

Counseling Communiqué

Acton-Boxborough Regional High School Counseling Center
Counseling Department

Ready, Set...Go!

September 2009
Volume 22, Issue 1

Welcome to the New School Year ABRHS 2009/2010

I would like to send out a heartfelt "Welcome Back" on behalf of the High School Counseling Department. We hope that you all had a restful and enjoyable summer break (parents included) and that you are ready to have a successful year at ABRHS. This monthly newsletter will help to keep you informed of important issues, news and dates from the Counseling Center that affect students and parents throughout the year. Please also feel free to check out our web site <http://ab.mec.edu/abrhs/counseling/index.html> for more up-to-date information and links to other useful sites.

The counselors, psychologists and support staff of the ABRHS Counseling Department are here to help you and your sons/daughters to have a successful four years at the high school. We are here to support the student's academic, personal, and social-emotional growth. Typically, a counselor is assigned to a student for the full four years in order that a strong and beneficial relationship can be formed. The counselor is a familiar adult figure who the students and parents can count on to answer questions on a wide variety of issues. Counselors are here to help students and parents with course selection, communication with teachers and building staff, social issues, personal issues, career and college guidance, as a link to outside resources and anything else that affects a successful social and educational experience at the high school. Students can make appointments with their counselor through Mrs. Groener, the Counseling Department administrative assistant. Generally, counselors are available to meet with students during study halls, free periods, and lunch periods as well as before and after school. Do not hesitate to contact your child's counselor should you have any questions or concerns - if we do not have an answer, we will connect you to someone who does.

The Counseling Department has two changes this year. First, l'Esha Brown is now Mrs. Thomas, but for the beginning of school Ms. Brown's name may still appear on student schedules. And next, Jennifer Gabel has extended her maternity leave through this school year, and her students have been assigned to other counselors. The new assignments appear on students' schedules, and we are confident that all needs of our students will be met. We encourage you to contact your child's counselor directly if you have any concerns.

We look forward to working with you all and having a safe and productive school year.



Stephen Hitzrot
Counseling Department Chair

Dates of Interest September

- 1 School opens
- 9 Regular deadline for SAT and Subject Tests
- 12 ACT administered
- 15 & 16 Activities Fair - during all lunches
- 17 Freshman Parents Orientation—7 P.M.
- 21 PSAT registration begins
- 24 Back to School Night—7 P.M.
- 25 Early Dismissal
- 28 Yom Kippur—no school



Coming in October

- 7 Early Decision Workshop—7 P.M.
- 10 SAT and Subject Tests administered
- 12 Columbus Day—no school
- 17 PSAT administered

College Planning for Seniors

Teacher Recommendations and Parent Response Form



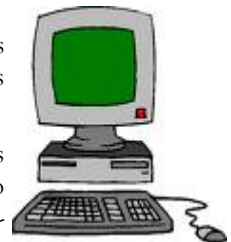
Seniors are reminded that they need to determine the number of specific teacher recommendations required (if any) by each college and request letters from the faculty if they have not already done so. Students should provide each teacher with a stamped, addressed envelope for each school and the appropriate recommendation form, if provided.

In addition to specific letters of recommendation, seniors should have a minimum of two in-house recommendations on file with their counselors. These letters are used to assist the counselor in preparing the School Report/Counselor Evaluation. Parents are also encouraged to complete by October 1st the Parent Response Form which was included in the Junior College Night packet and is on Naviance. This form should be returned to the student's counselor to assist in the counselor evaluation process. Students are encouraged to complete the senior questionnaire on Naviance by October 1st, as well.

Application Procedures

The Counseling Department has a form available outlining the college application procedure. This handout should be helpful to both students and parents as it takes the applicant through the process step by step. This form is also available at ab.mec.edu/abrhs/counseling/index.html.

The senior year in high school is a busy one, filled with many decisions, responsibilities, deadlines and applications. We encourage seniors to keep in close contact with their counselors in order to receive helpful information, ideas, support and an overall perspective on the college application process.



**Early Decision/College
Application Workshop
October 7 @ 7:00 P.M.**

Early Decision/College Application Workshop

The Counseling Department will hold an Early Decision/College Application Night for students and parents on Wednesday, October 7th, 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 Representatives Visit ABRHS

During the fall, over 150 schools and colleges send admissions representatives to visit Acton-Boxborough. Attending the sessions is a good way for seniors and juniors to learn about the programs offered by various schools. Parents are also welcome to attend.

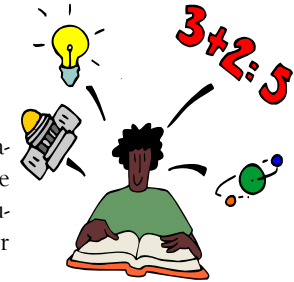


Students should check their Naviance personal account for a listing of all college visits. Students are encouraged to sign up for the college visit through Naviance after receiving permission from their teachers in advance of the scheduled visit. A listing of college visits is also posted in the Counseling Center. Colleges already scheduled to visit this fall are High Point University, University of Colorado, University of Chicago, Smith College, Ohio Wesleyan, Northeastern, Bowdoin, Stonehill, University of Massachusetts and many more!

Bulletin Board

PSAT Information for Juniors

The PSAT/NMSQT will be administered at ABRHS on Saturday, October 17th. Registration for juniors will be from September 21st–October 2nd in the Counseling Center. The fee for taking the test is \$25.00 payable by check to ABRHS. Please make sure the student's name is on the check. There will be a \$5.00 late fee for any junior registration after October 2nd.



The Preliminary Scholastic Assessment Test/National Merit Scholarship Qualification Test (PSAT/NMSQT) is a two-hour test that provides a measure of verbal and mathematical skills considered to be important for success in college. It is also the first step toward consideration for all scholarships administered by the National Merit Scholarship Corporation. Students who wish to be Merit Scholarship candidates must take the test in October of their junior year to be eligible for scholarships granted in the spring of their senior year.

Any junior who expects to go to college can benefit from taking the PSAT. The PSAT will introduce the students to the type of questions that will be faced when taking the SAT in the spring. It provides an estimate of some of the skills that are necessary for satisfactory work at the college level. The PSAT does not measure motivation, creativity or many other characteristics that contribute to success, but it is a useful tool in planning for a student's future.

Parents often ask about whether or not a sophomore should take the PSAT. While some believe it could be an “extra practice,” it is only recommended if a sophomore student has completed both algebra I and geometry by the beginning of his or her sophomore year. Sophomores can register beginning October 5th. Final date for registration is October 14th.

Ninth Grade Orientation Groups

On September 17th and 18th, counselors will visit ninth grade English classes to conduct student orientation groups. The purpose of these groups is to introduce each student to his or her counselor as well as to provide students with information on topics such as graduation requirements, the ABRHS credit system, counseling services, academic planning, the Student Assistance Team, and extracurricular activities.



Freshmen & New Students Parent Orientation

The Counseling Department will be hosting an orientation evening for parents of Freshman and New Students on Thursday, September 17th at 7:00 P.M. in the high school auditorium. Information will be presented regarding transition to high school, policies and procedures, and communication with faculty, amongst other topics. We welcome all families new to the high school to join us at this event.

Testing Dates 2009-2010

www.actstudent.org
2009-2010 ACT Assessment

collegeboard.com
2009-2010 SAT and SAT Subject Tests

<i>Testing Date</i>	<i>Regular Registration Deadline</i>
September 12	August 7
October 24	September 18
December 12	November 6
February 6	January 5
April 10	March 5
June 12	May 7

<i>Testing Date</i>	<i>Regular Registration Deadline</i>
October 10	September 9
November 7	October 1
December 5	October 30
January 23	December 15
March 13(SAT only)	February 4
May 1	March 25

**Acton-Boxborough
Regional High School
Counseling Center**

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High School Counseling Staff 2009-2010

Mr. Stephen Hitzrot, Chairperson	Mrs. Susan Root, School Counselor
Mrs. Cynthia Adamchek, School Psychologist	Mrs. Lindsay Rosenman, School Counselor
Mr. Todd Chicko, School Counselor	Ms. I'Esha Thomas, School Counselor
Ms. Jodi Chu, School Counselor	Ms. Kristen Vanderstucken, School Psychologist
Mrs. Shannon Dandridge, School Counselor	Mrs. Elizabeth Warren, School Psychologist
Mr. Brian Doherty, School Counselor	Mrs. Judi Bowes, Administrative Assistant
Mrs. Martha Frost, Social Worker	Mrs. Jill Groener, Administrative Assistant
Mrs. Violetta Pawlowska, School Counselor	Mrs. Jane Link, Registrar, Records Secretary

