

## **COUNSELING CORNER**

### **March 2018**

<b>Natalie Seward</b>	<b>A-Coo</b>
<b>Julianne Velasco</b>	<b>Cop-Haro</b>
<b>Chanelle Lary</b>	<b>Harr-Lin</b>
<b>Toni Zurcher</b>	<b>Lin-Par &amp; EL students</b>
<b>Jennifer Magruder (Sub:Taylor Wagon seller)</b>	<b>Pas-Shr &amp; AVID students</b>
<b>Sally Gervasini</b>	<b>Shu-Z</b>

### **IMPORTANT DATES:**

#### ***Second Semester Drop Deadlines***

- The deadline to drop a course without anything marked on the transcript has passed.
- If a student drops a course between **Friday, March 2<sup>nd</sup>** and **Thursday, May 3<sup>rd</sup>** a “W” (withdraw) will be recorded for the dropped course on the student’s transcript.
- No courses may be dropped after **Friday, May 4<sup>th</sup>** per the SDUHSD Add/Drop Guidelines.

#### ***Fall Course Registration***

Counselors have presented the Course Registration Process and Guidelines to our current 9th-11th grade students in the lecture hall via their English classes. The presentations, FAQs and course selection worksheets are posted on the counseling website under grade level information.

Students have until **March 9<sup>th</sup>** to register for classes on Aeries. On **March 13<sup>th</sup> and 14<sup>th</sup>**, 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 months registration season, 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. **Students have until May 25<sup>th</sup> to make schedule adjustments with their counselor.**

#### ***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](http://tp.sduhsd.net))
- Join a [club](#)! Clubs are listed on our ASB website [clubs](#)

### **Summer Enrichment Programs**

If you haven't decided how to spend your summer, you may want to think about the possibility of participating in a summer enrichment program. Not only is it an exciting way to spend your summer, but you could get to experience life on a college campus, explore new and exciting fields you may want to pursue for college majors, make friendships with students from around the globe, and perhaps, even earn college credit for the courses you take. If summer programs interest you, you should act soon! Stop by the College and Career Center to pick up materials for available program offerings!

## **SENIORS:**

### **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](http://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](http://www.nlsds.ed.gov)
- [Studentloans.gov](http://Studentloans.gov)
- [Studentaid.gov](http://Studentaid.gov)
- Agreement to Serve [www.teach-ats.ed.gov](http://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.

### **GPA Verification for Cal-Grant**

Our registrar, Kristina Martinez, successfully submitted ALL senior GPAs with the California Student Aid Commission in January (unless student/parent completed a form opting out of the submission).

For more information on the Cal Grant: <http://www.csac.ca.gov/doc.asp?id=48> OR <https://mygrantinfo.csac.ca.gov/logon.asp>

## **JUNIORS**

The **Junior** presentation included 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. The Junior Audit presentation is now [available](#).

### ***College Research***

This is a great time of year 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 11<sup>th</sup> 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 on Thursday, April 5<sup>th</sup> at 6:00 pm** 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 25<sup>th</sup>, 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](http://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](http://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 9<sup>th</sup> 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](http://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, 9<sup>th</sup> and 10<sup>th</sup> grade students will no longer have access to Naviance, and 11<sup>th</sup> grade and 12<sup>th</sup> 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](http://CaliforniaColleges.edu) have excellent career exploration tools and resources. More information and tools will be shared with each grade level this school year.