

**Important Dates:**

- **Understanding the PSAT Juniors and Sophomores**  
December 16, 2011
- **2nd Annual Welcome Back from College Day**  
December 22, 2011
- **Coffee with the Counselors**  
January 10, 2012
- **Course Selection (9-11)**  
January 24-27, 2012
- **FAFSA Nights**  
January and February 2012 (TBD)
- **Intro to Junior Seminar**  
February 2-6, 2012
- **BCC On the Spot Admissions**  
February 8, 2012
- **Sophomore Seminar: Careers for the Future**  
February 9 -10, 2012
- **Junior Seminar: My SAT Study Plan**  
February 14-16, 2012
- **BCC On the Spot Admissions**  
March 2, 2012
- **Junior Seminar: Personality Profiler**  
March 8-9, 2012
- **Sophomore Seminar: Stress Management**  
March 13-14, 2012
- **College Essay Workshop (Juniors)**  
*Tentatively: March 15, 2012*
- **Junior Seminar: My Majors/My Careers**  
March 23-26, 2012
- **Junior Seminar: My College Matches**  
April 12-13, 2012

# Fairhaven High School Guidance Counseling Newsletter

## Junior and Sophomore Seminars to Begin in Second Semester

Junior seminars will take place of these lessons will be using any. These seminars are classroom beginning in February. These "My College QuickStart" (see room guidance lessons that will seminars are classroom guidance below) and "My Road" through cover career interests and stress lessons that will cover a range of College Board, which are both management. Individual meet- topics, including Junior timeline interactive online programs indi- ings with juniors and sopho- and future planning, SAT study dually tailored for each stu- mores and school guidance plans, personality inventories, dent. Sophomore seminars will counselors will take place in the and majors/careers. The majority take place beginning in Febru- spring.

### PSAT: My College QuickStart

My College QuickStart is an online college and career planning kit available free of charge to all students who take the PSAT/NMSQT. It is powered by their responses to the test and provides personalized information that helps students take their next steps toward college:

**My Online Score Report**—an enhanced score report that allows students to review each test question, their answers, and the correct answers with answer explanations

**My SAT Study Plan**—a customized SAT study plan based on students' PSAT/NMSQT test performance, highlighting skills for review and practice

**My Personality**—a detailed personality test that helps students learn about themselves and discover majors and careers that fit their strengths and interests

**My Major & Career Matches**—extensive information about majors and careers, including insights about what to expect and what courses to take now

**My College Matches**—a starter list of colleges based on students' home state and indicated choice of major

Students will need their access code, which is printed on the paper score report, and the tool can be utilized throughout high school. Using My College QuickStart together with your child is a great way to introduce and guide your child through important aspects of the college-going process. Visit [www.collegeboard.com/quickstart](http://www.collegeboard.com/quickstart).

### College Essay Project Update

The 1st Annual College Essay Project was a great success! We received very positive feedback from most of the students, as well as the teachers, parents, and families. After hearing all of the valuable feedback, we will be looking to move the College Essay Project up to the spring of Junior year. We will keep you posted on dates.

### Local Scholarship Lists

The first local scholarship list has been published and distributed to seniors. Seniors received instruction on how to utilize the list and how to request applications. Local scholarship lists will be published through the guidance department on a monthly basis. Please check with your school guidance counselor for more information!

### By the Numbers

**Here is a snapshot of some of our School Counseling Programming from Sept-Nov 2011:**

# of Classroom Guidance Lessons: **58**

# of Individual Planning/Counseling Sessions: **631**

# of College Letters of Recommendation Written and Applications Processed: **43 students (for November 1st, November 15th, and December 1st deadlines!)**

### Guidance Website

**Please check out our recently updated FHS School Guidance Counseling Website!**

[www.fairhavenps.org/fhs/guidance.cfm](http://www.fairhavenps.org/fhs/guidance.cfm)

**2012  
SAT Dates and  
Registration  
Deadlines:**

- **January 28, 2012**  
*Registration deadline:  
December 30, 2011*
- **March 10, 2012**  
*Registration deadline:  
February 10, 2012*
- **May 5, 2012**  
*Registration deadline:  
April 6, 2012*
- **June 2, 2012**  
*Registration deadline:  
May 8, 2012*

Register online at  
[www.collegeboard.org](http://www.collegeboard.org)

You must create a username and password—if you have already created one, you must use that account. If you have forgotten your username and/or password, you must contact the College Board customer service at (866) 756-7346

**2012 MCAS Dates**

- **February 1-2, 2012**  
*Biology Retest*
- **February 29, March 1-2, 2012**  
*ELA Retest*
- **March 5 & 7, 2012**  
*Math Retest*
- **March 20-22, 2012**  
*ELA (grade 10)*
- **May 15-16, 2012**  
*Math (grade 10)*
- **June 5-6, 2012**  
*Science Technology/  
Engineering (grade 9)*

**BCC On-the-Spot Admissions and  
MassTransfer Program**

BCC On-the-Spot Admissions is an opportunity for students to meet with an admissions counselor from Bristol Community College, where the student's application and transcript are reviewed and a decision is made at the completion of the meeting. This allows students to not only save money on application and postage fees, but also (in most cases) ensures acceptance to a post-secondary institution. Students applying to a health careers major or into the Culinary Arts Program cannot use On-the-Spot to apply to BCC. Please see your school guidance counselor if you are considering these majors.

Additionally, Bristol Community

College is one of our many community colleges who participate in the MassTransfer program. *MassTransfer* has two main purposes:

- Provide community college students who complete associate degrees and enroll in linked *MassTransfer* programs with the full transfer of credit, guaranteed admission, and a tuition discount (each based on final GPA); and
- Provide any student in the Massachusetts public higher education system who completes the *MassTransfer* Block with the benefit of satisfying the general education/distribution/core requirements at any other public

higher education institution (with the receiving institution able to add no more than six additional credits or two courses).

Each associate degree program under MassTransfer is linked to baccalaureate degrees and schools at the Massachusetts state universities and University of Massachusetts campuses across the commonwealth.

We will have two On-the-Spot days for seniors: Wednesday, February 8th, and Friday, March 2nd. Please see your school guidance counselor to be sure that your name is added to the list.

**Freshman and Senior Seminar and Individual Meeting Update**

As part of the school counseling curriculum, FHS school guidance counselors meet with all students individually in a predetermined scheduled way, *in addition to addressing individual student needs, as they arise.*

Senior meetings began in September and are continuing as

students are finalizing their plans for after high school. Freshman meetings have begun and are focusing on the student's transition to high school, as well as the 4-year career plan.

Senior seminar guidance lessons covered topics on the following: college/post-secondary timeline,

college application process, as well as the financial aid and scholarship process. Freshman seminar guidance lessons covered a range of topics, including high school transition, roles & responsibilities, grades/academics, and individual inventories.

**SAT and SAT Subject Tests**

The SAT is the nation's most widely used college admission test. More than two million students take the SAT every year in over 170 countries. It's what most colleges use to get to know you better, helping them understand how you think, solve problems and communicate. The SAT is an important step on the path to college. It's accepted by colleges and universities throughout the country, and some even use it to place you out of certain classes. Most students take the SAT during the spring of their junior year of high school. Many students

choose to take the SAT a second time in the fall of their senior year after becoming familiar with the test-day experience.

The SAT Subject Tests give you the chance to show colleges what you know. Colleges use them primarily in admission or for placement and advising once you enroll. Timing is key! It's best to take a Subject Test after completing course work for the subject. For foreign languages, mathematics and literature, it may be beneficial to have two or more years of experience. Not all colleges and universities re-

quire SAT Subject Tests. Most often SAT Subject Tests are required by competitive schools and/or programs. Be sure to look at a college or university's specific admission requirements.

**FairTest**, the National Center for Fair and Open Testing, publishes a SAT/ACT Test Score Optional list comprised of approximately 500 colleges and universities that do not require SAT or ACT scores to be submitted as admission criteria. Please go to [www.fairtest.org](http://www.fairtest.org) for more information, or see your school guidance counselor.