

# COUNSELING UPDATE

Counseling | College & Career Center

## ***Upcoming ACT/ SAT Test Dates***

### **ACT**

December 14, 2019  
February 8, 2020  
April 4, 2020  
June 13, 2020  
July 18, 2020\*

To register, visit [ACT Test Registration](#)

### **SAT**

December 7, 2019  
March 14, 2020  
May 2, 2020  
June 6, 2020

To register, visit [SAT Test Registration](#)

School Code: 320405

*\*No testing at LAHS on this date.*

## Myths About Financial Aid

“Federal student aid is just ‘free money’ like grants.”

“My parents make too much money, so I won’t qualify for aid.”

“Only students with good grades get financial aid.”

“My parents aren’t U.S. citizens, so there’s no way I’ll get aid.”

“The FAFSA® form takes forever to fill out, and it’s really hard to do.”

“I can’t file my FAFSA® form in October because I haven’t applied to any schools.”

“I support myself, so I don’t have to include parent information on the FAFSA® form.”

**To find out the truth behind these FAFSA Myths and others, visit [Myths About Financial Aid](#)**

# LANL Foundation Scholarship

## Scholarship Eligibility

Any permanent resident of Northern New Mexico\*with at least a 3.25 cumulative unweighted grade point average (GPA), and scores of 18 ACT or 940 SAT (combined Math plus Critical Reading only), who is enrolling in or currently attending an accredited postsecondary educational institution is eligible to apply.

## Applicant Criteria

Student applications are evaluated by the LAESF Advisory Committee that considers academic achievement, leadership, and commitment to service.

## How to Apply

Students interested in becoming a LANL Scholar must submit a complete application form and supporting materials by the January 21, 2020 deadline. The application form is available online at [lanlfoundation.org/scholarships](http://lanlfoundation.org/scholarships) after October 1, 2019.

## Application Portfolio Requirements

- Official academic transcript(s)
- ACT or SAT I scores
- SAT II scores, if available
- Two letters of recommendation: one addressing community service/extracurricular activities, and the other highlighting academic achievements
- An essay of approximately 250 words

## Deadlines and Awards Process

Applications must be submitted online by January 21, 2020.

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## Local Scholarship Packet

Each year, our community has generously offered over 50 scholarships to our graduating seniors. This year is no different. We are looking to have the Local Scholarship Packet out to seniors via email in December prior to Winter Break. Following are the important dates for seniors to know:

**December 13 - Local Scholarship Packet released to 2020 Seniors**

**December 14 - Scholarship Workshop (tentative)**

**February 7 - Scholarship Applications due by Close of Business or postmarked by 2/7/20.**

**April 23 - Senior Recognition Ceremony (tentative)**

If you have any questions, please contact Ms. Segler at [s.segler@laschools.net](mailto:s.segler@laschools.net) or 663.2797.

# Freshman Follow-Up



Hello Freshmen!

November is upon us as we move into the heart of Quarter 2. After advisement and our English class Lego lessons, I hope you all have an understanding of how the semester grades are averaged and remember that every class counts!! Some of you have been struggling, but be encouraged that there is still time to bring up your grades before finals. Make sure to take advantage of Academic Time and Saturday School!

Advisement will be held on November 14th. This meeting will be a good time to ask any questions you might have about finals week in December or about the course selection process coming up in February.

You will see me in your Physics classes the first week of December. I will present a curriculum called Friend 2 Friend where we will discuss suicide awareness and prevention. While this is a sensitive issue, it's important to learn strategies on how to help ourselves and others who may be struggling with feeling hopeless or sad. If you have questions about the presentation, stop in and see me and we can talk.

Please take a look at your spring semester schedule. Some of you are missing classes or have other errors that need adjusting. Stop in the TFA office and ask Mrs. Swavely to schedule an appointment with me so we can get them fixed!! :)

As always, don't hesitate to come see me if there is anything you need. My door is open AND I still have an endless supply of gum (and certainly Halloween candy)!!

Cheering you on!

Ms. Harrison



Los Alamos High School will offer the ASVAB Career Exploration Program on Saturday, December 7, 2019 from 8:15 a.m. to 11:45 a.m. The ASVAB Career Exploration Program (CEP) can help you take steps now toward finding a career that's right for you. Whether you're planning on college, a technical school, or you're just not sure yet, the ASVAB Career Exploration Program can provide you with important information about your skills, abilities and interests -- and help put you on the right course for a satisfying career.

**COST: FREE!**

**REGISTRATION:** Stop by the College & Career Center to pick up a form. Deadline is December 5. If you have any questions, contact Ms. Segler at [s.segler@laschools.net](mailto:s.segler@laschools.net) or 663.2797.

# Ms. Black Goes to College!



Transylvania or Transy is an old college in Lexington Kentucky. It is a small, private liberal arts school in a large vibrant city in the heart of horse country. Some of the things that stand out—they are affordable offering 98% of their students aid and also offering the Pioneer Pledge which guarantees graduation in 4 years. As you would expect, they are a center for Equine majors with an Eventing Team that offers a lot of scholarship money. It is a beautiful campus with traditions galore. They offer a super strong study abroad program with programs in over 50 countries. One of the most popular programs is the design your own major, which is fairly unique. Their goal is to get you to your dream career, so they offer a robust internship program and access is easy to Lexington. They also offer a 3-2 Engineering program with University of Kentucky. 100% of their students apply and are accepted to Law School and 90% apply and are accepted to Medical School. If you are looking for a small campus with big resources that is steeped in history, then Transy might be for you. and we need help to provide it.

## Q2 Advisement

**Thursday, November 14, 2019**  
**Between First & Second Period**

Our first advisement session of the year was a success! Our advisors were able to present material pertinent to where the students are now in their high school career. We will continue to work and adjust the program to make it meaningful for advisors and students.

Please be sure to check PowerSchool to confirm your advisor and meeting place prior to Thursday.

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

## Help Sessions for Seniors



LAHS Counselors: Cindy Black, Dawn Watkins, Cristin Haake

**Get help with applications, resumes, essays, ACT/SAT registration, scholarships, FAFSA, Naviance, and more!**

**WEDNESDAYS AT LUNCH**  
**Topper Library**  
**Now through the end of the semester.**

# Make Your Own Groovy, Fruity Smoothie

The Friends of Rachel Kindness Club, LAHS counselors, and the Topper Library sponsored a fun and relaxing activity during lunchtime - Make Your Own Groovy, Fruity Smoothies. Over 200 students enjoyed blending fresh fruit and sharing smoothies as a part of the school-wide kindness initiative that the Friends of Rachel Kindness Club helps promote.

LAHS counselors have partnered with The Topper Library in hosting many of the wellness activities in the past year to make student health a priority. Upcoming Counseling Department wellness activities in the Topper Library include, Aromatherapy Dough, Planting of Pine Cone Trees, Grow Your Own Flower or Veg.

