

# NOTES FROM GUIDANCE FOR SB JUNIORS & PARENTS

## Making the Most of Junior Year

Can you believe it's here already?! You're already half way through high school and here are some important things to keep in mind:

- Use some of those extra free periods to participate in CDC programs such as job shadowing, community service, internships, and tutoring to name a few.
- Get involved in clubs and class events that are meaningful to you.
- Most importantly, stay on top of your academics and do well in your classes.

## General Timeline for Junior Year

### Fall:

- **October 8<sup>th</sup>** Junior Guidance Night
- **October 15<sup>th</sup>** PSATs are given at SBHS during the day. In early Oct. there will be registration info given during student FACE time, through daily announcements, at Junior Guidance Night, and on the school web site.
- **VSAC workshops** - including test prep sessions for SAT and ACT, and college exploration (see enclosed flyer).
- **November 13<sup>th</sup>** Gap Year Fair
- **Explore**, check out web sites and research your options.....

### Spring:

- **January 28<sup>th</sup>** Junior Guidance Night, Part II
- **February 7<sup>th</sup>** ACT given at SBHS
- **February** through **May** Students should schedule Junior Appointments.
- **VSAC workshops** - including test prep sessions for SAT and ACT, and college exploration (see VSAC website for details [www.vsac.org](http://www.vsac.org)).
- **March 14<sup>th</sup>** VSAC "College Pathways" full day seminar on the college search and application process for students and parents at St. Michael's College.
- **April 5<sup>th</sup>** Post Secondary Planning Fair for Students on IEP and 504 plans (held at SBHS)
- **April 6<sup>th</sup>** CVU College Fair (held during the day; interested students can be bussed over)
- **April 7<sup>th</sup>** Career Expo at SBHS
- **June 6<sup>th</sup>** SAT given at SBHS

These dates will be posted on the Guidance web site for future reference.

## Post Secondary Planning

As you begin researching and planning whatever will be next for you after high school, there are a number of resources you can access early on in your junior year, such as:

- **VT Guidance Central web site.** This site includes career inventories, college search info, and a test prep program that includes PSAT, SAT & ACT test prep. Check it out!! (See back side of this page for VSAC web site access information)
- **College searches:** [www.collegeboard.com](http://www.collegeboard.com) or [www.princetonreview.com](http://www.princetonreview.com) or [www.vsac.org](http://www.vsac.org)
- **College Board and ACT web sites** to view spring 2008 test dates: [www.collegeboard.com](http://www.collegeboard.com) and [www.act.org](http://www.act.org)  
You can register on-line at these sites.

## **FEE WAIVERS FOR TESTING AND COLLEGE APPLICATIONS:**

Students who qualify for *free or reduced lunch* may also be eligible for other benefits. These include:

- **fee waivers** to take tests like the **SAT, ACT**, and **AP exams**.
- **waivers for college application fees**.
- **VSAC sponsored Outreach program\***

In the mailing you received from the main office in August, there was a lime green application for the *free or reduced lunch program*. Income guidelines are indicated on the application; please check to see if you qualify and consider applying if you do (even if you don't intend to use the lunch service here at school.) You can apply at any time during the school year and **return your completed lunch applications to the Main Office**.

*\* The VSAC Outreach program is designed to assist students who are first generation college-bound students and meet certain income guidelines. The program offers extra support throughout high school with career exploration, college searches and the financial aid process. If you are interested in learning more about this program please see your counselor.*



## **VT GUIDANCE CENTRAL:**

VT Guidance Central is an online, self-guided program that provides interactive career and college planning tools for students. To use VT Guidance Central:

1. Locate the **VT Guidance Central web site** on the right hand side of the VSAC web page under "Tools": [www.vsac.org](http://www.vsac.org)
2. Enter the site through the upper left hand side section for Students and Parents entitled, "**New User, Create a New Portfolio.**"
3. Select our school from the list of all VT high schools.
4. Complete the required registration information. (We suggest using your e-mail address for the portfolio name; for the password, we suggest using the month and day of your birthday plus your last name and your first initial. For instance, 0112JonesA)
5. Now you can select one of the many options, including **College Prep and Financial Aid, Exploring Careers, Planning your Future, Choices Planner and Explorer**, and a personality inventory—**Do What You Are**. When you're done exploring, you can click on **Sign Out** and create a portfolio to save any searches or information you might want to return to.

## **COUNSELOR CONNECTION**

*"I really need to see my counselor..."*

The Guidance office at SBHS is a busy place! Scheduling, post high school planning, personal and crisis counseling, classroom activities (and everything in between!) keep counselors on their toes.

**The best way to assure time with a counselor is to make an appointment.** Many students also find it helpful to send their counselor a message via e-mail. If a quick answer is appropriate, the counselor can offer a speedy response. If not, the counselor may recommend that the student make an appointment. Students make appointments with their counselor by coming to the Guidance office and signing up in the appointment book located in front of Ms. DeCarli's desk. We ask that students make appointments during their free periods or FACE time, during lunchtime, or before school. Counselors also have "walk-in" times in their schedules (usually during lunch periods) for students to drop in as needed.

### **Contact information for counselors:**

Michelle Rauch: 652-7062,  
[mrauch@sbschools.net](mailto:mrauch@sbschools.net)

Karen Grace: 652-7064, [kgrace@sbschools.net](mailto:kgrace@sbschools.net)

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