



From the COUNSELOR'S CORNER

February 2022

Remember that we are here for you via phone, email, and now for in person appointments, so don't hesitate to reach out to us. Visit our [Tahanto School Counseling website](#) for more information on available supports and resources.



BETTER TOGETHER

The month of February includes National School Counseling Week. This year's theme is "Better Together". Students have been reminded of the collaborative efforts that School Counselors do with their teachers, administrators, families, and peers to help students succeed. Skills such as teamwork, compromise, listening, and embracing differences have been highlighted. Everyone has an impact on others, so practice kindness and empathy and know that we really are all "Better Together".



MIDYEAR REPORTS

On behalf of our college-bound seniors, 371 updated transcripts have been sent to post-secondary institutions. These reports include first semester grades and were sent to any school to which our students had already applied.



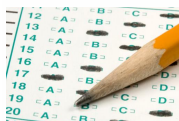
IT'S NOT TOO LATE TO APPLY!

If you are a senior, who is still contemplating college, know that you have not missed your opportunity to apply. There are many schools with March 1 and later application deadlines, and others with rolling admissions which accept students throughout the summer. Additionally, several colleges have kept open their applications beyond their posted deadlines, in light of the challenging circumstances that the pandemic has provided. As always, be sure to see me if you need help with any part of this process.



APPLY FOR SCHOLARSHIPS

Continue to research and apply for scholarships. Remember that Naviance is just one tool to help you search. It is updated on a regular basis, so check back often. There are many scholarship search engines out there, but be cautious of scholarship scams as well. Never pay anyone who guarantees they will find you a scholarship and do not share overly personal (financial) information.



REGISTER FOR SPRING TESTS

Throughout spring there are opportunities to take the [ACT](#) and/or the [SAT](#). Check with the colleges and universities which you may be considering. Are they requiring test scores in their admissions decisions? Some have decided to continue their test optional policies indefinitely or at least through 2024. [Learn more from FairTest.](#) Students who took the PSAT in October should sign up for FREE Official SAT Practice and send your scores to Khan Academy. After sharing your scores, your Official SAT Practice experience will be customized to indicate your personal strengths and weaknesses. So [Link Up](#) today!

	Level	Math	Science	Art	Physical
9-10	Physical	Physical	Math	Physical	Math
11-12	English	Math	STEM	Math	Physical
13-14	Physical			Physical	STEM
15-16	STEM	Math	Physical	STEM	
17-18	STEM	STEM	STEM	STEM	
19-20	STEM			STEM	
21-22	STEM			STEM	
23-24	STEM			STEM	
25-26	STEM			STEM	
27-28	STEM			STEM	
29-30	STEM			STEM	
31-32	STEM			STEM	
33-34	STEM			STEM	
35-36	STEM			STEM	
37-38	STEM			STEM	
39-40	STEM			STEM	
41-42	STEM			STEM	
43-44	STEM			STEM	
45-46	STEM			STEM	
47-48	STEM			STEM	
49-50	STEM			STEM	
51-52	STEM			STEM	
53-54	STEM			STEM	
55-56	STEM			STEM	
57-58	STEM			STEM	
59-60	STEM			STEM	
61-62	STEM			STEM	
63-64	STEM			STEM	
65-66	STEM			STEM	
67-68	STEM			STEM	
69-70	STEM			STEM	
71-72	STEM			STEM	
73-74	STEM			STEM	
75-76	STEM			STEM	
77-78	STEM			STEM	
79-80	STEM			STEM	
81-82	STEM			STEM	
83-84	STEM			STEM	
85-86	STEM			STEM	
87-88	STEM			STEM	
89-90	STEM			STEM	
91-92	STEM			STEM	
93-94	STEM			STEM	
95-96	STEM			STEM	
97-98	STEM			STEM	
99-100	STEM			STEM	

COURSE SCHEDULING FOR 2022-2023

Course scheduling for next year is on the horizon. Conversations about course recommendations have already begun between teachers and students. In March, we will meet with students at all grade levels to discuss the course scheduling process. Information on graduation requirements, changes to next year's offerings, the registration procedures, etc. will be shared. Students (and families) are welcome to reach out for a meeting to discuss individual schedules.



PANEL OF COLLEGE ADMISSIONS OFFICERS

On Monday, February 7th, Tahanto hosted a panel of college admissions representatives. They answered questions about the college search and application processes. They covered the admissions process, senior year course selection, standardized testing, essays, letters of recommendation, the impact of COVID, and more. Thank you to Bentley, Framingham, Merrimack, Plymouth State, QCC, Roger Williams, and UMass Amherst for sharing your professional insights with us. Our junior class was a respectful audience, who thoughtfully asked their own questions. Several students stayed behind to have one-on-one conversations with our guests. This is only the beginning of the information gathering stage for these students. If you missed the 90 minute conversation or would like to review any portion of it, it was recorded. [View it here.](#)



AN EARLY TASTE OF COLLEGE

Students interested in experiencing college level coursework, while still in high school, have lots of opportunities to do so. Many universities offer students ways to explore and challenge themselves through online programs throughout the year. Summer enrichment programs are taking applications and deadlines are fast approaching. Learn from college professors, explore interests, and discover new skills. Some of these opportunities are at no cost for rising juniors and seniors who demonstrate financial need. Don't forget to check out the [Tahanto School Counseling Website](#) for a link to a regularly updated list.



MEETINGS WITH JUNIORS

Throughout the month of February, I met with groups of students by cohort in the Class of 2022. In the auditorium, we discussed many aspects of the postsecondary planning process. The variety of paths students may take following graduation, the process to finding and achieving that goal, the steps in applying to college, senior year planning, and more were covered. The importance of information gathering, organization, and communication were stressed. Resources, including a Junior "To Do" List, that can be found on the Tahanto School Counseling website were highlighted. The value of Naviance, including the Junior Questionnaire under the "About Me" and Surveys section was explained. I look forward to meeting individually with Juniors this Spring.



NATIONAL VIRTUAL COLLEGE FAIRS

Students may not have the opportunity to attend large college fairs this spring, but the National Association for College Admissions Counseling (NACAC) is still offering a helpful way to learn about and connect to colleges and universities. Their [**Virtual College Fairs**](#) will include hundreds of schools across the nation, and provide opportunities for students to attend interactive sessions, request meetings with schools, and participate via mobile or desktop.

There will be three webinars to help high school juniors and their families as they embark on the college admissions and financial aid process. Click on each title to RSVP.

College Financing for High School Juniors on Thurs, March 3rd @ 6:30 p.m. will provide information and clarity on the entire college financial aid application process

College Admissions on Thurs, March 24th @ 12:00 p.m. will review how to build a balanced list of colleges and the different components of the college application, including transcripts, essays, and letters of recommendation

Q&A with Admissions Experts on Mon, March 28th @ 6:30 p.m. will showcase a panel of college admissions leaders as they share their advice on how to launch the college search and application process

DEPRESSION IN TEENAGERS

Thank you to the Child Mind Institute for featuring resources on childmind.org for **identifying depression** in teenagers, who are often reluctant to share their feelings with the adults in their life, or ask for help.

Misdiagnosis of Mood Disorders in Teenagers of Color - What we know about it, and how parents can help kids get the right diagnosis. [READ MORE ►](#)

What Are the Symptoms of Depression in Teenagers? - Signs your child might be more than moody. [READ MORE ►](#)

Depression and Irritability - How irritability and anger can be signs of depression in children and teenagers. [READ MORE ►](#)

What to Do if You Think Your Teenager Is Depressed - Start by listening without judgment, not trying to 'fix' them. [READ MORE ►](#)

Treatment for Depression - What parents need to know about therapy, medication and finding a good clinician. [READ MORE ►](#)

Teens and Anger - How parents can model healthy coping skills. [READ MORE ►](#)

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