



Phillip Cohen (A – E)
Dana Meledick (F-Kj)
Lisa Clearfield (Kk-P)
Yvonne Rogers (Q-Z)
Kim Richardson (9th Grade)
Deb Merwitz (Registrar)
Allison Sultan (Registrar)
Nina Dix (Data Clerk)
Michael O'Shaughnessy (Psychologist)
Nancy Beneski (Secretary)

Student Services Newsletter

September 2019

Welcome! We are all excited to see all the happy faces in the hallways. We have had some changes in Student Services with who our counselors are overseeing. New this year is a 9th grade counselor. Mrs. Richardson will be filling that position. Our other counselors have changed their alphabet as follows:

A-E (Grades 10-12) – COHEN
F-Kj (Grades 10-12) -- MELEDICK
Kk-P (Grades 10-12) -- CLEARFIELD
Q-Z (Grades 10-12) – ROGERS
ALL 9TH GRADERS - RICHARDSON

If you need to meet with your counselor, please consider emailing them to set up appointments.

All schedule changes must be requested in writing for approval. For course level changes, a Course Placement Review (Waiver) or an updated recommendation from your teacher is required.

During the first two weeks of school, the only schedule changes that will be made are for those students that are misplaced, missing a course, student passed a summer school course, student is taking a class at HCC or a student needs a course to graduate.

Have you Moved?

If you have moved or are moving please visit us in Student Services as soon as possible.

For families moving out of Howard County: you will need to complete a withdrawal form. Once this form is completed we will be able to put together a packet of information and necessary documents for you to bring to your child's new school.

For families who are changing addresses within Howard County: after you have moved, please bring your new lease/deed and a utility bill so that we can update your address in our system. If your address change results in a change of school we will assist in transferring your child's records to their new school.

If you have any questions please contact Allison Sultan, Registrar, at allison_sultan@hcpss.org or 410.313.7068.

Ninth Grade - Class of 2023

Upcoming Dates

September 18 and 25 during Raider Time (9:00)	Grade 9 Class Meetings in Auditorium
October 8, 10, 11, or 14 through English classes	Counselor Lesson #1 - Transition to High School and Introduction to Student Services
December 10, 11, 12, or 13 through English classes	Counselor Lesson #2 - Four Year Planning and Course Registration

Seniors - Class of 2020

By now all seniors should have received their College Planning Folder. If you do not have your's please visit the Registrar as soon as possible.

Seniors should take the opportunity to meet with their counselors, if they did not over the summer, to talk about a letter of recommendation and any college concerns or questions. Please email your counselor to make an appointment.

Requesting Transcripts and Teacher Letters of Recommendation:

Transcripts: In order to have your transcript sent to the colleges you intend to apply to, complete the blue transcript request form and bring to the Registrar. Your first 3 transcripts are free, subsequent requests are \$2 each.

Teacher Letter of Recommendations: This is a two step process. In order to request a letter of recommendation from a teacher you must 1. give your teacher(s) the yellow request form and 2. connect your teachers to the colleges you'd like them to write to in Naviance.

Remember, in order to allow time for processing these forms are due *at least* 20 school days before your college deadlines....watch the calendar carefully! If you have a school with a November 1 deadline (like UMD) these forms are due no later than October 3.

The Common App Match: If you will be applying to any schools via Common App you **MUST** match Naviance and Common App. It is a quick, two second process in Naviance but is critical in ensuring the proper and timely transmission of your admissions materials. Refer to your College Planning Folder for more information.

COLLEGE INFO NIGHT FOR SENIORS (for Senior students and parents)

Monday, September 9th, 2019 @ 6:30 pm, Atholton High School Auditorium

The night will begin with counselors presenting detailed information on the following topics:

- the AHS college application process
- securing letters of recommendation
- requesting transcripts for colleges
- college search tips
- important deadlines

The second part of the evening will include breakout sessions with local colleges, universities, and financial aid representatives on the following topics such as:

- Dissecting a College: What to Look for When Researching a College
- College Applications: An Insider's View
- The Benefits of Attending an HBCU
- Benefits of Attending a 2 Year College
- Financial Aid Tips

We hope to see you there!!!

10 ESSENTIAL STEPS TO GUIDE YOU THROUGH THE COLLEGE APPLICATION PROCESS

During the week of September 9th, School Counselors will also be meeting with all seniors to present information regarding the next steps in the college application process. These steps include much of the same information as presented at the College Info Night For Seniors such as requesting transcripts, securing letters of recommendations, sending SAT/ACT scores and much more.

During the year . . .

Mindfulness

There are incredible benefits of practicing mindfulness including decreased stress, increased resilience, better sleep, removal of negative feelings, and improved attention. In all counseling lessons this year, students will be learning about mindfulness by practicing a quiet moment, deep breathing techniques, and talking about how staying in the moment can help us cope with current feelings.