

COUNSELING UPDATE

Counseling | College & Career Center

See Something, Say Something

[Say Something Anonymous Reporting System](#) allows you to submit secure & anonymous safety concerns to help identify and intervene upon at-risk individuals BEFORE they hurt themselves or others.

You can do this by reporting observed threats, behaviors, actions and harassment. Here is an example of some of the most common behaviors and incidents to report:

- » Bullying or regular intimidation
- » Bragging about an upcoming planned attack
- » Depression or anxiety
- » Gun Violence / Violence
- » Harassment
- » Hopelessness, excessive guilt or worthlessness
- » Substance abuse
- » Suicide threats, cutting or other self-harm

[SAY SOMETHING](#)

College Fairs

**Wednesday, September 11,
1:45-3:15 PM LAHS Aux Gym**

We have over 30 schools coming to LAHS to meet with our students including universities, community colleges, trade schools, and military academies. So in addition to making a trip to your school of interest, come check them out in one convenient location.

**Sunday, September 15, noon-3:00 PM
LAHS Albuquerque Convention
Center**

There will be over a 100 colleges represented covering a range of two and four year schools, trade and technical schools, plus gap year programs, military options and apprenticeship programs. Visit [Rocky Mountain Association for College Admission Counseling](#) to see a list of schools participating.

Register at [Strive Scan](#) so you can skip the need to fill out the information cards. You can just scan and go.

Senior Parent Night

Monday, September 16, 5:30 PM

LAHS Speech Theater

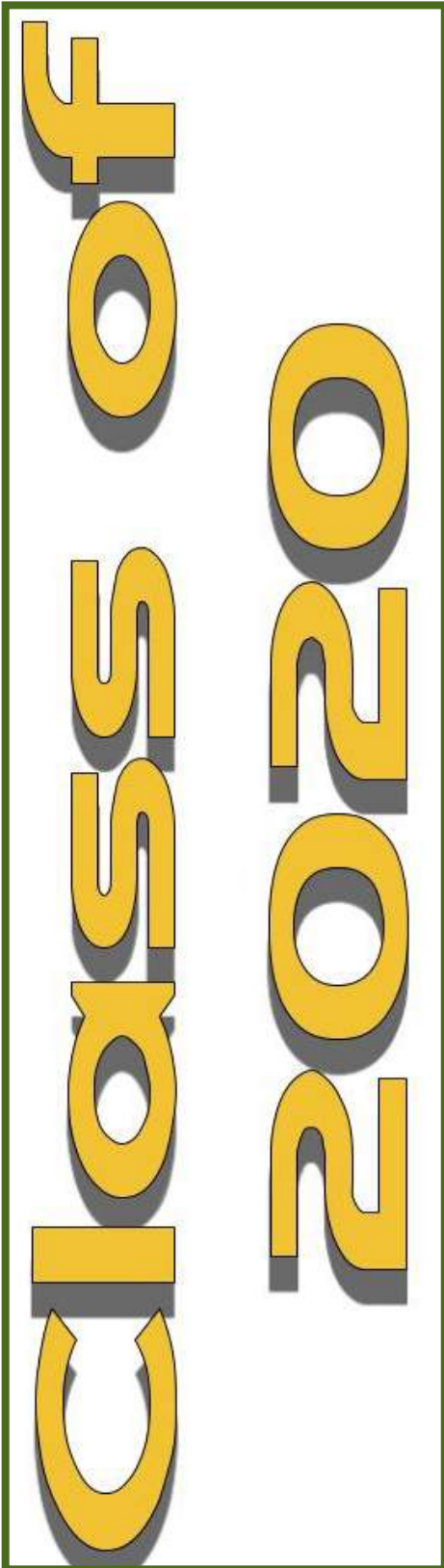
Welcome to your Senior Year! Having a senior in high school comes with a whole new set of checklists, activities, and uncertainties. We know that parents have questions and want to be helpful to their senior, but don't always know what to do or how to help.

During Senior Parent Night, our school counselors will cover education options for after high school including:

- two and four year colleges
- trade/technical schools
- military
- apprenticeship/internship programs

We will also cover the application process including research, applying, deadlines and Naviance. Finally, we will touch on how to pay for it all. There will be handouts and lots of good information given. Above all else, you will get your questions answered.

Light refreshments will be provided.



Freshman Follow-Up



Hello Freshmen!

Congratulations on surviving the first three weeks of 9th grade! Hopefully you all are off to a good start, finding your way around campus, and getting into a smooth routine.

A few things to look forward to as we continue through the month of September.

Advisement will be held on the September 19. Each of you will get the opportunity to meet with your advisors and get some important information on what to expect throughout the school year.

Get ready for Homecoming! Starting with the parade and football game on Friday, September 20 and ending with the dance on Saturday, September 21. I hope you all plan to participate in all of the activities throughout the week!

You will see me in your English classes starting the week after Homecoming. I am coming to present Freshmen 101/Goal Setting lessons and an Introduction to Naviance. Yes, you have to participate, but it involves Legos and very little ELA. ;)

I'm looking forward to getting to know you all a little better and having the opportunity to help you start High School moving in the right direction. As you all begin to settle in, please don't hesitate to come see me if there is anything you need. My door is always open, well...almost always AND I have an endless supply of gum!

In your corner!

Ms. Harrison

NMSQT Test for Juniors

Wednesday, October 16, 2019

The National Merit Scholarship Qualifying Test (NMSQT) is the same as the PSAT but is used for the National Merit Scholarship program when taken your junior year of high school. If you choose not to take the test on October 16, 2019, you will not be eligible for the 2020 National Merit Scholarships.

Fee for Juniors taking the test is \$25 and may be paid directly to the Bookkeeper located in the LAHS Topper Library via check made out to LAPS or via Paypal at <https://www.lapsfees.com/>

To Register: Please click on the following link to access the registration form or copy and paste it into your browser. <https://forms.qlc/ZBnQzSpr6zALiC9H7>. **The deadline to register is Thursday, September 12.**

Wishlist for the Counseling Area

We have students in our office all day. Many of them come in for a quick snack because of many reasons, forgot to eat breakfast, low on energy, just hungry. We try to have something for them

Granola Bars, both crunchy and chewy
 Single Packs of nuts
 Chips
 Cup O'Noodles
 Microwaveable Mac & Cheese
 Tuna Packets
 Beef sticks or jerky
 8 oz Bottles of Water
 Small Bottles of Juice
 Gummies

Single serve cold cereal
 Shelf stable milk
 Bags of wrapped, hard candies
 Plastic Spoons/Forks/Knives
 Napkins
 Paper plates and bowls
 Tissues
 Gift Certificates to Smiths
 Board Games
 Puzzles

Q1 Advisement

Thursday, September 19, 2019
Between First & Second Period

Our first advisement session of the year is right around the corner. Please be sure to check PowerSchool to confirm your advisor and meeting place prior to Thursday. The goal of advisement is to help create meaningful connections between students and their advisor. Pertinent information will be disseminated during the 50 minute session as well as team building activities and group discussions.

If you have any questions, contact Ms. Segler in the College & Career Center in the Topper Library.

PSAT Test for Sophomores

Wednesday, October 16, 2019
Sophomores:

All sophomores have been registered to take the PSAT. This is a free exam that is given each year and is a good indicator of how you will do when taking college entrance exams like the SAT. You should have received a Student Guide from your English teacher. More information will follow as we get closer to the exam date.

Additional information may be found at www.collegeboard.org.

College Application Boot Camp

Saturday, September 14, 2019

10am-4pm

Topper Library

Hey Seniors! Your school counselors are offering the inaugural College Application Boot Camp to help you undertake the college application process. The Boot Camp will be set up in a workshop format with multiple sessions going on at the same time. There will be several sessions on college applications, including how to register for an account on a college website and how to complete the entire application. Be sure to bring your Chromebook so we can work on the applications together!

We will also offer sessions on Naviance including how to perform a search for colleges of interest, adding your resumes, requesting transcripts, adding the letter of recommendation checklist, and adding recommenders to your account. Matching your Common Application to your Naviance account will also be covered including signing the FERPA waiver.

Bring your college essay to the boot camp as we will be covering that as well. We will also provide editing!.

Be on the lookout in your student email for a Google document for sign-ups. Light snacks will be served. We are excited to help you prepare for your future!

