

COUNSELING CORNER
January 2018
Happy New Year Falcons!!

Natalie Seward (Sub: Lauren Goldberg)	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:

1st Semester ends Friday, January 26th, 2018!

Now is the time to start preparing for **FINALS!** The first semester finals schedule is:

- Wednesday, Jan. 24th = Periods 1, 3, 7
- Thursday, Jan. 25st = Periods 5, 3, 4
- Friday, Jan. 26th = Periods 2, 3, 6

**Remember we are on a modified finals schedule for these days and the school day ends at 11:55am.*

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](#) are 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 your US History classes in the lecture hall in February. 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 January.

This is a great time of year for students to start thinking about college options. You can utilize our NAVIANCE program to start researching colleges, compare data, and begin constructing your college list. To log onto [NAVIANCE](#), visit our counseling link on tp.sduhsd.net. Then click on the [NAVIANCE](#) link under Counseling.

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 and 12th grade students use the NAVIANCE internet program to investigate careers, colleges and options for life after high school. To use the program from

home, visit our counseling webpage and click on the NAVIANCE link. CaliforniaColleges.edu also have excellent career exploration tools and resources.

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

Counselors met with all 10th grade World History classes on December 6th and 7th and reviewed graduation requirements, college eligibility and career exploration. The presentation is available on the [counseling website](#). CaliforniaColleges.edu have excellent career exploration tools and resources.

Sophomore 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.

FRESHMAN

Counselors enjoyed presenting to Freshman English classes on Thursday, November 2nd and Friday, November 3rd. We discussed what to expect during high school, graduation requirements, resume building, college and career exploration, staying connected, and most of all, enjoying the next four years!

Freshman parents:

We hope our 9th graders are settling into classes and adjusting to high school. 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.