



The “Buzz”



Coventry High School
School Counseling Department
Quarterly Newsletter

VOLUME 2; ISSUE 2

FALL 2009

Did you know???

Did you know that Coventry High School was one of nine school districts in Connecticut selected to receive funding from the Connecticut Business & Industry Association's **Project Opening Door's** grant. This grant involves a partnership between the public and private sectors that seeks to increase Connecticut students' participation in [Advanced Placement](#) courses and better ensure their success in college. This initiative involves representatives from education, government and business. We are currently in the second year of this five year grant. This year, as a result of the grant CHS was able to add AP Environmental Science to our list of growing AP course options. Course scheduling for next year will be here before we know it. See your counselor to take advantage of new AP offerings! Don't let this opportunity pass you by!

The Fall Edition of The “Buzz”

The "Buzz" is the Coventry High School Counseling Department's newsletter. The “Buzz” is published quarterly throughout the school year, and features articles relating to academics, post-high school planning and other topics of interest for CHS students and their parents.

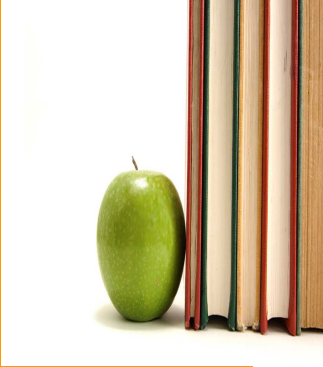
This will be the only edition of “The Buzz” that will be mailed home. With the increasing use of the internet as a source of timely information, and in order to meet our budget constraints, all further editions of “The Buzz” will be posted on our website. New editions will be published quarterly. Our website is <http://www.coventryps.org/chs/guidance/guidance.html> Use the link to “The Buzz,” CHS School Counseling Newsletter.

School Counseling Webpage

<http://www.coventryps.org/chs/guidance/guidance.html>

More and more processes related to school counseling are becoming web-based. For example, most colleges now prefer applications be submitted online as opposed to on paper. Because of such trends, we encourage parents and students to check our website often, as the site is updated on a regular basis. This site is the **BEST and QUICKEST** way to keep up with our counseling programs and information regarding College and University events, Financial Aid materials, Scholarship Applications and Deadlines, Standardized Testing Information, Counselor Contact Information, and much more!

School Counseling Department: Staff & Caseloads



Counseling caseloads for this year are listed below and are also outlined on our web page. If at any time you have questions regarding your student, please call your student's counselor at (860) 742-7346 or access us through email.

School Counselor	Caseload (by Last Name)	Ext.	Email
Krystina Schulze	A - Go	Ext. 154	kschulze@coventryct.org
Heather Mackintosh	Gr - M	Ext. 152	hmackintosh@coventryct.org
Judy Burr	N - Z	Ext. 150	jburr@coventryct.org

School Counseling Secretary	Ext.	Email
Sue Comella	Ext. 160	scomella@coventryct.org

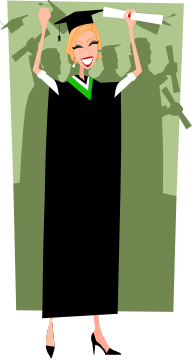
*“Knowledge is
gained by hard
work and
desire.”*

Important Reminder for All Parents

The School Counseling Department is continuing to implement the use of a new program called Naviance (www.naviance.com) to help students and parents with college and career planning. This program is web based and once a parent or student is registered they are able to access this information at any time. Therefore, it is very important that all parents provide their current email address to your student's counselor as soon as possible so that you can begin receiving and accessing this important information. You may email this information to your student's counselor at any time. In this email please indicate that you would like to receive your registration code and registration information for Naviance, and we'll forward this information along to you. Please don't hesitate to ask questions or comment about this new program. We will be including more information about Naviance and its features in subsequent newsletters so stay tuned!!!

Upcoming School Counseling Department Events

College Planning Night



When: Monday October 5th 2009 (6:00-7:30pm)

Where: CHS Lecture Hall

What: The topics covered during this evening will include a discussion of majors, admission requirements, deadlines and financial aid opportunities at area colleges and universities. Representatives from the University of Hartford, the University of Connecticut, Manchester Community College, Asnuntuck Community College and Eastern Connecticut State University will participate in a panel discussion. A question and answer period will follow the presentation. All parents and students are invited to attend. Counselors will be on hand throughout the evening to answer any specific questions you or your student may have.

Careers in Health Care Day at Hartford Hospital School of Allied Health



When: Thursday October 29th 2009 (8:30am-1:30pm)

What: This program strives to provide high school students, guidance counselors, and community members with specific information concerning a variety of health care fields. The lecturers are active practitioners in their fields and are therefore able to provide an up to date view of what their career entails on a daily basis. They also cover course prerequisites, tuition costs, program length, employment opportunities, and salary ranges. The School Counseling Department in collaboration with Coventry Youth Services is sponsoring a small group of students to attend this event. All slots are currently full for this event however any interested student can see Mrs. Mackintosh to have their name added to the waitlist.

Financial Aid Night



When: Wednesday December 2nd 2009 (6:00-7:30pm)

Where: CHS Lecture Hall

What: All students and parents are welcome to attend. On this evening we have arranged for the Assistant Director of Financial Services from Yale University to speak with you about the various components of the Financial Aid process. This is an important presentation for any student and/or parent of a student that is college bound. Topics will include information about completing the FAFSA (Free Application for Federal Student Aid) Scholarships, as well as sources of federal and private aid. This is an excellent opportunity to speak with and ask questions of a representative within the field of post-secondary financial services. If you have any questions about this event, please feel free to contact your School Counselor. We hope to see you all there!

Tips for Parents: Start the Year Off on the Right Foot

- Stay involved with your student. Even though your student is in high school, they will appreciate your taking an interest in their work and progress.
- Volunteer to quiz your student, or go over notes with them. Not only will you support their learning, you may learn something new!
- Provide a quiet study area and consistent homework time.
- Monitor your student's work schedule. If work is interfering with school, offer to talk to your student's employer.
- Praise and reward good grades. This is especially important for students who struggle and have turned their grades around.



First Quarter Progress Reports & Report Cards



- First quarter **progress reports** will be mailed home during the week of October 5th. All freshmen will receive a progress report from each class in which they are enrolled. All other students will receive a progress report if deemed necessary by their classroom teacher and/or if their current grade in a class is below 70%.
- First quarter **report cards** will be given to students in homeroom on Friday November 13th. Please be sure your student's lunch account fees are paid in full as this may prevent timely receipt of report cards.

News for Senior Parents

During September and October counselors will be meeting with seniors in small groups to discuss their post-high school plans and to lend assistance with the college admissions process. We encourage parents to call their student's counselor with any questions. We would be happy to meet with you and your student at any time this year. The new Naviance program is a great way to keep on top of your student's prospective colleges, college applications, transcript requests, as well as other information from the School Counseling Office. Once you are registered with a parent account on Naviance you can access the site at: <http://connection.naviance.com/coventry>

- **Reminder:** Any student that is interested in participating in Division I or II intercollegiate athletics must register with the NCAA Clearinghouse. This is an on-line process. For more information and to register, go to www.ncaaclearinghouse.net.
- **Important Note:** CHS does **NOT** include SAT or ACT scores as part of our transcript package. Scores must be sent to colleges or agencies such as the NCAA Clearinghouse directly from the testing agency. It is the student's responsibility to have these scores sent.

Community Building Day 2009



October 14th is the day set aside for sophomores and juniors to take the PSAT. While sophomores and juniors work attentively on their **Preliminary Scholastic Aptitude Test**, the freshmen and seniors will be engaged in the 3rd Annual Community Building Day. The Community Building Day is an event that provides the opportunity for freshmen and seniors to engage in team building activities that are facilitated by our faculty. The activities include a small group activity in our library, a movie showing in our auditorium, a volleyball game played in the gym, and a senior panel where freshmen have the opportunity to hear from and ask questions of a group of seniors regarding their high school experience. The variety of activities encourage the interest and involvement of the students while fostering new relationships among our school community. Additionally, the various activities model good sportsmanship and encourage team building while also valuing the many differences within the CHS student body; a component consistent with CHS's **Patriot Pride** mission statement. Each student at CHS has valuable qualities to offer and the goal of the Community Building Day is to give all students the opportunity to contribute and share their many unique strengths. It is sure to once again be a fun and successful day for all, and a great way to kick off a brand new school year! **Student attendance is expected and extremely important on this day given that there will be no opportunity for make-up of the PSAT or Community Building Program.**

School Counseling Enrichment Activities

In addition to individual sessions with students, school counselors will be involved in the following activities during the 2009-2010 school year:

Grade 9 (November-December)

- Transition to high school
- Introduction to Naviance
- *Learning Style Inventory*

Grade 10 (March-April)

- PSAT Score Review
- Introduction to My College QuickStart (www.collegeboard.com)
- Introduction to Career Cruising (www.careercruising.com)
- *Career Matchmaker Inventory*

Grade 11 (January-February)

- Naviance (College/Career Search)
- *Do What You Are Personality Inventory*
- *My Game Plan Survey*

Grade 12 (September-October)

- Review of Naviance (Document Library, Senior Year Tools, Resume Builder)
- Post-secondary planning



College Planning Timeline— Junior Year

Fall/Winter (September through March)

- Meet with your school counselor about potential college majors and career paths
- Take a personality test/career interest inventory (Do What You Are– Naviance) to determine your skills or interests for college majors
- Take the PSAT/NSMQT (October)
- Visit a variety of college campuses to see which types of colleges are a good *fit* for you
- Research college websites and take a virtual tour
- Meet with college representatives when visiting your area
- Begin creating a *Resume* (Resume Builder– Naviance)
- Consider joining extracurricular activities, if you aren't already involved
- Make a list of colleges that are of interest to you
- Register for SAT or ACT tests (December-June)
- Go to www.fafsa4caster.ed.gov to determine your estimated family contribution for college
- Attend “College Planning Night” at CHS

Spring (April through June)

- Meet with your school counselor about your senior year courses and college plans— Junior planning meetings with your school counselor and parent are strongly encouraged
- Attend spring college fairs and sign up for mailings from colleges that interest you
- Register for SATs or ACTs, if you haven't already taken them or want to retest
- Update your Resume

Summer (June through August)

- Continue to visit college campuses
 - Talk with recent graduates who are attending college for tips/suggestions about college planning
 - Get a summer job and save a portion of the money you earn for college
- Student athletes should register with the NCAA Clearinghouse (www.ncaaclearinghouse.net)
- Ask your teachers, coaches, counselors, employers or others about writing you a letter of recommendation

College Planning Timeline— Senior Year (Fall)

September

- Meet with your school counselor to review college plans
- Narrow down your list of potential colleges (6-8)
- Get applications from colleges (most college applications are available online)
- Keep track of deadlines and other college requirements (Naviance and/or create an excel spreadsheet)
- Participate in college fairs and college representative visits
- Talk with your parents about paying for college
- Register for October or November SAT or ACT, if you haven't already done so
- Continue to update your *Resume* (Resume Builder– Naviance)
- Ask your teachers, coaches, counselors, employers or others about writing you a letter of recommendation if you haven't already done so

October

- Attend college fairs and participate when college representatives visit your school
- Attend college open houses
- Tour college campuses
- Interview with college admissions counselor
- Complete Early Decision or Early Action application (if applicable)
- Start working on rolling admissions applications
- Follow up with references to have completed recommendation letters sent to your school counselor
- Work on college application essays (On own and during Sr. year English classes)
- Check with Financial Aid offices about forms they require
- Attend “College Planning Night” at CHS

November

- Ask several people to proofread and critique applications and essays
- Submit Early Decision or Early Action applications (if applicable)
- Narrow your college list to your top choices. Remember to include schools that (A) You will most likely be accepted at (B) are a Good Fit for you, and (C) may be a Reach or Challenge for you to be accepted
- Complete *CSS/Financial Aid Profile* (www.collegeboard.com) for colleges that require it
- Continue your scholarship search (Scholarship List– Naviance)
- Talk with friends who have come home from college about their first year experience

December

- Finalize and mail all remaining college applications
- Contact your colleges to ensure that all parts of the application are in your file at the college
- Send thank you letters to those who wrote recommendations for you
- Review the *Free Application for Federal Student Aid* (FAFSA) website at www.fafsa.ed.gov and copy the pre-application worksheet.
- Complete a PIN registration (www.pin.ed.gov) so you can electronically sign your *Free Application for Federal Student Aid* (FAFSA)
- Apply for scholarships and check deadlines
- Attend the “Financial Aid Seminar” at CHS



College Planning Timeline— Senior Year (Winter-Summer)

January

- Check with your school counselor about sending your mid-year high school transcript to colleges
- Complete FAFSA (www.fafsa.ed.gov)
- Complete any state aid or scholarship applications
- Complete any additional college financial aid applications
- Continue to research and apply for scholarships

February

- Check all deadlines and make sure all financial aid applications have been sent on time
- Receive *Student Aid Report (SAR)* from FAFSA and make any corrections if needed
- *Capitol Scholarship Program* application deadline this month (www.ctdhe.org)

March

- Start receiving acceptance letters from colleges
- Communicate with all financial aid offices about questions or special circumstances that may affect your financial aid award
- Continue to research and apply for scholarships
- Remember the importance of second semester grades (Don't let them slip now!)

April

- All college admission decisions should be received by this month
- Financial aid award letters should be received
- Use CSLF's *The Bottom Line Worksheet* to compare college aid awards at www.cslf.com.
- Decide which college to attend
- Notify colleges you will not attend about your decision
- Submit your deposit to the college you will be attending
- Complete forms from the college regarding your room and meal plan preferences
- Make corrections to your financial aid applications if you estimated your income on the earlier forms. You can make corrections to the SAR on-line

May through June

- Tell your school counselor which college you will be attending (Graduation Survey– Naviance)
- Create a budget to determine final college cost
- Create a file for all loan and financial aid documents
- Investigate tuition payment plans and decide if you want to use one
- Be a smart consumer. Before signing for any loans, compare their rates and borrower benefits

Summer (July through August)

- Go to orientation
- Notify the college you will be attending of any private scholarships you may have received
- Send thank you notes to scholarship donors

SAT vs. ACT: What are the differences?

Check out this side-by-side comparison and see for yourself.



“Doing the best at this moment puts you in the best place for the next moment.”

	SAT	ACT
<u>How often is it administered?</u>	Seven times per year	Six times per year
<u>What is the test structure?</u>	Ten-section exam: Three Critical Reading, three Math, three Writing, and one Experimental The Experimental section is masked to look like a regular section.	Five-section exam: English, Math, Reading, Science Reasoning, and Writing (optional) An Experimental section is added to tests on certain dates only, and is clearly experimental.
<u>What is the test content?</u>	Math: up to Geometry and Algebra II Reading: Sentence completions, short and long critical reading passages, reading comprehension Writing: Grammar, usage, word choice, and a mandatory essay	Math: up to Trigonometry Science: charts, graphs, and data interpretation Reading: four passages, one each of Prose Fiction, Social Science, Humanities, and Natural Science English: stresses grammar Writing: Optional essay
<u>Is there a penalty for wrong answers?</u>	Yes, 1/4 of a point for each wrong answer on multiple-choice questions	No
<u>How is the test scored?</u>	200-800 per section, added together for a score of 600-2400 2-12 for the essay	1-36 for each subject, averaged for a composite score 2-12 for the Writing Test
<u>Are all scores sent to schools?</u>	New this year, students have the option of Score Choice if they want to wait to see their scores they will have the option of selecting which scores are sent. A fee is associated with this score reporting method.	No. There is a “Score Choice” option. Students can choose which schools receive their scores AND which scores the schools see.
<u>Are there other uses for the exams?</u>	Scholarship purposes Certain statewide testing programs	Scholarship purposes Certain statewide testing programs
<u>Need more information?</u>	Visit: www.collegeboard.com	Visit: www.ACTstudent.org

2009- 2010 SAT DATES

For more information visit: www.collegeboard.com

Any student who is interested in registering to take the SAT should register online at www.collegeboard.com. Paper registration forms are also available in the School Counseling Office. Please see your counselor with any questions. Fee waivers are available for those students that demonstrate a financial need.

U.S. Registration Deadlines		
2009-10 Test Dates	Test	Regular Registration Deadline (postmark/submit by)
October 10, 2009	SAT & Subject Tests	September 9, 2009
November 7, 2009	SAT & Subject Tests	October 1, 2009
December 5, 2009	SAT & Subject Tests	October 31, 2009
January 23, 2010	SAT & Subject Tests	December 15, 2009
March 13, 2010	SAT only	February 4, 2010
May 1, 2010	SAT & Subject Tests	March 25, 2010
June 5, 2010	SAT & Subject Tests	April 29, 2010

2009- 2010 ACT DATES

For more information and to register for the test, visit: www.ACTstudent.org

Test Date	Registration Deadline	(Late Fee Required)
September 12, 2009*	August 7, 2009	August 8 – 21, 2009
October 24, 2009	September 18, 2009	September 19 – October 2, 2009
December 12, 2009	November 6, 2009	November 7 – 20, 2009
February 6, 2010**	January 5, 2010	January 6 – 15, 2010
April 10, 2010	March 5, 2010	March 6 – 19, 2010
June 12, 2010	May 7, 2010	May 8 – 21, 2010

2009-2010 Fall College Fairs



Thursday, October 8, 2009
Tri-Town College Fair- Ellington High School
6:30 pm - 8:30 pm
Ellington, CT

Monday, October 19, 2009
Glastonbury High School
6:30 - 8:30 pm
Glastonbury, CT

Tuesday, October 20, 2009
Windsor High School
7:00 - 8:30 pm
Windsor, CT

Wednesday, October 21, 2009
Conard/Hall High Schools
7:00 - 8:30 pm
West Hartford, CT

Wednesday, October 28, 2009
Enrico Fermi High School
7:00 - 9:00 pm
Enfield, CT

Mark your calendar: Spring 2010 NACAC National College Fairs

Is it time to decide which postsecondary option is right for you? Plan to attend a NACAC College Fair for information on:

Springfield

Eastern States Exposition (The Big E)
West Springfield, MA

Springfield

Sunday, March 7
12:00 p.m. - 4:00 p.m.
Monday, March 8
9:00 a.m. - 12:00 p.m.

New York

Jacob K. Javits Convention Center
New York, NY

New York

Sunday, April 25
11:00 a.m. - 4:00 p.m.

Hartford

Connecticut Expo Center
Hartford, CT

Hartford

Thursday, April 8
9:00 a.m. - 11:30 a.m.
6:30 p.m. - 8:30 p.m.
Friday, April 9
9:00 a.m. - 11:30 a.m.

Boston

World Trade Center
Boston, MA

Boston

Tuesday, April 27
9:00 a.m. - 12:00 p.m.
6:00 p.m. - 9:00 p.m.
Wednesday, April 28
9:00 a.m. - 12:00 p.m.

Providence

Rhode Island Convention Center
Providence, RI

Providence

Saturday, April 24
1:00 p.m. - 4:00 p.m.

Coventry High School

School Counseling Department

78 Ripley Hill Road

Coventry, CT 06238

Phone: 860-742-7346

Fax: 860-742-4591

www.coventryps.org/chs/guidance/guidance.html