

Putnam County High School Counseling Corner - October Newsletter

Welcome to October! As the school year progresses, it's time to focus on future planning for all grade levels. This month is full of exciting opportunities and key tasks to help you prepare for what's ahead!

9th Graders: Setting the Foundation

- Begin exploring career interests and hobbies that could shape your future path.
- Meet with your counselor to discuss academic goals and strategies for success.
- Stay involved in school activities—extracurriculars can help shape your college and career path!
- Practice good study habits now to build a solid foundation for high school. Communicate with your teachers if you are struggling in their class or need extra assistance. They are here to help.

10th Graders: Building Momentum

- Focus on maintaining strong academic performance; your GPA starts counting toward dual enrollment opportunities next year.
- Continue participating in extracurricular activities and consider taking leadership roles.
- If you're taking the PSAT this month, make sure to review and get plenty of rest the night before.
- Begin exploring career options through tools like GA Futures and YouScience.
- If you're interested in dual enrollment for next year, start learning about the requirements and opportunities now.

11th Graders: College & Career Planning

- It's time to narrow down your post-secondary options. Explore colleges, technical schools, and military options. Use tools like GA Futures and start creating a list of potential schools.
- If you are taking the PSAT to compete for the National Merit Scholarship make sure to review, take practice tests, and get plenty of sleep the night before.
- Start preparing for the SAT and ACT—registration deadlines are coming up!

- Mark your calendar for **College and Career Day** at Georgia Military College in November. Pay attention to announcements for sign-up dates.
- Begin researching scholarships and other financial aid opportunities. Click the link to learn about financial aid. [Federal Student Aid Resources - College and Career Readiness | ACT](#)

12th Graders: Final Stretch to Graduation

- Meet with your assigned counselor to discuss your plans after high school – military, workforce, junior college, technical college, or 4-year college or university.
- **Diploma Name Check:** All seniors should have verified the correct spelling of their name for their diploma during lunch. If you did not verify your name email Mr. Adams ASAP at mark.adams@putnam.k12.ga.us .
- Complete your college applications this month to prepare for **No Fee November** and **Apply to College Week** (First Week of November).
- Make sure to have your essays and recommendation letters ready. Review college application deadlines carefully—many early decision deadlines are in November! Click the link to learn more about securing recommendation letters. [How to Secure the Perfect Recommendation Letter \(act.org\)](#)
- Even though FAFSA won't open until December, gather the necessary documents so you can be ready to apply as soon as it's available. Click the link for the latest FAFSA update. [Filling Out the FAFSA® Form | Federal Student Aid](#)
- Stay on top of scholarship opportunities and continue working on your college essays and applications. Click the link to learn about financial aid. [Federal Student Aid Resources - College and Career Readiness | ACT](#)
- Register for the SAT or ACT if you haven't yet taken them or want to improve your score.

Upcoming SAT Dates:

- Test Date: November 4 (Registration Deadline: October 5)
- Test Date: December 2 (Registration Deadline: November 3)

Upcoming ACT Dates:

- Test Date: October 28 (Late Registration Deadline: October 6)
- Test Date: December 9 (Registration Deadline: November 3)

- Test Date: February 10 (Registration Deadline: January 5)

Click the link for free ACT test prep resources. [Free ACT Practice Test | ACT](#)

YouScience Reminder:

All students in grades 9–12 must complete the required YouScience activities. These assessments are critical for helping you understand your strengths and future career possibilities. Ask your advisor about specific requirements and deadlines.

No Fee November & Apply to College Week

November is just around the corner, which means **No Fee November** is coming up! Many colleges waive their application fees during this time, so do not miss the opportunity to apply to multiple schools without paying extra. **Apply to College Week** will take place during the first week of November—be prepared!

LOYA Volunteers Available to Help Seniors

Seniors, every Wednesday, **Lake Oconee Youth Alliance (LOYA)** volunteers will be available to assist you with scholarship applications. If your application requires an essay, they are also here to provide feedback and support. Be sure to take advantage of this amazing resource!

FAFSA Opening Delayed

Please note that the FAFSA (Free Application for Federal Student Aid) opening has been delayed until December this year. Make sure you are gathering your financial documents and stay tuned for updates.

Mental Health Corner: Self-Care Tips

As the school year picks up speed, do not forget to take care of your mental health. Here are some tips to help you stay balanced:

- **Practice mindfulness:** Take a few minutes each day to clear your mind and focus on your breathing.
- **Prioritize sleep:** A well-rested mind is more focused and ready to tackle challenges.

- **Stay connected:** Reach out to friends, family, or counselors if you are feeling stressed or overwhelmed.
- **Set small, achievable goals:** Breaking down tasks into manageable steps can reduce anxiety.

Stay Informed & Stay Ahead!

Keep an eye on the announcements for important updates on College and Career Day and other upcoming events. Remember, we are here to support you—do not hesitate to stop by the counseling office for any questions or guidance!

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