

THE DECISION

Many Colleges and Universities have been or soon will be delivering their early decisions on admissions. While this can be a very exciting time, it can also be an anxious time if the decision that you receive is not the decision you were expecting. For students that receive a Deferred/Under Review Decision/Wait List; the first and best course of action is to contact the Admissions office directly to let them know that you are still very interested in attending their university and to ask what your next steps should be. Keep in mind that a deferred decision is not a rejection. There are a variety of articles from www.unigo.com that offer advice from various experts as to how to handle these types of decisions, as well as many other topics: <https://www.unigo.com/admissions-advice> Students can also explore career and college options by logging into Xello, an updated, user-friendly alternative to Career Cruising. Students can even get access to FAFSA and college applications right from their Xello account. <https://login.xello.world/>

SAT PRACTICE/TEST PREP MATERIALS

The SAT test will be given this spring in all Michigan High Schools to juniors as part of the MME. Students can get many outstanding test prep materials including practice tests, video instruction to the various components of the SAT as well as an individualized test preparation plan. Visit www.khanacademy.org to sign up for this great information. Khan Academy is the official licensed test prep partner of the College Board/SAT company. All high school students regardless of grade level can benefit from the material on this website. Students can link Khan Academy to their Collegeboard account as well. www.collegeboard.org (It is recommended that students use a personal e-mail address, or a parent e-mail to establish consistency between testing each year.)

Being A Relaxed Student

Is your child overwhelmed? Why is it that stress among kids is at an all-time high? In this article, experts explore and share what makes modern childhood more stressful than ever and how parents can help ease the pressure.

<http://www.webmd.com/news/breaking-news/kids-and-stress/20150827/what-you-can-do?page=1>

RHS COUNSELING WEBSITE

Many events, scholarship opportunities and links to all types of college and career resources are on the RHS counseling page. More information than can possibly be put in a newsletter is available to you and your student. You can access the counseling page by clicking on the counseling tab on the Roseville High website. Go to www.rosevillepride.org, click on the high school, and go to the counseling department page. You can also access by typing in the site directly, although it is a little long:

<https://rosevillepride.org/our-schools/secondary-schools/roseville-high-school/counseling-department/>

Please take advantage of all the great information on the websites!!!

Student Checklist

Seniors

- Continue to pursue excellence in all your classes
- Make a habit of attending all your classes each day
- Register for the ACT at www.actstudent.org if you need to take/retake the test
- Register for the SAT at <http://sat.collegeboard.org/register> if you need to take/retake the test
- Research the Free Application for Federal Student Aid (FAFSA) <https://fafsa.ed.gov>
- Apply for your FAFSA PIN at [https://pin.ed.gov/PINWeb App/pinindex.jsp](https://pin.ed.gov/PINWebApp/pinindex.jsp)
- Begin your FAFSA application after October 1, 2019—Use 2018 tax information
- Review all information and admissions packets from colleges and note deadlines
- Request your mid-year transcript via www.parchment.com
- Contact the College Admissions Office about your next step for deferred or wait list decision
- Remember that second and third trimester grades can affect scholarship eligibility
- Sign up for E 2020 to make up lost credits
- Consider starting your search for scholarship money
- Visit www.ncaa.org, www.naia.org, www.njcaa.org if you are a student athlete
- ***Don't forget to make an appointment to see your counselor for any concerns you might have***

Juniors

- Continue to pursue excellence in all your classes
- Make a habit of attending all your classes each day
- Plan challenging classes for your senior year
- See your teachers before or after school if you need help
- Sign up for **E 2020** to make up lost credits
- Practice for the SAT by utilizing online test questions **every day**
- Begin conversations with your family about college, trade/technical schools, or apprenticeships
- Check out college websites for open house dates or college tour dates
- Start planning college visits for the Mid-Winter break or Spring Break
- Check out the fastest growing occupations at <http://www.bls.gov/emp/ep table 103.htm>
- Consider what your strengths are and how that applies to future career interests ...answer all 140+ questions!
(<https://login.xello.world/> ...see your counselor for login information)
- Explore why you should consider post-secondary education/training
- Volunteer for activities and clubs including those related to career interests
- Visit www.ncaa.org , www.naia.org , www.njcaa.org if you are a student athlete
- **Don't forget to make an appointment to see your counselor for any concerns you might have**

Sophomores

- Continue to pursue excellence in all your classes
- Make a habit of attending all your classes each day
- Plan challenging classes for your junior year schedule
- Stick to a consistent study routine at home
- See your teachers before or after school if you need help
- Sign up for **E 2020** to make up lost credits
- Begin conversations with your family about college, trade/technical schools, and internships
- Consider traveling with older siblings on their college tours
- Check out the fastest growing occupations at <http://www.bls.gov/emp/ep table 103.htm>
- Consider what your strengths are and how that applies to future career interests...answer all 140+ questions!
(<https://login.xello.world/> ...see your counselor for login information)
- Explore why you should consider post-secondary education/training
- Volunteer for activities and clubs including those related to career interests
- Visit www.ncaa.org , www.naia.org , www.njcaa.org if you are a student athlete
- **Don't forget to make an appointment to see your counselor for any concerns you might have**

Freshmen

- Continue to pursue excellence in all your classes
- Make a habit of attending all your classes each day
- Set up a study routine at home and follow it consistently
- Sit down with parents/guardians once a week to review your grades
- See your teacher before or after school to get help
- Consider what your strengths are and how that applies to future career interests...answer all 140+ questions!
(<https://login.xello.world/> ...see your counselor for login information)
- Explore why you should consider post-secondary education/training
- Volunteer for activities and clubs including those related to career interests
- Let your counselor know if you are a student athlete
- **Don't forget to make an appointment to see your counselor for any concerns you might have**