



SCHOOL COUNSELING NEWS

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DEAR JUNIOR PARENT OR GUARDIAN(S),

Beginning in February, counselors will hold post-high school planning meetings with all Junior students and their parents/guardians. During these meetings, we will review key timelines and important steps to take as your child prepares for life after high school.

To help prepare for the meeting and make our discussions more efficient, please review the following links and information with your child **PRIOR** to your scheduled meeting.

MEETING TOPICS WILL INCLUDE:

- Transcript(s)
- Distribution of credits/senior courses
- College/ post-secondary discussion
- SchoolLinks
- 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 school counselor.

Students must complete and submit their Junior Reflection before June 1st, 2025, 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 colleges

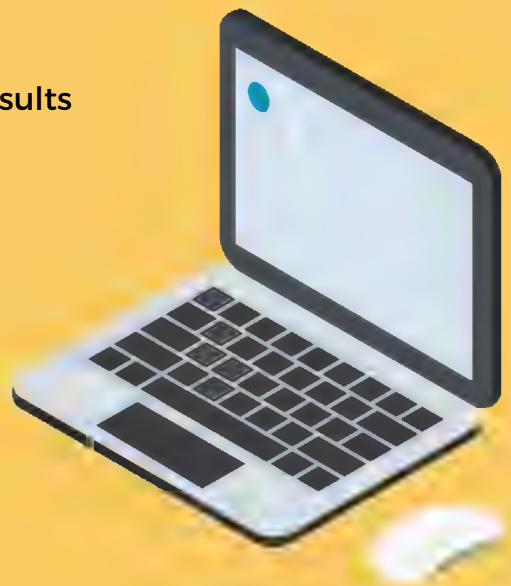
Khan Academy - Free SAT practice questions

NCAA - Registration for college athletes

NCAA Recruiting - Recruiting rules

SchoolLinks - College and career readiness platform

Tuition Break - New England partnership for tuition reduction in designated programs





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ACT & SAT DATES AND INFORMATION:

- **January - March: Consider prepping for Spring SAT testing through the following options:**
 - Using Khan Academy for free SAT prep questions - you can merge your Khan Academy with your College Board account to generate questions targeted to your child based on their PSAT results. An instructional video on this process can be found [here](#).
- **DHHS School Day SAT testing (mandatory for all Juniors)**
 - March 19th, 2025 (Last names A-K)
 - March 26th, 2025 (Last names L-Z)
- **Other SAT testing options:**
 - SAT 24-25 Testing Dates [click here](#)
 - To sign up for an SAT date [click here](#)
- **ACT Testing Information**
 - ACT 24-25 Testing Dates [click here](#)
 - To sign up for ACT Testing Dates [click here](#)
- **Should you take the SAT or ACT?**
 - SAT vs. ACT information [click here](#)
 - ACT practice test questions [click here](#)
 - SAT practice tests can be found on College Board [click here](#)



COLLEGE ESSAY:

Each student will have the opportunity to write an essay as part of their English course that can also be used as their college essay. Students will receive valuable feedback from their teacher to help improve their writing. I highly encourage your student to take full advantage of this opportunity, as it will not only help them improve their writing skills but also allow them to have one less task to focus on during their senior year. This early preparation can be a great asset in easing the college application process.

CONTACT YOUR SCHOOL COUNSELOR:

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