

# Counseling Communiqué

Acton-Boxborough Regional High School Counseling Department  
<http://ab.mec.edu/abrhs/counseling/index/shtml>

## Keep it Positive

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Mindset. We often use the word, but I wonder if we realize the impact that mindset has on a student. As report cards arrive home, it made me begin to think of the impact report cards have on a student's mindset. Does receiving an "A" in a class mean that the student is brilliant? Does receiving a "C" in a class mean that the student is not trying?

In her book *Mindset: The New Psychology of Success*, Carol Dweck (2006) shows that there is a mindset that can hinder or promote success in a student. A person could have all the talent and skills, but without a certain mindset, he is in trouble. Michael Jordan was once told that he would not be successful in basketball. If he did not have the right mindset, he would have given up. Instead, he took that feedback and practiced every day, hours on end! You know how this story ends.

There was also Iciss Tillis, a college basketball star. Tillis thought that if she won, she would be somebody, but if she lost she felt she was a nobody. Instead of taking the approach to try harder when she failed, she simply gave up. She did not want to try or learn how to improve after she was challenged. In the face of adversity, she gave up completely.

There are many times that a student has seen his report card and simply given up. He feels that there is no point in trying for the remainder of the year. He sees the grade as a reflection of his intelligence. However, we are only halfway through the year and there is still time to improve. We must help our students get in the mindset that even when they are struggling, they should not give up.

As report cards come home, I encourage parents to use this as an opportunity to acknowledge the student's efforts and discuss their progress in a positive way. Review the comments as well as the grades. As you review the entire report card, before you comment on it, choose your words carefully; remember that you want to encourage your child.

Jodi Chu  
School Counselor

### *A State of Mind*

*Author Unknown*

*If you think you are beaten, you are  
If you think you dare not, you won't,  
If you like to win, but don't think you can  
It's almost a cinch you won't*

*If you think you'll lose, you're lost  
For out in the world you find,  
Success begins with a fellow's will  
It's all in a state of mind*

### Dates of Interest February

- 4 Report cards distributed in home-room
- 5 & 6  
Sophomore Groups
- 7 ACTs administered
- 10 & 11  
Junior Groups
- 16-20  
Winter recess
- 26 PCR Day  
(see page 2)



### Coming in March

- 4 Spring College Night
- 6 Interim reports issued
- 14 SATs administered



# Counseling Center Bulletin Board

## Reminder to Seniors

- Senior midyear grades will automatically be mailed the week of February 9th to the schools to which seniors have applied.
- Transcript requests for college applications with a March 1st deadline should be submitted to the Counseling Center by Monday, February 2nd.
- Don't forget to check Financial Aid deadlines for colleges.
- Most colleges require FAFSA, Profile, or other materials to be submitted by February 15th.



## Local Scholarships

Instructions for applying electronically for local scholarships will be distributed to all seniors through their English classes on February 3rd. The Chairpersons of our Scholarship Committee, Jim Marcotte and Kim Landry, will visit each class to explain the scholarship process and the on-line application through Naviance. The deadline for scholarship applications is March 9, 2009. It is critical that parents and students understand that only those students who have completed an electronic scholarship application by the deadline are eligible for these scholarships awarded at the ceremony in June.

## Kevin J. Fitzgerald Scholarship

The Kevin J. Fitzgerald Scholarship is offered by Cambridge Savings Bank.



Selection Criteria: A student should have a B average or better and participate in a community, school or an after-school activity. Students will be asked to write an essay, provide transcripts and submit a recommendation. Award: There are two \$2,500 scholarships that will be awarded to the student residing in Acton or Boxborough: one for a student who plans to attend a four year program and one for a student who plans to attend a two year program. Deadline: Please return your application to your school counselor before March 7, 2009. Applications are available on-line through Naviance under the scholarship link.

## Advanced Placement Exam Registration

Students who are interested in taking one or more Advanced Placement examinations in May should register in the Counseling Center with Mrs. Groener between February 27th and March 16th. Students may pick up registration forms in the Counseling Center. Payment is expected at the time of registration in the form of a check made out to ABRHS. The cost of each AP exam is \$86.00. From March 17th until March 23rd the cost of each exam will be \$116.00. After March 23rd we are unable to order AP exams.

## Course Planning for 2009–2010 (PCR Day)

Students in grades 9 through 11 will receive information on how to access the Program of Studies on-line on February 4th in homeroom. The 2009-2010 Program of Studies will only be available on-line this year. Course selection is expected to take place on February 26th. Parents are encouraged to review the course options with their students so that appropriate courses can be scheduled for next year.

## Sophomore Groups



The counselors will meet with sophomores in small groups beginning in February to discuss career exploration resources and activities that are available to further explore careers of interest. The counselors will introduce students to Naviance, the career and college search web-based system that will help them identify their aptitudes and career interests. **Each student will complete the Career Interest Profiler.** Those results will link students directly to detailed career profiles, which include educational requirements, salary data, and in some cases multimedia presentations.

Through these activities, students may be able to better understand their personal style and interests, which in turn can be useful during course selection and post-secondary planning. Moreover, students will be able to search our college database to find colleges that offer an educational path to each career. These activities will help students learn how to navigate many career oriented offerings (job shadowing, internships, career breakfast/speakers, summer opportunities) that are available to them inside and outside of school.

Parents of sophomore students who would like their own access to the Naviance program should send an e-mail to [apalmer@mail.ab.mec.edu](mailto:apalmer@mail.ab.mec.edu). Please include your son/daughter's name as well. If you have more than one child at the high school please indicate that and we will link all the students from one family with one set of parents. This will avoid the need for multiple accounts.

# Information for College-Bound Juniors

## The Roles of Students, Parents and Counselors in College Planning

Students have the primary responsibility for directing their college search. It is the student's responsibility to initiate an honest self-assessment using all available courses, grades, and standardized test scores. Students should set up appointments with their counselors and should learn about the resources available. In addition, students should coordinate efforts between home and school. They should be aware of deadlines and keep track of all administrative details. Most importantly, students should be heavily involved in all final decisions.

Parents also have an important role to play. They should be aware of the college planning process, of their student's academic record (courses, grades, test scores, etc.) and of the requirements of colleges that are of interest to the student. They should share their personal thoughts about college, and make sure everyone is under the same financial assumptions. Parents can also offer their support and guidance throughout the entire process.

Counselors act as a sounding board for ideas and options. They can aid students in directing their search and giving it focus. Counselors can also help answer questions that students and parents might have.

Students and parents can learn more about the whole process from the counselor presentations at school and at Spring College Night on March 4th. Additional suggestions for college-bound students and their parents will be included in the next few issues of the *Counseling Communiqué*.



## Choosing a College

Choosing a college is an important decision. The more students know about colleges, the better they will be able to choose where to apply. Here are some hints for juniors beginning the process:

- Talk to your counselor, teachers and parents/guardians about your educational and career plans.
- Check out the Counseling Department's many resources: catalogs, subjective review books, Naviance, videos and the internet.
- Find out about admission requirements, such as which SAT Subject Tests to take, if any, and procedures and deadlines.
- Obtain information about costs and ways of paying for college.
- Request information from colleges.
- Search for a college with a comfortable fit.



## Spring College Night - March 4th

On Wednesday, March 4th, junior parents and students are invited to attend Acton-Boxborough's annual Spring College Night. Counselors will meet with their assigned students/parents to discuss the college search and admissions process. The program will begin in the auditorium starting at 7:00 P.M.



## Junior Groups

Juniors will meet with their respective counselors on February 10th and 11th in small groups during their U.S. History II classes to begin to discuss their post-high school planning process, standardized testing, and appropriate courses for their senior year. Students are encouraged to sign up for an individual appointment with their counselor to further discuss topics related to their post-graduation plans.

# Bulletin Board

## Senior Planning Breakfast Wrap-Up

On Thursday, January 29<sup>th</sup>, the Counseling Department hosted the Senior Alternative Planning Breakfast. As the end of the school year approaches, some students may be unsure of their options following graduation from ABRHS. Anne Kingan began the event by speaking about the career exploration process and how our students can identify the various opportunities that exist depending on their individual interests and skills. Students learned about the career exploration resources available within our school and representatives from select technical schools, community colleges and alternative programs informed attendees about what their respective organizations offer. Following the presentations, students were invited to speak with these representatives individually and follow up with their counselors for more information. For more career information, take a look at the ABRHS website at <http://ab.mec.edu/abrhs/counseling/career.shtml>.



**Save the Date**  
**Spring College Night for Juniors and their Parents**  
**Wednesday, March 4th**  
**7:00 P.M.**  
**ABRHS Auditorium**