

October 2007
Volume 20, Issue 2

Counseling Communiqué

Acton-Boxborough Regional High School Counseling Department
www.ab.mec.edu/counseling/index/shtml

October Dates of Interest

- 4 Early Decision/College Application Workshop 7:00 P.M.
- 6 SATs and Subject Tests administered
- 8 No School – Columbus Day
- 16 Career Breakfast
- 20 PSAT administered at ABRHS



Coming in November

- 3 SATs and Subject Tests administered
- 8 End of Term 1
- 12 No School–Veterans' Day



The Price of Privilege

I wish I could say that I read *A Thousand Splendid Suns* or *The Road* this summer. Alas, I did not make it that far down my reading list. I did read, however, read an incredibly relevant book that has an important message for parents and school personnel.

Psychologist Madeline Levine was struck by the overwhelming emptiness she was seeing in her clients in Marin County, California. What was most puzzling was the amount of sheer opportunity these young adults had at their fingertips: every need met, loving, attentive parents closely involved with their lives, success in academics, athletics, and extracurricular activities. One would expect this generation to be the most promising, most enterprising, most optimistic about their futures. What Dr. Levine found was a profound sense of apathy, dependence, and complete loss of “self.” She took her questions to her peers across the country, and her conclusions are found in the book, *The Price of Privilege*.

One of Dr. Levine’s criticisms is that the overinvolved parent essentially robs the child of developing a strong sense of self and autonomy. When someone else is always intervening on their behalf, young adults may get the impression that they are not capable, that they are powerless. Not only are kids not developing the appropriate skills to advocate for themselves, but they are in essence limiting their understanding of their own inner self. Without that strong sense of identity, that keel to keep them steady, kids are adrift, following wherever they are pushed. They feel empty. In order to develop true passions, students need to have a firm sense of who they are and what they are capable of achieving.

We hear the stories of the parents who follow their kids to job interviews after college and demand to know why their kid didn’t get the job. “We would *never* do that!” It is an issue, though, that bears considering. Are we too quick to offer solutions to problems without letting our students work things out themselves? Are we all too ready to speak to a teacher and intervene on a student’s behalf? What kind of messages do our actions send our students?

All teenagers need structure, guidance and positive attention. They also need to try things on their own and learn from their own mistakes. That is, after all, how we grow and change.

Sara Clinton
School Counselor

Testing: PSAT/NMSQT Info

Students who have registered for the **October 20th** administration of the PSAT/NMSQT should review the registration bulletin and take the practice test to become familiar with the format of the PSAT. Any questions should be directed to Jodi Chu or Judi Bowes at 978-264-4700, ext. 3556. Juniors will be receiving PSAT orientation in their English classes. This preparation should give students a better understanding of the test instructions and familiarize them with various types of questions which they will encounter.

On the Saturday morning of the test, students should be sure to arrive at 7:30 A.M. when the school opens. Each student should bring a calculator, two or three #2 pencils, and a good eraser that does not smudge. Wearing a watch to keep track of time is helpful. A good night’s sleep the night before and some breakfast are also important. Testing will be completed around 10:30 A.M.



Information for College-Bound Seniors 2008

College Application Procedures

Student Responsibilities:

Students are responsible for mailing their own applications to colleges.

Note: Information you will need to fill out your application.

- High School CEEB Code: 222297
- Address: 36 Charter Road, Acton, MA 01720
- Telephone: 978-264-4700
- Fax: 978-264-3346
- The e-mail address format is first initial, last name (one word)@mail.ab.mec.edu.

Students should determine the number of specific Teacher Recommendations required by each institution and request teachers to complete a letter of recommendation. Students should provide each teacher with a stamped, addressed envelope for each school and the appropriate recommendation form, if provided. The official Acton-Boxborough Teacher Evaluation Form, available in the Counseling Center, may be substituted for the college form.

Please make sure that your counselor has received two teacher in-house recommendations and that you have completed the "My Resume" section in your Naviance account. It is also very helpful to have your parents complete the parent questionnaire available through Naviance, in the counseling center, or in PDF form on the web site.

Complete the **Consent for Release of Student Records** for each school to which you are applying. Bring the forms to the School Registrar's office or give them to your counselor. You must include a check made out to ABRHS for **\$4.00 for each transcript** that you would like mailed. The \$4.00 fee covers the cost of sending the initial transcript, mid-year report, and final grades.

All requests for transcripts must be submitted to the Counseling Department at least 15 school days before the application deadline. For example, for an early decision deadline of November 1st, requests must be received by October 11th.

SAT and other College Board scores: In order for your application to be considered and reviewed by any college, you must have your SAT Reasoning Test and SAT Subject Tests scores sent directly from the College Board in Princeton, New Jersey. This can be done at www.collegeboard.com.

Please pay attention to deadlines! And make appointments to meet with your counselor, who is there to help you. And, don't forget, October 10th is "Senior Drop-in Day" where counselors will be available to help you with your applications during all four lunches. Refreshments will be served.

The Common Application

The Common Application is a tool that can simplify the application process to 315 member colleges across the United States. Students applying to colleges and universities who use the Common Application are able to complete one application and submit a copy to each member school they are applying to. The Common Application is given equal consideration to applications produced by the member college. Some Common Application member schools require a short supplement in addition to the universal form.

Common Applications, a list of member schools, and individual school contact information and requirements are available at www.commonapp.org.



Counseling Center Bulletin Board

Early Decision/College Application Workshop

The Counseling Department will hold the Early Decision/College Application Workshop for students and parents on Thursday, October 4th at 7:00 P.M. in the auditorium. A presentation on the pros and cons of early decision and early action will be directed at seniors who are planning on applying early to college and to those who are considering this option.

In addition, counselors will review the procedures for students to follow in submitting applications and requesting transcripts, school reports, and teacher recommendations. Much of this information is available as a handout in the Counseling Center and on the web site, but the workshop offers students and parents a chance to review the steps and to have any questions answered.

College Planning for the Special Education Student

- Learn about the college application process as it relates to students with IEPs and 504 Plans.
- Learn about available support services.
- Learn strategies to navigate the admissions process.
- Understand how special education testing and SATs impact your college planning.

Wednesday
October 24, 2007
7:00–8:30 P.M.

Acton-Boxborough Regional High School
Chorus Room #106N

Students and parents/guardians are invited to attend this informative evening brought to you by the Acton-Boxborough Pupil Services Department

NCAA Initial Eligibility

Students who are planning to enroll in college and participate in Division I or II intercollegiate athletics must have their eligibility status determined by the NCAA Clearinghouse. The NCAA Clearinghouse registration form is available online at www.ncaaclearinghouse.net and should be completed by the fall of the senior year. Students will need to print a copy of the Student Release Form and give it to the high school registrar. Once the NCAA has received the official six semester transcript, ACT or SAT scores, and required fee, a preliminary certification report will be available online. After graduation, if eligibility status is requested by a member institution, the Clearinghouse will review the final transcript and proof of graduation to make a final certification decision. Specific information regarding eligibility requirements is available at the NCAA web site.

BSA Architecture and Design College and Career Fair

On October 20th, the Boston Society of Architects will sponsor a career day to enable students to explore career and education opportunities in design and architecture. This program will be held at Watson Hall at Wentworth Institute of Technology. Students and parents can meet with representatives of colleges with architecture and design programs and can attend a variety of career-related workshops. For more information, visit the BSA web site: www.architects.org/education.

College Fairs

Performing and Visual Arts College Fair

Northeastern University
Tuesday, October 23 7 P.M.–9 P.M.
www.nacacnet.org

Lowell Devils College Fair

Tsongas Arena, Lowell, MA
Friday, November 2 from 3:00 – 5:00 P.M.
jdangelo@lowelldevilshockey.com

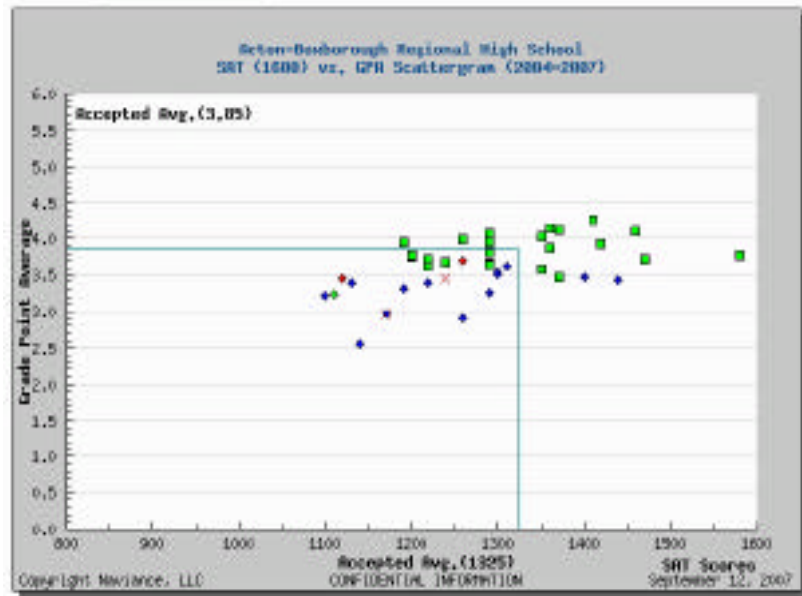


Naviance Highlights

The scattergram is a pictorial summary of AB applications to Gettysburg College over a four year period. Current students are able to plot their own weighted GPA and SAT/ACT scores to compare themselves to previous applicants. This type of graph is available for all colleges that AB students have applied to over the last four years. To view these you need to log onto

Family Connection

<http://connection.naviance.com/ab> using the student password or the parent password. If you are not currently registered you can e-mail Andy Palmer at apalmer@mail.ab.mec.edu and request a password.



Gettysburg College