

Haverford High School

Counseling Office

September 2020

Check out the Counseling website!

The website includes many resources including the School Profile, Transcript Request Deadline Dates, and new video tutorials, some of which are listed below:

[How do I know if I need a teacher or counselor letter of recommendation?](#)

[How do I match my Common App account in Naviance?](#)

[How do I complete the Transcript Release Permission Form?](#)

**Class
of 2021**

The Transcript Request link in Naviance opened on September 8th. Please review the Transcript Request Instructions for Post High School Applications prior to requesting a Transcript.

New This Year:

- The electronic Transcript Request Permission form (must be completed prior to requesting transcripts)
- Virtual college visits in Naviance
- Scheduling an appointment with your Counselor through Canvas. Watch this how to video.

Virtual Common App/College App completion sessions

September 21st at 10:45 am. Each session is 45 minutes in length.

Sessions will provide an opportunity for Counselors to support Seniors in completing their applications and to answer individual questions.

Please click on your Counselor's name to join their zoom session.

[Ms. Alderfer](#)

[Ms. Costanzo](#)

[Ms. Dyal](#)

[Ms. Jones](#)

[Ms. Pellicane](#)

[Ms. Vindler](#)

[Ms. Williams](#)

NACAC (National Association for College Admission Counseling) virtual college fairs:

September 13th, October 12th, October 18th and November 8th.

- Visit <https://virtualcollegefairs.org/> to register for these free, one day events.
- More than 600 college and university representatives will be available to talk.
- Log in on the day of the fair.
- Create your schedule by selecting which colleges you'd like to learn about. Sign up to attend their live and interactive Zoom sessions. The sessions are on a variety of topics such as: how to apply, financial aid, student life, academics, athletics, diversity, study abroad, and more. Watch, learn, and get your questions answered.
- You can also schedule a one-on-one meeting with a college. Just click on "Schedule a Meeting" to choose a date and time.

Click here to view
**September Virtual
College Representative
Visits at HHS**

Click here to view
**October Virtual
College Representative
Visits at HHS**

Directions for attending a virtual college representative visit at HHS:

1. You must register in Naviance to attend a virtual college-rep visit hosted during the school day, 24-hours in advance.
2. To register, first you must log into Naviance. Then, click on the 'Colleges' tab in the upper right corner. Scroll to the bottom of the screen where you will see 'College Visits' on the left. You may click on the school you are interested in or click the "Show more" link to view the full list of schools visiting. Select 'Register Now' for those visits you would like to attend.
3. To request permission to miss class to attend a virtual college-rep visit, email the teacher whose class you may need to leave early -- at least 24 hours in advance.
4. You may only leave class early to attend the virtual college-rep visit if your teacher grants permission. You must make up the work you missed, as directed by the teacher.
5. You will be emailed the URL for the online visit 15 minutes prior to the event start time; it will come from Naviance.
6. Login to the virtual visit. Be sure your first and last name will be displayed and that you enable video/audio, if possible so college reps can see/hear you.

Tips on Researching Post High School Institutions Virtually:

- Talk to students who attend the Post High School Institution that you are interested in.
- Contact the admissions office and ask them to help you connect with a student to ask them about their experience.
- Delve into school's websites. Explore widely those things that matter to you. Sign up to be on the mailing list for every school you're considering. This will demonstrate your interest to the college, and keep you updated on virtual happenings at the school: admissions information sessions, tours, and other programming opportunities.
- Read college-sponsored and student-sponsored newspapers.
- In light of the recent standardized test cancelations, many colleges are also adjusting their admissions requirements and moving to a test optional policy for first-year applicants applying for fall 2021 admission.

Examples of virtual communication that Post High School Institutions are offering:

- Virtual experience/tour pages where students can easily engage with the school's community
- 1-on-1 video chats with admission and financial aid counselors
- Live and pre-recorded information sessions & Webinars on various academic and student life topics
- Small-group Zoom chats with faculty
- Inviting prospective students to "sit-in" on their online courses since they can't attend a class on campus
- Posting on social media sites: instagram and twitter

Please review the shared folder titled **Post High School Planning Class of 2021** which includes the post high school planning video, the Post High School Planning folder, the Financial Aid and Scholarship folder, and the newly added Video Tutorials folder.

Planning ahead:

- Continue to use and familiarize yourself with Naviance to identify your interests, research careers and colleges, organize personal data, and maintain a list of prospective colleges.
- Continue to explore your post high school options by gathering information. Visit and use the Counseling website, email your Counselor, use the tools in Naviance, look at websites, and talk to friends, family and recent graduates of Haverford to gather information on careers, majors and schools.
- Attend virtual college and career events.
- Communicate virtually with schools following the recommendations listed in this communication.
- If you are interested in playing sports in college, research the National College Athletic Association (NCAA) eligibility requirements.
- If applicable, start to gather material for a portfolio (drama, music, art, sports, etc.).

Haverford Strong

Reminders:

- A personal email address should be used for post high school planning. Your school district email should not be used.
- Refer to the Senior Year Planning Checklist for a timeline on tasks to accomplish senior year.
- Visit National Association for College Admission Counseling to view changes in college admission events and more as a result of COVID-19.
- Refer to Common App's Application guide for first-time students as a resource when completing the Common Application.



Logging into Naviance and accessing all it has to offer:

Log into Naviance:

1. Go to your portal:

<https://clever.com/in/haverfordsd>

2. Log in with your Clever username and password:

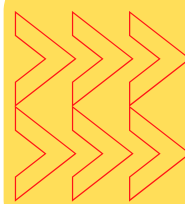
Username: Google username

Password: Google password

3. Click on the Naviance icon in your portal

Counselor Letter of Recommendation:

If you will be requesting your Counselor to write a Letter of Recommendation, please complete the Post High School Planning Reflection and Activities Record 2019 in Naviance. Also, it is helpful, but optional, if your parent/guardian completes the Parent/Guardian Information Sheet in Naviance.



Check out this **video** that shows you how to find and complete the Post High School Planning Reflection and Activities Records 2019 in Naviance.

Teacher Letter of Recommendation:

It is recommended that you choose ONE teacher to write you a letter of recommendation unless your school requires two. During virtual learning you should communicate with the teacher by email BEFORE you add a request in Naviance.

College Board updates:

- HHS will offer the SAT in school on October 14th. Please email Ms. Schnyder in the Counseling Office at kschnyder@haverfordsd.net to register.
- Click here to find the CollegeBoard's [SAT and PSAT Related Coronavirus Updates](#) including testing dates and registration details.
- Click here for free [SAT Practice](#).
- Click here for free online resources provided by [CollegeBoard](#) and [Khan Academy®](#). Resources include full-length practice tests and personalized learning tools.

The Admissions Offices at Post High School Institutions are open and want to engage with prospective students. They understand the current challenges that students are facing with regard to exploring Post High School Institutions. Please check each Post High School Institution's website to determine their virtual communication options and when they anticipate on campus visits to resume.

Financial Aid Information:

The [FAFSA](#) (Free Application for Federal Student Aid) and the [CSS](#) (College Scholarship Service) Profile both open on October 1st. Some schools require the CSS Profile in addition to the FAFSA. Each school has their own deadlines for required completion of these documents in order for students to be considered for federal, state and institutional aid.

ACT updates:

- Click here to find [ACT's up to date registration information](#) including test dates and registration deadlines.
- Click here for [ACT Test Prep](#). ACT Test Prep resources include:
 - ACT Academy: a free online learning resource for students seeking to improve their academic skills through individualized learning plans.
 - Live and On-Demand webinars for students and parents to help make the most of ACT test prep options.
 - Free Study Guide which includes practice questions, complete practice tests with scoring keys, and a writing prompt.
 - Practice for each subject area.

The College Application Process and Naviance Presentation:

A virtual College Application Process and Naviance Presentation for parents/guardians and students will be available the week of September 14th on the Counseling website. This presentation includes a review of the application process, Naviance and the transcript request process.

**JUNE 10, 2021
GRADUATION**

Upcoming Transcript Request deadline dates:

College Application Deadline	Transcript Request Deadline
October 15, 2020	September 22, 2020
November 1, 2020	October 7, 2020
November 15, 2020	October 20, 2020
December 1, 2020	November 5, 2020
December 15, 2020	November 19, 2020
January 1, 2021	November 30, 2020
January 15, 2021	December 11, 2020
February 1, 2021	December 22, 2020

Class

of

2022

Class

of

2023

Class

of

2024

Logging into Naviance:

Log into Naviance:

1. Go to your portal:

<https://clever.com/in/haverfordsd>

2. Log in with your Clever username and password:

Username: Google username

Password: Google password

3. Click on the Naviance icon in your portal

Continue to utilize Naviance, a comprehensive post high school planning tool, to explore possible post high school options, identify your interests, research careers and colleges, maintain a list of prospective colleges and update your Activities Record.

PSAT will now be in January of 2021

The PSAT is practice for the SAT and is open to 9th, 10th and 11th grade students. It also qualifies 11th grade students for the National Merit Scholarship Program. The PSAT assesses the same knowledge and skills as the SAT, providing a check-in on college readiness before taking the SAT.

Growth Mindset:

Sometimes your successes and failures, talents and shortcomings, are defined by how you look at them. If you have a growth mindset, you can turn the things you think you can't change into opportunities for growth and discovery.

Growth Mindset

Anyone can be good at something as long as they practice and work hard at it.

Stepping out of your comfort zone helps you learn and grow.

Failure can help you learn.

New This Year:

- Scheduling an appointment with your Counselor through Canvas. Watch this [how to video](#).
- Virtual college visits in Naviance.

Things to do:

- Create a personal email address that can be used for post high school planning. Your school district email should **not** be used.
- Use this newly created personal email address to signup/register on CollegeBoard and ACT if you plan to take the SAT or ACT.

Graduation Requirements:

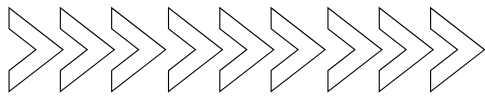
26.5 credits are required for graduation	
English	4.0 credits
Mathematics	4.0 credits
Social Studies	4.0 credits
Science	4.0 credits
Arts and Humanities	2.0 credits
Physical Education and Health	1.5 credits
Electives	7.0 credits

Planning checklists:

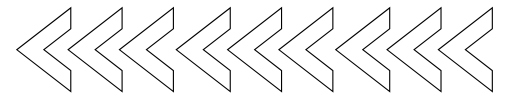
Freshman Year
Sophomore Year
Junior Year

Build a Growth Mindset:

1. If something doesn't turn out the way you want, think about how you can do it differently.
2. Understand the power of the word "yet"
I don't understand it....yet.
I don't know how to do that....yet.
I'm not good at this....yet.



Resources



FOR THE NEW SCHOOL YEAR

How to Succeed in Class:

To succeed in your classes, you need to be engaged and involved. When you're engaged, you are more likely to learn and remember what's being taught, the time goes faster, and you have a lot less to learn on your own.

Be prepared

When you come to class, have all of your homework done, and bring everything you'll need with you. Be alert, well rested, and ready to learn.

Eliminate distractions

Put away anything that isn't directly related to what you are doing in that class.

Have a positive attitude

Walk into each class with a positive attitude and be determined to learn as much as you can. Remember, the more you learn in class, the less you need to learn on your own.

Participate

The best way to stay engaged in your classes is to be an active participant. Ask and answer questions, and participate in discussions.

How to Get Organized:

Being organized makes your day run smoother and it saves you time. When you're organized, you also have less stress and feel more in control.

Use a planner

Take a planner to every class. Record assignments, tests, quizzes, special events, appointments, etc.

Also use your planner to break large assignments and projects down into more manageable parts.

Have a system for organizing papers

Whether you use folders or binders, the important thing is that you have a system for organizing your all of your papers – class notes, handouts, homework, etc. Have a specific place for every paper.

Develop routines

Have a morning routine that gets your day off to a good start and a nighttime routine that includes getting everything ready for the next day.

Eliminate clutter

Throw out the things you don't need, put papers you want to keep in a home file, and keep your study area clean and neat.

Ways to cope with anxiety:

The following calming techniques can help with anxiety symptoms.

Take deep breaths

Close your eyes and relax all of your muscles. Take a deep cleansing breath, slowly count to four, and then slowly release your breath—blowing away the anxiety and stress. Repeat. *Deep breathing is very effective in helping you feel calm and relaxed.*

Practice mindfulness

Notice everything around you. Make note of the sights, smells, and textures around you—and of how you're feeling. Throughout the day, remind yourself to be fully present and focus on the "now."

Get plenty of sleep

Getting adequate sleep is extremely important. Unplug and relax an hour before bedtime – read a book, take a bath, meditate.

Visualize

Close your eyes and imagine a relaxing scene, adding as many details as you can. Even better, pair your visualization with deep breathing.

Exercise

Physical exercise reduces stress and releases chemicals that makes you feel better. Do yoga, ride a bike, shoot hoops, or take a long walk.

Try guided meditation

With guided meditation, a voice helps you relax your body and focus your thoughts. Guided meditations are available on streaming services like **Spotify**, and on apps like **Meditation Studio** or **Calm**.

If anxiety is affecting your schoolwork or causing you problems, confide in someone you trust. Talk to a family member, counselor, teacher, or doctor and ask for their help.