



# Counseling Department Newsletter

## WELCOME SOUTH STUDENTS AND PARENTS

The Council Rock South High School Counseling Department is excited to work with our students and parents over the course of the 2024-2025 school year! We look forward to meeting our new students, continuing to work with our current students, and hope to make this a wonderful and memorable year at South!

## WELCOME TO THE CLASS OF 2028!

Ninth grade students will be invited to meet with their individual counselor in the fall. If you need to see your counselor for any reason, please stop by the counseling office before school, during lunch, or after school to make an appointment. Here are some helpful tips for the start of this school year:

- ◆ **Start off high school right!** A positive attitude and good study habits make all the difference in being successful in school and getting the best grades possible. Not only do your classes count toward graduation, but your grades from this year may also be considered for college admission and scholarships.
- ◆ **Get involved!** Explore clubs and activities in and outside of school, in addition to part-time jobs, that will offer you the chance to develop your unique interests and abilities. This is a great opportunity to meet some of your peers—making a connection to school goes a long way!
- ◆ **Home Access Center (HAC)-** If you have not done so already, establish a student account so that you and your parents can keep track of your grades, which will also be linked to CANVAS.
- ◆ **Consider volunteering in your community.** Although LINCS hours are not a requirement for graduation, 60 hours are required if you would like your service documented on your official transcript. LINCS hours may also be required for various Honor Societies. Visit the LINCS website for more information.
- ◆ **Plan ahead.** Keep an eye out for invitations to be mailed home in late November for four-year academic planning meetings with your child's counselor.



## COUNSELING STAFF

### *9th grade assignments:*

A—Ca	Beth DiGuiseppe
Ce—E	Jennifer Howard
F—I	Meghan Bradley
J—L	Amy Holder
M	Jennifer Nicholl
N—P	Nicole Ventresca
R—Sm	Lori Solit
So—Z	Lauren Persson

\*Please find email addresses on our webpage

## NEED ACADEMIC HELP?



### How high school counselors can help!

Our goal as school counselors is to help students thrive not only with their academic development but also in their career exploration and social-emotional well-being.

We are ready and willing to support students in a variety of ways, including with academic concerns, study skills, and career and college exploration, as well as with personal struggles such as anxiety, stress, peer relationship issues, and school adjustment difficulties, among many others.

We are also here to support parents. While counselors do not provide long-term therapy, we can help to connect families with resources that can appropriately address more significant needs.

*Please don't hesitate to reach out to us with any way we can support you!*

- ⇒ **Try Clinic**- If you are struggling with a concept in class, and need extra support or assistance, attend clinic! Teachers are available for clinic on Tuesdays and Thursdays after school.
- ⇒ **National Honor Society (NHS) Tutors**- Students can request a NHS tutor in a variety of subjects. Just visit the counseling office and fill out a request form located on the bulletin board of the waiting room.
- ⇒ **Library Hours**- The North and South libraries are open after school hours for general use and as a place to access NHS student tutors, on first come first served basis. Visit the library web page for specific information.

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*“A positive attitude and good study habits make all the difference.”*

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## INFORMATION FOR SOPHOMORES

- ◆ **Continue getting involved** in activities outside of the classroom!
  - ~Work toward leadership positions in the activities you like best.
  - ~Become involved in community service and other volunteer activities.
  - ~Working at a part-time job is another valuable use of your time! Working papers can be found in the main office.
  - ~Colleges like to see focus, commitment, and ability to balance responsibilities.
- ◆ **Consider registering for the PSAT** through our counseling website in the fall; the test will be given on **Saturday, October 26, 2024**. The PSAT will help prepare you for the SAT and help identify weaknesses in time to address them.
- ◆ We will introduce our 10th grade students to **Naviance**, our web-based college and career planning service designed for students and their families. More information about the career assessments and personality inventories will be distributed through a sophomore newsletter later this year.



## INFORMATION FOR JUNIORS:

- ⇒ **Consider taking the PSAT** in October to practice for the SAT and to qualify for scholarships offered by the National Merit Corporation.
- ⇒ **Stay tuned** for more information specific to juniors and the college application process in a winter newsletter later this year.
- ⇒ In the meantime, **juniors are invited to sign up for the college visitation sessions offered throughout the fall**—be sure to view Naviance for the schedule of upcoming visits, and register for ones you'd like to attend.
- ⇒ **If you are planning on participating in athletics in college** you need to register with the NCAA clearinghouse at: [www.eligibilitycenter.org](http://www.eligibilitycenter.org).

## INFORMATION FOR SENIORS:

- ◆ The counseling office has started accepting transcript request forms. **Students will need to schedule a college planning conference** with their counselor where your counselor will discuss your application status, review your transcript, and answer any questions you may have.
  - \***Please note you can access your transcript on HAC\***
- ◆ Please see our website for a copy of the **transcript request forms**, which can be submitted to your counselor in person or through email.
- ◆ For information about how to **link** your Common App to Naviance, please access this video demonstration:  
<https://www.youtube.com/watch?v=qjeDWpfBb3Y>
- ◆ We understand there is a lot of anxiety surrounding standardized tests. **Many colleges have taken flexible positions on testing requirements for entrance.** The best place to check is always a school's website for their policy, but here is an excellent website that has a working list of schools that have adopted a flexible position for this admissions cycle:  
<https://www.fairtest.org/university/optional>
- ◆ For those students whose interested colleges or specific majors still require standardized exams, please keep an eye out for upcoming available testing dates. SAT/ACT scores are to be sent directly to the colleges—failure to do so may result in a delay in your application.

### For the SAT:

Visit <http://sat.collegeboard.com/register> CR South School Code: **391790**

### For the ACT:

Visit [www.act.org](http://www.act.org) to register CR South School Code: **214180**



## NCAA ELIGIBILITY:

Any student who plans to pursue Division I or Division II sports at the college level should refer to the **NCAA website** for information about required high school course work. Visit [HTTP://ELIGIBILITYCENTER.ORG](http://eligibilitycenter.org) for information on the NCAA Clearinghouse.



## IMPORTANT ADVANCED PLACEMENT (AP) EXAM INFORMATION

Beginning in 2020, the AP® Program introduced new resources and processes designed to help students earn college credit and placement, available at [Collegeboard.org](https://collegeboard.org).

Here's what you and your student need to know:

- Registration for AP exams will take place in the Counseling Office from October 16th—October 23rd.
- A registration form will be available at the start of October with more information
- AP Exams have shifted to a predominantly **digital format** this year

Please visit the Counseling website for additional insight into the exam schedule and digital exams:

<https://crsdorg-23-us-east1-01.preview.finalsitecdn.com/support-services/counseling/ap-exam-information>



SUCCESS FOR EVERY STUDENT  
EVERY DAY

## SENIORS (CONTINUED):

- ♦ **Be sure to attend the college visit sessions** throughout the fall. The schedule of upcoming visits is available on Naviance, where you can also sign up to participate.
- ♦ **File your applications, electronically, early in your senior year** in order to receive the most favorable consideration from the college. **Early November** is suggested as a good general deadline for most applications. All should be completed by the December vacation. **It is your responsibility to pay attention to deadlines.**
- ♦ **If you are planning on participating in athletics in college**, be sure to mention this to your counselor so that all necessary steps can be taken to ensure eligibility.
- ♦ **Attend the Financial Aid Night on October 16th at South.** This event will start at 7 PM. Financial aid forms will be available October 1st; visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov) for more information.
- ♦ **Research scholarship opportunities** by reviewing resources on the counseling website, asking colleges about scholarships for which you may qualify, and keeping an eye out for the local scholarship packet in the spring.
- ♦ **If a college requires you to obtain recommendations from teachers**, it is your responsibility to ask the teacher if he/she would be willing to write one for you. Remember the teacher's teaching responsibilities come first, so allow plenty of time before deadlines.

At any time during this process, *do not hesitate* to ask your counselor questions! We are here to help ☺

