



Franklin High School Counseling Newsletter

September 2016

Franklin Strong!

Welcome from your career and counseling team!!! We are excited to be part of your child's experience at Franklyn. We maintain a caseload alphabetically separated so we can follow your child for four years, and work with families. Our breakdown is as follows:



Danelle Chapman
Last Names: **A-Da**
dchapma1@pps.net
Ext. 81058



Alice Headley.
Last Names: **De-I**
aheadley@pps.net
Ext. 81056



Sara Goldman
Last Names: **J-Ne**
sgoldman@pps.net
Ext.81026



Holly Vaughn-Edmonds
Last Names **Ng-Sn**
hvedmonds@pps.net
Ext. 81057



Hoang Tran
Last Names: **So-Z**
htran1@pps.net
Ext. 81020



Raquel Laiz
College and Career
Coordinator
rlaiz@pps.net
Ext. 81206

Fall Happenings in Counseling

September is flying by! The Counseling Department has been very busy all of September meeting with students regarding their schedules, grades, credit recovery and transitions into the new school year. We are going to start pushing into classrooms within the next few weeks first to cover critical information for seniors, then meeting our new freshmen, and working our way through our sophomore and junior students' classrooms providing guidance curriculum to promote personal growth and academic success this year.

PSAT Testing

On Wednesday, October 19th, all PPS High Schools will be administering the PSAT to all current sophomores and interested juniors. This exam is extremely important not only as a tool to be exposed to and predict how a student will do on the real SAT, but the scores are also sometimes a factor used for class placements, so *try your best!* Interested juniors will need to register and pay to take the test, with waivers allowed for students receiving free/reduced lunch. Juniors who test in the top 98% of the nation will be considered for National Merit Awards as seniors.

The PSAT is a test that measures critical reading, math, and writing skills. This test is similar to the real SAT, which we suggest taking until the winter or spring of junior year.



9th, 11th, 12th Grade CRLE (Career Related Learning Experience)

On PSAT testing day 9, 11, 12th graders will have the opportunity to participate in career enrichment activities to meet the CRLE graduation requirement.

SAT & ACT: Opportunities for Practice

The SAT and ACT are standardized tests used widely in the college admissions process. The SAT has been redesigned to mimic mastering the Common Core Standards, which our teachers use when they teach our students.

There is **free test prep available** on both the act.org and collegeboard.org websites.

UPCOMING COLLEGE VISITS

All visits are posted in Naviance under 'upcoming college visits.' We also keep a clipboard in the counseling office for students to check out and sign up to attend a visitation in the CCC. To attend an event, register in Naviance. See your counselor, counseling secretary, or Career Coordinator for login information. College Visits are hosted in the College & Career Center unless otherwise noted.

- Mon October 3, 2016 at 10:00 AM: Sarah Lawrence College
- Tue October 4, 2016 at 10:00 AM: University of Oregon
- Wed October 5, 2016 at 10:00 AM: Western Oregon University
- Fri October 7, 2016 at 10:00am: George Fox University
- Tue October 11, 2016 at 10:00am: Colorado College and Harvey Mudd College
- Tue October 11, 2016 at 12:15pm: Pacific Lutheran University
- Thu October 13, 2016 at 10:00am: Beloit College
- Thu October 13, 2016 at 12:15pm: Willamette University


Event	Date
Counselors See Freshmen in College/Career Classes	October 2016
PSAT (Sophomores + juniors who register)	Wednesday, Oct 19
Career Exploration Day for 9, 11 grades	Oct. 19 (during school)
Resume presentations and My Plan Essay completion 12 th grade	Oct. 19 (during school)
Parent/Teacher Conferences	Oct. 14 (during school)
Counselors See Sophomores and Juniors in Classrooms	November 2016
National College Fair at the Oregon Convention Center Register at: NACAC Student Registration	Sunday, Oct 23: 1-5 pm Monday: Oct 24: 9 am -12 pm
Franklin Junior/Senior College Night	Tuesday, November 15: 6-8:45pm

Tips to Being Successful In High School

- **Be Curious!** Explore and get involved in what interests you.
- **Be a Self-Advocate!** It is your education; ask for what you need to be successful.
- **Work hard and challenge yourself!** Expect to struggle. Learning is about struggle, it is how we grow and change, don't give up!
- **Set Goals!** Be in charge of your life vs. letting life happen to you. Ask yourself, what do you want for your future and are your choices bringing you closer or farther away from that future?
- **Practice School Habits of Success!** Be on time to class, study, ask questions, get organized...
- **Choose your friends wisely!** Choose friends who raise you up, not bring you down.
- **Have fun!** School will be stressful, but find balance and have fun as well! Go to school dances, athletic events, plays, slam poetry events! Join a club or start a club!

The ACT®		
ACT Test Date	Registration Deadline	Late Registration Deadline (extra fee applies)
October 22, 2016	September 16, 2016	Sept. 17-30 2016
December 10, 2016	November 4, 2016	November 5-18 2016
February 11, 2017	January 13, 2017	January 14-20, 2017
April 8, 2017	March 3, 2017	May 4-17, 2017
June 10, 2017	May 5, 2017	May 6-19, 2017
<p>To register, go to ACT <i>Please see your counselor if you receive free or reduced lunch.</i></p>		

- Update your “Colleges I’m Thinking About” in Naviance. As you apply to the college, move the college over to “Colleges I’m Applying To.” Please be sure to request transcripts from Naviance in order for your request to process smoothly.
- Register for the SATs and/or ACTs. If you have a December deadline, November is the last time to take the SAT/ACT (and that’s pushing it!).
- You are responsible for keeping track of your deadlines.
- Be sure to send your ACT/SAT scores to your colleges directly from ACT/College board’s website

		
SAT Test Date	Registration Deadline	Late Registration Deadline (extra fee applies)
October 1, 2016	September 3, 2016	September 20, 2016
November 5, 2016	October 7, 2016	October 25, 2016
December 3, 2016	November 3, 2016	November 22, 2016
January 21, 2017	December 21, 2016	January 10, 2017
March 11, 2017	February 10, 2017	February 28, 2017
May 6, 2017	April 7, 2017	April 25, 2017
Jun 3, 2017	May 9, 2017	May 24, 2017
<p>To register, go to the College Board <i>Please see your counselor if you receive free or reduced lunch.</i></p>		

SENIORS

Some Helpful Information for Seniors and Their Parents

- Be sure to check [Naviance](#) on a regular basis. We are constantly updating it with current events, workshops, college information, SAT/ACT information and everything you need to know about College Planning.
- Go to “About Me” tab. You will see links on the left hand side which you should complete. These include:
 - The Request for Counselor Letter of Recommendation
 - Activity/Work Experience Chart
 - 2 Teacher Feedback Forms, one of which you will give to be completed by teachers who are NOT already writing your letters of recommendation
- Your counselor needs this information to write your letter of recommendation. We will meet with you to go over your materials and have a detailed conversation to give us great information to write a personalized recommendation. **It is crucial to give your counselor and teachers at least two weeks before your application due date**
- Carefully review your transcript. Notify your counselor immediately if you think there might be an error.