

# COUNSELING DEPARTMENT FALL NEWSLETTER

## October-December



## WELCOME TO THE 2020-2021 SCHOOL YEAR!

This is a counseling newsletter to highlight upcoming information and events planned for each grade level.

Our school provides a robust developmental career and college readiness curriculum for students, focusing on activities at each grade level. We subscribe to Naviance, a web-based tool that allows our students to learn about themselves and find their right post-secondary fit. For specific dates and month-by-month timelines, visit to the [Counseling and Advising Website](#).

Additionally, students must check their emails and Schoology on a regular basis for updated information, opportunities, and events. In Schoology, students can find the link to make an appointment with a Counselor or support staff, as well as walk-in times for quick questions.

Each Counselor pairs with an Administrator and Social Worker to support students. Meet the Student Support Teams:

### 9TH GRADE

Administrative Assistant: NANCY KNUTSON x3131					
Check Campus for Team Number	Counselor	Phone	9 <sup>th</sup> Grade TEAMS	Social Worker	Admin
	Angela Kieffer	x3122	Team 1	Kristin Wetzel x4266	By Alpha
			Team 2		
			Team 3		
			Team 4		
			Team 5		
			Team 6		
Natalie Golberg	x3187				

### 10-12TH GRADE

Administrative Assistant: NANCY KNUTSON x3131						
A-L	Counselor	Phone	10 <sup>th</sup> & 11 <sup>th</sup> A - Laq	12 <sup>th</sup> A - Lan	Social Worker	Admin
	Nikki Pfafcan	x3184	A - Cad	A - Br	Ebony Gums x3154	Jenny Johnson x3805
	Bill Hicks	x3127	Cae - En	Bu - Ec		Jenn Carter x3806
	Taylor Johnson	x3142	Eo - Hok	Ed - Hau		
	Dylan Hackbarth	x3125	Hol - Laq	Hav - Lan		
Administrative Assistant: SAMANTHA O'DONNELL x3803						
L-Z	Counselor	Phone	10 <sup>th</sup> & 11 <sup>th</sup> Lar - Z	12 <sup>th</sup> Lao - Z	Social Worker	Admin
	Lisa Burnham	x3126	Lar - Mor	Lao - Mor	Laura Livesay x3139	Mike Pretasky x3140
	Sandy Schmidt	x3128	Mos - Rol	Mos - Rol		Jeff Marshall x3192
	Julie Block	x3188	Rom - Swa	Rom - Swa		
	Robin Dayneko	x3189	Swb - Z	Swb - Z		

# RESOURCES AND PROGRAMMING

## ACADEMIC RESOURCES:

[Interventions/Accommodations We Offer Here at Edina High School](#)

[Peer Tutoring](#)

[Student Support Opportunities Video Tutorial](#)

[Teacher Office Hours](#)

## CHEMICAL HEALTH RESOURCES:

Chemical Health Support Services are available at Edina High School. Candi Davenport, a licensed alcohol and drug Counselor with Relate Counseling Center, has spent the last 20 years working in the substance abuse field, specializing in working with adolescents and families. She has an office located in Student Services, and is available two days a week offering direct services to students, interventions, students and families, and educational supports. Candi also works with students found in violation of the district's chemical use policy, including vaping, smoking and use of drugs, as well as with students or parents who have concerns. If you are interested in meeting with Candi, please contact her directly via email at [Candi.Davenport@edinaschools.org](mailto:Candi.Davenport@edinaschools.org).

## MENTAL HEALTH RESOURCES:

[EHS Social Work Website](#)

[EPS Virtual Calming Space](#)

[Schedule an Appointment with a Social Worker](#)

## POST-SECONDARY RESOURCES:

[College Career Readiness Websites](#)

[Naviance Scholarship Database Explainer Video](#)

[What We Want You To Know](#)

## GRADE SPECIFIC COUNSELOR PROGRAMMING:

Below is a general overview of events and activities each grade level will be focusing on over the course of the year. Please review your grade specific highlight page for more detailed information.

<p><b>Freshman</b></p> <p><b>December</b> Career Interest Profiler  <b>February</b> Registration  <b>March</b> Summer Enrichment/college visits</p>	<p><b>Sophomores</b></p> <p><b>August/September</b> PSAT sign up  <b>October</b> Growth Mindset  <b>November</b> Multiple Intelligences  <b>December</b> Do What You Are  <b>February</b> Registration  Roadtrip Nation  Summer Enrichment/College Visit  <b>March</b> PSAT  <b>April</b> Parent Evening</p>
<p><b>Juniors</b></p> <p><b>August/Sept.</b> PSAT Sign Up  <b>October</b> 19th: Game Plan  PSAT Test (registered students only)  <b>November</b> Strategies to Explore and Discover your Fit  <b>December</b> SuperMatch  9th: Parent Evening  Building a Smart College List  <b>February</b> Registration  <b>March</b> Summer Enrichment/College Visits  Managing the College App process  ACT Test  <b>April</b> Individual Meetings  <b>May</b> Essay Strategies</p>	<p><b>Seniors</b></p> <p><b>August/Sept.</b> Senior Meetings  <b>September</b> College Application/Financial Aid Parent Evening  <b>October</b> Tracking College Applications  <b>February</b> Mid-year Transcript Tutorial  <b>March</b> Edina Local Scholarship  <b>May</b> Community Scholarship/Awards Program  Understanding Financial Aid  Senior Survey  Senior Celebration  Senior Scholarship Breakfast  <b>June</b> Graduation June 7, 2021</p>

# CLASS OF 2021 HIGHLIGHTS

## [Class of 2021 EHS Website](#)

The goal of senior year is to assist students to graduate and matriculate into their right post-secondary option.

Greetings parents of seniors, class of 2021. You and your student(s) have made it! Although this year looks different, we have some great resources to help your students through it. The Counseling Department has made some upgrades this year to feature a myriad of virtual/online resources for families. This newsletter will give you an overview of some key resources, timelines, and common questions you may encounter throughout the senior year.

### Senior Meeting

On August 27th and 28th the Counselors presented the "[How-Tos](#)" for college application season.

### Senior Parent Night

On September 22nd the Counselors hosted a virtual Senior Parent Night. The evening was recorded and can be found here: [Parent Informational Night](#).

### Requesting Transcripts & Letter of Recommendation

Counselors have informed seniors that they must request EHS transcripts and letters of recommendations a minimum of three weeks in advance. These reminders also show up in each student's Schoology calendar.

College Deadline	EHS Counseling Department Deadline
November 1, 2020	October 11, 2020
November 15, 2020	October 25, 2020
January 1, 2021	December 2, 2020
January 15, 2020	December 20, 2020

### Standardized Testing

Due to the impact of COVID-19 on test access around the country, many colleges have moved to either test-optional or test-blind admissions policies. There are now 1,600+ test-optional schools. Check out [www.fairtest.org](http://www.fairtest.org) for more information.

If your preferred college does require a standardized test, you can sign up using the links below:

- ACT – [www.act.org](http://www.act.org)
- SAT – [www.collegeboard.org](http://www.collegeboard.org)

### Information Needed to Register:

- The school code (for all tests) for Edina High School is **240-708**.
- ACT tests are offered at Edina High School. The ACT Test Center Code for Edina High School is **178400**.
- SAT and SAT Subject tests are offered at Edina High School. The SAT Test Center Code for Edina High School is **24-130**.

### Sending Scores to Colleges

Most colleges require *you to send score reports directly from the testing companies* (College Board for SAT, or ACT program). Test scores are **NOT** sent from Edina High School; they must be requested directly from the testing center.

\*If you requested test scores when you originally filled out the testing registration, it is not necessary to do so again unless you have taken additional tests.

Test Dates for 2020-2021 School Year		
Test	Test Date	Register By
ACT	October 26	September 20
ACT	December 12	November 6
ACT	February 6	January 8
ACT	April 17	March 12
SAT only	March 13	February 12
SAT & SAT Subject Tests	May 8	April 8
SAT & SAT Subject Tests	June 5	May 6

# CLASS OF 2021 HIGHLIGHTS

## Financial Aid

- FASFA: Seniors will be submitting their FASFA applications beginning on October 1st. This will allow students to see their financial award letters to help them make better choices for college enrollment. Here is the link for information regarding FASFA <https://studentaid.gov/>.
- CSS Profile: Some colleges require students and families to fill out the CSS Profile. The CSS Profile is an online application that collects information used by nearly 400 colleges and scholarship programs to award non-federal aid. Specific information can be found at the following website: <https://cssprofile.collegeboard.org/>.
- Be sure to check college specific websites for financial aid deadlines, institutional scholarships and processes.
- A financial aid workshop will be upcoming, and notification will be sent out through Schoology and email.

### **NEED HELP FILLING OUT THE FASFA?**

EHS Career Center volunteers are ready to provide free 1-on-1 help with FAFSA! With the pandemic please complete it earlier rather than later. For help please email [Ann.Webster@edinaschools.org](mailto:Ann.Webster@edinaschools.org).

## Upcoming Events

- [Counselors Meeting Live with Seniors via YouTube](#) (10/12 @1pm)
- [College Knowledge Month](#) (10/1-10/31)
- [Fall Minnesota State Week](#) (10/12-10/16)
- [MACAC Virtual College Exploration](#) \*Pre-Registration Required
- **Virtual College Visits:** 250+ colleges will be hosting virtual information sessions this fall. Students are encouraged to log-in to Naviance and look at Rep Visits to listen and learn about these schools. Students need to pre-register and prioritize instructional time over these meetings.

## Naviance

Naviance is the Counseling Department's one-stop shop for information for students in regards to the college planning process. For example, if students place a name of a college they are interested in – *Click on "Colleges" and "Colleges I Am Thinking About"*; students will receive an email reminder when that school will host a virtual meeting.

- Video tours and walk-throughs on Naviance are available on the [Class of 2021](#) website.
- Seniors will be working with the Counseling staff to update and track their college applications and post-secondary plans.

## Senior Checklist

Here are a few things to do NOW which will help keep you going through the fall:

- ◇ **Review your college list**– *You should aim for 6-8 colleges with some safety, target and reach schools.*
- ◇ **Complete the Common Application**– *Remember to add schools, fill out the FERPA form and match your Naviance account with your Common App Account.*
- ◇ **Review your testing status**– *Visit your prospective college's websites, and double-check the testing status at these schools.*
- ◇ **Finalize drafts of college essays and personal statements**– *Check which schools require an essay. Bring your essay to the EHS Writing Center, your English teacher, or your Counselor to review.*
- ◇ If you are **not** planning on attending a 4-year college, check in with your Counselor regarding other opportunities including; two year colleges, military, employment, taking a gap year, etc.

## Notes and Resources

- [College Career Readiness Websites](#)
- [Common App Requirements Grid](#)
- [Undergraduate Need Based & Merit Aid](#)

# CLASS OF 2022 HIGHLIGHTS

## Class of 2022 EHS Website

The goal of junior year is to assist students to participate in activities that bring them on an introspective journey to land on a post-secondary plan that is right for them.

Hello class of 2022! The Counseling team plans to host nearly 10 activities, including a Parent Evening, to help guide students on their post-secondary journey. **We encourage parents/guardians to trust the process and encourage students to check their email/Schoology often to find enrichment opportunities.**

## Upcoming Events

- **The Game Plan**– During the week of Oct 19th we plan to launch the first activity where students will start to think about their after high school "[Game Plan](#)" using Naviance.
- **Finding The Right Fit (Oct.-Dec.)**– Students will obtain "Strategies to Explore and Discover Their Fit," perform a "College Search" on Naviance, and be given tools to "Build a Smart College List."
- **Parent Program**– On December 9th the Counseling Department will be offering an evening with experts from Admissions and Financial Aid offices. Look for more information in the upcoming months.

## Naviance

Naviance is a great resource to continue your post-secondary search. You can take a look at your results from the 10th grade "Dot What You Are" activity, complete Career Interest Inventories, build a resume and more. Each screencast and PowerPoint for previous activities can be found on the "My Planner" tab and then "Tasks Assigned to Me" or on the [Class of 2022 Website](#). In addition, this is the Counseling Department's one-stop shop for information for students in regards to the college planning process. After you complete the "SuperMatch" College Search on Naviance (which will be in December), you will be able to start putting "Colleges You are Interested In" under the "Colleges" tab. The major perk— you will get an invite to talk with colleges from your list when they are offering a visit/virtual visit at Edina High School.

## College Search

Many colleges are choosing to forgo in-person tours, and elect to do virtual tours instead. With college-exploration, there are a few options for students to still explore potential post-secondary fits.

- **College Websites:** Check out college websites to see how they have created robust ways to visit their Campus Virtually.
- **College Rep Visits:** We are continuing a busy schedule of College Admission Representative Virtual Visits at EHS. These meetings are designed to put students in direct contact with the admissions folks who know their schools best. Check out the link for a list of upcoming visits, as well as find a tutorial on how to sign up for the visits: [Edina College Representative Visits](#)
- **National Association for College Admissions Counseling Fairs:** Check out the [Virtual College Fairs](#) website for information regarding free upcoming virtual college fairs! These fairs are an excellent way to get in front of an admissions team from a potential college to ask your important questions.

## Testing

Many colleges have moved to either test-optional or test-blind admissions policies for college entrance exams. There are now 1,600+ test-optional schools, and additional information can be found at [www.fairtest.org](http://www.fairtest.org). We also recommend visiting college websites to find out about their testing policy for the Class of 2022. The [Compass Education Group](#) is another website that does a great job updating the latest news around the standardized testing world and offers testing resources.

With that said, Juniors tend to hit their standardized test peak in the spring of their junior year, and thus, EHS will offer a school-based test in April, 2021 for juniors. Below are links to different testing websites:

- [ACT](#)
- [SAT](#)
- [AP Test Updates](#)– Contact [apinfo@edinaschools.org](mailto:apinfo@edinaschools.org) for Edina AP testing questions.
- PSAT– If your student took the Practice SAT on Oct. 14th they should receive their [results in December](#). In addition, [CollegeBoard](#) has resources to interpret your student's score.

## Academic Success

Lastly, but most importantly, all students should be focusing on performing at a high level in every class. Grades in classes are looked at very closely by colleges, especially during the junior year. Academic resources can be found on Page 2 of this newsletter.

# CLASS OF 2023 HIGHLIGHTS

## [Class of 2023 EHS Website](#)

The goal of sophomore year is to have students explore their skills, interests and abilities.

Hi sophomores and sophomore families! Because 10th grade is all about exploring your skills, interests and abilities, Counselors will have seven activities, including a Parent Evening in the spring, to help guide you through this process.

## Upcoming Events

- **October:** “Growth Mindset” Activity
- **November:** “Multiple Intelligence” Activity
- **December:** “Do What You Are” Activity

## Testing

Because of COVID-19, the role of college admissions testing continues to change. We will send updates in future newsletters as we learn more about what the expectations will be for the Class of 2023.

- **Should I take the PSAT test?** It is totally your choice! The PSAT is an optional Practice SAT test that is taken during sophomore and/or junior year. This test will introduce students to what college admissions tests are like. Juniors who take the PSAT may qualify to enter National Merit Scholarship Program if they score in the top half 1% in the nation. The PSAT 10 will be offered at EHS in April. More information to come in January and February. [PSAT information](#)
- **Is the SAT in your future?** Learn more about test prep here: [SAT](#)
- **Thinking of taking the ACT during junior year?** Learn more about test prep here: [ACT](#)

## Post-Secondary Planning

As we said in our 9th grade section:

1. *Do your best academically. We want students to feel both **challenged and balanced**. Grades and GPA matter a lot, but not at the expense of health and wellness.*
2. Start thinking about your interests, likes and dislikes, goals and abilities. **THESE WILL CHANGE AND THAT'S OK!**

## Naviance

Naviance is the Counseling Department’s one-stop shop for information for students in regards to the college planning process. For example, starting in second semester, if students place a name of a college they are interested in – Click on “Colleges” and “Colleges I Am Thinking About”; students will receive an email when that school will host a virtual visit. More information: <https://connection.naviance.com/edina>. There is also a link to Naviance located in the Portal for easy access.

## Additional Resources

[2020 Virtual Activities Fair](#)

[Clubs and Activities Website](#)

# CLASS OF 2024 HIGHLIGHTS

## [Class of 2024 EHS Website](#)

The goal of freshman year is to have students assimilate successfully to high school and begin to learn about themselves.

Welcome to High School! For 9th graders, this year is all about the transition to high school and learning more about yourself as you continue into young adulthood. We are here to support you in that journey.

### **What can 9th graders be doing now?**

- Be aware of your resources for help and support: Teacher Office Hours, Peer Tutoring, Counseling, etc.! [Link here for more information.](#)
- Make sure you're checking Schoology regularly. We're seeing a lot of freshmen that are missing Google Meets or ABA's (attendance based assignments). This information can be found on each Teacher's Schoology page. Students are still expected to do work on both hybrid/learn-at-home days.
- *Do your best academically.* We want students to feel both challenged and balanced. Grades and GPA matter a lot, but not at the expense of health and wellness. Everyone will have strengths and challenges in different areas. Do your best, work with your strengths and seek resources for areas of challenge. At the same time, take classes seriously, as 4-year colleges will look most at classes taken and grades earned in their admissions decisions.
- Start thinking about your interests, likes and dislikes, goals and abilities. **THESE WILL CHANGE AND THAT'S OK!** Some questions to ask yourself might be: What classes do you like? What areas outside of school are of interest? How can you be more involved with them? Are there new areas you'd like to try and learn more about?
- Most importantly, don't be afraid to ask for help if you need it. We are here to support you!

### **Hornet Mentors**

Hornet Mentors is a group of junior and senior students who serve as a bridge to help freshmen acclimate to their role as an Edina High School student. As a new 9th grader, maybe you are wondering about midterms, Homecoming, or other activities that are hosted by EHS. Perhaps you want to know about what kind of classes you should take in the future, or how to contact a teacher. Hornet Mentors can help you navigate the new world of high school!

Each 9th grader has been assigned a mentor. Check your inbox for emails that you may have received from them. If you haven't heard from your Hornet Mentor or have any questions or comments, feel free to reach out to [JulieRogers.Bascom@edinaschools.org](mailto:JulieRogers.Bascom@edinaschools.org) for support.

For more information on the Edina High School Counseling Department, visit us [online](#).

Follow us on Twitter and Instagram to stay in touch with what is going on in the Counseling Office at EHS @edina counselors

