

COUNSELING CORNER
February 2018
Happy 2nd Semester Falcons!!

Natalie Seward	A-Coo
Julianne Velasco	Cop-Haro
Chanelle Lary	Harr-Lin
Toni Zurcher	Lin-Par & EL students
Jennifer Magruder (Sub:Taylor Wagonseller)	Pas-Shr & AVID students
Sally Gervasini	Shu-Z

IMPORTANT DATES:

Second Semester Drop Deadlines

- Students may do a level change from AP or honors to a college prep course up until **Thursday, March 1st**. **Changes are only possible if space is available.*
- The deadline to drop a course without anything recorded on the student's transcript is **Thursday, March 1st**.
- If a student drops a course between **Friday, March 2nd and Thursday, May 3rd** a "W" (withdraw) will be recorded for the dropped course on the student's transcript.
- No courses may be dropped after **Friday, May 4th** per the SDUHSD Add/Drop Guidelines.

Fall Course Registration

Counselors will be presenting the Course Registration Process and Guidelines to our current 9th-11th grade students in the lecture hall via their English classes starting February 23rd – March 2nd.

The presentation for **Freshman and Sophmores** takes about 30 minutes and covers course load/expectations, new course offerings, unique class offerings, and teaches the students how to look up their credit summary on Aeries and understand what classes they still need to take to graduate from high school. They are also shown how to register for their courses online via Aeries. Students are encouraged to see their counselor should they have any individual questions.

The **Junior** presentation will take a little longer as we will also be sharing information about college admission requirements, college admission testing, the college application process and much more. This is a great time of year for students to start thinking about college options. A few weeks after the presentations, counselors will return to English classes to pick up students signed registration contracts and answer any last minute questions that they may have.

During the month of February, teachers are encouraged to discuss their recommendations for next year with their classes and individual students. This is the opportunity to help students make informed choices based on the expectations and rigor of higher level courses. Having a clear understanding of what it takes to be successful in these courses often helps students make wiser choices. Stressing balance in their schedule is also important in helping them understand what it takes to be an overall successful student. Although the counselors will meet with all students in groups and with many students individually, teachers see them every day and may be more influential in their discussions.

Grades

The [grade reporting calendar](#) is posted on the counseling website for your convenience. Make sure to log in to Aeries and check your student's semester grades. Grades for all classes will be reported under the "grades" tab. The semester grades **will** get posted on the transcript.

It is helpful to discuss the importance of study skills with students and they should be keeping track of their academic performance through AERIES. Below is a list of common study habits that our students have found to be helpful:

- Take advantage of teacher-led study sessions.
- Use the free after school [tutoring](#). Times and location are on the counseling website.
- Read and re-read the chapters assigned, to make sure you understand the concepts.
- Take notes on chapters that are assigned.
- Study at a desk, rather than a more comfortable location.
- Study where you can focus best (i.e., in a quiet room, without music).
- Utilize group study sessions: when you teach other students the material, it helps you remember it too.
- Use flashcards to help with memorization.
- Go to bed at a reasonable hour, sleep is important!

Tutoring

Free tutoring is available after school for all students. The [tutoring schedule](#) is posted on the counseling website for your convenience. Students can also take advantage of TPHS [Peer Tutoring](#) in the Learning Commons Monday-Thursday from 2:40-4:00pm. Please encourage your student/s to take advantage of these valuable supports.

AP Exams

It is now time to start registering for the AP Exams coming up in May! Last year we had over 2,200 AP exams taken by our students! AP Exam Registration will open January 3, 2018 and run through March 17, 2018. Late Registration will run March 18th through March 28th. Exam price is \$113. \$152 per AP Capstone exam/course. Late registration will incur a penalty fee, exam price is \$150. Registration site: <http://sduhsdapexams.com>. Information regarding fee reductions please see, Mr. Santos.

Athletics

[Spring Athletic Clearances](#) were due February 1. This includes the following sports: Badminton, Baseball, Boys Golf, Gymnastics, Boys & Girls Lacrosse, Softball, Swim & Dive, Track & Field, Boys Tennis, Boys Volleyball

If your student is currently playing a TPHS CIF sport that is not a class offered during the school day, and they want to earn Athletic PE credit, please make sure they complete an [athletic PE form](#). They must have their coach sign it and turn it into Nicky DeLeone, the Athletics Secretary, in the Learning Commons. *The form is due to Nicky before the first CIF game for the sport they are playing. This form is mandatory to get Athletic PE credit.*

Get connected!

- Connect with a PAL (more information under the PALS tab on tp.sduhsd.net)
- Join a [club](#)! Clubs are listed on our ASB website [clubs](#)

SENIORS:

Mid-Year Reports for College Applications

Colleges may require a mid-year report, or 7th semester grades, as soon as semester grades are posted on **February 9th**. Students may request that their midyears be sent by their counselor starting 2/8/18. *Please do not request mid-years prior to this date as transcripts will not be ready until then.*

UCs and CSUs do *not* require mid-year grades unless they contact the student, specifically requesting them.

Common App Schools -For colleges requiring a mid-year report and are using the Common App please email your counselor with the following information:

- Your name.
- The list of colleges that need a mid-year report.

Your counselor will send your Midyear reports/grades through Naviance.

Non-Common App Schools- If a non-common app school requires a mid-year Report and they accept electronic submissions, please email your counselor with the same information as above. If a school does not accept electronic submissions, please bring a stamped and addressed envelope with the student name in the bottom left corner and \$5 to the Registrar's office.

Financial Aid/FAFSA

If you did not have the opportunity to attend our Financial Aid presentation on October 5th, we have Yvonne Borrego's power point presentation on our [counseling website](#) for your reference.

The 2017 [FAFSA application](#) (Free Application for Federal Student Aid) became available on October 1, 2017 and must be submitted by March 2, 2018. We recommend the earlier you submit, the better! You must first create an FSA ID at [www.fafsa.gov](#). You can then use your FSA ID to login and sign your FAFSA application when you are ready to submit. You can also use the following websites for additional information:

- [Types of financial aid](#)
- National Student Loan Data System [www.nlsds.ed.gov](#)
- [Studentloans.gov](#)
- [Studentaid.gov](#)
- Agreement to Serve [www.teach-ats.ed.gov](#)

Also check out this great [guide for parents](#) when it comes to filling out the FAFSA. This information will help to clarify what type of information to include on the application.

Scholarships

Along with submitting your college applications, now is the time to start researching scholarship opportunities! Scholarships are financial awards towards college tuition that you do not have to pay back. Check out the scholarship list on [Naviance](#) as we are updating active scholarships daily and some scholarships will have deadlines that are quickly approaching. You can also look at other sites for scholarship opportunities that are listed on the [counseling website](#) here.

JUNIORS

We are looking forward to presenting to you in the lecture hall February 28th – March 1st. We will be going over transcripts, graduation requirements, UC/CSU entrance requirements, college admission testing, the college application process and much more will be covered during these sessions. The Junior Audit presentation will also be posted on our [counseling website](#) in March.

College Research

This is a great time of year to for students to start thinking about college options. You can utilize these great resources for researching college and career options:

- **Big Future:** <https://bigfuture.collegeboard.org/>
- **California Colleges:** <https://www.californiacolleges.edu/#/> (*Find colleges nationally, not only in California. Research careers, colleges, and log your list of colleges with a planning tool on this website*)
- **College Data:** <https://www.collegedata.com/>
- **Career Zone:** <https://www.cacareerzone.org/budget/>

For more resources go to SDUHSD College & Career Research:
<http://www.sduhsd.net/subsites/College-and-Career-Planning/>

Junior Parents:

Please continue to encourage your students to be involved in school and in extracurricular activities that they enjoy. Attendance in class is crucial to academic success. We highly recommend that 11th students start researching college and career options for after high school. They can use the above resources to start their research. We will also be hosting a Junior Parent Night later in the spring to give you the information you need to support your junior student through the college application process!

SAVE THE DATE!

The seventh annual **SDUHSD College Night and Fair** is on Wednesday, April 25th, 2018 from 6:00pm-8:30pm at the Del Mar Fairgrounds! Don't miss this important evening where you are given the opportunity to meet with over 200 college representatives and attend college-led information sessions on relevant college-planning topics. Stay tuned for more information

SOPHOMORES

PSAT Scores

Students can see their PSAT/NMSQT score reports from the October 2017 administrations in the student online score-reporting portal on Collegeboard.com. Students should have received an access code via the email address they provided on the PSAT. If you do not have an access code, please contact Assistant Principal, Mr. Santos at michael.santos@sduhsd.net.

These test results are not reported to colleges, but are a great opportunity for them to gain knowledge about their test taking strengths. Students can use this [PSAT Sample Score Report](#) to understand how to interpret their scores. Using the unique access codes provided on the PSAT score reports, students can go to www.collegeboard.org/quickstart as a connection to many helpful resources.

Sophomore Parents:

Please continue to encourage your students to be involved in school and in extracurricular activities that they enjoy. Students can join a club, sports team, audition for a play, and start their own club; the opportunities are endless. If students need help getting involved on campus, they can see their counselor! Attendance in class is crucial to academic success.

FRESHMAN

Freshman parents:

We hope our 9th graders are had a rewarding and successful first semester. Our advice to freshmen is to work hard, always complete assignments and get involved with TP activities. Do you know that students must earn C's or better in all semesters of college preparatory classes in order to apply to four-year colleges? Ninth grade *really* counts and we encourage students to get a strong start in order to build a solid foundation for the rest of high school. CaliforniaColleges.edu have excellent career exploration tools and resources.

NAVIANCE UPDATE

SDUHSD is committed to providing all students with access to career and college planning resources. In order to connect students with diverse, free and up-to-date college & career resources, which are still accessible to students after graduation, SDUHSD schools will no longer subscribe to the Naviance program. During this transition, 9th and 10th grade students will no longer have access to Naviance, and 11th grade and 12th grade will continue to use Naviance this year only. This transition will also retain valuable resources for all students and allow students more flexibility and the ability to look beyond our district schools to include state and national averages and international colleges in their planning. If you would like to begin to any research CaliforniaColleges.edu have excellent career exploration tools and resources. More information and tools will be shared with each grade level this school year.