



## START WITH A DREAM...*FINISH WITH A FUTURE*

GRADE 12

May 2021

### From School Counselors:

This school year has been challenging on so many levels, and we recognize how deeply COVID-19 has impacted our community. We remain focused on supporting our students and families through this tough time, while keeping our eye on helping students think ahead towards their future. We have all learned to be flexible and to focus on the positive and believe that we will come out of this year stronger than before. We appreciate your flexibility and dedication to your student and recognize how your hard work has helped your student succeed.

Check out this podcast on Parenting Teens, [edgerety.com/education/podcast/](https://edgerety.com/education/podcast/), and keep a lookout for summer opportunities to help students thrive and stay on track. A big heartfelt thanks from the counseling team,

*Ry Hoffman*, Head of School Counseling

### Conversations at Home

You've been preparing your student for life after high school for much of their high school career if not longer. It can be difficult to know whether your student is ready for the next phase in their lives. Here are some areas where students will need skills to transition successfully:

- **Medical and Behavioral Health:** Your student will need to take personal ownership of medical and behavioral health issues (e.g sleep schedule, medical diagnosis, procrastination) and practice managing them effectively.
- **Academic:** Students should have been learning how to pay attention in class, study, take notes, and turn assignments in on time. These are all tasks that they should be managing on their own as they will need to do so in college or at a job.
- **Administrative Tasks:** Simple life tasks like keeping a calendar, calling to make appointments, and filling out forms will be necessary skills for life after high school.

Can you think of ways where you can model these skills in case your student is unsure of how to do these things without your assistance?

Sources: New York Times

### Events & Announcements

The School Counseling/Guidance Office has drop-in time available after class for any student looking for a check-in, homework motivation or ideas to help get through the semester a little easier. If students would like more of a mental health check-in/support, please reach out to our Mental Health Intern, Haleigh, to schedule an appointment at [hwestshs@buusd.org](mailto:hwestshs@buusd.org). Your student should also feel free to set up individual appointments through Calendly with their counselor as well.

If your student is looking for additional academic assistance, please have them reach out to Margo Austin, our Flexible Pathways Coordinator, at [maustshs@buusd.org](mailto:maustshs@buusd.org).

## Preparing for College

Your student has been accepted; they have chosen which college they want to attend, now what?

### Log on to the college's web portal frequently

- Your student should have received their log in information with their acceptance letter. It is important to check the portal often as the college will communicate information around financial status and important deadlines through the portal.

### Check financial aid status

- Check your most recent award letter and make sure you understand it.
- Check to see what you owe the college and you may want to look into a payment plan.
- If you are looking to appeal financial aid, contact the financial aid office and ask how to appeal.

### Register for your college's summer orientation

- This is a time to explore the campus, sign up for classes, and possibly meet advisors.
- Locate and learn about different student support services.

### Complete and/or send any necessary forms

- Complete housing forms: Some colleges require housing deposits and have limited on-campus housing so be sure to do this ASAP.
- Other documents and forms: Proof of high school completion, high school transcript, proof of residency, etc.

### Talk with your student about health insurance coverage

- Check to see the college's requirements around health insurance coverage.
- If your student will already be covered then it may be possible to fill out a waiver.

Sources: Gear UP

## Preparing for Postsecondary

Perhaps your student has been unsure of what they want to do after high school; apprenticeships, certification, training, and trades are great options for any student. The VSAC Educational Opportunity Center (EOC) is also a great option to support your student with career exploration, education and training options, and financial aid options. Here are some links to explore further:

- Credentials and Training at CCV: [tinyurl.com/5aswta8f](https://tinyurl.com/5aswta8f)
- VDOL Apprenticeship Program: [labor.vermont.gov/apprenticeship](https://labor.vermont.gov/apprenticeship)
- Vermont Technical College: [tinyurl.com/x2hcmue4](https://tinyurl.com/x2hcmue4)
- EOC Program: [vsac.org/plan/adult-learners](https://vsac.org/plan/adult-learners)

## Summer Opportunities

Check out the list of great summer opportunities that will also be up in the hall near the guidance office here: [tinyurl.com/2a4448md](https://tinyurl.com/2a4448md)

Another great option for summer is summer camps and Norwich University and Vermont Tech has a lot to offer:

**Norwich Summer Camps:** [tinyurl.com/ysy83bzu](https://tinyurl.com/ysy83bzu)

**Vermont Tech Summer Camps:** [tinyurl.com/t5skuh2y](https://tinyurl.com/t5skuh2y)

## Resume

Whether your student is planning to go to college or not, knowing one's skills and experiences and how to talk about them is crucial for your student's success in life after high school. Watch this series of videos to help you and your student build an effective resume: [tinyurl.com/fvhk5dyb](https://tinyurl.com/fvhk5dyb)

## Job Interviewing

Your student may or may not have already had their first job interview, but it is important to think about interviewing skills and making sure you practice and prepare. Here are some videos on interviewing success strategies:

[tinyurl.com/jk7wfpwz](https://tinyurl.com/jk7wfpwz)

Start with a **dream**. Finish with a **future**.

