



# SCHOOL COUNSELING NEWS

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## DEAR JUNIOR PARENT OR GUARDIAN,

Starting in January, counselors will be meeting with all Junior students and their parents/guardians for a post-high school planning meeting. In this meeting, we will discuss timelines and important steps for your child to prepare for their next step after high school.

To prepare for this meeting and streamline our discussions, we ask that you read and review the following links and information with your child **PRIOR** to the meeting with your counselor.

### MEETING TOPICS WILL INCLUDE:

- Transcript(s)
- Distribution of credits/ senior courses
- College/post-secondary discussion
- Naviance account
- College essay
- Junior reflection responses
- College process timeline
- NCAA for college-bound athletes

### LETTERS OF RECOMMENDATION:

To apply to college, the military, or the workforce, your child will need a letter of recommendation from their counselor.

**Students must complete their Junior Reflection before June 1, 2024, which can be found on their counselor's Google classroom.**

### HELPFUL LINKS:

[School Counseling Web Page](#) - Link to DHHS School Counseling website

[ACT](#) - ACT registration and test results

[College Board](#) - PSAT, SAT, AP registration and test results

[FAFSA](#) - Free application for federal student aid

[Fair Test](#) - Information on test-optional schools

[Khan Academy](#) - FREE SAT practice questions

[NCAA](#) - Registration for college athletes

[NCAA](#) - Recruiting - Eligibility Center

[Tuition Break](#) - New England partnership for tuition reduction for designated programs



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## ACT & SAT DATES AND INFORMATION:

- In addition to becoming fully digital, there will be many changes to the SAT beginning in the Spring of 2024. Please review [this document](#) to understand the changes for the upcoming tests.
- **January - March: Consider prepping for spring SAT testing through the following options:**
  - Using Kahn Academy for free SAT prep questions - you can merge your Kahn Academy with your college Board account to generate questions targeted to your child based on their PSAT results. Instructional Video on how to do this is [here](#).
  - If you are looking to take SAT prep courses, please see your counselor.
- **DHHS School Day SAT testing (mandatory for all Juniors)**
  - March 20, 2024 - Last names A - K March 27, 2024 - Last names L - Z
- **Other SAT Test Testing options**
  - SAT 23-24 Testing Dates - [click here](#)
  - To sign up for SAT testing date [click here](#)
- **ACT Testing Information**
  - ACT 23-24 Testing Dates - [click here](#)
  - To sign up for ACT Testing Dates - [click here](#)
- **Should I take SAT or ACT**
  - [SAT vs ACT website](#)
  - ACT practice science tests- [click here](#)
  - SAT Practice Tests can be found on [College Board](#)



## CONTACT YOUR SCHOOL COUNSELOR:

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