

Counselor Corner Newsletter

August 2018

Get In the Know!

Every month the ACHS Counseling Office will send out a newsletter to inform students and parents of topics that we share with the students. There are also many other ways for students and parents to stay informed:

1) **Sign Up to See a Counselor-** Rather than using the old-fashioned clip board, we now have computers in the office for students to sign up to see us. This will provide students a confidential place to explain their reason for visiting, and it allows students to sign up anywhere because we have the link on our [Counselor Corner Home Page](#).

2) While you are on the [Counselor Corner link](#), check out the plethora of information!

3) We will continue to use the **Remind** notification system. Each activity, club or group has one specific to them, so please sign up for the counseling office reminds if you have not done so. Text the following message to 81010:

Class of 2019 (12th): @373kbgd

Class of 2020 (11th): @a7ae7g

Class of 2021 (10th): @df728

Class of 2022 (9th): @cga8274

4) **Twitter:** @achscounselor

5) **PowerSchool App-** Download the app to stay on top of grades and announcements.

The school's calendar is located on the avctl.org website!



Senior Presentation

If you missed the senior presentation during Meet Your Teacher Night, you can view the powerpoint in the [Grade Level Information](#) section of the website. There is also a senior guide and handouts.



Weighted Grading Scale

Please remember that the district has moved to a weighted grading scale. Visit the [Counselor's Corner website](#) to see more information about it.



Small Group Survey

We are surveying students to determine which small groups we will offer this year. More information regarding topics and session specifics will be available next month once groups have been decided. These are the session ideas:

- Anger management
- Anxiety
- Bullying/conflict resolution
- Continue (suicide prevention/awareness)
- Depression
- Divorce/Separation
- Friendship/Social Skills
- Grief
- Self-Harm
- Stress
- Teen Support/LGBTQ

Save the Date- Life University!

On October 10 all 9th-11th graders will participate in Life University. Why October 10? Nationally this date is used by the College Board to give the PSAT, a practice test for the SAT college entrance exam. This test is also used to determine National Merit Scholarship winners. Only the tests taken in the junior year counts in the scholarship competition. ACHS provides testing to all 9th-11th graders on this morning.

9th grade- Pre-ACT (\$12), PSAT (\$16) or college visit field trip (no charge)

10th grade- Pre-ACT (no charge for 10th grade), PSAT (\$16)

11th grade- Practice ACT (no fee) or PSAT (\$16)

12th grade- Seniors can take the ASVAB (no fee)

In the afternoon students will participate in the second half of Life University and will get to choose from a wide selection of break out sessions. The specific information is on our website under [Grade Level Information](#).

Information is being given to students this week and next.

Which Test Should I Take?

ACT vs SAT: Colleges across the nation accept both. There are more opportunities locally to prepare for the ACT. However, some students prefer the format of the SAT. ACT's content is English, Math, Reading, Science, and Writing while the SAT is Reading, Writing, and Math. For the majority of our sophomores who will be taking the ACT as juniors, the Pre-ACT is the most common test. For freshmen this year is an extra year of prep and experience because neither the PSAT or Pre-ACT is normed for this grade level. Also, if you are interested in the military, please sign up to take the ASVAB, Even if you are a junior and know that you are interested in the military, you can retake it as a senior.

Counselor's Corner Website under the [ACT/SAT](#) tab provides lots of information about these tests.



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