

October
2021

Guidance Newsletter

Fall is Here!



HOBY NH - Sophomore Leadership Program

Join sophomores from around NH for a three day leadership seminar that teaches students about individual, group, and societal leadership. The HOBY NH seminar will take place at St. Anselm College in Manchester, NH, June 17-19, 2022. The cost to attend is \$250. Proof of full vaccination of COVID-19 is required to attend the 2022 HOBY New Hampshire leadership seminar. Space is limited see Guidance if interested.
This is an opportunity for students not a school sponsored event.



Big Brothers Big Sisters is taking applications for the mentoring and enrichment program offered through 1:1 mentoring

Call for more information or for an application at www.bbbsnh.org or call/text Brian Bernard 303.720.6891

This is a resource for families not a school sponsored event

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CAREER Partnership Program!

Juniors and Seniors stop by Guidance and meet Mr. Griffin to discuss a possible internship this year and learn

more about a career!

michael.griffin@interlakes.org

Guidance October Calendar

October 6

*College Fair in the Courtyard - 12:30-1:30pm
For Juniors & Seniors*

October 14

*Virtual Financial Aid Night - 6:00pm
Register on the Guidance Homepage*

October 26

*PSATs for Juniors - Optional
Sign up in Guidance*

November 9

*Free College Application Filing
Day for Seniors - Sign up in Guidance*

November 10

*National Youth Risk Behavior Survey
Grades 9-12 - Voluntary participation
Full details will be emailed home soon*

November 10

*Suicide Prevention Evening Program
ILMHS Auditorium - 6pm*

Tuition Break – The New England Regional Student Program (RSP) – provides students access to hundreds of degree programs at public colleges and universities in the other five New England states – save money and find a major that is cannot be found within the N.H. state college system. Check it out at nebhe.org/tuitionbreak

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Winter Enrichment Opportunity in Artificial Intelligence for Middle & High School Students

Inspirit AI is a 25-hour enrichment program that introduces middle and high school students to fundamental artificial intelligence concepts in order to work through socially impactful projects in areas including art, healthcare, education, finance, and more. Developed and taught by our team of graduate students from Stanford and MIT, students receive a personalized and interdisciplinary learning experience. Applications for our programs are now open and due October 15th. For more information go to inspiritscholars.com/ai-creators/, apply at bit.ly/inspirit-ms-app

This is a resource for families not a school sponsored event



P.O. Box 1516 • Meredith, NH 03253

Email: meredithmrsclaus@gmail.com

Website: www.interlakeschristmasfund.com

Applications for holiday assistance will be accepted

September 30th – October 31st, 2021

Please get your applications in early!!!

Criteria for assistance:

- ✓ You are a current resident of Meredith, Center Harbor or Sandwich**
- ✓ And you are the parent or legal guardian of an Inter-Lakes district school age or younger child who is in need of holiday assistance
- ✓ You do **not** receive assistance from any other holiday program

Apply online at:

www.interlakeschristmasfund.com

Proof of residency required

*The ILCF is a 100% volunteer-driven non-profit organization that provides holiday assistance to our community's families and elderly.

Donations gratefully accepted and appreciated.*

This is not a school sponsored event/program.

Please direct all questions to the ILCF via our website www.interlakeschristmasfund.com, thank you.



Advanced Studies Program 65th Session in Summer 2022

A residential summer program at St. Paul's School that's equal parts academic exploration, college prep, and summer fun.

High school juniors and their families are invited to learn how to apply and attend an info session.

Virtual Info Sessions

Monday, November 8 at 7 p.m.

Wednesday, November 17 at 7 p.m.

Tuesday, November 30 at 7 p.m.



Not a school sponsored event

RSVP: sps.edu/ASPInfoSessions



Center for College Planning

Free Education & Career Planning Services for NH Students & Families

Appointments

- Individual college & career counseling appointments for students and families
- Assistance with FAFSA Filing
- Reviewing financial aid offer letters

School & Community Presentations

- Early College & Career Awareness for K-8
- Applying to College 101
- Understanding Financial Aid
- Comparing Financial Aid Offers for seniors

Signature Events

I Am College Bound, a statewide college application and enrollment campaign
Destination College, a convention for HS juniors

Publications

The College Admissions Insider
The Financial Aid Insider
The Student Athlete Guide
Early College Planning Guides

Scholarship Opportunities

The NHHEAF Network Scholarship *for rising college juniors and seniors*
Destination College Speech Contest
Scholarship *for high school juniors and seniors*
I Am College Bound Scholarships *for high school seniors*

The Center for College Planning (CCP) at the NHHEAF Network is dedicated to providing students and families with free, important information about education and career planning. Our expert Education and Career Counselors provide presentations, workshops, and individual appointments across the state, serving thousands of NH residents each year. Through sharing knowledge and demystifying education, college, and career planning, as well as financial aid, we hope to empower students to plan and achieve their future goals with confidence and excitement. We also serve as a connector among school counselors, higher education institutions, and local, regional, and national professional organizations to promote knowledge sharing and collaboration. All NH students of any age, background, interest, and pathway are welcome to access our free services!

Contact Us

Book an appointment at calendly.com/nhheaf_ccp

Call us at **888.747.2382, x119**

Email us at collegeplanning@nhheaf.org

Join us on Facebook, Twitter, Instagram, and YouTube

Not a school sponsored event



Center for College Planning

Meredith Rotary is Seeking Students for Youth Exchange Long Term Program

Are you interested in learning a new language or meeting new people? Rotary Youth Exchange is the opportunity of a lifetime for more than 8,000 students who participate each year. By sharing your own culture and embracing a new one, you help foster global understanding—and learn a great deal about yourself and your home country in the process. As an exchange student, you live in another country for a full school year, living with 2-3 families in the town where you attend the local school. In order to apply for this program, you must: 1) be 15 to 18.5 years of age by August 1st of the year you are traveling, 2) be in the upper 3rd of your class standing, 3) attend ILHS, and 4) have received the COVID vaccine. The cost of the program typically runs from about \$3800 to \$5400, which includes application fees, insurance, passport, visa fees, and airline tickets. Host clubs provide a monthly stipend. Additional costs include Rotary sponsored trips, if you choose to attend. Students typically participate during their junior or “gap” year. Scholarships are available for highly qualified applicants, based on financial need. **Sophomores and Seniors, who wish to participate during their Junior or “gap” year, respectively, during the 2022-23 academic school year, should apply by November 1, 2021.**

Freshmen and Juniors, who wish to participate during their Junior or “gap” year, respectively, during the 2023-24 academic school year, should apply by April 30, 2022.

For more information, or to apply for the program, please contact Dean Gulezian, Meredith Rotary Youth Exchange Officer, at dean.gulezian@gmail.com H: 603-677-7172 C: 631-235-8654. Detailed information about the program can also be found at: <https://www.exchangestudent.org> and <https://www.meredithrotary.com/youth-programs.html>

Reflections From 2018-19 Exchange Student: Written by Phoebe Hoag upon her return from France



Skiing in the Alps



Enjoying time with other students in my Rotary District

Non-School Sponsored Event