

PHS SCHOOL COUNSELING Newsletter

Term: Fall Issue: 1 Date: November 1, 2019



Peekskill High School

1072 Elm Street, Peekskill, NY 10566
914-737-0201

Mr. Rodney Arthur, Principal
Dr. Margie Daniels, Asst. Principal
Dr. Jenna Ferris, Asst. Principal
Ms. Naima Smith Moore, Asst. Principal
Dr. William Toro, Asst. Principal

PHS Motto: Building Bridges of Excellence

2019-2020 Counselor Assignment

MR. CABASSA

ENL students
OOD Students
12th Grade - A

MS. ELLIS

10th Grade – A-F
11th Grade – A-H
12th Grade – B-H

MRS. GILCHEST

10TH – O-Z
11TH – O-Z
12TH – O-Z

MS. RIOS

PACE/RISE
10th Grade –G-N
11th Grade – I-N
12th Grade – I-M

MRS. TORRES

9th Grade
TASC

MRS. GORDINEER

Scholarship Advisor

In This Issue

Page 1 College Readiness

Page 2 SAT /ACT info

Page 3 NCAA/ Fin Aid

Page 4 Senior Year

Page 5 Junior Year

Page 6 College Visits/Trip

Preparing students academically isn't enough

By Robert Lane

October 21, 2019 – Education Week

Here are four proven methods to increase college acceptance, enrollment, persistence, and graduation that other schools can incorporate to increase their own success rates:

1. Show students the college experience. While many schools cram the notion of college down the throats of students, most students in underserved communities have never stepped foot on a college campus. Universities can and will help underwrite the costs associated with visiting campus, attending a sporting outing, eating in the dining halls, and talking with current students about the college adventure. With the cost of a few school buses, college can become real and strike a chord in students who are simply going through the motions in high school.

2. Explain why college is transformational. Parents still believe the primary function of college is to ensure their children get a job. But college accomplishes so much more. High schools must demonstrate that colleges provide an opportunity to network and create options and pathways for various types of success. What is more, social scientists have confirmed that higher education attainment means you [live longer](#) and [earn more](#). A college degree is also correlated with having a lower likelihood of going to prison, children with [higher levels of educational attainment](#), and [increased rate of voting](#), volunteering, and donating blood. As the former chairman of the University of Chicago Urban Education Institute [Tim Knowles](#) once remarked, "Those are the measures instrumental to our economy, our democracy, and our social fabric."

3. Make college counseling a priority. The dismal national school counselor-to-student ratio of 455:1 is nearly double the National Association for College Admission Counseling's recommended number. My state is the third highest in America, at 686:1. As an enterprise that will often be the largest financial investment of one's life, college enrollment should come with more guidance. When comparing the disproportionate number of athletic directors and coaches in relation to counselors, the misaligned priorities are crystal clear. We must invest more in counseling services to build a strong foundation for our young people, particularly when the college application and selection process is more complicated and daunting than ever before.

4. Maintain contact. Getting accepted to college is only half the battle. Southland invests resources to maintain contact with our graduates to ensure they succeed in college academically, emotionally, and socially, particularly during their first two years. Every fall we visit graduates at colleges across the country to support and problem-solve with them. Sometimes this means taking the collegians to dinner, a sporting event, or just having a meaningful private chat. We follow up throughout the year with cards and care packages. These are not all budget-busting initiatives, but they can go a long way.

Maintaining contact is also about keeping former students connected with their home community. During the summer, our school hires many alumni to work in various departments, including technology, tutoring, and even grounds and maintenance. And in coming home, their presence inspires others.

As educators our purpose is to ensure that all our graduates succeed in their goals. Taking nothing away from the trade pathway, a college education put our young people on a dynamic path. These gestures in nurturing a college-going culture definitely make a difference.

SAT Composite Score	ACT Composite Score
1570-1600	36
1530-1560	35
1490-1520	34
1450-1480	33
1420-1440	32
1390-1410	31
1360-1380	30
1330-1350	29
1300-1320	28
1260-1290	27
1230-1250	26
1200-1220	25
1160-1190	24
1130-1150	23
1100-1120	22
1060-1090	21
1030-1050	20
990-1020	19
960-980	18
920-950	17
880-910	16
830-870	15
780-820	14
730-770	13
690-720	12
650-680	11
620-640	10
590-610	9

SAT/ACT INFORMATION

SAT DATES	REGISTRATION DEADLINES	LATE DEADLINES		ACT DATES	REGISTRATION DEADLINES	LATE DEADLINES
Dec. 7	Nov. 8	Nov. 26		Feb.8	Jan. 10	Jan. 17
Mar. 14	Feb. 14	Mar.3		Apr. 4	Feb. 28	Mar. 13
May. 2	Apr. 3	Apr. 21		June 13	May 8	May 22
June 6	May 8	May 27		July 18	June 19	June 26

www.sat.org/register

www.actstudent.org

SAT TESTING

All juniors should take the SAT's during the Spring. Students should begin prepping for this exam by linking their PSAT scores to Khan Academy. This is not only FREE test prep, but it is the only test prep that College Board (SAT) supports. Talk to your (child's) counselor if you need more information. To link these two accounts, follow the directions on the youtube link below : <https://www.youtube.com/watch?v=patbkNnnAQ4>

See Ms. Khan
in the School
Counseling
Office for a
Fee Waiver

ACT TESTING

The ACT is an additional college admissions test that is as valuable as the SAT. If you (your child) is planning on taking the ACT, sign up at www.actstudent.org The ACT is readily accepted at all colleges and universities as a required college admissions test. See your counselor with questions regarding this test and/or test prep options available.

PHS SCHOOL COUNSELING *Newsletter*

Term: Fall Issue: 1 Date: November 1, 2019



STUDENT- ATHLETE INFORMATION:

Any senior student-athlete wishing to compete in the NCAA Division I or II level must complete an application through the NCAA Eligibility Center. Log on to www.eligibilitycenter.org to register. You must complete this process to receive any type of athletic scholarship money! Student athletes are reminded to send their SAT and ACT test scores to the Eligibility Center by entering the code "9999" in the box when registering for the tests.

The 2019/2020 NCAA Eligibility Guide for Student Athletes is available at: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf.

Any senior student-athlete wishing to compete in the NAIA level must register through the NAIA Eligibility Center. Log on to <http://www.playnaia.com/psaRegister.php> to register. You must complete this process to receive any type of athletic scholarship funds!

The 2019/2020 NAIA Eligibility Guide for Student Athletes is available at: https://play.mynaia.org/media/1091/naia_guide_college_bound_student.pdf.



FINANCIAL AID INFORMATION:

Looking for national scholarships? Complete the registration at www.fastweb.com to receive email notifications of scholarship programs.

Another good resource for researching scholarships is www.finaid.org.

Paper FAFSAs are no longer delivered to high schools. Students are able to obtain a paper FAFSA by calling the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243). Students are encouraged to file the FAFSA online at www.fafsa.ed.gov for faster processing.

The US Department of Education sponsors www.studentaid.ed.gov, which provides helpful information on preparing for college, types of financial aid, determining who is eligible for financial aid, how to apply for aid with the FAFSA, and information on repaying your loans.



The 2020-2021 Free Application for Federal Student Aid (FAFSA) will be available beginning October 1, 2019. Families are encouraged to complete the application on or shortly after October 1st to maximize your eligibility for financial aid. This must be completed by the parent/guardian and requires information from your 2019 tax returns. FAFSA is completed online <https://fafsa.ed.gov/> Don't delay this step in your college planning!



SENIOR YEAR COLLEGE TO-DO LIST — OCTOBER/NOVEMBER

- Meet with your school counselor to go over your progress and discuss any questions.
- Finalize your college essay and ask your English teacher to review it.
- Check Naviance emails for scholarships and college rep visits.
- Submit college applications. See deadline list below.
- Go to SAT and/or ACT websites and request official score reports to colleges.
- File the FAFSA form. The FAFSA (Free Application for Federal Student Aid) will be available beginning October 1st. The sooner you complete it, the sooner you will have an idea of your financial aid options.
- Continue to visit colleges and reach out to representatives!
- Notify your counselor as you receive admissions decisions.

COLLEGE DEADLINE REMINDERS FOR PHS SENIORS

If the College Application Deadline Is:	Application Processing Form due to Counseling Center by:
November 1	October 15
November 15	October 31
December 1	November 15
January 1	December 1



Strong Recommendation: If the colleges you are applying to offer Early Action or Rolling Admissions, submit your application and test scores as soon as possible.

Early Action (EA): Students apply early, generally the deadline is November 1 or November 15, and receive an admission decision well in advance of the institutions regular response date. No commitment to attend if accepted.

Early Decision (ED): Students make a commitment to a first-choice institution, where, if admitted, they will definitely enroll. Similar to EA, the deadlines are generally November 1 or November 15.

Regular Decision (RD): Students submit an application by a specified date and receive a decision in a clearly stated period of time. Deadline dates are generally in early to mid-January and decisions are sent to students in the spring.

Rolling: Institutions review applications as they receive completed applications, and provide admissions decisions, generally within a 4-6 week time period.



PHS SCHOOL COUNSELING *Newsletter*

Term: Fall Issue: 1 Date: November 1, 2019

SOPHOMORE/JUNIOR YEAR TIMELINE

October

- Take the PSAT given on Wednesday, October 16th
- Start researching ways to prepare for spring SAT and/or ACT
- Method Test Prep, Khan Academy, Kaplan, Princeton Review, etc.

November

- Continue building electronic resume in Naviance

December

- Attend Sophomore Night on **December 4th**. This is an important evening for students and parents. Families will meet with their School Counselor and review important information as it pertains to sophomore year.
- Review results from both the 10th and 11th Grade PSAT Exams
- Develop a testing schedule for spring standardized tests
- Start researching admissions requirements for colleges of interest
- Plan your junior/senior courses – be certain to enroll in appropriately challenging courses. Be sure to value your teachers' course recommendations.

January

- College visits
- Create a BIG FUTURE account through College Boards.

February

- Begin to identify which teacher(s) you will ask to write your college recommendation letter
- Sophomore Group Conferences

March

- Review PHS Course Catalog for Elective Course selections
- Junior Conferences

April

- Attend Spring College Fairs and continue researching colleges on websites and Naviance

May/June

- Start finalizing your list of colleges and summer plans to include college visitations, if possible
- Ask at least 2 teacher(s) in person to write college recommendation letter
- Take part in Common Application Workshop in English class Create an account on Commonapp.org to begin working on applications
- Remember to use a personal email address and **NOT** the PHS email



COLLEGES/UNIVERSITIES VISITING PEEKSKILL HIGH SCHOOL TO MEET WITH STUDENTS

These visits are designed for juniors and seniors. You will meet the college representatives assigned to our school. You will get valuable information regarding admissions, campus life, majors and more! You **MUST** sign up in advance. Information will be given in the CRC. Take advantage of this small group session time with the college representatives! Below are the list of colleges visiting PHS.



1-Nov	8:30 - 1:30 PM	Monroe College Trip
4-Nov	10:00 AM	SUNY Purchase - NY
5-Nov	10:30 AM	Manhattan College - NY
5-Nov	12:30 PM	St. Thomas Aquinas College -NY
6-Nov	9:30 AM	SUNY Geneseo - NY
6-Nov	10:45 AM	Alfred University -NY
7-Nov	10:00-12:00 PM	Monroe College - NY
8-Nov	11:30 AM	Johnson & Wales University - RI
12-Nov	10:30 AM	Montclair State University - NJ
13-Nov	10:00 AM	Lasell University - MA
21-Nov	12:00-1:15 PM	Montserrat College of Art - MA (Room 300)

LOOKING FOR JOBS WITH TUITION REIMBURSEMENT?

One of the best ways to pay for college is to find jobs with tuition reimbursement.

10 COMPANIES THAT WILL HELP YOU PAY FOR COLLEGE:

- 1. UPS** - eligible to receive up to **\$5,250 in tuition assistance per year**
- 2. PUBLIX** - Associates enrolled in a four-year college or university, may be reimbursed up to **\$3,200 annually**
- 3. WELLS FARGO** - up to **\$5,000 in tuition reimbursement annually**
- 4. SMUCKERS** - up to **100% reimbursement of tuition costs** for Company-approved college courses
- 5.COMCAST** - up to **\$5,750 per calendar year**
- 6. STARBUCKS** - partnership with Arizona State University (ASU), to earn their bachelor's degree with **full tuition coverage**
- 7. VERIZON** - up to **\$8,000 a year**
- 8. BANK OF AMERICA** - up to **\$5,250 per calendar year**
- 9. ORACLE** - up to **\$5,250 per calendar year**
- 10. FIDELITY** - up to 90% of certain costs, up to **\$10,000 per year**

