

MHS Counselor News

Welcome to our new Quarterly Newsletter



This newsletter is developed for the purposes of improved communication with students and families. We hope that this helps to better inform everyone about programming, events, and services that we provide throughout the school year. We are still in development so if you have any insights to share please contact us at: MHScounselornews@milfordk12.org

RECENT AND UPCOMING ACTIVITIES

Grade 9 - "Choices Program": School Counselors and the Career Development Specialist collaborate via Wellness classes to conduct career surveys/career exploration utilizing the "Career Cruising" program. Through this program students focus on their interest, abilities, and learning styles. This exercise helps to better inform students regarding course selection for subsequent years via the CPPOS's (Career Pathway Plan of Study) located on the Student Services section of the school web site.

Grade 9 - Universal Screening: This year Milford High School is initiating a universal screening program in the ninth grade related to the use of alcohol, marijuana and other substances. The goal of this program is to let the student know that we are available to reinforce healthy decisions and to assist them in obtaining support if needed for substance use related problems.

The school social worker and school nurse will be administering the survey during Health and Wellness classes. The screening is voluntary and parents will be asked to provide their consent for their child to participate. Parents should expect to receive detailed information about the program within the next month.

Grade 10-Career Research Workshops: School Counselors and the Career Development Specialist continue career exploration exercises through the English 10 classes. Utilizing a program called “Kuder Navigator”, students continue their career exploration, allowing them to further discern interests, abilities and values in relation to future career and post-secondary plans. The Career Development Specialist conducts follow-up activities to engage students in further research on identified careers. The resultant research is often utilized by English teachers in the form of a formal writing assignment.

ASVAB: ASVAB to be offered at MHS - March 16, 2017

Milford High School facilitates offering the ASVAB (Armed Services Vocational Aptitude Battery) test to any sophomore, junior or senior student who is interested in seeking more information regarding career interests and abilities. This test is offered at the high school and is proctored by trained military personnel. The ASVAB is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military or other career fields. Students who wish to participate in the ASVAB may be interested in a future career with the military, however the test is offered to all students seeking more information about their skill sets and abilities. Taking this is optional and all results are private unless students seeking a military program wish to share their scores for enlistment purposes. Interested students should contact their school counselor by March 6, 2017.

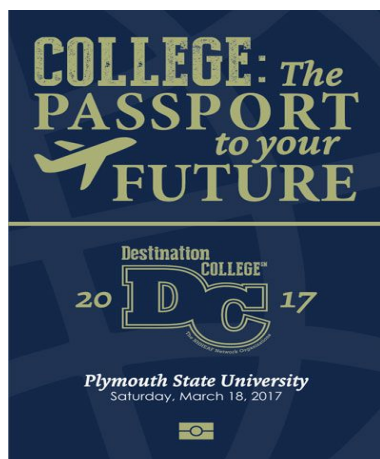
Grade 11 - College Planning Presentation: Recently school counselors met with the junior class to talk about the college application process. Students were provided a packet of information with a checklist and calendar to help guide them along. Also included were handouts related to SAT, ACT, The Common Application, as well as guidelines for students to request letters of recommendation. We recommend that students communicate with their parents/guardians as well as their school counselor on a regular basis. We are here to help every step of the way and are happy to answer any question big or small.

PSAT Results for Juniors and participating Sophomores: The PSAT was administered to the junior class and sophomores who elected to participate in October 2016. Scores were released via email in December. The College Board recommends students and families, “Think of PSAT/NMSQT and PSAT 10 score reports as roadmaps. They show what you’re doing well, and what you should work on to get ready for the SAT – and for college.” The PSAT score report has a link to Khan Academy (studentscores.collegeboard.org) for personalized practice of the skills needed to improve.

For more information on the PSAT program, understanding scores and Benchmarks for College Readiness go to <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10?navid=bf-pn>

Grade 11 - State Standardized Testing - SAT - April 5, 2017: The New Hampshire Statewide high school assessment is the College Board’s SAT and all juniors will take the SAT on Wednesday, April 5th, 2017 during the school day. The SAT will cover English language arts (reading, writing) and mathematics and will be at no cost for every 11th grade student. The state-sponsored test will not include the SAT Essay, which is optional, but students who want to take the SAT Essay can arrange to do so (see school counselor for more information).

Grade 11 - Destination College



18th Annual Destination College - New Hampshire's
Statewide College Planning Event

Saturday, March 18, 2017

Hosted by: **Plymouth State University (PSU)**

NHHEAF's event designed to help high school juniors and their families prepare for entry to college. This annual statewide college preparation convention is held every spring through collaborative efforts between The NHHEAF Network Organizations and New Hampshire colleges and universities. Attendees will have access to a variety of free college planning workshops (see the Workshops & Presentation tab below), student keynote speaker and have the opportunity to participate

in scholarship raffles and attend a college fair. This signature event for high school juniors and parents is a collaborative effort between The NHHEAF Network Organizations and New Hampshire colleges and universities. All of the day's events are FREE to students and parents. Questions? Call 1.888.7.GRADUATE, x119

To Register for this event go to: <https://www.nhheaf.org/dc-register.asp>

Grade 12 - College Application Deadlines: Many regular application deadlines are fast approaching so it's time to make sure everything is sent out and taken care of. Every school sets their own deadlines but most fall between December 1 and April 1. It is also imperative that you finish up any financial aid forms by this time as well.

UNH, UMass Lowell & Amherst, University of Maine: Feb 1

Rivier University: March 1

SNHU: March 15

Plymouth State University, Colby Sawyer College: April 1

Grade 12 - MHS Local Scholarships: Milford High School is fortunate to have numerous local clubs and organizations offer a wide variety of scholarships to our seniors. In March all seniors will be asked to attend an information session where local scholarship information is disseminated. Scholarships are offered to students attending 4 year, 2 year or certificate bearing programs. The scholarship application is designed in a "Common Application" format. Additional essays or information may be required as determined by each local scholarship organization. For more information, due dates, and application forms please check the Student Services web site in mid March.

RESOURCES

I am College Bound

“The goal of the I am College Bound campaign is to provide New Hampshire’s high school students with the inspiration, information and planning support to pursue higher education goals.”(NHHEAF.org)

This is a great place to get general information about the college application process. Each month there is a new theme and students earn credits towards scholarships and awards for visiting the website.

Go To: www.iamcollegebound.org

Career Cruising

The school provides all students access to this extensive career and college research tool. Through career cruising students can learn about necessary training required for certain careers as well as job growth and pay trends. They can also continue their search by looking into and comparing colleges and programs. For more short-term information they can access the job search area where it links to local sites where students can find part-time work in our local area.

To access this site students will need to use:

Username: milford

Password: spartans

Once in, they can create their own individual account where they can save information.

Go To: www.careercruising.com

Scholarship America

This resource provides students with information on upcoming local and national scholarships. Their goal is to help make higher education attainable for hard-working students with financial need. Students can search scholarships or create an account to help link them to appropriate rewards and resources.

Go To: www.scholarshipamerica.org

Student Services Activity Timeline 2017

Freshman

- February - Choices Program - Career Cruising
 - Open House (2/16/17) 6 to 8 PM
 - Course selection begins (through April break)

Sophomores

- December - PSAT results available (12/12/16 via student email)
- February - Career Research Workshops - Kuder Navigator
 - Open House (2/16/17) 6 to 8 PM
 - Course selection begins (through April break)

Juniors

- December - PSAT results available (12/12/2016 via student email)
 - Junior College Planning Presentations (12/14/2016)
- February - Open House (2/16/17) and Junior College Presentations 6-8 PM
 - Course Selection begins (through April break)
- March
 - ASVAB March 16th, 2017
 - Destination College March 18, 2017 - Registration required

Seniors

- February - Awards Letter Presentation - Lecture Hall (2/2/17)
 - Open House (2/16/17) 6 to 8 PM
- March
 - Local Scholarship Information (TBA)
 - ASVAB March 16th, 2017