

MHS Counselors' Corner



September:

15th- Picture Day

22nd-Early release

October:

7th & 8th- Parent/Teacher conference

9th-12th-No School

13th-16th-Homecoming

14th-SAT/PSAT 9-11

November:

6th- No School

11th-Veterans Day

23-31st- No School

Welcome Back!

“The only thing constant in life is change” ~Heraclitus

It has been great to see all of you these first few days! During this season of transition and new beginnings, there is no question that things are a little different in the hallways and classrooms this year. Despite this, our goal in guidance remains to support you. Regardless of what path you are on, we are here to help you move forward. We have seen some great social

1

WEAR

Remember to wear your mask

2

WASH

Wash your hands or use hand sanitizer

3

WAIT

Wait 3-6 feet apart. Avoid close contact

distancing practices and appreciate all of your efforts to keep yourself and those around you safe! We hope you all had a restful summer and are ready for a fresh start.

Senior Transitions

Seeing Blue...

Ok Seniors! You have your blue folders, and a world of opportunities waiting for you just outside these walls!

Whether you are planning on joining the workforce, entering the demanding field of trades, or continuing your education at a two or four year college, we support your goals and want to help you transition to that next phase!

Now that you all have your blue folders, this is the time to start connecting with teachers for your college recommendations! Be sure to give teachers two weeks notice, and remember that all your blue folder materials (on the right side of the folder) must be handed in to your school counselor two weeks prior to any college deadlines.

Community College (2 year):

Many community colleges (KVCC, SMCC) are waiving their application fees. Simply go to



their websites to set up an account and apply. Two year colleges do not require a teacher or counselor recommendation.

Four year College:

If you are planning on applying to three to five four year colleges, please set up an account on [CommonApp.org](https://www.commonapp.org) to begin the application process. This is how counselors will upload your transcript and recommendations and how teachers will submit recommendations. You will need to invite your counselor and teachers under each college.

FAFSA (FREE APPLICATION FOR FEDERAL STUDENT AID)

The FAFSA is required for any student who plans to attend a two or four year college. This determines the estimated family contribution (EFC) toward college tuition. The FAFSA must be completed to be eligible for any local scholarships, which you will be able to apply for later this spring.

The FAFSA can be completed starting October 1, 2020. You will need your most recent tax return information.

Prior to October 1, 2020, you are encouraged to visit: www.fafsa.gov to create an FSA ID. This is how you will access your FAFSA each year of college.



School Day Testing: October 14th, 2020

PSAT9 and NMSQT

All students (9-11th) will be testing on October 14th, 2020 during the school day.

Freshmen will take the PSAT9. This is a preliminary practice for the PSAT/NMSQT.

Sophomores and Juniors will take the PSAT/NMSQT. Juniors are eligible to qualify for the National Merit Scholarship by taking the PSAT/NMSQT.

October 14th, 2020 at MHS

PSAT 8/9 (9th)
PSAT/NMSQT (10th-11th)
School Day SAT (12th)

SAT

October 14th, 2020

The School Day SAT is available to seniors who were not able to take the SAT last spring.

Many colleges have waived the requirement for SATs this year. It is recommended that only students who might need the SAT for entry into rigorous colleges, or competitive programs take the SAT.

If you are planning to take the School Day SAT, please be sure to let Ms. Sprague know if you want to take it with or without the essay!

SAT payments will be due October 1st, 2020.

College Visits

These will look a little different this year! Seniors should check their email and the MHS Guidance Google Classroom for updates and links for virtual college admissions counselor visits. Please contact Ms. Sprague if you don't have access, then invite your guardians to the classroom!

FAME Maine is offering multiple Financial Aid informational sessions this year via their website. These session will provide an overview of the FAFSA, different types, of loans, saving for college, and more!

Virtual Financial Aid Night Sessions:

[Click here for a link to Virtual Financial Aid Nights from FAME](#)

We look forward to getting to know all of our freshmen during our freshmen meetings this fall! If you are a freshman and receive a pass to the guidance office, please do your best to attend the appointment. This provides us the opportunity to get to know you and also begin the process of planning for your goals after high school!

See you soon! ~Ms. Sprague, Mr. Derosby, and Mrs. Frame

We have a new face in our office this year! Mrs. Sniffen, LCSW, is available for short or long term counseling for any student! If you think you or your child could benefit, please reach out to your school counselor for a referral!

