Principal Holden

School Counselors
Mrs. Robinson
Mrs. Pegues

School Counselor Interns
Ms. Jackson
Mrs. Parent
Ms. Brooks
Ms. Selmon

Purpose
The purpose of this newsletter is to enhance communication between school and home as it relates to counseling students. As a Department, our goal is to provide students with information and support targeted at their social, academic and career development. We also seek to assist students developing and realizing postsecondary education options.

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Free Application for Federal Student Aid (FAFSA)

The three things that the average person will spend the most money on in a lifetime are a house, cars, and education! Furthering your education is a major financial expense on a family/student. In buying a house or car, you will take meticulous steps to make sure that you get the best possible deal for your money. Same should go for college. You should look for the best fit/deal for your educational and financial commitment.

That being said, Federal student aid can help to alleviate some of the cost! Your school counselors are here to help you navigate the FAFSA processes and your college investment in general.

FAFSA Completion Nights!
Parents of seniors are invited to this work session where we will be available to aid you in completing the FAFSA online.

Pizza and prizes!
5:00 - 7:00 pm

♦ February 13
♦ February 18

Upon completion you will be entered into a raffle for fantastic prizes such as restaurant and movie gift cards! If you have already completed the FAFSA, you will be automatically entered into the raffle.

Important Dates!
♦ SAT date: Wednesday, February 26 (in school) 9:30-1:00
♦ ACT date: February 8
♦ NACAC College Fair: Friday, April 11
♦ Fantastic Friday: Friday, February 21

Please contact the counseling office at 301-599-2453 for more information.

Becoming Teen Aged “Goal Getters!”

It’s cool to imagine yourself achieving your goals, but what are you doing NOW to make them happen? Here are some tips:

♦ Make your goals meaningful
♦ Make your goals measurable
♦ Monitor yourself and take action towards your goals
♦ Make your goals realistic based on your skills and experiences
♦ Create a time line and stick to it!
♦ Think positively-Your attitude determines your altitude!
♦ Plan to reward yourself for your accomplishments!
**FAFSA Questions and Answers**

**What is FAFSA?**

The Free Application for Federal Student Aid

**Is there a fee when applying for financial aid?**

No. You should not have to pay a fee to apply for financial aid.

**Is the financial aid process different for each college?**

In addition to completing the FAFSA, contact the colleges you are interested in. They may have additional forms and opportunities for aid.

**Should I complete the FAFSA if I am not attending a traditional 4 year college or university?**

Yes. Financial aid is available for most postsecondary educational expenses.

**Do I have to apply for financial aid, or should I wait for an offer from colleges?**

You need to apply for financial aid. Colleges determine what types of aid you are eligible for based upon information provided in your FAFSA.

Visit [https://fafsa.ed.gov/](https://fafsa.ed.gov/) for more information!

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**Scholarships**

**Best places to look for local scholarships**

- Parent/relatives workplace
- Student employment locations
- Church or community service organizations
- Clubs or places of membership of both parent and student

**Scholarship tips**

- FOLLOW DEADLINES!
- Do not pay for scholarship applications.
- Look at the scholarship search like a job. If you take four hours to complete applications and earn a $100 scholarship, that is like $25 an hour!

**National Scholarship Searches**

- Fastweb.com
- Gocollege.com
- Educationplanner.com
- Collegeboard.com
- Petersons.com
- Meritaid.com

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**To Do**

- Complete Service Learning
- Be aware of your own transcript development
- Attend free SAT and Financial Aid workshops
- Search the internet for scholarship information
- Search the internet for post secondary options
- Consider summer or evening school if warranted
- READ at least 30 minutes each night.
- Make an appointment to speak with your counselor regarding personal as well as academic issues.
- Get involved! Join a club or organization
- Take advantage of your FREE education!
### Study Tips
- Sign up for the SAT word of the day
- Practice the actual art of test taking (take practice tests!!)
- Reduce distractions
- Study with a full stomach
- Appeal to your learning type (auditory, visual, hands on, combination)
- Know the order of difficulty
- Develop a plan!!

### The Night Before
- Collect materials
- Aim to get plenty of sleep
- Don’t Cram!!
- Exercise
- Relax!

### The Morning Before
- Eat a light meal
- Arrive Early
- After breakfast, check your brain!
  - Do the first two questions on a practice test—don’t check the answers!

### During the test
- Read the directions carefully
- Make sure you understand the question
- Review all answer options
- Use the process of elimination
  - Stay Positive!!

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### Are You on Track to Graduate?

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<th>Credits Required</th>
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<td>English 9</td>
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<tr>
<td>English 10</td>
<td>1</td>
</tr>
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<td>English 11</td>
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<td>English 12</td>
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<td>US History</td>
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</tr>
<tr>
<td>Local, State, National Government</td>
<td>1</td>
</tr>
<tr>
<td>World History</td>
<td>1</td>
</tr>
<tr>
<td>2 years of same foreign language &amp;</td>
<td>2</td>
</tr>
<tr>
<td>3 Other Electives</td>
<td>3</td>
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<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>2 credits Advanced Technology Ed &amp;</td>
<td>2</td>
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<tr>
<td>3 Other Electives</td>
<td>3</td>
</tr>
<tr>
<td>Total of at least 21 credits</td>
<td></td>
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</table>

### At least 24 student service hours

### Passing HSA Scores
- Algebra - 412
- Biology - 400
- English 10 - 396

### Or
- Combined Score of 1208 on all 3

### Or
- Completion of Bridge Plan for Academic Validation
- If you did not pass HSA test twice, you can complete one or more project units in the subject area that you have failed.

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**Acumen** (n) keen insight. Because of his mathematical acumen, Larry was able to figure out in minutes problems that took others hours.

If you have questions or concerns about your graduation requirements or progress, please do not hesitate to contact the guidance department or visit Room 100 C.
New Faces

We are pleased to serve as Surrattsville High School’s Counseling Department Interns from Johns Hopkins University. In addition to school counseling responsibilities, we will specifically be available to assist with SAT registration and information, the completion of the FAFSA, and post secondary decision making. Please do not hesitate to contact us with questions or for an appointment. You can locate us in Room 100C.

♦ **Ms. Jackson** received her Bachelor’s degree in Psychology from Fordham University in New York City. She is currently completing a Master’s in School Counseling through the Fellow’s Program at Johns Hopkins University. In her spare time, she enjoys baking and relaxing with Netflix.

♦ **Mrs. Parent** received her Bachelor’s degree in Psychology from St. Mary’s College of Maryland in Southern Maryland. She received her Master’s in Teaching through the School Immersion Program at Johns Hopkins University. Currently, she is completing a Master’s in School Counseling through Johns Hopkins University. In her free time, she enjoys hiking and spending time with her nieces.

♦ **Ms. Brooks** received her Bachelor’s degrees in Psychology and Community Health from the University of Maryland, College Park. She is currently completing a Master’s degree in School Counseling from Johns Hopkins University. When she is not attending classes she enjoys volunteering and spending time with family and friends.

♦ **Ms. Selmon** received her Bachelor’s degree in Psychology and a minor in Arts Administration from Howard University. She is currently completing a Master’s degree in School Counseling from Johns Hopkins University. When she is not attending classes she enjoys cooking and stage managing.