

RHHS COUNSELETTTER

School Counseling Department Newsletter – Fall 2020

THE SCHOOL COUNSELING DEPARTMENT

Students and parents can contact school counselors to discuss academic, personal, social or career topics. Students can email their counselor to schedule an appointment during free periods.

Students are assigned a school counselor by the first letter of their last name:

A-D: Mrs. Sarah Notarangelo notarangelos@rockyhillps.com
E-K: Mrs. Amy Carbutti carbuttia@rockyhillps.com
L-Rf: Mrs. Heidi Bikowski bikowskih@rockyhillps.com
Rg-Z: Mrs. Jennifer Russell russellj@rockyhillps.com

School Psychologists

Mrs. Stephanie Malkin malkins@rockyhillps.com
Ms. Lina Tomassian (part-time) tomassianl@rockyhillps.com

School Counseling Secretary: Ms. Lori Kovanda kovandal@rockyhillps.com

HOW TO STAY INFORMED:

JOIN GUIDANCE GOOGLE CLASSROOMS:

YOG 2021 (SENIORS): **imyntcd**
YOG 2022 (JUNIORS): **gzqwdgv**
YOG 2023 (SOPHOMORES): **muios7e**
YOG 2024 (FRESHMEN): **eoanfws**

REMIND (Text messages)

Text applicable code to phone #81010:

YOG 2021 (SENIORS): **@2021rh**
YOG 2022 (JUNIORS): **@2022rh**
YOG 2023 (SOPHOMORES): **@2023rhhs**
YOG 2024 (FRESHMEN): **@2024rhhs**

SCHOOL COUNSELING WEBSITE:

<https://rhhs.rockyhillps.com/guidance>

IMPORTANT DATES:

11/10/2020: 1ST Quarter ends
1/28/2021: 2nd Quarter/1st Semester ends
4/5/2021: 3rd Quarter ends

ADDITIONAL RESOURCES:

Naviance:

<https://student.naviance.com/rockyhill>

College Board (SAT, PSAT, AP):

www.collegeboard.org

PowerSchool Parent Portal:

<https://rockyhill.powerschool.com/public/>

SPECIFICALLY FOR SENIORS...

QUICK CHECKLIST FOR COLLEGE APPLICATIONS

(Forms are located on Guidance Google Classroom and the School Counseling website)

- 1) Create resume
- 2) Ask teachers and counselor for letters of recommendation (via Naviance and with "Teacher Recommendation form")
- 3) Complete college application (typically online), along with essay
- 4) Optional, but if desired, request SAT or ACT scores be sent to colleges electronically
- 5) For each school, complete "Request for Transcript" form and give to counselor two weeks prior to deadline (make sure Common App and Naviance are matched).

FINANCIAL AID / FAFSA:

The Free Application for Federal Student Aid (FAFSA) is available as of October 1, 2020 for the 2021-2022 school-year. Senior parents/families are encouraged to complete the form. Most colleges require the information contained in this form for loans, grants and scholarships. The forms are available online at www.fafsa.ed.gov ** Please be certain you are using the government's free website ** For help completing the FAFSA and answers to most questions, go to www.studentaid.ed.gov/completefafsa.

Check Naviance for ongoing scholarship opportunities (**Colleges > Scholarship and Money > Scholarship List**)

UPCOMING OPPORTUNITIES

<p style="text-align: center;">PRUDENTIAL SPIRIT OF COMMUNITY AWARD</p> <p>Students in grades 9-12 who are actively involved in community and volunteer service are invited to apply for this award. Applications can be found at https://spirit.prudential.com/ and https://www.nassp.org/recognition/student-awards/prudential-spirit-of-community-awards/. Complete the application and the student/guardian agreement; then on the "certification" page, email or print and deliver instructions to your School Counselor by: November 10, 2020. Certifiers will review applications and Local Honoree's will be selected for state-level judging.</p>	<p style="text-align: center;">VIRTUAL COLLEGE FAIRS</p> <p>CONNect Virtual College Fairs will be hosted by representatives from the four state universities (Central, Eastern, Southern, and Western) and the UConn. Students will be able to ask anything they may be wondering about, such as internship opportunities for their major, what there is to do on campus, and what the food is really like! Sign up here: www.connectfairs.eventbrite.com. The three identical events will be:</p> <ul style="list-style-type: none"> • Monday, October 19 at 7 pm • Wednesday, October 28 at 7 pm • Sunday, November 1 at 1 pm 	<p style="text-align: center;">VIRTUAL COLLEGE REP VISITS</p> <p>Representatives from colleges are scheduling virtual college visits via Naviance. If interested in attending, go to Naviance > Colleges > Research Colleges > College Visits. Select REGISTER NOW to receive a link at the time of the visit. You can also review the college websites for additional information.</p>
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CHANGING BETWEEN IN-PERSON AND REMOTE LEARNING

To change between in-person and remote learning, students and parents must complete the [In-Person-Remote Learning Transportation form](#) (found on the RHHS website). Once the form is received and processed, students can begin remote learning immediately. However, students choosing in-person learning will be notified of the date they can enter the building (typically 5 days from time the form is received and processed).

ATTENDANCE / CREDIT LOSS PROCEDURES

Due to the use of a block schedule this year, please note the new credit loss limits:

	Credit lost AFTER	CREDIT APPEALS PROCEDURES
<p>Semester Class Full Year Class</p>	<p>5th Absence 10th Absence</p>	<p>Appeals forms, along with appropriate documentation, should be submitted to Mr. Almeida. Further information is available in the Student Handbook and on the RHHS website.</p>

SAT/PSAT INFORMATION

- SAT and PSAT scores can be viewed by logging into your College Board account. Students should receive an email with instructions once scores become available.
- The PSAT 8/9 and PSAT for sophomores will be administered on Thursday, October 29th for students who completed the survey and chose to take the PSAT on that day. Students who signed up should be in their testing rooms by 7:30 AM with two #2 pencils and an approved calculator. More information will be provided, including room assignments.

ARTICLES OF INTEREST

- *Surviving Public High School: Things Seniors Wish They Knew as Freshman* at <https://www.publicschoolreview.com/blog/surviving-public-high-school-things-seniors-wish-they-knew-as-freshman>
- *Grades 10-12: Tips for Supporting Learning at Home* at <https://childmind.org/article/grade-10-12-tips-for-supporting-learning-at-home/>
- *Avoid These Big College Application Mistakes* at <https://www.usnews.com/education/best-colleges/articles/2013/09/11/avoid-these-big-college-application-mistakes>
- *Mental Health During COVID-19: Signs your Teen May Need More Support* at <https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>
- *How to Help Teenagers Get More Sleep* at <https://childmind.org/article/help-teenagers-get-sleep/>