

Counseling Courier

MVHS Counseling Department

November-December 2019



Wellness tips for a better, healthier and happier you

High school is a place to learn new things, make new friends, find your passion and interests, and also a place to challenge yourself academically and socially. We realize that at times, school and life can get stressful and that is why we would love to share some tips to help you remain cool, calm and collected.

- **Give yourself a break**– if you've been at work for a while, it is ok to take a few minutes to stretch, grab a snack, and taking 5. Give your eyes and mind a tiny break
- **Cut back if needed**– sometimes you can feel overwhelmed by everything on your plate. Reevaluate your commitments and see what you can manage in the time you have. Is there something you can do without? If so, drop it from your list
- **Relax with hobbies**– making time for the things you like is a must in helping you to destress. Drawing, running, listening to music, journaling, or just hanging out with friends
- **Planning**- it is very common to put off a big assignment or project until the last minute, but trust us when we tell you that doing so will only cause you more stress. Break that assignment up into small chunks with plenty of time before the due date.
- **Try not to let yourself get run down**– if you are feeling overwhelmed, take a step back, reevaluate your to-do list and then determine what is most important and start from there.
- **Don't be afraid to ask for help**– here at MVHS, you are surrounded by adults that want to see you do well. Know that if you are stuck or need help, all you have to do is ask.
- **Take a walk**– spending time outside helps relieve stress, decrease, anxiety, and promotes overall happiness and well-being. The next time you need a break, consider a walk around the block.
- **Build a support system**- surround yourself with family and friends who lift you up and encourage you. Don't forget your teachers and counselors who also be important allies.

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Scholarship Highlights

*All of these scholarship opportunities and more can be found on the college and career center website at www.mvhscucc.net !

Name: Elks National Foundation Scholarship

Amount: \$4,000-\$50,000

Deadline: November 5th, 2019

Eligibility:

- Current high school seniors, or the equivalent, who are citizens of the United States are eligible to apply.
- Applicants need not be related to a member of the Elks.
- High school graduates are not eligible to apply.
- Applicants must be citizens of the United States on the date their applications are signed; permanent legal resident status does not qualify.

Name: Good Tidings Community Service Scholarship

Amount: \$10,000

Deadline: November 14, 2019

Eligibility:

- Low-income high school seniors who have committed themselves to community service. 10 scholarships for \$10,000 to each winner.

Name: Jack Kent Coke Foundation

Amount: Varies

Deadline: November 13, 2019

Eligibility:

- High-achieving high school seniors with financial need who seek to attend and graduate from a four-year college

Name: GE - Reagan Foundation Scholarship Program

Amount: \$10,000 renewable for 3 years!

Deadline: January 3, 2020

Eligibility:

- Demonstrate at school, at the workplace, and within the community attributes of leadership, drive, integrity, and citizenship;
- demonstrate strong academic performance (minimum 3.0 grade point average/4.0 scale or equivalent);
- be citizens of the United States of America;
- be current high school seniors attending high school in the United States (students living on U.S. Armed Forces base and homeschooled students are also eligible);

Cal Grants and GPA Verification

As California high school students, you are entitled to receive grants from the state to help cover college tuition. If you file the FAFSA, meet requirements, and submit your GPA verification to the California Student Aid Commission, you will be entitled to this free grant money. Each year, the GPA Verification form is uploaded electronically by our College and Career Center.

Additional information about Cal Grants may be found here: <https://www.csac.ca.gov/cal-grants> .

The California Student Aid Commission also offers Middle Class Scholarships: <https://www.csac.ca.gov/middle-class-scholarship>

Junior FYI

While there are definitely lots of things going on for students during their junior year, a little planning can make it much more manageable. MVHS counselors are currently meeting with our 11th graders and their families for individual appointments where we'll address your personal questions and concerns. In the meantime, here are some general tips and highlights for juniors and their families.

Post-Graduation Exploration:

- Continue researching post-graduation options. The College and Career Center has great resources to check out on two-year college, four-year college, art or technical schools, the military, gap years, and more.
- Take advantage of free test prep books, college advising, and college representative visits in the CCC.
- Whether you're considering community college, local universities, an art school, or a technical college, visiting the campus can help you decide if a school/program is right for you.
- Unsure about college majors or future careers? Consider one of the personality or career inventories in Naviance to get some ideas.

Transcripts:

- Double check your transcript to see if there are any errors. Did we miss a course you took outside of MVHS? Were you on a varsity sports team instead of a JV one? Please let your counselor know so we can help fix it.
- If you earned a D or an F in a class, let's get that taken care of. Ask your counselor about summer school.

Standardized Testing:

- Most juniors will take the SAT, ACT, or perhaps both during the spring semester of 11th grade.
- While more schools are going "test optional," either the SAT or ACT is required for admission to most four-year colleges.
- SAT Subject tests may be required at some highly selective schools or for certain majors (engineering, for example) at other schools. Double check colleges' websites for more information. Subject tests are best taken at the end of a year when you're enrolled in a course. For example, if you're feeling confident in your Trig/MA or Trig/MAH class, the Math 2 exam could be appropriate.
- Registration for the SAT is done at www.collegeboard.org. Registration for the ACT may be completed at www.act.org.

Get Organized:

- Whether you're a folder person, a binder person, an app person, a bulletin board person, or something else, choose an organizational system that helps you keep track of tasks, deadlines, etc.
- Don't forget to read your emails with helpful hints and updates from the MVHS Counseling Department!

Understanding your MVHS GPAs

Often students will wonder what their GPA is. In reality, there are 6 different GPAs with 3 main categories: Academic 9-12, Academic 10-12 and Total 9-12. Below is a breakdown of each type.

The **Acad GPA** is calculated by all the "academic" courses. These courses are denoted on the transcript with a "p" signifying "college prep".

Mountain View High School					
+ p	AB2010	Geometry H	B	5.00	5.00
+ p	CB1010	Biology H	B	5.00	5.00
p	DC1010	Survey Comp/Lit	B+	5.00	5.00
p	EC1010	World Studies	A-	5.00	5.00
p	FC1011	French II	A-	5.00	5.00
*	PO1010	Gr 9 PE	A	5.00	5.00
*	QO3020	Frosh Baseball	A	5.00	5.00
Credit Att: 35.00 Cmp: 35.00 AGPA: 3.80					

	Weighted	Non-Wgtd
Acad GPA (9-12)	3.90	3.30
Acad GPA (10-12)	3.85	3.15
Total GPA (9-12)	3.89	3.37
Credit Attempted:	175.00	
Credit Completed:	175.00	

Sports, PE, Marching Band and some electives like ASB do not count toward the Acad GPA. The Academic GPA is used for college purposes. The Acad GPA (9-12) is reported to out-of-state colleges and private schools. The Acad GPA (10-12) is an approximation for CSU and UC colleges which do not use 9th grade grades for GPA calculation.

Course Tags: * = Non Academic + = Honors (weighted) p = College Prep r = Repeated

The Course tags can be found above the Credit Summary on each transcript:

Weighted vs. Non-Weighted: Courses with a "+" to the left of the course name denote honors or AP classes which are calculated in the weighted GPA with an extra GPA point. Students who earn an A in these classes will receive 5 points instead of 4, a B will earn 4 points and a C will earn 3 points.

The **Total GPA (9-12)** is the GPA calculation for all courses. Specifically, the Total Non-Weighted GPA is one of the components used to determine a student's athletic eligibility. Student-athletes must have at least a 2.0 in this category to participate in MVHS sports.

Students will receive an updated transcript each year and counselors will review transcript information with students during their counseling appointments.

SAT vs ACT: Which one is right for you?

By now, some of you have taken the PSAT twice and some have taken the Pre ACT. If you were able to do both, we hope that you were able to get a better sense of how each test differs and which one you would prefer to take. During the spring semester, you will sign up to take either the ACT or SAT or maybe even both. Regardless of which one you choose, you will need to take one if you are planning on going to a university after high school. For those of you who have not had the chance to take both, we hope this table might help you decide between the two: The ACT or SAT.

If you are still having difficulty deciding which exam is right for you, The Princeton Review has a quiz to help you decide which exam you should take. Here is the link: <http://www.princetonreview.com/college/should-i-take-the-act-or-sat-quiz>

	SAT	ACT
Time	3 Hours; add 50 minutes for optional essay	2 hours and 55 minutes; add 40 minutes for the optional essay
Sections	3 sections: the 3 rd is the optional essay -Reading and Writing -Reading: 65 minutes -Writing and Language: 35 minutes -Math: 80 minutes -Optional Essay: 50 minutes	5 sections: the 5 th is the optional essay -Math: 60 minutes -Reading Test: 35 minutes -Science: 35 minutes -English: 45 minutes -Optional Essay: 40 minutes
Reading Passages	5	4
Science Section	No	Yes
Math Concepts	Arithmetic, Algebra 1 & 2, Geometry and Trigonometry	
Calculator	Can use on certain sections of the math portion	Can use on ALL math questions
Essay	Optional	Optional
Penalties for guessing	No	No
Scoring	Total Score range from 400-1600	Total Scores range from 1-36
Cost	\$45.00 \$57.00 with Writing	\$42.50 \$58.50 with Writing
Registration website	https://collegereadiness.collegeboard.org/sat?navId=gh-sat	http://www.act.org/content/act/en/products-and-services/the-act/registration-information.html

FINANCIAL AID: What is the FAFSA and the CSS/ Financial Aid Profile?

If you are a high school senior planning to enroll in college next summer or fall and are looking for ways to cover your college expenses please continue reading.

FAFSA

What is it? FAFSA stands for Free Application for Federal Student Aid. It is an online application located at

www.fafsa.gov.

Most colleges require this form to determine your Expected Family Contribution (EFC). EFC is basically a number that represents what your parents should be able to contribute towards your college education and is calculated using your family's taxed and untaxed income, assets, family size and the number of family members who will attend college during the year. Colleges use the EFC to determine students' federal financial aid eligibility. Even if your family does not qualify for federal grants, you may be eligible for Work Study (flexible job on or off campus) and Federal Loans that have favorable terms.

When to apply? Students should apply between October 1 and March 2, however students and

their parents can go to the website and print a worksheet for planning purposes, as well as to create a FSA ID. The FSA ID is used to electronically sign documents including the FAFSA. Both students and parents will create an FSA ID. Visit fafsa.ed.gov to get started. *It is important that the student creates his/her own FSA ID. Please have your child do it for themselves.*

CSS Profile

The CSS Profile is an online application for non-federal financial aid for many private schools. It requires a fee, and is generally a more elaborate application as compared to the FAFSA. Students must have a College Board account in order to apply. To view a list of schools that require the CSS Profile please visit or go to <https://student.collegeboard.org/css-financial-aid-profile>

Merit Scholarships

In addition to need-based financial aid that's available by submitting the FAFSA and, for some universities, the CSS Profile, there's also a great deal of merit-based aid available for our students. One of the best places to

search for merit-based scholarships is in Naviance. Ms. Yazdani, our College and Career Center Coordinator, maintains a lengthy list of local, state, and national scholarships for which our students may apply.

While there are some merit scholarships that require high GPAs, there are also ones for students who've been active in their community through volunteerism, have participated in activities such as sports or music, or come from a particular cultural background. Some merit-based scholarships also invite students to use their creative talents to respond to a prompt. There truly are opportunities for motivated students to win merit scholarships. We encourage students to look through the scholarship list in Naviance, which is located in the College section. Please contact Ms. Yazdani in the CCC with questions.

Additional information about Cal Grants may be found [here](#).

The California Student Aid Commission also offers [Middle Class Scholarships](#).

Senior Highlights:

-The UC application opened for submission on November 1. Your plan for Thanksgiving should be a turkey, so don't delay on completing it and submitting it. Submission deadline is November 30.

-The CSU application is currently open for submission. Many CSUs use rolling admissions, so get those applications submitted soon. Submission deadline is November 30.

-If you're applying Early Action or Early Decision, deadlines are generally November 1 or November 15. If you know you won't be ready to put your best foot forward by then, consider applying Regular Decision instead. That leaves you more time to put together a great application.

-Don't forget to send your test scores! Remember that SAT and ACT results need to be submitted directly from the testing agency. Log on to your ACT or College Board account and send those scores as soon as they're available.

-Have you thanked your teacher recommenders? Thanksgiving is a great time to send them a nice note telling them you appreciate their efforts on your behalf. Don't forget to update them when you get good news from colleges so they can celebrate with you.

-FAFSA is open for submission. While the deadline is not until March, we encourage you to apply early. Visit fafsa.ed.gov to apply.

-Applying to private or some out-of-state public schools and looking for financial aid? The CSS Profile may be required. Visit <https://profileonline.collegeboard.org/prf/PXRemotePartInstitutionServlet/PXRemotePartInstitutionServlet.srv> to see if the CSS is required by your colleges and universities. The application is open.

Preparing for the end of 1st Semester

As the semester comes to an end, there are many things to keep track of and many things to do. Here are some helpful tips that will help you end your semester on a positive note.

1. Submit any missing assignments.
2. Revise any tests, quizzes or essays that you can for additional points
3. At some point before the Thanksgiving break, please be sure to check in with your teacher about what you can expect on the final exams. Free response? Multiple choice? Will there be a study guide?
4. If there is an 'optional' study guide, think of it as mandatory. Oftentimes the study guides give you a good indication of what will be on the real final.
5. Ask your teacher if there will be review sessions outside of class time and mark them in your calendar
6. As you begin to study for final exams, think about how you study best.
 - Alone? Find a quiet place to study that is free from distraction
 - With a group? Find classmates to study with and reserve a room in the Tutorial Center for a study session
7. Leave your cell phone off or on airplane mode; better yet, hand it over to your parents for a few hours so that you can study more effectively.



Mark your Calendars!

11/27—29	Thanksgiving Holiday Break
11/30	UC and CSU applications are due!
12/13	Spartan Pause
12/18	Final Exams for periods 2,6, & 7
12/19	Final Exams for periods 0, 1, & 5
12/20	Final Exams for periods 3 & 4

