

# Manhasset High School

## School Counseling Department

**October 2024 – Reminders and Announcements**

### **ALL PARENTS AND STUDENTS**

*Ask Lisa* Podcast (Dr. Lisa Damour and Reena Ninan)

### **Never Enough: Confronting Toxic Achievement Culture**

(with author Jennifer Wallace)

*How achievement pressure harms kids and what parents can do to combat grind culture. They unpack research from Harvard and the London School of Economics to answer key questions: What do the kids who are thriving in high pressure situations do differently? What can adults do to shield kids from toxic stress? How do parents put pressure on kids without even realizing it? Tune in to learn about the “puppy dog principle,” why mattering is what really matters, and the one thing that parents can do that makes a difference.*

### **SENIORS**

#### **College Application Forms**

We are past the **September 20<sup>th</sup>** deadline for you to submit your *Transcript Verification, Diploma Inscription, and Scholarship Forms*. If you have not already, promptly submit these documents. You will not be able to submit your *Records Release Form* until these preliminary documents are received. *Records Release Forms* are now being accepted in the Counseling Center. We strongly encourage everyone to submit your form as soon as possible, but **no later than 10 days prior** to your earliest application deadline.

If you are applying to a Non-Common Application school, be sure to submit your *FERPA Release*.

#### **Teacher Recommendations:**

Many teachers will be writing numerous letters of recommendation. They appreciate having your **green forms** as soon as possible (and **at least 10 school days prior** to any application deadline) . Please be sure that your green sheets for teachers reflect the schools that are listed on your Naviance accounts. Failure to ensure this step of the process could delay the teacher letter submission. If you are having trouble with this, please visit the High School Counseling Office.

#### **Adding Additional Colleges to Your List**

Once you submit your original *Records Release Form*, it will be **your responsibility** to notify our office if you add additional schools to your Application list. Notifying the Counseling Office requires you to submit an additional *Records Release Form*, as we need your parent’s signature before releasing any documents. Once we receive the new *Records Release Form*, you will be provided with an additional **green form** to give to your teachers. **If you do not notify our office of the addition of new schools, application material will not be submitted.** (Please review the checklist for all procedures)

#### **Removing Colleges From Your List**

If you have changed your mind and decided NOT to apply to a particular school, you **MUST DELETE** the school from your Naviance account under “Colleges I’m Applying to”. If it is a Common App school, you **MUST ALSO DELETE** it from your CA Dashboard. You will also need to **alert the Counseling Office** so we can remove it from your Pink Sheet.

### [NCAA Eligibility Center](#)

If you have not registered with the NCAA, or requested that we submit your transcript, please be sure to do so. At this time the Eligibility Center will review senior transcripts to determine initial eligibility. Final eligibility is determined once your final transcript is received, after graduation.

**As a reminder:** Final transcripts will be automatically submitted in *July, 2025*

### [Financial Aid Night](#)

This event took place on September 25<sup>th</sup> with our wonderful presenter, John Lynch, Assistant Director of Admissions & Financial Aid at Siena College. Presentation slides are posted on our website.

Need more help? **FREE Financial Aid sessions** are hosted by SUNY throughout the fall. You can register [HERE](#). All are welcome, you do not need to be applying to a SUNY School.

### [Scholarship Opportunities](#)

#### *The New York State Excelsior Scholarship (SUNY)*

This scholarship is available to students whose families earn less than \$125,000 per year, and who attend a school within the New York State University system (SUNY). *Please be aware that meeting the above requirements only guarantees you placement in the scholarship lottery. **Not everyone** who is eligible will automatically receive the scholarship as schools only reserve a certain number of seats in their incoming class for Excelsior-eligible students.*

For information about this program please visit [www.hesc.ny.gov/excelsior](http://www.hesc.ny.gov/excelsior)

#### *The New York State Enhanced Tuition Awards Program*

Provides tuition awards to students who are New York State residents whose families earn less than \$125,000 per year and plan to attend a participating private college located in New York State. For more information about this program:

<https://www.hesc.ny.gov/pay-for-college/financial-aid/types-of-financial-aid/nys-grants-scholarships-awards/enhanced-tuition-awards.html#horizontalTab1>

#### *Institution Specific Merit Scholarships*

Please be advised that some schools require you to submit your admission application by a date that is earlier than the regular application deadline to be eligible for some merit based scholarships. You are **NOT** required to apply ED or EA. You must simply submit your application by an earlier deadline for scholarship consideration. Some schools will post on their website information about institution scholarship and if any additional forms are required for consideration. Some schools may require the submission of FAFSA before a merit-based scholarship is awarded.

**PLEASE check each college web site for specific scholarship information.**

## **JUNIORS**

**[11<sup>th</sup> Grade Information Night](#)**: for students and parents/guardians

*Wednesday, November 6th*

7:00 PM

**Shelter Rock Elementary School Auditorium**

***Theme: The Secondary Planning Process: Getting Started***

## Student Athletes

The National Collegiate Athletic Association (NCAA) provides a broad look at the initial-eligibility process and detailed information about common eligibility options. [WATCH THIS VIDEO](#)

## College Admissions Testing (SAT/ACT)

### Individualized Test Schedule

As you look at the year ahead, please be sure to give consideration to your individual standardized testing plan. Become familiar with dates on which the SAT and ACT will be administered, taking particular note of registration deadlines.

### Free Test Prep

Both the College Board and ACT offer free test prep opportunities to all students directly through their websites.

- The College Board is partnered with **Khan Academy**:  
<https://satsuite.collegeboard.org/sat/practice-preparation/official-sat-practice-khan-academy>
- The ACT is partnered with **Kaplan**:  
<https://www.kaptest.com/act/free/act-free-practice-test>
- Also for both ACT and SAT prep, Manhasset School District offers FREE test prep through **Method Learning**, which is easily accessible on your **Castle Learning** account.

### Testing With Accommodations

- **THE COLLEGE BOARD (PSAT, SAT, AP)**

In order to be approved for test accommodations on College Board tests (PSAT, SAT, AP), you must submit a consent form to your school counselor permitting them to submit your request to College Board for review. Click for [CONSENT FORM](#). It is imperative that you apply for College Board test accommodations well in advance of any test you are planning to take. The College Board may take up to seven weeks or longer to review a request for accommodations.

If you were recently granted an IEP or 504, Please see your school counselor to initiate this process as soon as possible. College Board communicates approved test accommodation directly to students and families.

- **ACT**

The process to apply for test accommodations on the ACT differs from that of the SAT. Here are the steps:

<https://www.act.org/content/act/en/products-and-services/the-act/registration/accommodations.html>

\* Register for an exam on the ACT website and indicate that you are requesting accommodations.

\* Sign the **Consent to Release Information** form found on the ACT website (linked above) and send to Mr. Grabelsky (Stewart\_Grabelsky@manhassetsschools.org).

\* Once you register, you will receive an email from the ACT indicating that you must contact your test coordinator. Please forward the email you receive to Mr. Grabelsky (stewart\_grabelsky@manhassetsschools.org)

**\*Please be very aware of application deadlines and give Mr. Grabelsky at least a week to submit your application.**

**Note:** If you have been approved for testing accommodations by the College Board, **do not assume** that your request will be approved by the ACT. If you have any questions about this process, please contact your counselor.

## **JUNIORS AND SOPHOMORES**

### **PSAT: Registration has now closed. Registered students will test on October 26, 2024**

The PSAT is on October 26th, 2024 at Manhasset Secondary School. This exam is fully digital utilizing the College Board Bluebook app. Please review these important reminders to make sure the day is a success:

- **Students must take the PSAT on their school issued chromebook- no personal devices.** If you are currently experiencing issues with your chromebooks, please report to the chromebook Help Desk in the High School Media Center as soon as possible.
- Please make certain that your chromebook is **fully charged** for the test. Charging will not be able to take place during the test.
- **Students need to report to the Middle School Entrance on October 26th at 7:30am. Doors close promptly at 8:00am.**
- Calculators are part of the Bluebook app but you may also bring your own. Please see the list of acceptable calculators.
- You are allowed to bring a drink and snack if you wish.
- You will be provided with scrap paper so please bring a pen or pencil.

For important PSAT information, please review the [PSAT Student Guide](#) from College Board.

**SAT, ACT, PSAT: Everything You Need to Know**. This FREE evening webinar is hosted by Method Learning on Wednesday, October 16th at 8:30pm. Students and parents can register [HERE](#). Topics include:

- What are the most efficient ways to improve your ACT and SAT scores and how can you get the score you need to gain admissions to test-optional (aka test-preferred) schools?
- What are the differences between the SAT and the ACT?
- When are the best times to take the SAT and ACT?

## **SOPHOMORES**

**10th Grade Information Night: February 11, 2025 @ 7pm, Shelter Rock Elementary School Auditorium**

**10th Grade College and Career Readiness Lessons:** School counselors will begin conducting classroom lessons with 10th graders starting in December.

## **FRESHMEN**

**9th Grade Information Night: October 17, 2024 @7pm, Shelter Rock Elementary School Auditorium**

**9th Grade Counselor Conferences:** School counselors will begin conducting individual appointments with 9th graders starting in November.

## **GRADES 7-10**

**Standardized Testing Overview For Parents:** Given the number of students in accelerated courses, students have an opportunity to consider taking standardized tests at an earlier age, including AP, PSAT, SAT, and ACT. This program covers all topics related to standardized testing and will provide you with a comprehensive look at exam offerings and current trends among colleges and universities.

**Tuesday, December 3, 2024 @ 7:00 PM, Shelter Rock Elementary School Auditorium**

## **GRADE 8**

**8th Grade Parent/Guardian Night: February 26, 2025 @ 6:30pm**

**Looking Ahead:** As a result of our accelerated science program, students enrolled in LEAPES will be taking the Advanced Placement exam in Environmental Science in May. At this time it is important to note that any student who will be taking the AP exam and who receives testing accommodations based on their IEP or 504 Plan, must have those accommodations approved by the College Board in order to use them on this exam. The process of requesting testing accommodations from the College Board begins in school, so it is important that you **reach out to your counselor if you have any questions.**

## **GRADE 7**

**7th Grade Student/Counselor Meetings:** Our Middle School Counselors began individual meetings with 7th grade students during free or elective periods. Students will receive a pass in their first period class to come to the MS Counseling Center during a designated time. This is a great opportunity for counselors and students to get to know each other and have an early check in during the school year.

**Transitions Presentations:** The Middle School Wellness Team will be facilitating lessons throughout this year with 7th grade students through Transitions. Some topics will include: Mindfulness/Stress Management, Kindness and Self-Advocacy, Managing Difficult Emotions, etc.

**STUDY SKILLS for SUCCESS:** On October 15-17 Transitions classes will be participating in a program through the Wellness Learning Center to gain additional strategies for academic organization and achievement.

**The Wellness Learning Center:** Middle School Students have access to the Wellness Learning Center to develop and practice wellness strategies, connect with other students, and learn about wellness topics. Students can sign up to visit the Wellness Learning Center during transitions/study hall classes and at lunch. The Wellness Learning Center is a space where students can “unplug” (no chromebooks or cell phones) and reconnect with peers and themselves. Students are expected to behave with the utmost respect as it is a privilege to have the ability to spend time in this beautiful space.

## **MIDDLE SCHOOL PARENT CORNER**

*Ask Lisa* Podcast with Dr. Lisa Damour and Reena Ninan

**[My Child is Turning into a Teenager. How Do I Handle it?](#)**

*When kids hit thirteen they often become highly emotional. What happens in the brain and the body during this time? Dr. Lisa explains and also talks about the process of “separation-individuation” where young people seek to define their own identities – often by being hard on their folks. Parents sometimes assume that age thirteen is the beginning of adolescence. But is it really? And how can you help a tween or teen who’s having an emotional meltdown? Dr. Lisa has good news: the intensity of early adolescence doesn’t last forever and there are effective things parents can do to manage bumpy moments with their teen.*

