

OCTOBER 2021

SHHS SCHOOL COUNSELING NEWSLETTER



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Welcome Back!

We're so happy to be back at South Hadley High School with all of you! We're starting this monthly newsletter to keep all our students, families, and SHHS staff in the loop for upcoming events and things to know at South Hadley High School. Given that this newsletter is for you, we welcome any feedback on what you'd like more information on, what we're missing, or upcoming events you'd like showcased!



From left to right:
Ms. Austin, Ms. Mazzulli, Mr. Meeker, Ms. Schully, Mrs. Pronovost, Ms. Esempio

Meeting with Your Counselor:

We're here to help! Don't hesitate to email your counselor if you'd like to meet or drop down to the Counseling Office to make an appointment.

Grade 9

Ms. Austin - Last Names A-G
Mr. Meeker - Last Names H-Q
Ms. Esempio - Last Names R-Z

Grade 11

Ms. Austin - Last Names A-H
Mr. Meeker - Last Names I-Q
Ms. Esempio - Last Names R-Z

Grade 10

Ms. Austin - Last Names A-G
Mr. Meeker - Last Names H-Q
Ms. Esempio - Last Names R-Z

Grade 12

Ms. Austin - Last Names A-E
Mr. Meeker - Last Names F-O
Ms. Esempio - Last Names P-Z

Adjustment Counselors:

Ms. Scully - Grades 9 & 12
Ms. Mazzulli - Grades 10 & 11

CONTACT INFORMATION

The guidance suite is located in the 300 hallway across from the Library.

Guidance Counselors

Ms. Austin - jaustin@shschools.com
Ms. Esempio - kesempio@shschools.com
Mr. Meeker - ameecker@shschools.com

Adjustment Counselors

Ms. Scully - ascully@shschools.com
Ms. Mazzulli - amazzulli@shschools.com

Guidance Admin

Mrs. Pronovost - dprovonost@shschools.com

COUNSELING INTERNS

We're lucky to have three interns working with us this year!

Mr. Waselik - rcwaselik@shschools.com
Ms. Low-Chappell - jlow-chappell@shschools.com
Ms. Shaye - kshaye@shschools.com

Social Emotional Support

A Book of Questions Journal Prompts

- Journaling can be a great way to destress and with this crazy start to the year, we can all take steps to reduce our stress!



How to Find Outside Support

- Whether you're struggling or just looking for a consistent outside ear, this document can be used as a resource to find an outside counselor. Click the link for suggestions on what questions you should ask.

In late October, keep an eye out for a social emotional learning survey that will be sent to your school email. This is completely confidential and participation is optional.

There will also be a themed social emotional bulletin board that changes each month. Come on down to see some of the topics and resources provided!



TIMELY TIPS

The High School bell schedule can be confusing at first. In PowerSchool, you can see your schedule day-to-day and that can help visually to know where you're supposed to be. If you're having difficulty locating your PowerSchool log-in information, please contact your counselor - caseloads and contact information listed on page 2 of this newsletter. You can also complete a Plot Sheet with your classes to know what days have what rotation schedule. And don't forget to go to lunch!

Accessing Email & Google Classroom

Remember that when you're trying to access your SHHS email and Google Classroom, you'll need to log in using the following format:

Email:

First Initial, Middle Initial, Last Name, Grad. Year @student.shschools.com

Password:

 First Name, ID Number

Example student: John Joseph Doe, Class of 2025

Email: jjdoe2025@student.shschools.com

Password: john123456

Tip: Your student ID number will be listed in the PowerSchool welcome attachment referenced above. If you are having difficulty locating it, please contact your counselor.

Academic Resources

Library

The library is located in the 300 Hallway and the librarian is Ms. Pronovost. It is open for study halls, has many reference and leisure books, and Ms. Pronovost is available for technology assistance.

NHS Tutoring

Be on the lookout for emails about tutoring offered by members of the National Honor Society. If you're struggling and/or are worried about a course, please reach out for help and advocate for yourself!

After-School Help

SHHS teachers offer after school hours for extra help. Keep an eye out for information from your teachers and a master list sent to your SHHS email!

Getting Involved

Participating in clubs and activities can be a great way to connect with peers and the SHHS community. Check out the different clubs and activities we have at SHHS here and be sure to attend the Activities Fair on Friday, October 8th!

Upcoming Events:

[MEFA College Financing Webinar](#)
October 6th 6:30-7:30pm

[MEFA Saving for College Webinar](#)
October 8th 12-1pm

Student Activities Fair (Outdoors)
October 8th 1:05-2:01pm
- Grades 9 & 10: 1:05-1:30pm
- Grades 11 & 12: 1:35-2:01pm

Picture Day at SHHS
October 15th (Make-up day 11/19)

SHHS Open House
October 14th 6-8pm

Progress Reports
Nov. 6th



College Visits!
See schedule on next page

Tuition Relief Options!

NEBHE's Tuition Break

Interested in attending an out-of-state college or university in New England? Based on your program of interest, you may be eligible to pay lower tuition through the New England Board of Higher Education's Tuition Break program!

Visit www.nebhe.org/tuitionbreak for information on participating schools, approved programs, and other pertinent information.

Tuition Exchange

Do you have a family member that works at a college or university? You may qualify for reduced tuition to that institution via Tuition Exchange.

Visit www.tuitionexchange.org for more information on participating schools and the application process!

FIRST YEARS

The Guidance team will be visiting your seminar classes throughout the year with our first visits coming soon!

SOPHOMORES

The PSAT will be held during school on Oct. 13. It's a great, free opportunity to practice for the SAT in coming years and see where you may need to dedicate more time studying. The Guidance team will be visiting your classrooms this week to provide some more information. You can opt out of taking the PSAT [here](#).

JUNIORS

PSAT information was delivered to students who had signed up for the Oct. 13th administration last week. Checks are payable to SHHS for \$18 and must be delivered to Mrs. Pronovost in the Counseling Office by Oct. 8th. The limited number of spots still available are first come first served - contact your counselor if interested.

[Upcoming SAT Test Dates](#)

[Upcoming ACT Test Dates](#)

If you have a 504 or IEP, contact your counselor! You may be able to get test accommodations for the SAT/ACT.

SENIORS

Senior Meetings: Follow up with your counselors if you have any questions/concerns. Use your Senior Conference Form as a resource!

The deadline to sign up for the Nov. 6th SAT is **Oct. 8th!**

[SAT Registration](#)

[Upcoming ACT Test Dates](#)

The FAFSA application opened on Oct. 1! Start your financial aid applications early. Look out for information on a FAFSA night at SHHS and MEFA for financing support. Know whether the schools you're applying to also require the CSS Profile - the application opened on Oct. 1 for that as well.

Scholarships will continue to be updated on [this](#) spreadsheet. Most applications won't be due until Spring, but check back frequently for new opportunities. Ms. Esemplio is the scholarship coordinator - contact her with any specific questions.

Early Action deadlines are fast approaching! If you plan to apply early action, make sure you know what the application due date is. Common EA dates are Nov. 1, Nov. 15, and Dec. 1. UMass-Amherst's is Nov. 5!

College Visits

Visits will be held in the Guidance Conference Room. Check in at the Guidance Office for a pass to the info session you're interested in. Continue to check the white board in the Guidance Suite frequently for updates and more visits to be added.

Westfield State University

Oct. 7 @ 11am

Lasell University

Oct. 12 @ 8am

Salem State University

Oct. 12 @ 11am

Bryant University

Oct. 14 @ 11:30am

Western New England University

Oct. 15 @ 8:30am

Elms College

Oct. 18 @ 9am

Niagara University

Oct. 19 @ 11am

Worcester State Univ.

Oct. 19 @ 12:30pm

Springfield College

Oct. 20 @ 11:30am

Vassar College

Oct. 20 @ 12:30pm

Emmanuel College

Oct. 26 @ 9am

American International College

Oct. 26 @ 11am

Merrimack College

Oct. 28 @ 8am



UPCOMING SCHOLARSHIP DEADLINES

Heisman High School Scholarship - Apply by **10/19/21**

- Awards student athletes who exhibit a strong commitment to the surrounding community. *See website for more information.*

VFW Voice of Democracy - Apply by **10/31/21**

- A unique audio-essay scholarship application that offers students grades 9-12 the opportunity to express their appreciation for and relationship with democracy and patriotism. *See website for more information.*

Coca-Cola Scholars Program Scholarship - Apply by **10/31/21**

- Achievement-based scholarship awarded to graduating high school seniors. Students are recognized for their capacity to lead and serve, as well as their commitment to making a significant impact on their schools and communities. *See website for more information.*

There are *plenty* of scholarships to apply for, and many places to look for them! Here is a list of some useful scholarship search engines:

<https://www.goingmerry.com/>

<https://www.fastweb.com/college-scholarships>

<https://www.cappex.com/scholarships>

<https://www.scholarships.com/>

<https://www.chegg.com/scholarships>

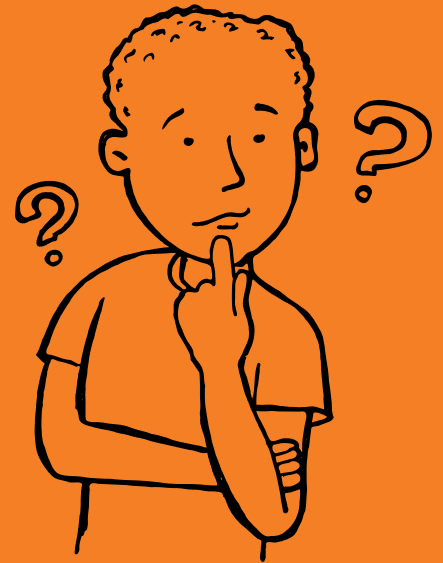
Visit **Departments --> Guidance --> College Planning --> Scholarships** on the [SHHS website](#) for a Google Sheet of scholarships as well!

Happy October and Go Tigers!



Any Questions?

Feel free to contact the counseling department if you have questions, comments, concerns, or suggestions on what could be included in next month's edition of the newsletter!



Coming Up!

Check out next month's newsletter for a feature on our amazing support staff and career planning resources.