



# Counseling Center News

**COLLEGE INFORMATION SESSIONS/WORKSHOPS:** Students wishing to attend these sessions must sign up in the counseling center. Students who have not requested to attend will not be admitted.

- 9-7: Common Application Workshop – 2:15, Counseling Center
- 9-12: Notre Dame – 6:30pm in room 607 (parents and students)
- 9-15: UC Personal Statement/Application Workshop – 2:15, Counseling Center
- 9-21: General College Application Workshop – Lunch, Counseling Center
- 9-27: Seattle Pacific University – 11:45
- 9-28: Whittier College – 11:00 and Seaton Hall – 1:30

**PSAT TESTING:** On Wednesday, October 19, the 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students will be taking the PSAT. They will be receiving test preparation booklets late September. If you would like your student to have one earlier, please have them see their counselor. Exams will be completed by noon and all students will be dismissed from school at that time. There are no make-up tests, so please make every effort to be at school on that day. Seniors should use this day to visit colleges, as they are not required to be in school on that day.

**SAT/ACT REGISTRATION DATES:** Seniors have a few more opportunities to raise their SAT or ACT scores. Juniors should begin taking the SAT/ACT in the spring. The last test dates for seniors are:

SAT

- October 1 – Register by September 1
- November 5 - Register by October 7
- December 3 – Register by November 3

ACT

- October 22 – Register by September 16
- December 10 – Register by November 4

**Counseling Support:** If you or your student need additional counseling support, help is just around the corner. Please don't hesitate to ask for help! Mrs. Lajoie has some amazing therapists that she can refer you to! Some issues that may arise in high school are:

- ◆ Anxiety and Depression
- ◆ Family Dynamics
- ◆ Parental Support
- ◆ Succeeding with Learning Disabilities
- ◆ Self-Esteem, Disordered Eating and Body Image
- ◆ Reconciling Catholic Faith and Morals with Modern Social Pressures

**FAFSA & Financial Aid for Seniors opens *October 1* this year - Deadline is *March 2***

The Free Application for Federal Student Aid (FAFSA) available online from October 1 – March 2, 2017. If you are planning to attend college next fall and hope to receive financial aid, it's important to complete the form and submit it as soon as possible, as some financial aid is provided on a first-come, first-served basis. Here are some of the items you will need:

- ◆ Your Social Security number and your parents' Social Security numbers, if you are a dependent.
- ◆ Your driver's license number, if you have one.
- ◆ 2016 federal tax information for you and your parents if you are providing parent information. If you have not filed your taxes, you can still submit your FAFSA by estimating family income.
- ◆ Records of untaxed income (Social Security benefits, welfare benefits, and veterans' benefits).