

MHS COUNSELING OFFICE NEWSLETTER March 2018

Current Happenings



NINTH GRADE PARENT NIGHT April 18, 2018 5-5:45 pm MHS Auditorium

Counselors will host a parent night to discuss the scheduling process for current ninth grade parents. Information presented will focus on course selection for the tenth grade year and how students can navigate the online scheduling process.

EIGHTH GRADE PARENT NIGHT April 18, 2018 6-7pm MHS Auditorium

Counselors will host a parent night to discuss the scheduling process for current eighth grade parents. Information presented will focus on transition to the high school campus, graduation requirements, and course selection for the ninth grade.

Credit Letters

Students just completed their second trimester. Counselors will mail home credit letters with current status to any student with a deficiency or risk of deficiency the week of March 19th. Students need to earn 27.5 total credits for graduation. Any student not on track should meet with his or her counselor to discuss credit recovery.



Lansing Community College Field Trip

Twenty-eight students traveled to Lansing Community College on Thursday, March 15th for a tour and to complete placement testing. The students enjoyed a pizza lunch while admissions reps from LCC discussed career pathways and different career paths and opportunities available at LCC. LCC is our leading partner for dual enrollment and transfer credit. If students have questions about enrollment at LCC, they can sign up to see their counselor for more information.



Wilson Talent Center Enrollment

Students who completed applications for the Wilson Talent Center by February 2nd should receive placement notifications the week of March 19th. These placements will be scheduled into the students' 2018-2019 schedules. For students who submitted applications after February 2, open enrollment will begin and students will be able to submit applications for programs that were not filled through the regular enrollment process and/or have small wait lists. Open enrollment visits will be scheduled for the week of April 16th through Mrs. Oakes in the counseling office. See Mrs. Oakes with questions.



May 16th--Decision Day is coming to Mason High School

Last May, MHS celebrated the Class of 2017 in TIES by honoring the decisions the students made about their future. From college to military to apprenticeship, students celebrated with their classmates with food, prizes and a photo booth. Planning for the 2nd Annual Decision Day has begun. This year the celebration will take place May 16th after our annual Academic Awards assembly. Students will soon complete a senior survey indicating their decision for after high school. More details to come!



Specialty Course Applications... Accepted? Waitlisted? Denied?

Students that applied to specialty courses for the 2018-2019 school year can expect to receive an email notifying them that they have been accepted, waitlisted, or denied. Separate emails for each application will be sent out by March 23rd.



MHS COUNSELING OFFICE NEWSLETTER March 2018- page 2

Scheduling for the 2018-19 School Year Begins!

Counselors will have registration meetings for each grade level.



	Registration Information	Registration Time Period
Class 2019	Assembly March 21 during TIES	March 26- April 9
Class 2020	Assembly March 28 during TIES	April 16- April 23
Class 2021	Assembly April 18 during TIES Parent Night April 18 5-5:45 pm MHS Auditorium	April 23- April 30
Class 2022	Class Meetings for students April 17 & 19 at Middle School Parent Meeting April 18 6- 7 pm MHS Auditorium	Requests forms distributed by April 19. Please return April 26

Below is a list of resources to assist your family in times of need:

- 2-1-1 : Designed to connect people with information and resources.
<http://www.mi211.org/>
- Capital Area Community Services: Food programs, homeless services, and much more. <https://cacs-inc.org>
- Mason Public Schools Homeless Liaison: If your family is experiencing a homeless situation, please contact your student’s counselor to see what resources we may have available for you.
- The MOC: If you are in need of basic items such as toiletries, hygiene products, clothing, and/or school supplies, your student can come to the counseling office and fill out a confidential request form.



Stress Performance Connection



What is the difference between ANXIETY and STRESS?

Stress and anxiety are closely related but are not the same thing.

- Stress is a natural and normal response to a challenge. Our heart pumps faster and our palms sweat as we get ready to act.
- Stress can make us feel nervous, angry, frustrated—even anxious.
- Stress can have a positive effect. For example, it can “pump up” a student to study for a test.
- Stress can also be overwhelming. Feeling stress every day for a long time can take a toll on your body and mind.

- Anxiety makes a kid feel worried and afraid. “What if?” is a common phrase for anxious kids.
- The anxious feeling is often out of proportion to the real or imagined “threat” (for example, a child crying in terror because she’s afraid to enter a birthday party).
- Anxious kids may expect that something bad will happen and not believe they’ll be able to handle it. (That bee’s going to sting me and I’m going to die!)
- The bad feelings associated with anxiety can come from something specific, like algebra. Or anxiety can be a more general sense of uneasiness that affects much of everyday life.

Certain situations or topics can bring about anxious feelings. Many students experience anxiety when they feel unable to keep up at school or work; when they feel different from others; and when they think about the future. It is very important for kids to be able to process their anxiety and have a safe space in which to do so. Outside help from a therapist may be what is needed when anxiety interferes with your child’s daily function or enjoyment of life. Contact your child’s school counselor for recommendations. Much of this information comes from www.understood.org.



State Testing Information

Juniors take 3 day MME: Michigan Merit Exam

achieve
more

April 10-12, 2018 all juniors will take a three day series of tests (SAT, ACT Workkeys, MSTEP) during the school day. The MME is a graduation requirement of Mason Public Schools. The scores from this assessment will be reported to colleges as part of the application process. The best preparation for the SAT is free on Khan Academy. See pg. 4 for directions.

SCHOOL DAY SUMMARY FOR TESTING IN APRIL

MME Test Dates: (All 11th grade students)

Day 1 (4/10/18)	Day 2 (4/11/18)	Day 3 (4/12/18)
7:40 AM-1:30 PM	7:40 AM-11:30 AM	7:40 AM-9:40 AM
<u>SAT with essay</u>	<u>WorkKeys</u>	<u>MSTEP online</u>
<ul style="list-style-type: none"> • Reading • Writing and Language • Math no calc • Math with calc • Essay 	<ul style="list-style-type: none"> • Reading For Information • Applied Mathematics • Locating Information 	<ul style="list-style-type: none"> • Science • Social Studies
Day 1 Make-up (4/24)	Day 2 Make-up (4/25)	Day 3 Make-up (4/26)

FOR FRESHMEN/SOPHOMORES

PSAT10 Test Date: 4/10/18 (All 10th grade students)

PSAT9 Test Date: 4/10/18 (All 9th grade students)

Make-up Date for PSAT10 and PSAT9: 4/24/2018

Accommodated test dates may be different. Students with alternate test dates will be notified.



Senior Class Information

Web Resources for National and State Scholarships

<http://college.usatoday.com/2012/01/30/the-10-best-sites-to-look-for-scholarships/> .

<http://www.michigan.gov/mistudentaid/>

<https://bigfuture.collegeboard.org/scholarship-search?excmpid=VT-0004> .

Students can also check the back wall of the counseling office for scholarships.

TIP Scholarship at www.michigan.gov/documents/mistudentaid/5111_SSG_TIPFlyer_598709_7.pdf

TIP scholarships are available to any student that was signed for MEDICAID health insurance for at least 24 months between age 9 and high school graduation.

Transcript Requests

Mason High School uses Parchment for all transcript requests. Students can go to the counseling webpage at www.mhscounseling.weebly.com and click Transcript Requests to create an account and send transcripts to colleges or even email a copy to themselves.



FREE TEST PREP FOR ALL!!

All MHS Students are strongly encouraged to set up free, personalized practice on Khan Academy in order to prepare for the SAT test. This can be done in 3 steps.

STEP1: College Board Account Set Up

1. Go to www.collegeboard.org
2. Click Sign up
3. Click you are a STUDENT
4. Input your information—MAKE SURE INFO IS CORRECT- Do not use nicknames, use valid email.
5. Choose a username and password that you can remember (Follow prompts). Make sure you give this to your TIES teacher/Counselor to keep in case you forget.
6. Set up a security question
7. Agree with the Terms and Conditions
8. Confirm Account Information

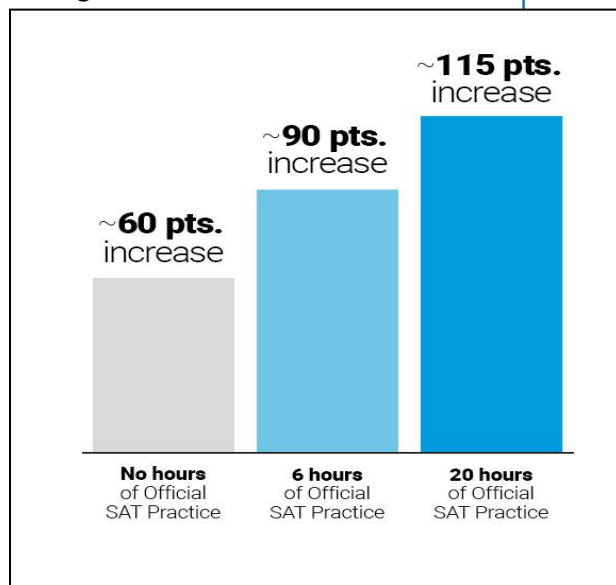
STEP 2: Khan Academy- Account Set UP

1. Go to www.khanacademy.org
2. Click Create a new account (at the very bottom of the page)
3. Click Sign up with email and use same email as for College Board account
4. Check email for verification (use cell phone or log in on computer)
5. Click Finish Signing Up
6. Create with your email or create a username and password (either method works) and give this to your TIES teacher/counselor to record in case you forget.

STEP 3: Link College board Scores with Khan Academy Practice

To link with College Board. Click SAT (some of you may have to click subject tests first) Click "A" then Allow. From here you can choose a practice schedule (April 11th is SAT for juniors), view scores, set skill levels, or start a practice.

Average Number of Points Gained from PSAT to SAT



Keep up to date with Mason High School information



Follow on FaceBook and Twitter @MasonHSMasonMI



Join REMIND to receive text messages about specific grade level events

Class of 2018 Text @mason2018 to 81010

Class of 2019 Text @mason2019 to 81010

Class of 2020 Text @mason2020 to 81010

Class of 2021 Text @mason2021 to 81010



Email us with questions!



Student Last Names A-G
Sarah Williams
williamss@masonk12.net

Student Last Names H-O
Mary Hunter
hunterm@masonk12.net

Student Last Names P-Z
Kathleen Oakes
oakesk@masonk12.net