



# COUNSELING CONNECTION

ACCHS Counseling Office Newsletter

October 2019

Welcome to our October newsletter! The school year is now in full swing and students are immersing themselves in their classes and activities. It was wonderful to speak with so many parents and families at our recent Back to School Night. We are blessed with a caring community at Central. Partnering with you to help students reach their potential is important to us. For students, there are many challenges- academically, socially, emotionally, physically, and spiritually, but together we can encourage positive growth and development. We are here to assist your family as needed. In this newsletter, you will find many resources and lots of information about pertinent topics which affect your student. Please call us if you have other questions or concerns. Enjoy this colorful time of year!

## Did You Know?

- Financial literacy is an important component of sound financial decision-making and should be taught and fostered at an early age. Visit [youcandealwithit.com](http://youcandealwithit.com) or [mymoney.gov](http://mymoney.gov) for tips and strategies. (PHEAA)
- There are scholarships available for children as young as 4 years old (The Scholarship System blog). Here are some scholarship search tips for parents and students at [EducationPlanner.org](http://EducationPlanner.org).
- [MySmartBorrowing.org](http://MySmartBorrowing.org) is an interactive online tool that helps students and families make informed choices about post-secondary education. (PHEAA)
- A Colleges' Net Price is the amount that a student pays to attend an institution in a single academic year AFTER subtracting scholarships and grants the student receives. To find the Net Price Calculator for a school go to [CollegeCost.ed.gov/net-price](http://CollegeCost.ed.gov/net-price).
- The Free Application for Federal Student Aid has an app called [myStudentAid.Mobil App](http://myStudentAid.Mobil App).

## 4 Tips to Help Teens Manage Money

From parenttoolkit.com

As high school students prepare to make their grand entrance into the "real world", one of the many valuable lessons they need to learn is how to manage their money. You may have said to them, "Money doesn't grow on trees," but learning how to handle their own finances goes beyond that time-honored saying. Money management is about planning, analyzing and assuming responsibility for one's finances. [Read More.](#)

## Princeton Reviews Nine-Video Series "College Admissions 101" on YouTube

Yahoo! Finance – September 17, 2019

The Princeton Review, which this year helped half of the nation's three million college-bound students navigate the higher-ed research and application processes, recently added a free resource to its array of admission and financial aid information tools for students and parents. This series features expert advice on how to find, get into, and pay for one's "dream school."

[Read More](#)

## In This Issue

- Financial Literacy
- College Admissions Resources
- Financial Aid & Paying for College Information
- Study Skills/Tutoring
- Testing Info.
- Cyber Safety
- Monthly Events

## FAFSA Tips & Common Mistakes to Avoid

### From the National Association of Student Financial Aid Administrators

The best way to complete the [Free Application for Federal Student Aid \(FAFSA\)](#) is early, online, and without any mistakes (download and print our [checklist](#) of what you'll need to have on hand in order to file your FAFSA). If you aren't yet ready to file a FAFSA, the Department of Education's [FAFSA4caster](#) tool can help you estimate your eligibility for federal student aid by providing some basic information.

[Read More](#)

College Board offers free resources to help students and families complete the FAFSA application.

Go to [Financial Aid 101](#) for articles, videos and webinars.

### 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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## Study and Test Taking Strategies Workshop

Tuesday, October 8th

3:00-4:00PM in Room 102

Learn tips on how to study, prepare for tests and excel in classes.

### Tutoring Options

- Teacher office hours 2 times per week, to offer extra assistance.
- NHS tutoring every morning 7:45 to the end of homeroom. Report to Room 5 in Barry.
- DeSales tutoring Wednesdays from 3:00-4:00pm in Room 102.
- Writing Workshops with Mr. Fisher in Room 109 during Wednesday extended homerooms.
- Math Assistance with Mrs. Dunkle in Room 4 of Barry during Wednesday extended homerooms.

## Completing the FAFSA Workshop

Presented in partnership with  
DeSales University  
Tuesday, October 22nd  
From 6:30-8:30PM @ ACCHS



A DeSales University Financial Aid Advisor will walk families through the FAFSA application.

Click [here](#) to register.



## The Free Application for Federal Student Aid (FAFSA) opens *October 1st.*

To begin your application go to:  
[fafsa.ed.gov](https://fafsa.ed.gov)

Make sure to register for your FSAID at  
[fsaid.ed.gov](https://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>

## 6 Common College Admissions Myths

By Stacey Colino, Contributor

Sept. 11, 2019, *U.S. News & World Report*

When applying to college, many students think they know which strategies will help them attract the attention of admissions officers. But there's often a gap between perception and reality about what actually matters – and what matters most – when it comes to grades, test scores, extracurricular activities and other factors.

In fact, the reality can differ from school to school.

[Read More](#)

### How to Apply to College? Let Me Count the Ways Next Stop: College blog – September 5, 2019 by Janet Rosier, Hearst CT News Blog

Ways students can apply to college, many of them using “early” plans. This helps families understand the differences in the plans, their rules and restrictions and it bears revisiting as things do change.

[Read more](#)

## Standardized Testing

PSAT Test Date for 9th-11th Grades:

*Wednesday, October 16th*

SAT Test Dates	Registration Deadlines	Late Registration Deadlines
November 2	October 3	October 22
December 7	November 8	November 26
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](http://www.collegeboard.org)

ACT Test Dates	Registration Deadlines	Late Registration Deadlines
October 26	September 20	October 4
December 14	November 8	November 22
February 8	January 10	January 17
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 October 26th and June 13th test date **ONLY**.

Registration is completed online at:

[www.actstudent.org](http://www.actstudent.org)



We encourage students to take the opportunity to investigate colleges at the upcoming college fair in our area.

### Northampton County Regional College Fair

Tuesday, October 15, 2019; 6:00-7:30pm  
Northampton Community College-Spartan Center

### PACCAO Catholic College Tour @ ACCHS

Thursday, October 17th; 1:00-2:00PM  
All Juniors & Seniors are invited to attend.

## 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 October 15th for a November 1st deadline. Last minute requests cannot be guaranteed for delivery by the due date.**

### Important reminders for Seniors!!

- Schedule an appointment to meet with Mr. Garza to discuss college and career options and applications.
- Reminder: transcripts are \$3 per college.
- Federal Application for Student Aid (FAFSA) opens October 1st.
- Create your FSA ID at <https://fsaid.ed.gov>.



**College visits have begun. Juniors and seniors may meet with visiting college representatives. To see the list of upcoming visits or to register, students can go to Naviance and look under the Colleges tab then choose Research Colleges then the College Visit section.**



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

**This month featured Scholarship search website :**

[www.salliemae.com](http://www.salliemae.com)



## ACCHS Career Day

Friday, November 8th at  
Allentown Central Catholic  
High School

All students will be given  
the opportunity to explore  
various careers of interests.  
Look for more information  
in the coming weeks.

## EXPLORING™ DISCOVER YOUR FUTURE

Interested in exploring careers?

Check out **MINSI TRAILS EXPLORING PROGRAM** at [minsitrails.org/exploring](https://minsitrails.org/exploring). Open houses in a variety of work settings, including engineering, manufacturing, information technology, health care, law enforcement, and fire/ems.

### \*\*\*\*\* Everything Parents Need to Know About Cyberbullying

Every parent wants to keep their child safe, but for today's kids, threats don't just exist in the physical world. These days, cyberbullying—bullying that takes place on social media, over text and email, and in other online venues—is everywhere. A [2018 Pew Research Center study](#) found that 59% of US teens had experienced cyberbullying, and 63% consider it a major problem.

As more and more kids and teens spend time online, opportunities for cyberbullies only increase. Trying to keep your child safe online can seem overwhelming, but it doesn't have to be. To help, our safety team at ASecureLife has compiled a parent-friendly guide to preventing, recognizing, and dealing with cyberbullying.

[Read More](#)

## September Happenings

- **Senior meetings are ongoing for college and post high school planning:** Mr. Garza is available, by appointment, to help students and families with college decision making and the application process. Students are encouraged to make an appointment.
- **Information Sessions with Transfer and New International Students:** Overview of the School counseling Office services and procedures, tutoring options and an overview of Naviance, our college and career planning platform.
- **Cross curricular lessons using OnTrack:** OnTrack is an e-learning college and career readiness program designed to help students understand the process of achieving post-secondary education through video modules. The use of this program is part of a joint effort between the School Counseling Office and Information Technology class to increase awareness of the post high school planning process. Students are able to add parents as mentors so that parents can also view the information. If you are interested, you can ask your child to add you as a mentor.
- **International Student Breakfast:** A welcome breakfast was enjoyed by our new international students assimilate into American culture and life at Central Catholic.
- **Senior Class Presentation:** Students learned more about the college application process.

## October Events

- **Freshman individual interviews begin.**
- **Freshman Study Skills and Introduction to Naviance:** Information on grading/GPA, checking PSAT scores, using Khan Academy for free SAT practice, as well as an Introduction to Naviance, our college and career readiness platform.
- **Sophomore Career Research and Goal Setting:** Completion of the Career Cluster Finder assessment to identify possible careers of interest, career research and goal setting.
- **Junior College Information Session:** Resources for SAT/ACT testing, college visits/fairs, and resume writing; as well as, completion of the Strengths Explorer assessment, and goal setting for the year.

### Resources for Cyber Safety for Students

The Cybersecurity and Infrastructure Security Agency (CISA) recommends reviewing the following resources for parents.

- [Stop.Think.Connect. Toolkit](#)
- [Rethink Cyber Safety Rules and the "Tech Talk" with Your Teens](#)
- [Concerned Parent's Internet Safety Toolbox](#)