



# The “Buzz” Fall 2011

Coventry High School  
School Counseling Department  
Newsletter

FALL 2011

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## The Fall 2011 Edition of The “Buzz”

The "Buzz" is the Coventry High School Counseling Department's newsletter. The “Buzz” is published quarterly throughout the school year, and features articles relating to academics, post-high school planning and other topics of interest for CHS students and their parents. With the increasing use of the internet as a source of timely information, and in order to meet our budget constraints, “The Buzz” will be posted on our website and in Family Connection from Naviance. Our website is <http://www.coventryps.org/chs/guidance/guidance.html>. CHS School Counseling Newsletter. The Family Connection website is <http://connection.naviance.com/coventry/> more information regarding Naviance can be found in the following pages of this newsletter.

## School Counseling Webpage

<http://www.coventryps.org/chs/guidance/guidance.html>

More and more processes related to school counseling are becoming web-based. For example, most colleges now prefer applications be submitted on-line as opposed to on paper. Because of such trends, we encourage parents and students to check our website often, as the site is updated on a regular basis. This site is the **BEST and QUICKEST** way to keep up with our counseling programs and information regarding College and University events, Financial Aid materials, Scholarship Applications and Deadlines, Standardized Testing Information, Counselor Contact Information, and much more!



## School Counseling Department: Staff & Caseloads

Counseling caseloads for this year are listed below and are also outlined on our web page. If at any time you have questions regarding your student, please call your student's counselor at (860) 742-7346 or access us through email.

School Counselor	Caseload (by Last Name)	Ext.	Email
Krystina Schulze	Grades 10 –12: A - Go Grade 9: A - C	Ext. 154	<a href="mailto:kschulze@coventryct.org">kschulze@coventryct.org</a>
Heather Mackintosh	Grades 10 - 12: Gr - M Grade 9: D - M	Ext. 152	<a href="mailto:hmackintosh@coventryct.org">hmackintosh@coventryct.org</a>
Judy Burr	Grades 9 - 12: N - Z	Ext. 150	<a href="mailto:jburr@coventryct.org">jburr@coventryct.org</a>

School Counseling Secretary	Ext.	Email
Sue Comella	Ext. 160	<a href="mailto:scomella@coventryct.org">scomella@coventryct.org</a>

*“There is no time like the present”*

## Family Connection Naviance Reminder for All

The School Counseling Department continues to implement the use of Family Connection from Naviance to assist students and parents with college and career planning. This program is a web-based service designed especially for students, parents and counselor and acts as a communication bridge for all of us! Family Connection is a comprehensive website that you and your child can use to help in making decisions about courses, colleges, and careers. Family Connection is linked with Counselor's office, a service that we use in our office to track and analyze data about college and career plans, so it provides up-to-date information that's specific to our school. Once a parent or student is registered they are able to access this information at any time. Therefore, it is very important that all parents provide their current email address to your student's school counselor as soon as possible so that you can begin receiving and accessing this important information. You may email this information to your student's counselor at any time. In this email please indicate that you would like to receive your registration code and registration information for Naviance, and we'll forward this information along to you. Please don't hesitate to ask questions or comment about this new program. We will be including more information about Naviance and its features in subsequent newsletters so stay tuned!

# Financial Aid Night



**When:** Tuesday, December 6, 2011 (6:00-7:30pm)

**Where:** Coventry High School Lecture Hall

**What:** All students and parents are welcome to attend. On this evening we have arranged for the Assistant Director of Financial Services from Yale University to speak with you about the various components of the Financial Aid process. This is an important presentation for any student and/or parent of a student that is college bound. Topics will include information about completing the FAFSA (Free Application for Federal Student Aid) Scholarships, as well as sources of federal and private aid. This is an excellent opportunity to speak with and ask questions of a representative within the field of post-secondary financial services. If you have any questions about this event, please feel free to contact your School Counselor. We hope to see you all there!

## Comprehensive School Counseling Program



In addition to individual sessions with students, CHS's Comprehensive School Counseling Program conducted through the Enrichment cycle allows the counselors to meet the career, academic, and personal/social needs of our students. Below please find an outline of the topics we cover with each grade through our Comprehensive School Counseling Program during the 2011-12 school year:

**Grade 9: Transition to High School** (Nov. - Dec.)

- Transition to High School
- Introduction to Naviance and the use of the Learning Style Inventory in Naviance

**Grade 10: Goal Attainment** (March-April)

- Intro to My College Quick Start and review of PSAT score report ([www.collegeboard.com](http://www.collegeboard.com))
- Naviance: *Career Profiler* component

**Grade 11: Career & College Planning** (Jan.- Feb.)

- Naviance: *Do What You Are Personality Inventory* and *My Game Plan Survey*

**Grade 12: Post-Secondary Planning** (Sept. - Oct.)

- Naviance: College Application Process Review ~ Document Library, Senior Year Tools, Resume Builder

## Homework & Study Tips for Families

- Designate a place where your child can complete homework and a consistent homework time.
- Encourage your child to use their agenda pad to write down assignments and check to be sure their using their agenda pad accordingly.
- Check with your child each night to review their homework and help with any questions they may have
- Stay involved with your child's assignment. They will appreciate that you are taking an interest in their work and progress.
- Volunteer to quiz your child or to review notes with them. This will support their learning and you may also learn something new!
- Monitor your student's work schedule. If work is interfering with school, offer to talk to your student's employer.

### **Remember that homework is important because:**

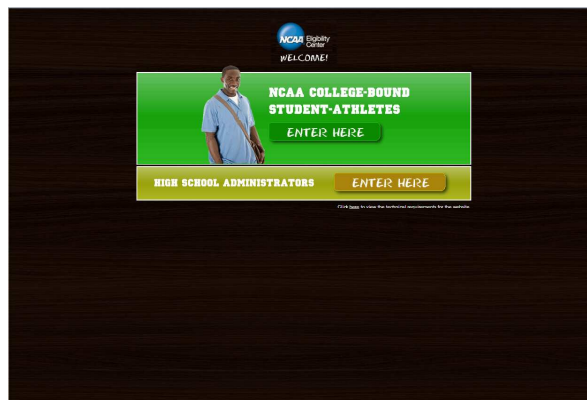
- It helps develop study habits and a sense of responsibility.
- Assignments reinforce skills that are learned in school.
- Reading prepares students for the following day's class work.
- It allows teachers to monitor progress and detect problems.

## News for Senior Parents

During the fall season, school counselors will be meeting with seniors in small groups to discuss their post-high school plans and to lend assistance with the college admissions process. We encourage parents to call their student's counselor with any questions. We would be happy to meet with you and your student at any time this year. The new Naviance program is a great way to keep on top of your student's prospective colleges, college applications, transcript requests, as well as other information from the School Counseling Office. Once you are registered with a parent account on Naviance you can access the site at: <http://connection.naviance.com/coventry>

- **Important Note:** CHS does **NOT** include SAT or ACT scores as part of our transcript package. Scores must be sent to colleges or agencies such as the NCAA Clearinghouse directly from the testing agency. It is the student's responsibility to have these scores sent.

# NCAA: National Collegiate Athletic Association



## STEPS TO ACHIEVING YOUR ELIGIBILITY

Earning eligibility status to play sports in college begins in your freshman year. As you embark upon your high school career, and thus begin to plan for your post-secondary ventures, your sports involvement is only part of the process in addition to your college search and application process. It is very important to remember that you **are choosing a college**, and **not** choosing a team, and that you should consider all the factors that will go into that choice, such as location, size, academic offerings and student life. Remember, you will be living at this university for four years, so you'll want to be sure that you'll be happy there as you have been in your hometown. You should search for a college that you'll THRIVE in, even if you STOP playing sports.

So what should you do now to prepare? Well **FRESHMEN** and **SOPHOMORES** should do the following:

- Work hard to earn the best grades possible!
- Take classes that match CHS's list of NCAA approved courses. The NCAA Eligibility Center will only use approved courses to certify your initial eligibility.
- If you fall behind on your coursework, use summer school sessions before graduation to catch up.

And **JUNIORS** should do the following:

- At the beginning of your junior year, long on to the NCAA Eligibility Center website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org) and register.
- Register to take the ACT, SAT, or both and use the NCAA Eligibility code "9999" as a score recipient.
- Double check to make sure that you are taking courses that match your high school's list of NCAA courses.
- Request that your high school counselor send an official transcript to the NCAA Eligibility Center after completing your junior year (the NCAA Eligibility Center does NOT accept faxed transcripts.)
- Prior to registration for your senior year, check with your counselor and the NCAA Eligibility Center to determine the number of core courses that need to be completed your senior year.

And **SENIORS** must:

- Take the ACT or SAT as many times as necessary.
- Continue to take college-preparatory courses.
- Check your list of NCAA courses
- Graduate on time (eight semesters). USE summer courses if necessary.
- Multiple high schools: Official transcripts from all high schools attended must be submitted to the NCAA Eligibility Center.



**\*\*\*PLEASE SEE MRS. SCHULZE IN THE SCHOOL COUNSELING DEPARTMENT WITH ANY QUESTIONS ANY QUESTIONS.**

# College Planning Timeline— Junior Year



## Fall/Winter (September through March)

- Meet with your school counselor about potential college majors and career paths
- Attend “College Planning Night” at CHS in September
- Student athletes should register with the NCAA Clearinghouse at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- Establish personal interests, career paths and college majors (“Do What You Are” in Naviance can help)
- Take the PSAT/NSMQT (October)
- Visit a variety of college campuses to see which types of colleges are a good *fit* for you
- Research college websites and take a virtual tour
- Meet with college representatives when visiting CHS (visits are listed in Naviance) your area
- Begin creating a *Resume* (Resume Builder in Naviance)
- Consider joining extra-curricular activities, if you aren’t already involved
- Make a list of colleges that are of interest to you (“Colleges I’m Thinking About” in Naviance can help)
- Register for SAT or ACT tests (December-June)
- Go to [www.fafsa4caster.ed.gov](http://www.fafsa4caster.ed.gov) to determine your estimated family contribution for college
- Gear up for springtime exams using online test prep tools (“Method Test Prep” in Naviance can help)

## Spring (April through June)

- Meet with your school counselor about your senior year courses and college plans
- Junior planning meetings with your school counselor & parent are encouraged
- Attend spring college fairs and sign up for mailings from colleges that interest you
- Take SAT/ACT tests
- Update your Resume in Naviance
- Look for summer jobs and internships

## Summer (June through August)

- Continue to visit potential schools and get ready for senior year
- Talk with recent graduates who are attending college for tips/suggestions about college planning
- Ask your teachers, coaches, counselors, employers or others about writing you a letter of recommendation

# College Planning Timeline— Senior Year (Fall)



## September

- Register for necessary October or November SAT/ACT exams
- Secure letters of recommendation
- Narrow down your list of colleges to five to ten schools
- Organize application materials, noting admission and financial aid deadlines (Naviance and your school counselor can help with this)
- Use resources at your high school to continue researching local and national financial aid (Naviance and your school counselor can help with this)
- If you have already chosen a school, begin the process of early application. (Some require applications by November 1st.)
- Have test scores sent to the colleges on your list (CHS does not send SAT/ACT scores).
- Begin drafting your college essay
- Meet with your school counselor to review college plans
- Get applications from colleges (most college applications are available online)
- Participate in college fairs and college representative visits (College Representative Visits are listed in Naviance)
- Talk with your parents about paying for college (Scholarships are listed in Naviance)
- Continue to update your *Resume* (use the Resume Builder in Naviance)
- Ask your teachers, coaches, school counselors, employers or others about writing you a letter of recommendation if you haven't already done so

## October

- Attend college open houses
- Tour college campuses
- Interview with college admissions counselor
- Complete Early Decision or Early Action application (if applicable)
- Start working on rolling admissions applications
- Follow up with references to have completed recommendation letters sent to your school counselor
- Continue working on your college application essay (on your own or through your senior year English class)
- Check with Financial Aid offices about forms they require

## November

- Ask several people to proofread your college applications and **ESSAYS**
- Submit Early Decision or Early Action applications (if applicable)
- Narrow your college list to your top choices. Remember to include schools that (A) You will most likely be accepted at, (B) are a Good Fit for you, and (C) may be a Reach or Challenge for you to be accepted
- Complete *CSS/Financial Aid Profile* ([www.collegeboard.org](http://www.collegeboard.org)) for colleges that require it
- Continue your scholarship search (Scholarship List in Naviance can help)
- Talk with friends who have returned home from college about their first year experience

## December

- Finalize all remaining college applications
- Contact your colleges to ensure that all parts of the application are in your file at the college
- Send thank you notes to those who wrote recommendations for you
- Send thank you notes to college admissions representatives who conducted an interview with you
- Review the *Free Application for Federal Student Aid* (FAFSA) website at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and copy the pre-application worksheet.
- Complete a PIN registration ([www.pin.ed.gov](http://www.pin.ed.gov)) so you can electronically sign your *Free Application for Federal Student Aid* (FAFSA)
- Apply for scholarships and check deadlines (the Scholarship List in Naviance can help)
- Attend the “Financial Aid Seminar” at CHS on Tuesday, December 6, 2011 at 6PM

## College Planning Timeline— Senior Year (Winter to Summer)

### Winter

- Check with your school counselor about sending your mid-year high school transcript to colleges
- Complete FAFSA ([www.fafsa.ed.gov](http://www.fafsa.ed.gov))
- Complete any state aid or scholarship applications
- Complete any additional college financial aid applications
- Continue to research and apply for scholarships
- Check all deadlines and make sure all financial aid applications have been sent on time
- Receive *Student Aid Report* (SAR) from FAFSA and make any corrections if needed
- *Capitol Scholarship Program* application deadline this month ([www.ctdhe.org](http://www.ctdhe.org))
- Start receiving acceptance letters from colleges
- Communicate with all financial aid offices about questions or special circumstances that may affect your financial aid award
- Continue to research and apply for scholarships
- remember the importance of second semester grades (Don't let them slip now!)
- All college admission decisions should be received by this month
- Financial aid award letters should be received
- Use CSLF's *The Bottom Line Worksheet* to compare college aid awards at [www.cslf.com](http://www.cslf.com).
- Decide which college to attend
- Notify colleges you will not attend about your decision
- Submit your deposit to the college you will be attending
- Complete forms from the college regarding your room and meal plan preferences
- Make corrections to your financial aid applications if you estimated your income on the earlier forms. You can make corrections to the SAR on-line

### Spring into Summer

- Tell your school counselor which college you will be attending (Graduation Survey— Naviance)
- Create a budget to determine final college cost
- Create a file for all loan and financial aid documents
- Investigate tuition payment plans and decide if you want to use one
- Be a smart consumer. Before signing for any loans, compare their rates and borrower benefits
- Go to orientation
- Notify the college you will be attending of any private scholarships you may have received
- Send thank you notes to scholarship donors

***“Optimism is the faith that leads to achievement, nothing can be done without hope and confidence.”***  
*~Helen Keller.*



## SAT vs. ACT: What are the differences?

Check out this side-by-side comparison and see for yourself.

*“Doing the best at this moment puts you in the best place for the next moment.”*

	SAT	ACT
<u>How often is it administered?</u>	Seven times per year	Six times per year
<u>What is the test structure?</u>	Ten-section exam: Three Critical Reading, three Math, three Writing, and one Experimental The Experimental section is masked to look like a regular section.	Five-section exam: English, Math, Reading, Science Reasoning, and Writing (optional) An Experimental section is added to tests on certain dates only, and is clearly experimental.
<u>What is the test content?</u>	Math: up to Geometry and Algebra II Reading: Sentence completions, short and long critical reading passages, reading comprehension Writing: Grammar, usage, word choice, and a mandatory essay	Math: up to Trigonometry Science: charts, graphs, and data interpretation Reading: four passages, one each of Prose Fiction, Social Science, Humanities, and Natural Science English: stresses grammar Writing: Optional essay
<u>Is there a penalty for wrong answers?</u>	Yes, 1/4 of a point for each wrong answer on multiple-choice questions	No
<u>How is the test scored?</u>	200-800 per section, added together for a score of 600-2400 2-12 for the essay	1-36 for each subject, averaged for a composite score 2-12 for the Writing Test
<u>Are all scores sent to schools?</u>	New this year, students have the option of Score Choice if they want to wait to see their scores they will have the option of selecting which scores are sent. A fee is associated with this score reporting method.	No. There is a “Score Choice” option. Students can choose which schools receive their scores AND which scores the schools see.
<u>Are there other uses for the exams?</u>	Scholarship purposes Certain statewide testing programs	Scholarship purposes Certain statewide testing programs
<u>Need more information?</u>	Visit: <a href="http://www.collegeboard.com">www.collegeboard.com</a>	Visit: <a href="http://www.ACTstudent.org">www.ACTstudent.org</a>

## 2011-12 SAT DATES

For more information visit: [www.collegeboard.org](http://www.collegeboard.org)

Any student who is interested in registering to take the SAT should register online at [www.collegeboard.org](http://www.collegeboard.org). Paper registration forms are also available in the School Counseling Office. Please see your counselor with any questions. Fee waivers are available for those students that demonstrate a financial need.

Test Dates		
Test Dates	Test	Regular
October 1, 2011	SAT & Subject Tests	September 9, 2011
November 5, 2011	SAT & Subject Tests	October 7, 2011
December 3, 2011	SAT & Subject Tests	November 8, 2011
January 28, 2012	SAT & Subject Tests	December 30, 2011
March 10, 2012	SAT only	February 10, 2012
May 5, 2012	SAT & Subject Tests	April 6, 2012
June 2, 2012	SAT & Subject Tests	May 8, 2012

## 2011-12 ACT DATES

For more information and to register for the test, visit: [www.ACTstudent.org](http://www.ACTstudent.org)

Test Date	Registration Deadline	(Late Fee Required)
September 10, 2011	August 12, 2011	August 13 – 26, 2011
October 22, 2011	September 16, 2011	September 17 – 30, 2011
December 10, 2011	November 11, 2011	November 12 – 18, 2011
February 11, 2012*	January 13, 2012	January 14 – 20, 2012
April 14, 2012	March 9, 2012	March 10 – 23, 2012
June 9, 2012	May 4, 2012	May 5 – 18, 2012

City	Date	Time	Location
Pittsburgh	Wednesday, February 8 Thursday, February 9	9:00a.m. - 12:00p.m.	David L. Lawrence Convention Center Pittsburgh, PA
		6:00p.m. - 9:00p.m.	
		9:00a.m. - 12:00p.m.	
Atlanta	Sunday, February 12	12:00p.m. - 4:00p.m.	<b>New Location!</b> <b><u>Georgia World Congress Center</u></b> Atlanta, GA
Miami	Sunday, February 19	12:00p.m. - 4:00p.m.	DoubleTree Miami Mart/Airport Hotel and Convention Center Miami, FL
Louisville	Sunday, February 26	2:00p.m. - 5:00p.m.	Kentucky International Convention Center Louisville, KY
Tampa	Sunday, February 26	12:00p.m. - 3:00p.m.	Tampa Convention Center Tampa, FL
Springfield	Sunday, March 4	1:00p.m. - 4:00p.m.	Eastern States Exposition (The Big E) West Springfield, MA
	Monday, March 5	9:00p.m. - 11:30a.m.	
Syracuse	Friday, March 9	9:00a.m. - 12:00p.m.	<b>New Location!</b> <b><u>SRC Arena, Onondaga Community College</u></b> Syracuse, NY
	Saturday, March 10	11:00a.m. - 2:00p.m.	
Charlotte	Sunday, March 11	12:00p.m. - 4:00p.m.	The Park <i>(formerly the Charlotte Merchandise Mart)</i> Charlotte, NC
Rochester	Sunday, March 11	1:00p.m. - 3:30p.m.	Rochester Riverside Convention Center Rochester, NY
	Monday, March 12	9:00a.m. - 12:00p.m.	
Greater Raleigh	Tuesday, March 13	4:00p.m. - 8:00p.m.	Raleigh Convention Center Raleigh, NC
Metro Detroit	Tuesday, March 27	8:30a.m. - 12:00p.m.	Burton Manor Banquet and Conference Center Livonia, MI
		6:00p.m. - 8:00p.m.	
West Michigan	Thursday, March 29	8:30a.m. - 11:30a.m.	DeVos Place Grand Rapids, MI
		6:00p.m. - 8:00p.m.	
Hartford	Tuesday, April 3	9:00a.m. - 11:30a.m.	<b>New Location!</b> <b><u>Connecticut Convention Center</u></b> Hartford, CT
	6:30p.m. - 8:30p.m.		
Buffalo	Wednesday, April 4	9:00a.m. - 11:30a.m.	Buffalo Niagara Convention Center Buffalo, NY
	Tuesday, April 3	9:00a.m. - 12:00p.m.	
Dallas/Fort Worth	Wednesday, April 4	6:00p.m. - 8:30p.m.	Irving Convention Center at Las Colinas Irving, TX
	Monday, April 9	9:00a.m. - 12:00p.m.	
Austin	Tuesday, April 10	4:00p.m. - 8:00p.m.	Austin Convention Center Austin, TX
Honolulu	Thursday, April 12	8:30a.m. - 11:30a.m.	Hawaii Convention Center Honolulu, HI
		5:00p.m. - 8:00p.m.	
Houston	Thursday, April 12	12:30p.m. - 2:30p.m.	<b>New Location!</b> <b><u>Reliant Center</u></b> Houston, TX
		6:00p.m. - 8:00p.m.	
San Francisco	Saturday, April 21	1:30p.m. - 4:30p.m.	Concourse Exhibition Center San Francisco, CA
Cleveland	Sunday, April 22	1:00p.m. - 4:00p.m.	Wolstein Center Cleveland, OH
New York	Sunday, April 22	11:00a.m. - 4:00p.m.	Jacob K. Javits Convention Center New York, NY
Orange County	Sunday, April 22	1:30p.m. - 4:00p.m.	Anaheim Convention Center Anaheim, CA
Inland Empire	Tuesday, April 24	6:00p.m. - 8:00p.m.	Ontario Convention Center Ontario, CA
	Wednesday, April 25	9:00a.m. - 12:00p.m.	
Montgomery County	Tuesday, April 24	9:45a.m. - 12:45p.m.	Montgomery County Agricultural Center Gaithersburg, MD
	6:30p.m. - 8:30p.m.		
New Jersey	Wednesday, April 25	9:45a.m. - 12:30p.m.	New Jersey Convention and Exposition Center Edison, NJ
	9:00a.m. - 12:00p.m.		
Prince George's County	Thursday, April 26	6:00p.m. - 9:00p.m.	Prince George's Sports and Learning Complex Landover, MD
	Thursday, April 26	9:00a.m. - 12:00p.m.	
San Diego	Thursday, April 26	9:30a.m. - 1:00p.m.	San Diego Convention Center San Diego, CA
		6:30p.m. - 8:30p.m.	
Providence	Saturday, April 28	9:00a.m. - 12:00p.m.	Rhode Island Convention Center Providence, RI
Nashville	Sunday, April 29	12:00p.m. - 3:00p.m.	Nashville Convention Center Providence, RI
Greater Los Angeles	Sunday, April 29	1:00p.m. - 4:00p.m.	Nashville Convention Center Nashville, TN
	Monday, April 30	6:00p.m. - 9:00p.m.	
Ventura/Tri-County	Tuesday, May 1	9:00a.m. - 12:00p.m.	Pasadena Convention Center Pasadena, CA
	Tuesday, May 1	5:30p.m. - 8:30p.m.	
Greater Memphis	Tuesday, May 1	6:00p.m. - 8:30p.m.	Agricenter International Memphis, TN
	Wednesday, May 2	9:00a.m. - 12:00p.m.	
Boston	Thursday, May 3	9:00a.m. - 12:00p.m.	Boston Convention & Exhibition Center (BCEC) Boston, MA
	Friday, May 4	6:00p.m. - 8:30p.m.	
	Friday, May 4	9:00a.m. - 12:00p.m.	