



School Counseling Newsletter 2018-2019

General Information

Office hours: 7:30 a.m. to 3:45 p.m.
Monday through Friday
(*Summer – 8:30am to 3:00pm*)

Phone: 798-2885

Voice Mail Only: 798-6919 + extension

Secretary: Mrs. Lee Hiller
Ext. 2320
lhiller@medinacsd.org

Website: www.medinacsd.org

Services

Counseling:

- ★ Educational: fulfilling graduation requirements, testing, college information
- ★ Vocational: career information, referrals, employment options
- ★ Personal: group and individual counseling, transitional services (special needs students)
- ★ Referrals: community agency services

College/Career:

- ★ Resources: books, literature, college handbooks, scholarships
- ★ Speakers: college and military recruiters, career speakers
- ★ Events: Career Roundtables, College Fairs, informational activities for parents
- ★ Internet capability
- ★ CHOICES on the Web: career exploration and planning
- ★ Testing: PSAT, SAT, ACT exams

Community Services:

- ★ **Access-VR** (Academic & Career counseling for eligible students)
- ★ **Upward Bound** (Tutoring and college prep)
- ★ **L.I.F.E.** (Tutoring)
- ★ **GCASA** (Substance abuse counsel) (585) 589-0055
- ★ **CareNet** (Healthy life choices) (585) 589-7505
- ★ **Orleans Life Line** (Phone counselors when you need help – 24/7) (585) 327-4452
- ★ **Care & Crisis Helpline** (Phone counselors when you need help – 24/7) (585) 355-4400
- ★ **Cares Team** (Crisis & Restabilization Emergency Services thru Orleans Co. Dispatch) (585) 589-5527

School Counselors:

Sarah Ha, M.S., Ed., C.A.S., All 8th Grade, 9th -12th Grade AVID students

Ext. 2318 sha@medinacsd.org

Thomas Robinson, M.S., C.A.S.: A – K (9th -12th Gr.)

Ext. 2323 trobinson@medinacsd.org

Audralee Doll, M.S., C.A.S.: L – Z (9th-12th Gr.) Ext.

2322 adoll@medinacsd.org

School Psychologists:

Leonard Petix, M.S., C.A.S. (Days: T and Th, every other Wed.) Ext. 2321 lpetix@medinacsd.org

Ann Marie Martillotta, M.S., C.A.S. (Days: M, every other Wed.) Ext. 2321 amartillotta@medinacsd.org

Orleans County Mental Health Counselor:

Kelsey Wolcott (Fridays @ H.S.)

Ext. 2321 kelsey.wolcott@orleanscountyny.gov

Responsibilities

Counselor Responsibilities:

- ★ Monitor each student to insure that they are scheduled for the courses that they need to meet graduation requirements
- ★ Meet with each student at least once a year to review credits, select courses, etc.
- ★ Be available to answer questions, provide resources, discuss concerns, help find solutions
- ★ Meet with parents
- ★ Help each student to have a successful high school career
- ★ Assist students with career planning and post-graduate plans

Student Responsibilities:

- ★ Make and keep appointments to meet with counselor
- ★ Know about upcoming dates and deadlines and meet those deadlines
- ★ Listen to morning announcements for information about important events
- ★ Visit the counseling office frequently to get information and ask questions

Parent Responsibilities:

- ★ Encourage students to visit the counseling office to get information and meet deadlines
- ★ Call or email the counselor to ask questions, discuss concerns, obtain information
- ★ Make an appointment to meet with the counselor and/or teachers to discuss concerns
- ★ Monitor academic progress and daily homework

To visit our website, go to: www.medinacsd.org then **Schools** then **High School** then **Guidance and Counseling**



Seniors

College Applications

(Check in Counseling Center and HS website calendar for Visiting College Reps in the Fall.)

September/October:

- ✓ Go online to colleges for applications **and/or** check in counseling office
- ✓ Counselors meet with each senior to discuss post high school plans
- ✓ Parents attend “College Information Night”(date to be announced)
- ✓ Attend College Fairs in Medina and NCCC-NOCA

October – December:

- ✓ Complete online college application
 - ★ Transcripts and letters of recommendation, if required, will be sent
 - ★ Colleges will only accept **official transcripts mailed directly from the high school, or sent electronically.**
 - ★ On-line applications generally include a page to be printed and completed by the counselor
 - ★ Check application form or college handbook for application deadline date
 - ★ It is recommended that applications be submitted by **December 1st**
- ✓ Request and obtain letters of recommendation, as needed
 - ★ Teachers, employers, community leaders are good sources
 - ★ Let counselor know who will be writing letters
- ✓ Visit college of choice before December, if possible
- ✓ Students with special needs will meet with an ACCES-VR counselor to begin the application process for assistance with work or college needs after graduation

Other Post High School Plans

Employment:

- ✓ Work with counselor to identify employment options and in locating employment sites.
 - ★ The counselors work closely with Orleans County Workforce Development Agency and can provide referrals.

Military:

- ✓ Military service representatives visit the high school each month.
 - ★ ROTC (Reserve Officer Training Corps) representatives visit for college-bound students.
 - ★ Students are advised to carefully research this option and to not sign any enlistment papers until they are sure it is the best option for them.

Preparing for College

SATs and ACTs – Test Dates:

- October:** 6: **SAT***
(register by September 7)
27: **ACT** test in **Medina**
(register by September 28)
- November:** 3: **SAT** test in **Medina**
(register by October 5)
- December:** 1: **SAT** in **Medina**
(register by November 2)
8: **ACT***
(register by November 2)

*The locations for these tests can be found at the test registration site listed below.

Registration information for both ACT and SAT is in the counseling office. Students can also register online for both exams as follows:

ACT: www.actstudent.org/start

SAT: www.sat.org/register

College admissions test Fee Waivers available for students who are eligible for free/reduced lunch. See a Counselor for more information.

Admissions and Financial Aid:

Fall:

- ✓ Financial Aid Presentation for parents and students at high school (TBA)
- ✓ Apply for financial aid by completing required forms (i.e., FAFSA)

January:

- ✓ Attend meeting for seniors at high school regarding local scholarship applications

January – May:

- ✓ Financial aid award packages sent to students

December – April:

- ✓ Admission decisions sent to students
- ✓ Visit or re-visit colleges of choice

May 1st:

- ✓ Deadline to confirm acceptance at college
- ✓ Required deposit deadline

May – June:

- ✓ Apply for college loans, if necessary

On-going:

- ✓ **Check counseling office and high school web site for scholarship information**



Juniors

College Preparation PSAT/NMSQT

- Preliminary SAT and National Merit Scholarship Qualifying Test
- **Wednesday, October 10, 2018**
 - ★ Test administered at Medina High School during school day
- Registration Dates:
 - ★ September 17 – October 3
- Registration Fee: **\$16.00 due by October 3** (cash or check payable to Medina Central School)
- Orientation to PSAT: September 17 – 21, provided by counselors in selected classes

The PSAT:

- ★ Measures critical reading and writing, and math problem-solving skills
- ★ Is a practice test for the SAT Reasoning Test
- ★ Provides estimation of probable SAT scores
- ★ Is the qualifying test for the National Merit Scholarship program
- ★ Allows students to participate in the College Board Student Search Service

College Admissions Tests SAT and ACT

- Juniors are encouraged to begin college admission testing in the spring of their Junior year.
- March: Orientation to the tests provided to students by the counselors in classroom sessions
- ★ Spring test dates for Medina:
 - ★ **ACT: April 13, 2019** test not in Medina
Register by: March 9
Fee: \$50.50 (Late fee: \$30.00)
 - ★ **SAT: May 4, 2019**
Register by: April 5
Fee: \$47.50, w/essay \$64.50
(Late fee: \$29.00)
 - ★ **June 1, 2019**
Register by: May 3
 - ★ **ACT: June 8, 2019**
Register by: May 3
Fee: \$50.50 (Late fee: \$30.00)
 - ★ **ACT Plus Writing:** given on the same date as ACT
Fee: \$67.00 (Late fee: \$30.00)

Students may register online as follows:

SAT: www.sat.org/register.

ACT: www.actstudent.org/start

College admissions test Fee Waivers are available for students who are eligible for free/reduced lunch. See a Counselor for more information.

College Preparation Classes

- Individual or small group instruction offered in the spring of the Junior year
 - ★ Students will develop a list of colleges to contact for information
 - ★ Sessions include:
 - ✓ How to choose a college
 - ✓ How to research a college
 - ✓ How to read a college catalog
 - ✓ Admissions requirements
 - ✓ Personal requirements
- Students are encouraged to begin a file of college information to use as a resource
- Students can also visit a national college fair that is held in the region in the spring
- Summer Activities:
 - ★ Many colleges offer summer enrichment or exploratory programs for Juniors
 - ★ College visits may help to narrow choices

Other Options

Employment:

- Shadowing experiences may be arranged through the counseling office
- Students may begin a BOCES vocational program in the Junior year
- Career exploration activities are available through the counseling office

Military:

- Juniors who are interested in a military career may wish to begin exploring this option
- Military service representatives visit the high school on a regular basis
- College-bound students may meet with ROTC (Reserve Officer Training Corps) representatives

**NCCC – College and Career Information Day
Date - TBA**



Sophomores

Career and Vocational Activities

BOCES Vocational Center Orientation Program

Phase I

- ★ Fall (date to be announced)
- ★ Presentation of programs by BOCES personnel during selected classes
- ★ Occupational outlook and requirements included

Phase II

- ★ Winter (date to be announced)
- ★ General tour of the Orleans Vocational Center
- ★ Opportunity to see classes in action
- ★ Policies and requirements discussed
- ★ Students will complete survey indicating interest

Notes

- ★ All activities take place during the school day
- ★ Bus transportation is provided for all activities

Special Notes

Student Interviews:

An individual meeting will be scheduled annually with each sophomore:

- ★ Review academic records
- ★ Explain graduation requirements
- ★ Discuss future educational and/or vocational goals and interests
- ★ Parents are welcome to participate in this meeting

AVID Program:

- ❖ Upon meeting with their counselor in the Spring, a student may apply for the AVID Program. Their participation would commence at the start of Junior year and continue for the remainder of their high school career. (For more information about the AVID Program, please refer to the 8th grade page of this newsletter.)

Responsibilities:

- ★ It is the **school's** responsibility to prepare each student for college, employment or military service after high school.
- ★ It is the **counselor's** responsibility to make sure that the student is scheduled for and has the resources to meet the requirements for graduation.
- ★ It is the **student's** responsibility to be willing to learn and to complete all the necessary course work for graduation.
- ★ It is the **parent's** responsibility to work with the school to insure that the student is successful in meeting his/her goals. Please plan on meeting with your child's counselor and/or teachers in the near future to help your child identify and explore the options.



Freshmen

Academic Assistance for Freshmen:

- ❖ Academic Intervention Services (A.I.S.) classes
 - * Usually one period each week
 - * Small group instruction
 - * Addresses a specific subject area

AVID Program:

- ❖ Upon meeting with their counselor in the Spring, a student may apply for the AVID Program. Their participation would commence at the start of Sophomore year and continue for the remainder of their high school career. (For more information about the AVID Program, please refer to the 8th grade page of this newsletter.)

Honorati:

- ❖ Medina High School organization that recognizes students for academic achievement
- ❖ Initial eligibility at the 9th grade level is based on:
 - * Placement on the Honor or Merit roll for the first, second and third marking periods
 - * Must not have failed any quarters of any class during that period
 - * Eligibility is checked each marking period and students who remain eligible all year will receive an award at the Honors Convocation ceremony in May

Graduation Requirements

Students entering 9th grade in September:

- ❖ **Diploma Type:**
 - * Regents or Advanced Regents
- ❖ **Required Number of Credits: 22**
- ❖ **Passing Grade = 65**
- ❖ **Course Requirements:**
 - * **Four** credits of **English**
 - * **Four** credits of **Social Studies**
 - * **Three** credits of **Math**
 - * **Three** credits of **Science**
 - * **One to three** credits of a **LOTE** (*Language Other Than English*)
 - * **One** credit in **the Arts** (*Art, Music*)
 - * **Two** credits of **Physical Education**
 - * **One-half** credit of **Health**
- ❖ **Exam Requirements (score of 65 or above):**
 - * Regents Comprehensive exams in:
 - **English**
 - **Global History & Geography**
 - **U.S. History & Government**
 - **Math**
 - **Science**
 - * For the Advanced Regents Diploma, the following Regents exams are also required:
 - **LOTE**
 - **Two additional Math**
 - **Second Science**
- ❖ **Additional Requirements:**
 - * For the Advanced Regents diploma, students must complete:
 - Three credits of a LOTE **OR**
 - Five credits of Career & Technical Education (CTE) + at least one credit of a LOTE **OR**
 - Five credits in the Arts + at least one credit of a LOTE
 - * Contact your child's counselor for additional information.



Eighth Grade

Life-long learners - During the 8th grade year, students should be refining the skills they will need to successfully enter the high school years and earn a high school diploma. Students should work on organizational skills, time-management, as well as taking responsibility for their own learning. The counselor meets with students at least once individually during this school year to develop a plan for ninth grade and beyond.

Career Planning - In addition, the counselor will introduce students to career exploration in the form of introducing them to the Choices website. This website allows students to access career interest surveys and information on the educational planning needed to obtain their desired career.

What is AVID

The **AVID** (Advancement via Individual Determination) program's mission is to close the achievement gap by preparing all students for college readiness and success in a global society.

AVID trains educators to use proven practices to prepare students for success in

Is AVID right for my student?

AVID students come from the “academic middle” with averages in core academic courses between 70 and 85. Students are accepted through an application and interview process. Students may apply at the end of each school year if they are not already participating in the program.

8th grade retention policy: Students must achieve a minimum of 65 in their core academic classes (English, Math, Social Studies, Science, and Foreign Language). Students who do not achieve this in three or more subjects will be candidates for retention in grade 8.

high school, college, and a career, especially students who are traditionally underrepresented in higher education.

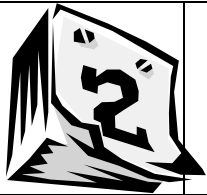
How does AVID work?

- *Teaches academic skills and behaviors
- *Provides intensive support (tutorials)
- *Promotes rigorous course work
- *Creates positive peer relationships
- *Promotes hard work and determination
- *Establishes a school wide structure focusing on college readiness

The AVID College Readiness System

- *Provides a schoolwide system to impact all students
- *Raises student achievement
- *Transforms a school's culture
- *Closes the achievement gap
- *Increases the number of students enrolled in higher level courses (AS and AP)

Students may apply to the AVID program during the spring semester. Students who fit the profile will be invited to an introductory meeting and provided with application information.



School Counseling Calendar 2018 - 2019

	<u>August 2018</u>		<u>February 2019</u>
28	8th Grade Orientation from 6:00 to 7:30	4-6	Failure Interviews (2 nd marking period)
	<u>September 2018</u>		<u>March 2019</u>
5 5-7 10 17 17 17 20 28	First day of school Schedule changes – obvious errors Begin processing college applications Begin senior interviews/credit checks Orientation to PSAT – classroom sessions – Juniors Registration for PSAT begins NOCA College Fair @ NCCC from 6:00 – 7:30 p.m. WNY College Consortium from 8:45 to 9:30 a.m. @ MHS	9 11-15 20-21 TBA	SAT Tests –register 2/8/19 - not offered in Medina <i>(Local area sites are listed on line)</i> Orientation to SAT / ACT – Juniors National College Fair – Buffalo College and Career Information Day at NCCC – Juniors
	<u>October 2018</u>		<u>April 2019</u>
3 6 10 22-26 27	Registration for PSAT ends SAT Tests-register by 9/7/18 , not offered in Medina, <i>(Local area sites are listed on line)</i> PSAT administered to Juniors College Application week ACT – register by 9/28/18– offered @ Medina HS	8 13 17-18	Begin college/career exploration groups – Juniors ACT – register by 3/8/19 – not offered in Medina <i>(Local area sites are listed on line)</i> Failure interviews (3 rd marking period)
	<u>November 2018</u>		<u>May 2019</u>
3 15-20	SAT Tests – register by 10/5/18 – offered @ Medina HS Failure interviews (1 st marking period)	4 6-17	SAT Tests – register by 4/5/19 – offered @ Medina HS Advanced Placement Exams
	<u>December 2018</u>		<u>June 2019</u>
1 3 8 TBA	SAT Tests – register by 11/2/18– offered @ Medina HS Begin Scheduling for 2019-2020 ACT – register by 11/2/18 – not offered @ Medina HS <i>(Local area sites are listed on line)</i> BOCES – Phase 1	1 8 17-25 28	SAT Tests – register by 5/3/19 – offered @ Medina HS ACT – register by 5/3/19– offered @ Medina HS Local finals and Regents’ exams Graduation
	<u>January 2019</u>		Have a Safe and Happy Summer! Seniors – Good Luck with your future plans!!!
9 22-25 28-29	PSAT Interpretation – small group sessions 1 st semester finals and January Regents’ exams Second semester schedule changes – obvious errors		