



From the COUNSELOR'S CORNER

January 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.



NEW YEAR = NEW START & NEW TO DOs

A new year provides the opportunities for new beginnings. In January, we also start a new semester. Everyone can view it as a clean slate, so all students should take advantage of the fresh start.

Fill Out & Submit Your FAFSA - The [FAFSA](#), the Free Application for Federal Student Aid, is an important component of your college search and became available on October 1, 2021. It's important to fill it out as soon as it becomes available because it not only determines whether or not you qualify for federal aid, but also for certain types of state financial aid.

Parents can use their 2020 tax income returns. The sooner you fill out your FAFSA the better chances at earning state aid, before funds become limited.

Learn more [about filling out the FAFSA](#) and, remember, it's always free to fill out – so if you're being charged to fill out the form, it's not legitimate. The *only* correct FAFSA website to access the FAFSA is studentaid.gov.

Midyear Reports - Your first semester transcripts will automatically be sent to any school to which you have already applied. You do not need to request them separately on Naviance. Please check Quarter 2 report cards for any errors or incompletes. If you do not notify me about any issues, they will go out as is by mid-February.

Focus on Your Second Semester Classes - Keep in mind that no matter how your first semester went, the second semester can be a fresh start. Colleges love to see continual improvement; and, if your grades improve second semester, your chances of getting off a waitlist or deferral list are that much better.

Avoid Senioritis - Students may have heard about Senioritis and laughed it off. It can cause greater lack of motivation, general laziness and lethargy. Don't allow yourself to become a victim of senioritis. Colleges can actually rescind their admission decision if they don't like what they see on a student's *final* transcript. Treat this semester like you would any other. Remember that if seniors continue to do well enough, you could be exempt from final exams!

Register for Spring Standardized Tests - Throughout winter and spring there are many 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.](#)

Apply for Scholarships - Continue to research and apply for scholarships. Remember that Naviance is just one tool to help you search for scholarships. It is updated on a regular basis, so check back often. Here is a [Reference Guide](#) to help you Navigate the newly formatted Scholarships in Naviance. 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.

Get a Part-Time Job - Getting a part-time job is a great way to gain job experience for your resume and help stretch your student budget. If you're searching for a part-time job opportunity, try to be strategic about where you end up. They could help you pay for college.

COLLEGE BOARD NATIONAL RECOGNITION

Carter Nosek, Class of 2022, has been selected as a College Board [National Recognition Program](#) awardee. He earned the National Rural and Small Town Recognition Award because of his academic achievements in school and outstanding performance on the PSAT/NMSQT® and/or AP® Exams. He accomplished this milestone during an immensely demanding period of his high school career. How wonderful to be able to share this great news - congratulations Carter!



COLLEGE-BOUND STUDENT-ATHLETES

Are you involved in sports and thinking about participating in athletics in college? Students considering studying and competing at an NCAA Division I or II school must register with the NCAA. The [NCAA Eligibility Center](#) is where students and families can learn about the latest initial-eligibility information, requirements they must meet to be ready when they get to campus, and where to find the best resources for planning to become a college athlete.



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 already taking applications. 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.



PANEL OF COLLEGE ADMISSIONS OFFICERS

Right at the start of Second Semester, Tahanto will be hosting a panel of college admissions representatives, who will discuss the college search and application processes. We have representation from a variety of colleges: public and private schools, in and out of state, small and large, etc. General information on topics such as school visits, the admissions process, senior year course selection, standardized testing, essays, letters of recommendation, and more will be addressed.

We hope to host this event in person on Monday, February 7, from 8:30-10 a.m. following Covid protocols of masking and social distancing. Watch your emails as the date approaches for a Zoom link, should we need to move the event online. All Juniors will be attending the program in school. Families are invited and encouraged to attend as well. Should you have a specific question you would like addressed during the program, please send it ahead of time to irodman@bbrsd.org. I will be moderating the panel program and will include those topics about which most people indicate an interest.



IS IT WINTER BLUES OR ARE YOU S.A.D?

Winter has arrived. If the shorter and darker days seem to really impact your/your teen's mood, read [this article](#) to learn about Seasonal Affective Disorder. Work to improve your mood with [these suggestions](#).

*Ms. Ilene Rodman, EdM
High School Counselor
irodman@bbrsd.org
508-869-2333 x2317*