

## ***Counselor's Corner – February 2012***

Semester 2 has arrived and more than half of the academic year is complete. With that said, students have continued to accomplish more and more and impress many!

Guidance is excited to share that about 80% of Seniors have applied to college, many of them have received acceptances and some even know where they will be going next year! Way to go Class of 2012!

The North Shore Community College On-the-Spot Admissions Day was a success here in Guidance. Over 30 seniors took advantage of this opportunity and were also offered the chance to attend a school field trip to North Shore on March 9<sup>th</sup> with Mrs. Benjamin and Ms. Larsen. Available spots for this trip are limited, so be sure to get your permission slip in as soon as possible!

Numerous students from the Class of 2013 recently completed the Armed Services Vocational Aptitude Battery (ASVAB) here at the high school. The ASVAB is a timed multi-aptitude test, which helps students identify and explore potentially satisfying occupations and develop effective strategies to realize career goals. The ASVAB results will be handed back to students on February 13<sup>th</sup>!

Guidance would like to recognize a few students in particular who should be extremely proud of their recent achievements. Students from the class of 2014, Stephen Bennett, Lindsey Canniff and Nick Dessalines, were recently accepted to the Leadership Training Institute program at the Massachusetts Institute of Technology. This program is designed for high school students who are interested in making a difference in the community through leadership and service in the Greater Boston area. Congratulations Stephen, Lindsey and Nick! Also, a Saugus High Senior, Miss Erin Bennett, was recently awarded the Comcast Leaders and Achievers Scholarship. Recipients of this scholarship are recognized for their commitment to community service, academic achievement and demonstrated leadership. Congratulations Erin!

As the cold weather continues, so must your motivation to do well. A wise man once said, "The best way to make your dreams come true is to wake up." So wake up when your alarm goes off, get to school on time, focus in class, set goals for yourself and achieve them. Every one of you has the power to dream big and accomplish wonderful things, the recipe is simple: ask questions when you do not know something, put forth effort, hard work and determination, and never give up. Keep up the great work Saugus High School!

## **Exciting Opportunities and Friendly Reminders!**

Are you feeling stressed out, anxious or worried? Would you like \$100? The North Shore Medical Center in Danvers is running an 8 week program for students between 14-17 to teach Mindfulness-Based Stress Reduction. Participants will receive a \$100 gift card at the completion of the program. If you are interested please ask your parent (s) or guardian to call the Research Coordinator, Ivette Thomson at the Family Resource Center at 978-354-2670 for more information.

Juniors, please know that you are quickly approaching your senior year and it is now time to start the college search. Log into Naviance on a frequent basis, create a list of colleges that interest you, visit college campuses and sign up for the SAT on [www.collegeboard.com](http://www.collegeboard.com).  
SAT Spring Dates: March 10, May 5, June 2

All students must complete a minimum of 12 hours of community service each year; 48 hours in total are required to graduate.

\*Volunteer at the Belmonte Middle School for **Community Service Hours**. The Middle School is looking for students from grades 9-12 to tutor students at the middle school in exchange for community service hours. Please see Ms. Larsen to sign up for this fun leadership experience!

### **Upcoming Guidance Events:**

#### **Wednesday, March 7<sup>th</sup> at 6pm**

The SHS Guidance Department will host a MEFA (Massachusetts Educational Financing Authority) College Admissions Presentation on Wednesday, March 7th 2012 in the SHS Auditorium at 6PM (immediately following parent-teacher conferences). This is a free seminar for juniors and their parents covering:

- Current college admissions trends
- Stages of the college admissions process
- College entrance tests
- Preparing for the essay, interview & campus visit
- Financial aid basics
- MEFA's free resources for families

#### **Tuesday, June 5<sup>th</sup>**

Saugus High School will be hosting a College Fair for Sophomore and Junior students during the day in the cafeteria. Colleges from near and far will be visiting to speak with you regarding life on campus, academics and admissions requirements. This is a fantastic opportunity for you to ask any questions you may have and ignite your college search!