

From the Counseling Office

College News



Mark your calendars!

October 19th: PSAT/NMSQT

The PSAT (Preliminary Scholastic Aptitude Test/ National Merit Scholarship Qualifying Test) will be offered to all sophomores and juniors at Juanita on October 19th, and registration starts on October 2nd. There is a \$16.00 administration fee, paid at the bookkeeper's office at time of registration (waived for students on free/reduced lunch). This PSAT is particularly important because it's the preparation for the new and redesigned SAT, which will be in effect in the spring of 2016.

Please advise your junior student that the PSAT they took in 10th grade year served only as a practice test. **Only the Junior PSAT counts towards the NMSQT.**

What is the PSAT/NMSQT?

Developed by the Educational Testing Service for the College Board and the National Merit Scholarship Corporation, the PSAT is a national test which measures verbal and mathematical reasoning abilities deemed important for academic success in college, and serves as a predictor of SAT scores. The PSAT focuses in ability to reason with facts and concepts rather than to recall and recite them.

Students in the 11th grade that score in the top 1% nationally may be considered for the National Merit Scholarship Program. Our district also registers all sophomores for the PSAT test to provide practice and help them build confidence and familiarity with the test. However, sophomore scores **do not** count towards the Scholarship Program. For this reason, please encourage your junior student to register and practice for the test in October. About 16,000 of the students with the highest scores nationwide will qualify as semifinalists on a state representational basis, and they can advance to Finalist standing in the competition through the rigorous application process explained in the information provided to each Semifinalist by their counselor. In the end, around 8,000 winners of Merit Scholarship Awards are chosen from the finalist group based on their abilities, skills, and accomplishments.

You can find more information about the National Merit Scholarship Corporation and the Merit Scholarship Awards at <http://www.nationalmerit.org/nmsp.php>

Upcoming SAT and ACT testing dates and registration deadlines

Attention seniors! If you are planning to take the SAT or ACT one more time this year before applying for college, you need to register for the early administrations if you plan to apply to a four-year college by January. Scores take about four weeks to be mailed. Check collegeboard.org and act.org for registration information, and practice tests.

SAT test dates	Register by	ACT test dates	Register by
11/5	10/7	12/10	11/4
12/3	11/3	2/11	1/13

Websites worth visiting

In the counseling office we are always learning about new websites that can help students and parents navigate the world of college admissions and applications. In the September issue of the Town Crier we recommended two websites:

[High School Counselor Week](#) Articles on every aspect of college attendance and financial aid.

number2.com : Free SAT/ACT practice

Counselors meetings with Freshmen

There are many important changes for the graduating class of 2019+. The credits required for graduation have increased from 22 to 24, and there are new exams your student will need to pass to meet State graduation requirements. To support your student's success in high school, counselors will schedule short individual meetings with all their freshmen starting in October and throughout the quarter. The goal of these meetings is for freshmen and counselors to get acquainted, and for students to feel this is a safe and welcoming place where they can get academic and personal help. Students will receive a notification for the time and day of their conference a week or so in advance, and a list of names, times and dates will be posted outside the counseling office for further review. It is the responsibility of the student to arrive on time for their meetings. Parents are welcomed to join their student, but, due to the sheer number of freshmen, meetings cannot be rescheduled to accommodate their attendance.

Scholarship Night + Financial Aid Night = Money Night!

Wednesday, Oct. 19th brings Money Night to the Juanita HS community. Money Night combines Scholarship Information from 6:30-7:15, and Financial Aid Information from 7:30-8:30. Both presentations are in the Auditorium. Come hear helpful hints regarding the scholarship process and how students can prepare themselves to compete for college money. Underclassmen grades 9 through 11 are also encouraged to attend.

Featured website of the month

Please take a few minutes to visit to the [Occupational Outlook Handbook](#) website. The Occupational Handbook is a regularly updated publication from the Labor of Bureau Statistics that contains information about the training, education, earnings, expected job prospects, descriptions and working conditions of thousands of different types of jobs. It also provides job search tips, and links to the job market in each

State. This site is a wonderful resource not only for students searching information on future careers, but also for parents looking for jobs or considering a career change.

Personal/Social Development



Cyberbullying

As a result of technological advances, bullying is not exclusively an “in-your-face” type of harassment. Bullies can now hide behind cell phones and computer screens, and often anonymity, to threaten, hurt, and embarrass their victims. This type of psychological and emotional aggression is particularly insidious because it spreads like wildfire through social networks, school, the community, the world! Teens who have been the victims of bullying and cyberbullying often refuse to attend school, and report high levels of stress, anger, and depression. Suicide continues to be one of the leading causes of death among children and adolescents, and, according to a new study from the Yale School of Medicine, have grown more than 50 percent in the past 30 years. Bullycide is a relatively new term used to describe suicide as the result of bullying.

Cyberbullies may be physical bullies in the real world, but very often kids who engage in cyberbullying are teens who have been subjected to bullying at school and find the virtual world an “efficient” way to get even with the perpetrators. Statistics show that about 1 in 4 teens has been the victim of some form of cyberbullying. Perhaps because girls are more reluctant to engage in physical bullying, are more likely to be cyberbullies than boys, but both can be victims or cyberbullies. With so many teens affected by cyberbullying, what can parents and schools do to deal and prevent this form of harassment and help victims heal? You will find answers and suggestions in “[Cyberbullying: Identification, Prevention, and Response](#)”, a must read article for parents and adults working with adolescents. This article is published by the Cyberbullying Research Center, a clearinghouse of information concerning the ways adolescents use and misuse technology.

The Lake Washington School District recognizes the right of every student to learn in an environment that is free from harassment and intimidation, and adheres to the strict Washington State “Harassment, Intimidation, and Bullying of Students” administrative guidelines. At Juanita High School, administrators investigate all complaints of harassment, mediate among parties to bring resolution to a conflict when the situation permits, and use the disciplinary and corrective actions required by district policies. Administrators and counselors maintain strict guidelines of confidentiality to encourage all students and parents to report incidences or suspected incidences of bullying and harassment.

Sources

"[Bullying Statistics](#)." *Bullying Statistics*. Web.

[PACER'S National Bullying Prevention Center](#). Web.

