

Counseling Communiqué

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

The Inside Perspective

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What are college recruiters looking for in a prospective student? Are they looking for students who have perfect SAT scores and excellent grades? What type of students are the admissions counselors recruiting for the 2009-2010 school year and beyond? At A-B, students and parents are familiar with the applicant's side of the college admissions process. Since I have had exposure as a senior admissions counselor and still have connections with other college recruiters, I thought I would share the perspective of the college side of the process.

Each year, an admission counselor is assigned to a specific geographical region to recruit students from various high schools, college fairs, and home-based recruiting events. During these events, counselors meet hundreds or even thousands of students. In these large crowds, there are only a small percentage of students who actually stand out. At a college fair students are usually drawn to a particular college or university based on choice of majors, giveaways (i.e. pens, t-shirts, etc.), and referrals from parents, teachers, counselors, and friends. Initially, students come to a table asking informative questions about what the college has to offer. After listening to the representative's answers, students walk away with a better understanding and more information about that college.

After the recruiting events have come to an end, counselors are left to look at admission files of prospective students and do the day-to-day office operations. When the applications start to roll in, counselors begin to see if all of their recruiting efforts have paid off for the year.

Colleges are looking for students who will contribute to the atmosphere of the college campus and have the motivation and drive to excel academically in their major. They are looking for students who are well rounded and passionate about their school and community involvement.

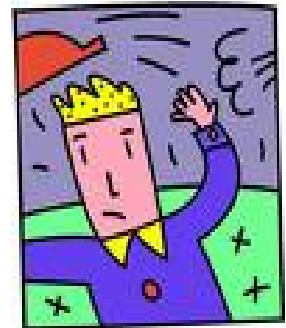
Once admissions counselors have recruited their upcoming class, they begin the recruiting season all over again. Just as admissions counselors are starting to wrap up the year, we in the Counseling Department are starting to wrap up the year for the Class of 2009. We are currently meeting with all of our juniors to explain college application procedures and what the process entails.

Please feel free to contact your son's or daughter's counselor if you have any particular questions about our college application process. The Counseling Department will also be hosting the Spring College Night on March 4, 2009 at 7P.M. in the ABRHS Auditorium, to explain more about the college process.

I'Esha Brown
School Counselor

Dates of Interest March

- 4 Spring College Night for juniors and parents—7 P.M.
- 11 8th Grade Parent Night—7 P.M.
- 14 SATs administered
- 19 & 20 Sophomore Groups-Round 2
- 26 Early Release Day



Coming in April

- 3 Term 3 Ends
- 4 ACTs administered
- 10 Good Friday no school
- 15 Report Cards issued



Information for College-Bound Seniors

Financial Aid Information: Web Connections

Q: How will I pay for my college education and where can I find information to help me?

A: You can:

- use books and other sources,
- talk to financial aid consultants, college financial aid representatives and counselors,
- use web sites.



There is a financial aid link on the Counseling Department web page (ab.mec.edu/abrhs/counseling/index.shtml). One place to start is “FinAid! The SmartStudent Guide to Financial Aid.” Topics covered are loans, scholarships and financial aid estimation calculations. Another useful web site is the TERI College Access (www.tericollegeaccess.org). When you click on financial aid, several sites for financial aid come up as well as a link to scholarships.

College: It's Not Too Late To Apply



Seniors who do not have definite plans or who have not yet applied to college, take heart! Although there are many colleges whose application deadlines have passed, there are still a great number who have a rolling admissions policy. This means that the college does not have a specific deadline but will accept applications right up until the start of the new semester, often as late as August or September. Students interested in seeking schools with a late deadline or a rolling admissions policy should contact their counselor.

Local Scholarships

All seniors going on to further education are encouraged to complete the application for all local scholarships that are awarded to seniors at graduation time. Seniors can access applications through Naviance under the [ABRHS Local Scholarship Application 2009](#) link. Applications must be submitted by March 9th. This is a firm deadline. Please note there is not a submit button, but the form will save automatically.



Kevin J. Fitzgerald Scholarship

Graduating students who reside in Acton or Boxborough (and certain other communities) will be considered to receive two scholarships from the Cambridge Savings Bank. Two \$2,500 scholarships will be provided—one for a traditional four year program, the other for a technical/vocational or community college program. Students should have a B average or better and participate in community, school, or after-school activities. They will be asked to write an original essay and provide transcripts and a recommendation from a teacher, civic leader or employer. The deadline for submitting all materials this year is May 8th. Applications are on Naviance.



Luke and Jerusha Vose Blanchard Scholarship

These scholarships are provided to graduating seniors who have been residents of the town of Boxborough for at least one year and are graduates of the Blanchard Memorial School with at least one year's attendance. Eligible students were notified through Naviance. This application is separate from the local scholarship application and must be printed and mailed in. Questions regarding the scholarship process should be directed to Susan Sousa at ssousa@mail.ab.mec.edu or June Kfoury-McNeil at the Mellon Bank, 617-722-7121.

Advanced Placement Exam Registration

Advanced Placement Exam registration began on February 24th and goes through 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. Late registrations will take place from March 17th—changes made to the registration form after March 16th will be accepted after March 23rd.



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.



Checklist for Juniors

As we step into the world of college research with our juniors it is important to be aware of current "to dos" that will help you stay on track. Juniors should be thinking about taking the SAT or ACT this spring. Information on dates and registration procedures is available on-line at www.collegeboard.com. Now is also the time for juniors to take charge and engage in the process. Make an appointment to meet with your counselor in the next couple of months to go over a plan for research and use of your Naviance account. If parents have questions they are also encouraged to contact counselors. The sooner you start the more comfortable you will be in understanding and navigating the months ahead. Lastly, remember that current teachers are the ones from whom you will choose to write college recommendations. Keep up the good work and open up lines of communication to ensure good options this spring.

Bulletin Board

Course Planning Overview

Freshman, sophomores and juniors received a listing of courses for next year on February 4th. On February 26th students chose courses for 2009-2010 and received course and level recommendations from their teachers. Early in March students will receive confirmation of their course choices which they should share with their parents. Any changes to the course selections must be made by April 1st using the form that will be available in the Counseling Center beginning on March 9th. For questions about this process, see the school website or contact the student's counselor.

Health and Wellness: The Importance of Sleep

•Why is sleep important to overall wellness?

Health: Not getting enough sleep increases the risk of having high blood pressure, heart disease, diabetes, and obesity. During sleep your body produces hormones which fuel growth in children, help build muscle mass, and repair cells and tissues.

Mood: Not getting enough sleep can make you irritable and contributes to bad behavior and difficulty with relationships. People who chronically lack sleep are more likely to be depressed.

Learning: We need sleep to think clearly, react quickly, and create memories. The pathways in the brain that aid with learning creative problem-solving are very active during sleep.

Athletic Performance: According to the National Sleep Foundation, sleep deprivation can affect athletic performance by reducing cardiovascular performance, decreasing mental functioning, reducing endurance, impairing motor function, and delaying visual and auditory reaction time.

•How much sleep do you really need?

Sleep needs vary from person to person throughout the life-span. According to the National Sleep Foundation, preschoolers (3-5 years) need 11-13 hours of sleep, school-aged children (5-12 years) need 10-11 hours of sleep, teens (13-17) need 8.5-9.25 hours of sleep, and adults need between 7-9 hours of sleep each night. For more information on the importance of sleep visit www.nih.gov (National Institutes of Health) or www.sleepfoundation.org (National Sleep Foundation).

