MAY 2021

THE COUNSELING CONNECTION

PUBLISHED BY THE RUSH-HENRIETTA SENIOR HIGH SCHOOL COUNSELING CENTER



STAY FOCUSED: THE END IS IN SIGHT

As we enter into the fourth and final quarter of this year, remember to stay focused on your academic goals!

- SAY GOODBYE TO DISTRACTIONS
- NARROW DOWN YOUR GOALS
- MANAGE YOUR TIME WISELY
- MOTIVATE YOURSELF

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Counseling Center: We're Here for YOU

Your School Counselors recognize that **every student in our community is important.** We use a holistic developmental framework to support you as you:

- grow in your development of effective decision-making skills,
- problem-solving abilities and
- responsible citizenship.



We work with parents, school staff, and the community to assist you in attaining academic, career, and social/emotional experiences.

"Education is the most powerful weapon which you can use to change the world."
Nelson Mandela



5/3-4: "I Decided" Day for Seniors
5/22: Senior PowderPuff Game
5/28-31: Memorial Day Recess (School Closed)
5/12: Junior Prom
6/19: Senior Ball
6/25-26: Graduation Ceremonies
6/27-28: Rain Date for Graduation Ceremonies

Get to know your School Counselors:

10TH GRADE:
Elizabeth Tabone (A-K)
Jessica Kinsman (L-Z)

11TH GRADE:
Erika Chapman (A-K)
Kim Martzloff (L-Z)

12TH GRADE:
Molly Wallace (A-K)
Jennifer Allen (L-Z)

Monthly Updates

for 10th graders...

Hey Sophomores! Be sure to stay up to date on what you should be doing **now** to better prepare yourself for next year!

SPRING 2021

- **Keep an eye on E-news, morning announcements, and the Class of 2023 Google Classroom for important information and resources!**
- **Utilize resources and opportunities offered by the College and Career Center.**
- **Many students have expressed an interest in finding a part time job. Stop by the Health Office to get your work permit!**
- **Begin thinking about what your post-secondary plans might be.**
- **Academic progress check after Q3.**
- **Explore opportunities for college classes at U of R/RIT - see your Counselor for details and eligibility. (RIT - https://www.rhnet.org/Page/482, UR - https://www.rhnet.org/Page/33230)**
- **Remember, what you do this year can directly impact your post-secondary plans! Finish the year strong!**
- **Register for summer school (if applicable).**

FALL 2021

- **Challenge yourself! Be sure you are taking the most rigorous course load you can handle.**
- **Use Naviance Student to begin documenting: your education, extracurriculars, community service, leadership and accomplishments and work experience.**
- **If you think you might be a NCAA Division I or II Athlete, see your Counselor to make them aware and to ensure you are taking the proper sequence of courses.**
- **Take the PSAT in October.**
- **Attend college fairs and college visits – many schools are offering virtual options!**
- **Explore opportunities for college classes at U of R or RIT - see your Counselor for details and eligibility.**
- **Keep an eye out for extracurricular opportunities such as part-time jobs, workshops/shadowing experiences, and exploring posts. Resources can be found in the College & Career Center!**
- **Begin to have conversations with teachers about what courses/level you are interested in taking for senior year.**

Monthly Updates

for 11th graders...

SAT & ACT 2021-2022 Information

Students can take the SAT/ACT multiple times. We recommend that students take the SAT and/or the ACT more than one time. For most students, the recommended testing time is in the spring of 11th grade and/or the fall of 12th grade. Be sure to check with the Admissions Office of the colleges that you plan to apply to for specific testing and admissions requirements.

THE SAT

The SAT includes two required sections: Evidence-based Reading & Writing and Math.

Registration is available ONLINE ONLY: www.collegeboard.org

SAT Test Date	Registration Deadline	Late Registration
May 8, 2021	April 8, 2021	April 27, 2021
June 5, 2021	May 6, 2021	May 6, 2021

****Anticipated SAT Test Dates for 2021-2022****

Registration for these tests will open by early July at www.collegeboard.org

August 8, 2021 - October 2, 2021 - November 6, 2021
December 4, 2021 - March 12, 2022 - May 7, 2022 - June 4, 2022

Please Note: RHSHS is NOT a testing site.

R-H CEEB Code:
332340

****Check www.collegeboard.org frequently for registration fees and possible test date changes****

THE ACT

The ACT has four parts: English, Reading, Math and Science. An optional writing section is also available. The ACT is accepted by every college that accepts the SAT. Some students may choose to take the ACT in lieu of, or in addition to, the SAT.

Registration is available ONLINE ONLY: www.actstudent.org

ACT Test Date	Registration Deadline	Late Registration
June 12, 2021	May 7, 2021	May 21, 2021
September 11, 2021	August 6, 2021	August 20, 2021
October 23, 2021	September 17, 2021	October 1, 2021
December 11, 2021	November 5, 2021	November 19, 2021
February 12, 2022	January 7, 2022	January 21, 2022
April 2, 2022	March 6, 2022	March 11, 2022
June 11, 2022	May 6, 2022	May 20, 2022

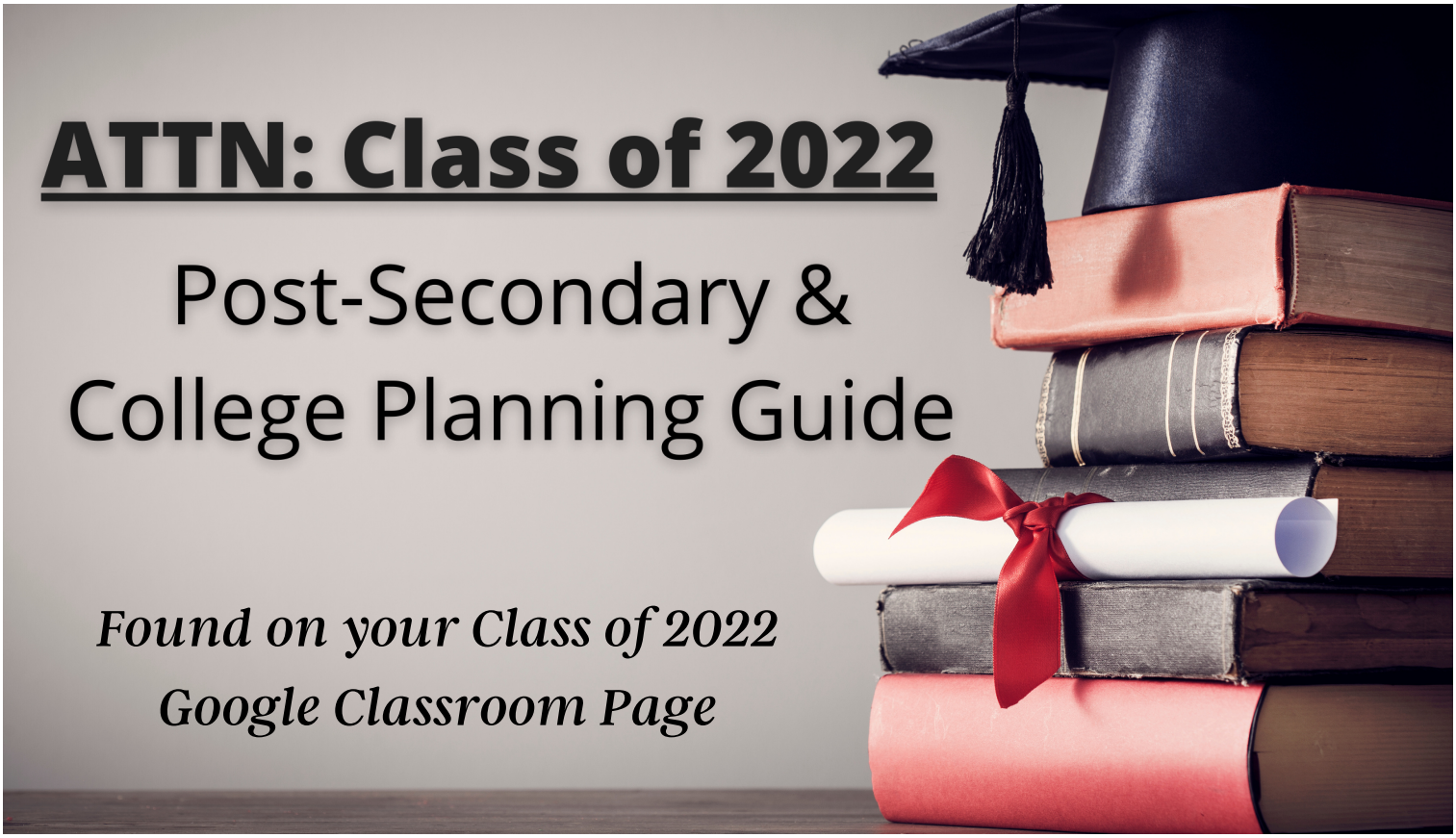
****Check www.actstudent.org frequently for registration fees and possible test date changes****

Please Note: RHSHS is NOT a testing site.

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332340

Free SAT & ACT Test Resources & Practice Exams

https://www.khanacademy.org/test-prep/sat
www.Number2.com
www.march2success.com
www.collegeboard.org
www.actstudent.org



Planning for life after high school is very exciting as there are many possibilities to explore! At the same time, planning for the future can be overwhelming.

Our hope is that this guide helps families/students feel more confident and prepared during the college search and application process. Please do not hesitate to reach out to your Counselor with questions, comments, or concerns.

A live link can be found on your Class of 2022 Google Classroom Page.
For a hard copy, please stop by the Counseling Center.



This guide can answer many of your questions:

- **How do I begin the college search process?**
- **How should I prepare for college visits & college interviews?**
- **How does financial aid work?**
- **Do I need to take a standardized test?**

Monthly Updates

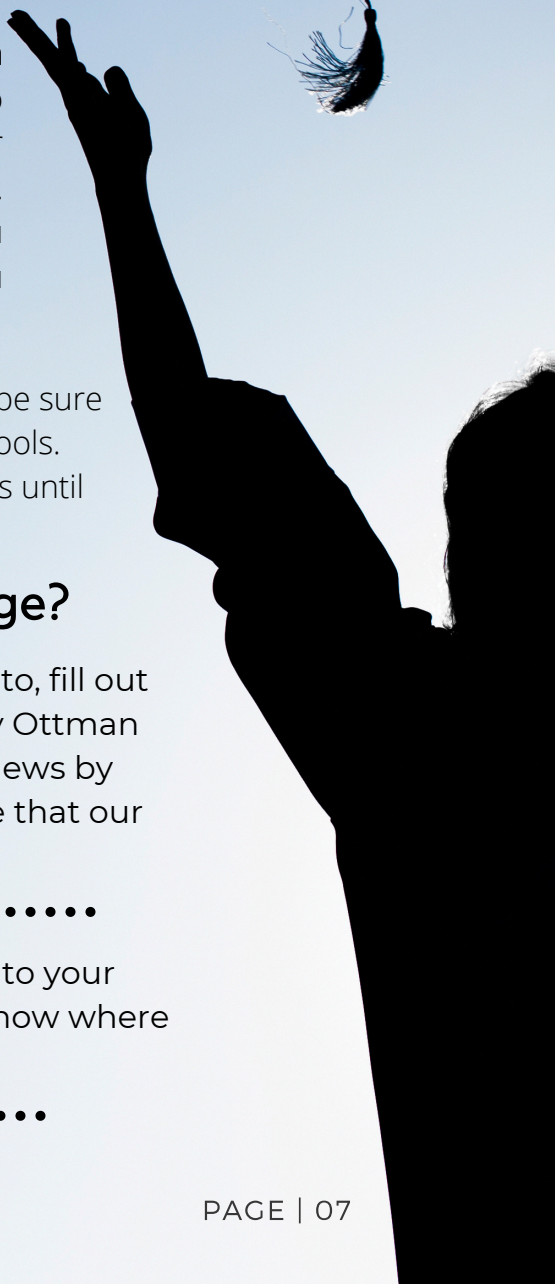
for 12th graders...

For support and guidance as you create your own individual plan, reach out to the College & Career Center and/or your School Counselor. We look forward to helping you as you prepare for your next steps!



Have you decided on a college?

- You must notify each college or university that accepts you - whether you are taking or rejecting its offer. Make these notifications as soon as possible.
- Confirm your intention to enroll and, if required, submit a deposit to only one college or university. The exception to this would be if you are put on a waitlist by a college or university and then admitted to that institution in the future. You may accept the offer and send a deposit. However, you must immediately notify the college or university you previously indicated your intention to enroll.
- If you have been accepted under an early decision plan, be sure you have withdrawn applications submitted to other schools. However, you do not need to withdraw other applications until you have received your financial aid package.



Have you been accepted to a college?

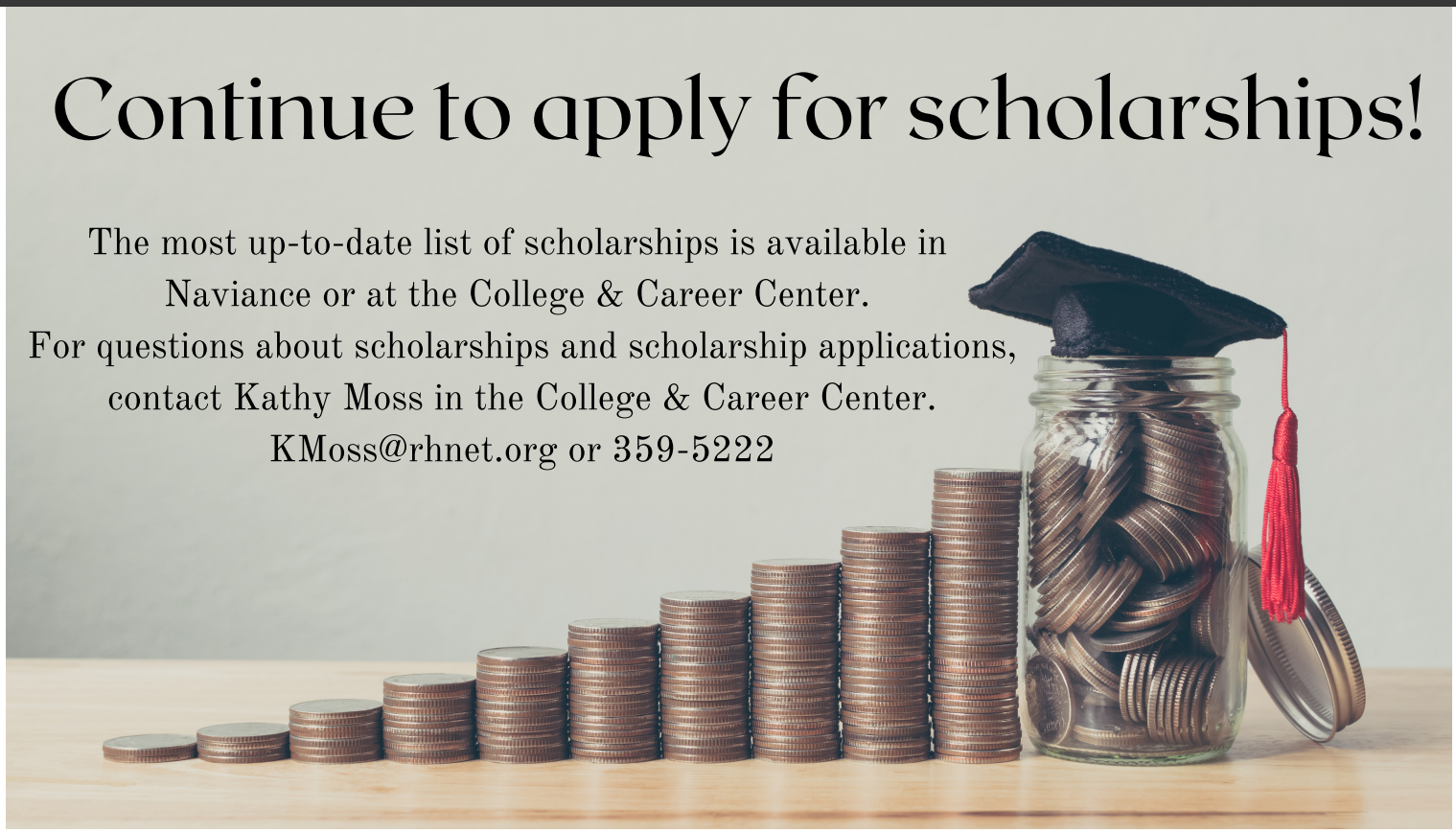
Once you have been accepted to the colleges you've applied to, fill out a yellow slip in the Counseling Office and give it to Mrs. Tracy Ottman (TOttman@rhnet.org). We want to celebrate this exciting news by putting a pennant on display in the cafeteria for each college that our students are accepted to!

Once you decide which college you will be attending, go to your Naviance account under “My Colleges” and indicate so we know where to send your final transcript.

Fill out your senior exit survey!

Continue to apply for scholarships!

The most up-to-date list of scholarships is available in Naviance or at the College & Career Center.
For questions about scholarships and scholarship applications, contact Kathy Moss in the College & Career Center.
KMoss@rhnet.org or 359-5222



What if I'm not going to college?

Do you have a job lined up? If not, consider looking at the College and Career Center job postings or the RochesterWorks! webpage.

Update a resume of your talents/experience and start sending out applications!

Consider working with an employment agency or applying for an apprenticeship with the trades.

Find job-training opportunities for a variety of professions at REOC, located in downtown Rochester. Contact: Reoc@brockport.edu

If you are seeking employment, but are under 18, obtain a work permit through the SHS Health Office.

Look through various job search engines:

Indeed.com
CareerBuilder.com
Ziprecruiter.com
Snagajob.com
Care.com





Updates from the College & Career Center

2021 Spring Virtual College Fairs - Saturday, May 15 10am-1pm Registration is open!

Medical School Virtual Advisement Sessions - General information sessions for those interested in applying to medical school.
Tuesday, May 4 at 11:00 AM ; Thursday, May 20 at 4:00 PM; Tuesday, June 1 at 11:00 AM; Tuesday, July 6 at 11:00 AM ; Tuesday, August 3 at 11:00 AM
To see a complete list of SUNY Upstate virtual events, please click here.

NY Air National Guard Spring Career Fair at the Niagara Falls Air Reserve Station from 10 a.m. to 1 p.m. Friday, May 21. For seniors and juniors to see what career opportunities are available along with 100 percent paid SUNY tuition. See this flyer for more information.

Camp College Prep: Nazareth College Camp College Prep is a four-day seminar designed for current high school sophomores and juniors who are pursuing college admission. Session I: July 12-15 and Session II: July 26-29. Information is at www.campcollegeprep.com.

SUNY Financial Aid Events Prospective students and families are invited to join SUNY for an online workshop that will provide information about the financial aid application and award process.

NACAC Virtual College Fairs 2021 On each date, hundreds of colleges offer Zoom sessions for high school students. Sign up at virtualcollegefairs.org and register for one or more fairs.

New York State Higher Education FAFSA Completion Workshops where students and families can get one-on-one assistance in completing their FAFSA and TAP applications; "How to Get Your FSA ID" in Spanish and English. An online events calendar for financial aid and college access events is available at StartHereGetThere.ny.gov/events.

SUNY College Viewbook Every year, SUNY publishes its Viewbook for students to review SUNY colleges in upper New York state. Students can register to have information sent direct to them from the many Colleges in the area. To register to receive the Viewbook and be included in future mailings, register at this link: www.suny.edu/attend/request-information.

Alfred State College
Alfred would love the opportunity to have a virtual conversation with interested students about its nursing program at 9 a.m. or 1 p.m. Tuesday, May 18. Bring questions and comments and feel free to include family and friends. Please click this link to register.

Junior Achievement is bringing the workplace to local students from May 5 through June 30. JA Inspire Virtual is Junior Achievement's career development program for students in grades 8-12 brought to life by our region's employers. Using virtual technology, JA Inspire Virtual 2021 features a mega online career event filled with local business exhibits providing downloadable career information, exhibitor videos and interactions. Available at no cost to you, JA Inspire Virtual is adaptable for in-class or remote learning! Register here.

Summer Opportunites

Summer Youth Employment Program Applications Open Through Friday, April 30
The Summer Youth Employment Program (SYEP) is a government-funded program, operated by RochesterWorks! in collaboration with the City of Rochester's Summer of Opportunity Program (SOOP), which provides youth between the ages of 14-20 who are enrolled in middle or high school or a TASC (GED) program with six weeks of paid work experience through work sites and programs all across Monroe County.
Timeline & Important Dates; Application Process; Eligibility Criteria; Youth FAQ; Parent FAQ

SUMMER ADVANCED MANUFACTURING EXPERIENCE (S.A.M.E.)
Gain experience with advanced/smart manufacturing: CNC machining, mills, lathes, blueprints, CAD/CAM, and Fusion 360 - all while earning THREE MCC COLLEGE CREDITS FOR FREE!
Every Friday, take field trips to local advanced manufacturing companies! Apply TODAY or get an application from your school counselor. Spots are limited! Application deadline is June 1.



WHY SHOULD I TALK TO MY COUNSELOR?

Did you ever wonder what goes on in the high school Counselor's Office?

You see the Counselors in the halls during passing periods and sometimes you are called down to discuss your schedule - but what are some other things your School Counselor can help you with?

1. Get help solving conflicts: Sometimes it's hard to manage conflicts on your own. Your School Counselor can help you brainstorm solutions to your conflicts.

2. Get help with managing your busy schedule: Life can get really hectic between school, work, friends, sports, and other extracurricular activities. Your Counselor can give you tools to help you manage your time wisely.

3. Get help with planning your future: Thinking about your future can be overwhelming. Your School Counselor can guide you to the right path in order to accomplish your goals.

4. Find out how to search for scholarships: There are thousands of scholarships opportunities available. Your School Counselor can help you find the ones that you qualify for and will be the most beneficial to you.

5. Get help making important decisions: Decisions can be hard to make on your own, your School Counselor can give you guidance in making those choices.

6. You just want to talk to someone who will listen: Many things happen throughout the day, some good, and some bad. *Your School Counselor is always available to lend you an ear.*

The College & Career Center

located in the Senior High School Counseling Center

The College & Career Center is a community resource to help Rush-Henrietta students with post-high school planning.
Here, you can find information on:
college fairs
scholarships
financial aid
volunteer opportunities
job postings and more!

COULD YOU USE SOME ADVICE ON YOUR COLLEGE APPLICATION?



Which Path is Right For You?

Explore potential career paths:
NY State Career Zone
Find careers to match your interests:
Roadtrip Nation
Learn about the trades:
We Are Generation T

Are you looking for information on financial aid, scholarship or career opportunities?





