

Counselor's Corner

NEWS FROM WESTERN HIGH SCHOOL



A note from the Director of Student Services:

It's been quite a semester for the Student Services Department of WHS! We have worked with students on scheduling, completed our annual parent-night with a variety of break out-sessions, completed 9th grade individual 4-year plan meetings, completed individual senior meetings, worked with all juniors to ensure they are on track for upcoming college application requirements and that doesn't even begin to address assisting our students that are at risk, need assistance on personal, academic, or emotional needs, college application assistance and recommendations or the required testing of Accuplacer, College and Career Readiness, winter ECAs, PSAT9, PSAT10/11, SAT, ACT, and the ASVAB. Whew, the semester has flown by!

Our offices are committed to ensure the support your student needs to find success for their future endeavors. Please don't ever hesitate to contact any of us in the student services department for assistance.

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10 Tips For Reducing Stress

Although this time of the year can be filled with many fun events, it can also be stressful and it's even more important to practice good self-care. The following tips may help you manage your stress during this busy "final exam" season:

1. Exercise everyday
2. Get enough sleep
3. Eat healthy foods
4. Talk about your problems
5. Keep a journal
6. Break large tasks into smaller steps
7. Practice taking slow, deep breaths
8. Avoid negative people
9. Don't over commit



Need to take the SAT or the ACT?

The ACT will be held on 2/11/17. For more information on registration deadlines and specifics please visit www.act.org/.

The SAT will be hosted on 1/21/17, 3/11/17, and 5/6/17. Visit www.collegeboard.com for more information on deadlines, fees, and needed information.

Test Name	Testing Window	Student Involved
WIDA	1/9/17-2/24/17	ALL ELL students with an ILP
Accuplacer	2/13/17- 3/31/17	Some Grade 12 and Grade 11
ISTEP Part I	2/27/17- 3/10/17	Grade 10 and some Grade 9
ISTEP Part II	4/17/17-5/5/17	Grade 10 and some Grade 9
AP Exams	5/1/17-5/12/17	Students in AP courses

Prepping for Postsecondary Education-Students with Disabilities
Some students planning to attend college or some other form of postsecondary education and training may need some exploration support. But where do students and their families find information on disability supports on campus, accommodations for the ACT or SAT, tuition assistance, transportation, dorm life, and on selecting a college that's a "good fit,"?

Disability.gov to the rescue! Their website includes specific transition information for those students that may require accommodations after high school. It has the answers to your many questions as well as includes a variety of U.S. Department of Education resources. **Make sure to check it out!**



College Visitation Days!

All juniors and seniors are given TWO college visits days for the year that are excused absences. Come get a form in the Guidance Department for pre-approval.



Mrs. Shoaff and Mrs. Yazel have started meeting with students individually for scheduling purposes for next school year. Schedules for the 2017-2018 are being slated at this time. Once all student choices have been slated, the master schedule can be built. All students should take time to review the course selection programming book available online

so that they may have fruitful discussions with their counselor. Our goal is that all students are taking courses that not only meet graduation requirements, but that also leads to career goals after high school.

CALLING ALL SENIORS...

Seniors, don't forget to start working on that FAFSA! There is a firm deadline of March 1st for completion. Also—remember many colleges and universities—regardless of financial ability REQUIRE a FAFSA to be submitted. Visit, www.fafsa.ed.gov for more info.



Scholarship info:

Do you need \$ for college? Make sure to check out the Student Services webpage frequently for updated scholarship opportunities!

They LOVED Your GPA...Until They Saw Your TWEET

Did you know your postings on Social Media could be the reason why you might not get into a college? Check out this article from the New York Times: At Bowdoin College in Brunswick, Me., admissions officers are still talking about the high school senior who attended a campus information session last year for prospective students. Throughout the presentation, she apparently posted disparaging comments on Twitter about her fellow attendees, repeatedly using common expletives. Perhaps she hadn't realized that colleges keep track of their social media mentions. It was incredibly unusual and foolish of her to do that" Mr. Meiklejohn, dean of admissions and financial aid, states. The college ultimately denied the student admission, he said, because her academic record wasn't competitive. But had her credentials been better, those indiscreet posts could have scuttled her chances.

"We would have wondered about the judgment of someone who spends their time on their mobile phone and makes such awful remarks," Mr. Meiklejohn said. As certain high school seniors work meticulously this month to finish their early applications to colleges, some may not realize that comments they casually make online could negatively affect their prospects. In fact, new research from Kaplan Test Prep, the service owned by the Washington Post Company, suggests that online scrutiny of college hopefuls is growing. Of 381 college admissions officers who answered a Kaplan telephone questionnaire this year, 31 percent said they had visited an applicant's Facebook or other personal social media page to learn more about them — a five-percentage-point increase from last year. More crucially for those trying to get into college, 30 percent of the admissions officers said they had discovered information online that had negatively affected an applicant's prospects. In the business realm, employers are certainly viewing prospective employees and their social media sites.

So—do yourself and your future a favor—DELETE anything you have out there on social media that could negatively impact your success.



Our office is committed to providing you with the necessary tools for success. If you need any information in any of the following areas, we encourage you to spend some time researching online to invest in your future.

Career & Interest Resources Sites

Occupational Outlook Handbook

www.bls.gov/ooh/

My College Quick Start

student.collegeboard.org/

Learn More Indiana

www.learnmoreindiana.org

The Career Key

www.careerkey.org

America's Career Info Net

www.acinet.org

Homework Help

Khan Academy

www.khanacademy.org

WebMath

webmath.com



College Search Sites & General Research

Trip to College

www.triptocollege.org

Peterson's Planner

www.petersons.com

The Princeton Review

www.princetonreview.com

College View

www.collegeview.com

U.S. News and World Report Education Page

www.usnews.com/education

College Navigator

nces.ed.gov/collegenavigator

Online colleges search

Selective Service Registration

Selective Service System

www.sss.gov





Enrichment & Service Programs

Corporation for National Service

www.cns.gov

Where There Be Dragons

www.wheretherebedragons.com

City Year

www.cityyear.org

Summer Internships for High School Students

www.ceinternships.com

AmeriCorp

www.americorp.org

Volunteer Match

www.volunteermatch.org

Free Scholarship Searches

FastWeb

www.fastweb.com

CollegeNET

www.collegenet.com

Scholarships.com

www.scholarships.com

College Board's Scholarship Search

bigfuture.collegeboard.org/scholarship-search

Scholarship Scams www.finaid.org/scholarships/scams.phtml

Sallie Mae

www.salliemae.com/plan-for-college/

Financial Aid & College Savings Information

Indiana College Costs Estimator

www.collegecosts.com

FAFSA on the Web

www.fafsa.ed.gov

Federal Student Aid

www.studentaid.ed.gov

ScholarTrack- 21 st Century Scholars

secure.in.gov/apps/che/scholartrack/

The Smart Student Guide to Financial Aid

www.finaid.com

State Student Assistance Commission of Indiana

www.in.gov/che/

The Internet Guide to 529 and Other College Savings Plans

www.savingforcollege.com

College Fairs

National Association of College Admissions Counseling

www.nacacnet.org

Blueprint

myblueprintstory.com

Student Athletes

National Collegiate Athletic Association (NCAA)
www.ncaa.org

National Association of Intercollegiate Athletics
www.naia.org

National Junior College Athletic Association
www.njcaa.org

Students with Disabilities

Association of University Centers on Disabilities
www.aucd.org

National Attention Deficit Disorder Association
www.add.org

National Center for Learning Disabilities
www.nclld.org

College Planning for Students on the Autism Spectrum
www.professorsadvice.com

Test Anxiety

How to Study

www.howtostudy.org/

LSU Academic Center for Success
students.lsu.edu/academicsuccess

York University

lss.info.yorku.ca/workshops/

The University of Western Ontario
www.sdc.uwo.ca/learning/mcanx.html

University of Alabama

wwwctl.ua.edu/CTLStudyAids

The University of Buffalo

ub-counseling.buffalo.edu/stresstestanxiety

The University of Texas at Dallas

www.utdallas.edu/counseling/testanxiety/

Test Taking Tips

www.testtakingtips.com/anxiety

The State University of New York at Potsdam

www.potsdam.edu

Minnesota State University Mankato

www.mnsu.edu/counseling/students/tanxiety.html

Test Preparation Options

Number2.com (FREE!)

www.number2.com

Kaplan, Inc.

www.kaplan.com

Study Guide Zone (FREE!)

www.studyguidezone.com

