



Del Norte High School

Counseling Newsletter

December 2018 - January 2019

HAPPY HOLIDAYS!



Winter break this year is Monday, December 24th – Friday, January 4th, with classes resuming on Monday January 7th. Since school will not be in session during this time, the office will be closed. Please plan ahead if you need items from the counseling office.

PSAT RESULTS ARE EXPECTED THIS MONTH

Beginning December 10 - 12, College Board will release PSAT/NMSQT scores via email. Our region is slated for the December 12th release date. Once you get your confirmation email, follow the instructions to create your College Board account. Then use the access code to view your scores. Emails are sent to the email address your student provided on the answer sheet. Please note: these scores and emails are not coming from Del Norte but from College Board. **If you have problems accessing your account, you will need to contact College Board.**

UPCOMING 9TH, 10TH, & 11TH GRADE INFO NIGHTS

Please plan to attend our upcoming parent information nights. These evenings present information on how to navigate high school and plan for college. You will get many of your questions answered regarding course selection, how to read your student's high school transcript, college requirements, and much more. The dates are:

- January 8th – 11th Grade College Info Night
- January 15th – 10th Grade Info Night
- January 22nd – 9th Grade Info Night

Each of these events will be from 6:00-7:00 p.m., transcript distribution begins at 5:30 p.m.

SENIORS APPLYING TO FOUR-YEAR UNIVERSITIES

- ✓ **Don't forget to send your official SAT or ACT scores to the colleges you have applied to.**
- ✓ Check your student portal for each college to which you submitted an application. You will likely see a list of items in your student account that need to be completed. Colleges may also send you an email with items that are needed. It is your responsibility to stay current with any requested items.
- ✓ Submit a request to the Del Norte registrar if any of the colleges require an official transcript.
- ✓ If you haven't already begun to do so, start working on scholarships.
- ✓ Update your college acceptance status in your Naviance account.
- ✓ Send thank-you notes to the people who wrote letters of recommendation for you.

PLANNING TO ATTEND COMMUNITY COLLEGE?

Plan to attend Community College Night on January 22nd from 5:30 - 7:30 p.m. in the Mt. Carmel High School Performing Arts Center. There will be representatives from several community colleges. Parents are encouraged to attend with their students.



COLLEGE FINANCIAL AID

The deadline for Seniors to apply and be eligible for California pell grants is March 2nd. Financial aid comes in



the form of grants, loans, and scholarships. Some families choose not to file the financial aid documents believing they will not qualify for any aid. While individuals may not be eligible for some federal grants, **filing**

the Free Application for Federal Student Aid (FAFSA) is required if you will be taking out any federal loans, and many scholarships offered by colleges and universities. To begin filing for your FAFSA, [click here](#) .

WHEN TO TAKE THE SAT?



If you plan to attend a 4-year college or university after graduation, you will be required to take either the SAT or the ACT (both with the optional writing) to be eligible for admittance. Depending upon the college you select, you may also need to take one or more SAT Subject Tests. The SAT Subject Test is not required by the UC or CSU systems; however, it can add value to an applicant; especially if, for instance, you plan to apply to a UC school in a math or science field. You could choose to take the SAT Math Level 2 exam and one or more SAT Science Subject specific exams. The subject exams are best taken at the end of an advanced class. For example, at the end of AP Biology class you would be ready to take the SAT Biology Subject exam. Also, there are schools outside of the UC or CSU systems that may require one or more subject tests. We recommend students start looking at admission requirements as soon as they have an interest in specific universities or colleges. If you plan to attend a community college first, and transfer, these assessments are not required.

For most students, we recommend preparation and practice for the SAT and ACT exams during 9th, 10th, and 11th grades. Students can supplement their preparation with a prep course, self-study using a practice booklet, or a number of other aids (such as Khan Academy,

which is a free online test prep). Most students take the SAT or ACT with Writing in their junior year, typically through June. Students in advanced classes in 10th grade may be ready for these exams earlier. Students often choose to retake one or both of the exams, and usually improve their score the second time around. The latest a student can retake an exam and have scores accepted by colleges is Fall of their senior year. All UC and most CSU schools will accept scores through December of senior year, however there are some with an October deadline (SDSU for example). Colleges will take your best score. We encourage all 9th, 10th, and 11th grade students to take the PSAT which is offered each October at our school.

The following are the next testing dates:

SAT (Register at <http://sat.collegeboard.org>)

SAT Test Date	Registration Deadline	Late Registration Deadline
March 9	February 8	February 27
May 4	April 5	April 24
June 1	May 3	May 22

ACT (Register at www.actstudent.org)

ACT Test Date	Registration Deadline	Late Registration Deadline
February 9	January 11	January 12-18
April 13	March 8	March 9-25
June 8	May 3	May 4-20

ENVISION 2019

The UC San Diego Student Chapter of the Society of Women Engineers (SWE) invites female students to **Envision 2019 on Saturday, February 2nd**. Envision is an annual, **free** all-day program that educates high school girls about career possibilities in engineering and computer science. The program includes guest speakers from industry and academia, hands-on computer science and engineering activities, and laboratory tours at the UCSD Jacobs School of Engineering. There is a free short program for parents to help prepare their

children for college. We encourage families to attend; parent sign-ups are included in the student-sign ups. For more information, see their website at: <http://ucsdenvision.wix.com/envision>

ROTC PRESENTATION

The University of Southern California Air Force ROTC will present to 9-11 grade students and parents about ROTC admissions, scholarships through Air Force ROTC, military academy admissions and tips for the USC application. This event is Tuesday, December 11th from 3:30-5:30 p.m. at Rancho Bernardo High School in the Library Projection Room. <https://powayusd.com/en-US/Departments/CareerTechnicalAdultEd/CTE/home/Announcements/USC-ROTC-Military-Academy-Presentation>

WORK PERMITS

If your student is employed while still a minor, federal labor laws require he is issued a work permit. Minors must meet mandatory school attendance laws in order to obtain a work permit. Del Norte requires students maintain a GPA of 2.0 or better. The permits are required all year, including all school recesses, holidays, and during the summer, and must be renewed at the start of each new school year or at the time students obtain new jobs. Work permits must be kept on file at work sites and the student's school site. Minors work with the permission of the local school district, and they may be revoked if students violate school policies. During the school year, requests for work permits are available through the Counseling Office or on the DNHS Counseling website.



SCHOLARSHIPS

Scholarships are entered into Naviance often. Click on the Colleges tab and then click on the Scholarship link. A few scholarships to consider this month:

AXA Achievement Scholarship

The AXA Foundation directs AXA's philanthropic and volunteer activities. Through philanthropy, volunteerism and sustainability, AXA leverages their resources and risk expertise to build a stronger society for their customers and employees. Their

signature program, AXA Achievement, helps students and parents take the next step toward college and educators take the next step toward success. Awards: \$2,500-\$25,000. Deadline: December 14, 2018 or until 10,000 applications are received.

Cross Lites

The CrossLites Scholarship Contest is open to High School, College, and Graduate School students. As an applicant you will write a reflective essay (400-600 words) based on one of Dr. Parker's quotes or messages. Applicants will be competing against students of their level. You may enter only one essay per application a year, into the contest. Award: up to \$4,000. Deadline: December 31, 2018

Stephen Brady Stop Hunger Scholarship

The scholarship program urges students to apply to #Get5Give5 to help end hunger in their communities. Students from kindergarten through graduate school are eligible to apply for a \$5,000 scholarship with matching \$5,000 grant for the hunger-related charity of their choice. Award \$5,000. Deadline: December 5, 2018.

Helen Diller Family Foundation Scholarship

For Jewish teens who have demonstrated remarkable leadership and are actively engaged in projects that embody the values of tikkun olam: "repairing the world." Award: \$36,000. Deadline: December 28, 2018.

Safe Jobs for Youth Poster Contest

Are you a California teen between 14 and 18? Design a poster highlighting job safety and health for teens and you could win a cash prize! All youth between the ages of 14-18 who live in California can submit a poster in any media: pen and ink, collage, paint, photography, computer, etc. Awards: \$100, \$200, \$300. Deadline: January 8, 2019

VOLUNTEER OPPORTUNITY

Helen Woodward Animal Center is looking for 14-17 year-old volunteers to assist with their Critter Camps. For more information, contact Laurie Doyle at lauried@animailcenter.org. Or go to their website at <http://www.animalcenter.org/get-involved/volunteer>

JANUARY PARENT TO DO LIST

1. Review grades with your student on My Plan
2. Contact teachers by email or phone with questions and/or concerns regarding your student's progress
3. Watch for the 6-week progress report (01/28/19)
4. Check the school & counseling websites for up-to-date information and resources.

Reminder: Tri 2 Finals March 6-8, Tri 3 Begins March 11

The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD prohibits discrimination, harassment, intimidation, and bullying on the basis of actual or perceived race, color, ancestry, national origin, nationality, immigration status, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or group with one or more of these actual or perceived characteristics. For more information, please contact the Associate Superintendent, Personnel Support Services, Poway Unified School District, 15250 Avenue of Science, and San Diego, CA 92128-3406.