

COUNSELING CONNECTION



ACCHS Counseling Office Newsletter

February 2020

Hello February! As we blaze into this new month, we are reminded to be kind (with Random Acts of Kindness Week), to love with all our hearts (Valentine's Day), to have some fun each day (Mardi Gras), and to be faithful to our God (Lent). As School Counselors, we also teach our students how important self-care is to leading a balanced life. In the busyness of our schedules, it is easy to forget what is important and what really makes us happy. This issue contains beneficial information that can help you guide your student with academics, college/career planning, and taking the next joyful steps into young adulthood.

Did You Know?

- Today's Marijuana has high potency, which leads to intoxication and impairment. (CDC)
- Higher potency levels add to the increased risk for psychosis or schizophrenia. (CDC)
- When smoked, THC, the drug found in Marijuana, is more than 3 times more potent than in the 70s. (www.theblunttruthsc.com)
- Oils that are used in vaporizers or in edible products are 50%-80% THC. (www.theblunttruthsc.com)
- Eating or drinking food that contains marijuana has different risks. They take longer to digest and produce a high. More may be consumed to feel the effects faster, which can lead to Marijuana poisoning. (CDC)
- Smoking Marijuana delivers many of the same substances found in tobacco smoke. (American Cancer Society)
- Secondhand Marijuana smoke contains THC and many of the same toxic chemicals in smoked tobacco. (CDC)

The Blunt Truth

Yes, College Admissions Officers Are Looking At Social Media

IvyWise College Admissions Blog Mon, Jan 13, 2020

The latest Kaplan survey of college admissions officers found that 36% of admissions officers have visited applicants' social media profiles to learn more about them – up from 25% last year. Almost 70% of them think that looking at social media is “fair game” in the admissions process.

We hear it every year: College admissions officers are checking out applicants' social media profiles and it can affect how they're viewed – especially if there's anything particularly egregious out there. This latest survey found that 38% of admissions officers who checked social media profiles found something that positively impacted their view of the student. While 32% said what they found had a negative impact. So what does that mean for college bound students?

[Read More](#)

In This Issue

- Marijuana Awareness
- Social Media & College Admissions
- Random Acts of Kindness Week
- Monthly Events
- Testing Information
- College Application Financial Aid Planning
- Tutoring
- Summer Opportunity

Join us in spreading

Random Acts of Kindness



February 16th-22nd!!

Kindness is simply a positive action that leaves someone in a better situation than before. Over this week we invite everyone to do random acts of kindness and be the good in the world. Science has shown there are benefits to doing acts of kindness for others and receiving acts of kindness. In addition, the positive effects of kindness are experienced by anyone who witnesses the act. These positive effects include decreased stress levels, improved mood, feelings of meaning and purpose and a sense of connectedness. These random acts of kindness can range from a small compliment to an inspiring gesture that could be life changing.

Watch the video: [Kindness can be the norm.](#)

Here are some things that you can try:

- Smile at someone you don't know.
- Hold the door for someone.
- Pay for someone's coffee or lunch.
- Leave a generous tip.
- Write a note telling someone how much you appreciate them.
- Let someone go ahead of you in line.
- Find things to be grateful for.
- Participate in a community clean up day.
- Donate time or money to a worthy cause.

Even small acts of kindness can change lives for the better. Tune in to the acts of kindness around you. Remember kindness starts with one. (randomactsofkindness.org)



January Happenings

- **“Strategies to Reduce Exam Stress”**: Lunch time sessions for all students that provided strategies to help reduce exam stress.
- **“How to Prepare and Study for Midterm Exams”**: Session for all students to help them identify strategies to help them study more effectively for exams.
- **“College Application and College Research Help Session”**: Session for all students to answer any questions they may have about their applications and the application process; as well as, provide help with college searches and research.
- **Financial Aid Information Night: Steps to Save, Plan and Pay for College**: Information and resources to help with paying for college.
- **“My Career Journey” Freshman Presentation** : Students will learn the steps in career decision making, identify characteristics of a career and work values that are important to them, as well as, evaluate a career based on their likes and dislikes. In addition, they will be given some suggested activities to try at home to help with career exploration. These will all be available on Naviance at the bottom of the home page.

February Events

- ◆ **“Career Decision Making Part 1” – Sophomore Presentation**: Students will review the steps in career decision making, learn about work categories and identify their areas of interest, learn about the World of Work map, take a personality assessment and link to careers based on their personality. Students will add to their careers of interest list on Naviance. They will also be given additional ways to identify and research careers independently. Assessments and resources can be found on Naviance.
- ◆ **“Strategies to Reduce Testing Stress— Part 2”**: Lunch time sessions for all students that provides strategies to help reduce exam stress.
- ◆ **“Career Planning Workshop”**– Lunch time session for all students that provides additional assessments to help identify areas of interest and connect to possible careers.
- ◆ **Scheduling Question & Answer Session for Students** - Have questions about course selection? Get them answered on Wednesday, February 19th, during extended homeroom.

Standardized Testing

SAT Test Dates	Registration Deadlines	Late Registration Deadlines
March 14	February 14	March 3
May 2	April 3	April 21
June 6	May 8	May 27

ACCHS is a test center for all SAT Test Dates.

Registration is completed online at: www.collegeboard.org

ACT Test Dates	Registration Deadlines	Late Registration Deadlines
April 4	February 28	March 13
June 13	May 8	May 22
July 18	June 19	June 26

ACCHS is a test center for the June 13th test date **ONLY**.

Registration is completed online at: www.act.org

Transcript Requests

Transcript requests are processed within 2 days of receipt.

Be aware of college application deadlines. Our Office recommends requests for documents to be sent to colleges be done 15 days prior to the deadline. This allows enough time for the documents to be sent, received and processed by the due date. For example, request documents be sent by December 15th for a January 1st deadline. Last minute requests cannot be guaranteed for delivery by the due date. Transcripts are \$3 per college.

Federal Application for Student Aid (FAFSA)

- To begin your application go to: fafsa.ed.gov
- Create your FSA ID at fsaid.ed.gov
- For more information on the application process, download PHEAA's Student Aid Guide at <https://www.pheaa.org/college-planning/student-aid-guide/index.shtml>

The Paying for College Resource

Your one-stop destination for free planning tools and materials

- Financial aid night videos
- Scholarship Search
- FAFSA 101

Simple, and easy to use

[Check it out](#)

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Please continue to check Naviance and the School Counseling Office website for updated information about available scholarships.

This month's featured scholarship search website :



Save the Date!

Financial Aid Information Night

Scholarships & Loans: Prepping for College Costs

Presented in Partnership with

The College Funding Coach

Thursday, March 24, 2020

6:30PM-8:30PM

In case you missed it, here is the [link](#) for the video of our January Financial Aid Information night: Steps to Save, Plan and Pay for College



Whether I'm leading a workshop on navigating the college admissions process or getting stopped in the frozen food aisle at the supermarket, here are some of the most common questions parents ask.

By Lee Shulman Bierer

1. *Is it better to take a lower-level class and get an "A" or struggle somewhat in a higher level and be thankful for a "B"?*
2. *My son didn't do well on the PSAT and has had some tutoring. How many times should a student take the SAT? Do colleges get upset when students take them too many times?*
3. *It is really hard for us to get away for campus visits during the school year. Is it worth it to visit colleges during the summer when classes aren't in session?*

For the answers to these questions go to collegeadmissionstrategies.com

2 valuable college planning changes in the SECURE Act

By Chris Wills January 12, 2020

The Setting Every Community Up for Retirement (SECURE) Act signed into law at the end of 2019 includes two significant college planning changes that families need to know about.

*529 Plans can now be used to repay student loans.

*New option for grandparents.

For more information go to collegeinsidetrack.com.

Tutoring Options

***Teacher office hours** are available 2X per week to offer extra assistance. See teacher pages on Sapphire for times.

***NHS tutoring** occurs every morning starting at 7:45am until the end of homeroom. Report to Room 5 in Barry.

***DeSales University** offers tutoring on Wednesdays from 3:00-4:00pm in Room 102.

***Writing Workshops** with Mr. Fisher are in Room 109 during Wednesday extended homerooms.

***Math Assistance** with Mrs. Dunkle is available in Room 4 in Barry during Wednesday extended homerooms.

***Language Tutoring** with Mr. Rineer is available in Room 7 in Barry during Wednesday extended homerooms.

Scholarship Opportunity

The East Penn Section of the **American Society of Highway Engineers** has a Scholarship Program for high school seniors who are enrolled or planning to enroll in a program leading to a Bachelor's Degree in Civil Engineering or Civil and Construction Engineering Technology.

For Application information go to:

www.eastpenn.ashe.pro

"Futuros Empresarios"/Future Entrepreneurs (FE) Program

For Hispanic and underrepresented and underserved sophomore and junior students.

A comprehensive life skills and entrepreneurial training program that includes a paid internship. This program is available at no cost to participating students.

Information Workshops for interested students and parents

Saturday, February 08, 2020 from 10 - 11 am

Sacred Heart Hospital

Media Center - Reception Room

421 Chew St. Allentown, PA 18102

Saturday, February 29, 2020 from 10 - 11 am

The Center Lehigh Valley (formerly El Shaddai Ministries)

Community Center

529 East Broad St. Bethlehem, PA 18018

Applications will be available at the workshops

For more information, contact us at
info@fe-foundation.org