'll find the latest on the college application process, scholarships, scholarship application process, etc. Click on the College-Bound link under Guidance to get to the Scholarships page.

Financial Aid Night

Over 50 parents/guardians and students attended the annual Financial Aid Night held on December 1, 2011. Gail Holt, Senior Associate Director of Student Financial Services at Mt. Holyoke College, gave an excellent overview of the financial aid process and the applications

for financial aid. Ms. Holt came as a representative of the Massachusetts Educational Financing Authority (MEFA). Families can find helpful financial aid information at the MEFA website at www.mefa.org. There is also a list of financial aid websites available on the HRHS Guidance website: <http://www.hrhs.net/content/guidance/finaid.php3>. On **March 8th, (6 p.m.)** a representative from Smith College will be presenting a workshop titled **"What's Next: a parent information session on how to read the Financial Aid packet"**. This workshop will help parents and student understand and compare their financial aid award letters.

Career Cruising

This is the fourth school year the guidance department has implemented an online career exploration inventory called "Career Cruising". All students in grades 9 through 12 have completed at least one lesson in which they started a portfolio, saving five to ten careers to explore. Each school year, students will complete another lesson, further developing their portfolio. The guidance department will be doing a lesson in Career Cruising for all 9th, 10th, and 11th graders during semester two. Eighth graders will receive their first lesson in January. Students can go to www.careercruising.com and enter hrhs (user name) and hampshire (password) and then enter their individual user names and passwords to login to their portfolios from any computer. If they do not remember their login info, guidance has a list of all user names and passwords. Students are encouraged to update their online portfolios any time.

Helpful Info:

Website

<http://www.hrhs.net/content/guidance/guidancemain.php3>

Get the latest updates on:

- * College Bound
- * Staff
- * Study Skills
- * Counselor's Corner
- * Program of Studies
- * Up-Coming Events
- * Graduation Requirements
- * Guidance Calendar

Career Cruising Access

www.careercruising.com

Username: hrhs

Password: Hampshire



To Register for SAT's

www.collegeboard.com

5 Steps to Help Control Worry

If your student is experiencing anxiety, please contact his or her guidance counselor to learn about supports and services offered at HRHS to assist students with anxiety.

Step 1: NEVER WORRY ALONE

Step one is the most powerful method of controlling worry ever devised. In three simple words, the most important principle of all in combating worry: **make human contact**. Get out of your imagination and into a live dialog. If you are alone, call someone or walk to someone else's office. You don't even have to talk about what is bothering you. Indeed, it is often better not to. Just make contact with another person. Talk about the weather, or a baseball game or your favorite restaurant.



Step 2: GET THE FACTS

Toxic worry is usually based on lack of information or incorrect information. If you are worried about what a friend thinks of you, ask. If you are concerned you might have a melanoma, see a doctor. If you are worried you might get downsized, find out from your supervisor what's going on. Getting the facts is better than stewing.

Step 3: MAKE A PLAN

Based on what you learn in steps 1 and 2, now is the time to take action. Taking action puts you in a position of control, which always helps. Even if you plan fails, you will have reduced your toxic worry simply by taking action. And if the first plan fails, think up another. And another. Passivity is the great danger. Toxic worry feasts on a passive victim.

Step 4: PRACTICE MIND MAINTENANCE

This includes the following five steps. A. Get enough sleep. B. Eat a balanced diet and don't use food as a form of self-medication. C. Exercise regularly. D. Pray or meditate regularly. E. Get daily doses of positive human contact.



Step 5: LET IT GO

This is the hardest step, the step that requires the most practice. But it is a talent that can be learned. Once you have gone through steps 1-4 you should be ready to move to step 5 and let your worry go. Don't hold onto it as if it were protecting you. In fact, toxic worry is really bad for your health. So, let it go.

2012-2013 Course Registration

The process for course registration for the 2012-2013 school year has begun! The scheduling timeline is posted on the HRHS website. Please note the following dates:

Week of January 16th, 2012

Program of Studies will be available online. If you do not have internet access, please contact the guidance office for a hard copy.

February 2nd:

"Charting Your Course" Assemblies for 8th, 9th, 10th, and 11th graders on the scheduling process and elective choices. Representatives from various departments will be presenting elective options. Parents/guardians are welcome to attend! (Periods 1,2,5,and 6)

February 8th: (Snow date: Feb. 9)

Third annual "Transition to High School" night for parents/guardians of 8th grade students. We will explain graduation requirements, discuss a typical 9th grade schedule, and review elective course offerings.

February 9th

Teacher Recommendation Day: Students take their Course Registration Form around to all of their teachers throughout the day to obtain recommendations for courses and levels for next year. Snow date: Feb. 10th

February 14th

Parents / guardians mailed the teacher recommendation form and appeal process. Due back March 2nd

February 13th through March 9th

Counselors will assist students with course selections

Week of March 12th

Students bring their lists of course selections home to parents/guardians, along with a letter stating how to request a change in class registration. (This form does not apply to changes in course level)

March 22nd

All requests for changes from parents/guardians are due.

Career Day

Our annual Career Day for 9th grade students will be held on **Wednesday, March 21st**. Career Cruising was used to identify HRHS students' top six career fields: 1) Agriculture, Food & Natural Resources; 2) Architecture & Construction; 3) Arts, A/V Technology & Communication; 4) Health Science; 5) Human Services; and 6) Science, Technology, Engineering & Math. During Career Day, students will have the opportunity to speak with adults who work in these career fields in order to learn more about future career possibilities. **If you, or someone you know, work in one of these fields and would like to join us as a Career Day speaker, please contact the Guidance Office for more information.**

Class of 2012 News

College Application Process

Guidance counselors continue to meet with seniors as they finalize their college applications. Please remember that seniors must request any materials to be sent from Guidance (transcript, letter of recommendation from the Guidance Counselor, etc.) a minimum of 12 FULL school days before the deadline. Twelve FULL school days is needed to draft the quality of letter that you want your student to have included in the application. Thank you in advance for your cooperation and understanding. In addition, just a reminder – the last step of the college application process is for the student to write thank you notes to everyone who helped them in the process. This is a great opportunity to encourage your student to develop the character quality of gratefulness. **Over 59 students have already sent out multiple applications. This translates to approximately 213 college files!** A big thank you goes to all the teachers who wrote letters of recommendations and to Maureen Monaghan, who processed all the paperwork.

Upcoming College Application Deadlines:

<u>College App. Deadline</u>	<u>Guidance Deadline</u>
February 1	January 12
February 15	January 27
March 1	February 6
March 15	February 17
April 1	March 14

Scholarship Application Process

Because teacher recommendations mailed from guidance cannot be viewed by students, the following process should be followed for scholarship applications:

1. The student completes the scholarship application
2. The student should complete a records release form for scholarships available in the guidance office
3. The student gives the following to Ms. Monaghan in guidance:



- The scholarship application
- The records release form
- Any accompanying materials the student would like sent with the scholarship application
- A 9 X 12 envelope with 4 stamps addressed to the scholarship organization

*** All requests to the guidance office for scholarship materials including transcripts must be made at least 12 FULL SCHOOL DAYS prior to the deadline.

The HRHS Scholarship Application can be found at the following link:

<http://www.hrhs.net/content/guidance/collegebound.php3>

This application is for all seniors who could potentially qualify for local scholarships such as: Amy's Place, DAR Good Citizenship, Easthampton and Florence Savings Banks, Erickson Leadership Award, Robert J. Garvey, Northampton Lodge of Elks, Williamsburg Alumni Association, Andrea Warren Memorial Award, and many more. **Applications are due April 6, 2012.** Recipients will receive their awards at the senior awards night June 6, 2012.

At the same link you will also find a list of over 100 scholarships with the description and due dates. Students can also research scholarships at some of the following websites:

www.careercruising.com

www.fastweb.com

www.collegenet.com

Class of 2013 News

PSATs

The follow up lesson for all students who took the PSAT in October was done differently this year. The 45-minute session was taught in small groups in a computer lab. This was designed to assist students with interpreting their PSAT results and using the information provided to prepare for the SAT and begin their college search process. East student created a College Board account and learned how to access an individual study plan for the SAT. Students and parents/guardians are encouraged to utilize the online resources provided by CollegeBoard, at www.collegeboard.com/quickstart. Students can log on with their new College Board user name and password.

Beginning the College Process

Parents/guardians of juniors were sent a letter of invitation to an *individual meeting with your students' guidance counselor*. Senior year course selections, career and educational plans will be discussed. We will be scheduling meetings from **January 17th until the 31st** between the hours of **7:30am and 2:30pm**. Contact the guidance office to schedule an appointment.

IN ADDITION:

All juniors and their parents/guardians are strongly encouraged to attend the **“Navigating the College Application Process”** workshop to be held on **Thursday, April 5th, 2012 at 6:00 p.m. in the Library**. Parents and guardians of any student in any grade who are interested in the college application process are invited to attend.



SATs

Current juniors are encouraged to take the SAT one time this Spring and one time in the Fall of their senior year. Please note the following dates with accompanying registration deadlines for upcoming SAT's:

<u>Test Date</u>	<u>Registration Deadline</u>
Mar. 10, 2012	Feb 10, 2012
May 5, 2012	April 6, 2012
June 2, 2012	May 8, 2012

The best way to register is online at www.collegeboard.com. You will need the HRHS school code to register: **220722**

EARLY COLLEGE PLANNING FOR PARENTS OF 8TH, 9TH AND 10TH GRADERS

Save the Date: Wednesday March 28th at 6pm in the Library!

Planning ahead for college takes more than financial planning. The HRHS guidance department is sponsoring a parent workshop that will include important information about how students may plan for college during their high school career. MEFA (a not-for-profit organization that works to make higher education more accessible for students in Massachusetts.) will be presenting information on planning for college admissions and financing. All participants will receive MEFA's Early College Planning Workbook for Students and Parents which helps families think creatively about their options for higher education and discover ways of financing their college education.

Middle School News

Vocational School Information

Students interested in learning more about vocational education met with a representative from Smith Vocational & Agricultural High School on Oct. 18th. Students interested in attending Smith Vocational and Agricultural High School for 2012-2013 were asked to submit a budget form and application to the guidance office before the Holiday Break. If your student is planning on transferring from HRHS to Smith Vocational & Agricultural High School next year, the Superintendent's Office must be made aware of that fact before adopting next year's budget. After the Holiday Break, students who have not submitted a budget form who still would like to apply will have their name added to a waiting list. If you have questions or would like to

request information, please contact Katie Watkins at 527-7680 or kwatkins@hr-k12.org. Workshops will be held on interviewing techniques, as interviews are now part of the application process.

25 Things Parents Can Do To Raise Their Kids Bully-Proof (From www.CooperativeKids.com)

1. Talk less and allow your children to speak more
2. Invite them to help you in coming up with rules
3. Start a weekly family meeting
4. Help your children feel like they have a place in the family
5. Allow your children to say NO without retribution
6. Model saying NO in respectful ways for them to emulate
7. Use alternatives to saying NO, such as "I'm not willing"
8. Say "I'm not ready for you to do that" instead of NO to big kid things
9. Help them build a "Dream Book" to keep their wishes and desires in
10. When they ask for things, tell them to write that in their dream book
11. Teach them to solve their own problems so they will become capable
12. Avoid rescuing them or diminishing issues they see as important
13. Allow them to express their emotions; don't "stuff" them
14. Teach them about the encouraging power of their self-talk
15. Help them hear the inner voice that will become their moral compass
16. Limit entertainment electronics to minimize their video screen time
17. Avoid allowing children under 16 to have a cell phone
18. Avoid allowing children under 16 to have social media accounts
19. Use timers that visually limit entertainment electronics
20. Keep bedrooms for sleeping, with no internet or television access
21. Help your child feel powerful by giving them opportunities to feel important at home
22. Set up agreements in advance instead of issuing commands for them to comply
23. Punishment demands obedience... consequences permit choice
24. Set verbal and behavior examples for your children to learn from
25. Rules without relationship result in rebellion

Staff Contact

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High School Counselor (A – F)

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High School Counselor (Lac – Z)

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Middle School Counselor (grades 7 – 8)

Leslie Giordano: lgiordano@hr-k12.org
School Psychologist

Jan Sniffen: jsniffen@hr-k12.org
Adjustment Counselor

Maureen Monaghan: mmonaghan@hr-k12.org
Administrative Assistant

***WE WOULD LIKE TO WELCOME TWO NEW
INTERNS FROM UMASS WHO WILL BE
ASSISTING IN OUR GUIDANCE OFFICE
DURING SEMESTER TWO:
EMILY HOFFER AND JUSTINE SCHUFF***

***OUR GUIDANCE DEPARTMENT WOULD ALSO
LIKE TO THANK KAREN HILDALGO WHO IS
VOLUNTEERING IN OUR GUIDANCE OFFICE
ONE DAY A WEEK. KAREN WAS A LONG
TERM SUB FOR KATIE WATKINS LAST YEAR.***

***KAREN HAS BEEN MEETING WITH 9TH
GRADE STUDENTS WHO ARE HAVING
ACADEMIC DIFFICULTIES. SHE IS WORKING
WITH THEM TO IMPROVE THEIR STUDY
SKILLS AND ORGANIZATIONAL SKILLS.***