

HHS Counselor Connect

**School Counselors: Mrs. Michele Beck
Mr. Jeremy Eck**

Career & College Coordinator: Mr. James Bower

Administrative Assistant: Mrs. Catherine Gardner

Important Dates

SAT Testing Information

Test Date	Registration deadline
3/11/17	2/10/17
5/6/17	4/7/17
6/3/17	5/9/17

ACT Testing Information

Test Date	Registration deadline
4/8/17	3/3/17
6/10/17	5/5/17

Senior Spotlight

College Reps Visiting HHS

Okay Seniors.....this is your time to shine. It is time to start the process for whatever comes next in your life, be it employment, the armed forces, post secondary education, etc. So...

TBA

If you would like to meet with a visiting representative, you must stop in the counseling office after the morning announcements and request a pass from Mrs. Gardner. Permission must be granted by your classroom teacher.

1. Don't panic.
2. Decide what you are interested in doing.
3. Complete necessary applications.
4. Make necessary contacts with people/organizations.
5. Practice your interview skills.
6. Create a resume' and cover letter if necessary.
7. Complete transcript request forms from Mrs. Gardner for each college to which you apply.
8. Apply for college scholarships.
9. Complete the FASFA in January 2015 for college financial aid possibilities.
10. Notify Mrs. Gardner of your college acceptances.

Armed Forces Reps Visiting HHS

TBA

SAP

Student Assistance Program

East Lycoming School District has established a Student Assistance Program to provide appropriate counseling and support services for students experiencing problems with drugs, alcohol, and other dangerous substances, as well as issues relating to student mental health. The Student Assistance Program is designed to identify issues which pose a barrier to the student’s learning and academic success. SAP is not a treatment program, but rather a systematic process whereby effective professional techniques are used to mobilize school resources in order to eliminate barriers to students’ learning and school achievement. When the issue is beyond the scope of the school, the student and the family are provided information so they may access services within the community. The Student Assistance Team members do not diagnose, treat, or determine appropriate services. The District encourages involvement of the parents in all phases of the program so as to underscore the parents’ role and responsibility in the decision making process affecting their children’s education and in the successful resolution of the issue.

2014-2015 SAP Members

Georgia Armstrong	Mrs. Michele Beck
James Bower	Mrs. Carolyn Easton
Denise Gorini	Mrs. Tina Remsnyder
Nicholas Tagliaferri	

Resource Numbers

Emergency	911
Child Abuse Helpline (Child Abuse).....	1-800-932-0313
Mental Health & Intellectual Distribution...	1-800-525-7938
Alcohol & Drug 24-hour Helpline.....	1-800-563-1240
West Branch Drug & Alcohol.....	1-570-323-8240
Substance Abuse Prevention.....	1-800-273-8255

SIGN ME UP!

Dual Enrollment Options

HHS students have the opportunity to earn dual enrollment credits. Specific courses are approved for both high school and college credit. Keystone College, Luzerne County Community College (LCCC), and The Pennsylvania College of Technology (PCT) have all partnered with Hughesville to offer our students this exciting opportunity to earn college credits at a huge monetary savings. Please refer to the Program of Studies for details about specific courses.

The PCT courses and Keystone courses are taught at HHS with our faculty, and students receive the college credits if a score of “C” or better is earned.

LCCC courses are online courses which are to be completed while the student is at home. LCCC manages this program from registration through completion. Please refer to their website for further information concerning registration, fees, expectations, etc.

We strongly encourage our high school students to plan ahead and take as many dual enrollment courses as possible. For minimal cost compared to actual college tuition, numerous credits may be earned to lighten the academic and financial obligations that naturally coincide with being a college student.

Eight Habits of Successful Middle School Students

1. Be Responsible and Know Thyself

- * When the word “responsibility” is broken down, the key words are “respond” and “ability.” A successful person has the ability to respond to challenges.
- * Choose your own response to a difficult situation beforehand, rather than wait for it to happen and not be prepared.
- * Begin by looking honestly at your personal strengths and weaknesses, and determine your own sense of responsibility for your behavior, and for your family and friends.

2. Reflect Success

- * Have a clear picture of the kind of person you would like to become and the types of goals that you want to achieve.
- * Identify a positive adult role model, who has achieved the same goals and reflects the same success that you desire. You can imitate similar pathways to success.
- * Not every role model has to be a famous basketball player or movie actor. Some of the best role models are in your own neighborhood, schools, churches, and even your own home.

3. Aim Toward Your Goal

- * Put life, family, friends, and values in a good perspective.
- * To design a successful career, start by identifying the end goal, and then determine the steps necessary to obtain it.
- * Find a caring adult who will be able to help you put your plan into place one step at a time.

4. Prioritize and Maximize

- * Now that you have a successful vision of yourself, you can begin prioritizing your daily routine so that you are able to make the best use of your time and your energy.
- * Don't get caught up in things that may take you away from your goal, such as alcohol, drugs, or negative people.
- * Anything that does not benefit your vision of success doesn't benefit you.

Eight Habits of Successful Middle Students Continued

- * Organize your work area and keep it free from distractions
- * Improve your organizational skills by using a daily planner, a personal “To Do” list, and a regular evaluation meeting with an adult or a mentor to check your progress.

5. Be a Winner

- * Build relationships in which you and the other person both succeed. These are called “win-win” partnerships.
- * These “win-win” partners should be friends whom you can call on for support, tutoring, or for conversation that helps you stay on track.
- * Teachers, coaches, principals, and mentors could be partners to help you succeed.

6. Communicate

- * Communication is the essential key to understanding.
- * Do not be afraid to ask questions, and when answers are given be sure to listen.
- * The cycle of communication is usually broken when you try to second-guess what others are trying to say.
- * Try to understand the motivation and goals of others around you. This can improve your communications and increase your network of positive partnerships.

7. Connect to a Good Power Source

- * Having access to strong, positive partners will increase your ability to succeed.

8. Stop, Look, and Listen

- * Your world will continue to change, so be prepared to review, reevaluate, and renew your goals.
- * Look at these changes as opportunities to improve a realistic plan for you long-term success.

Adapted from *How Good Parents Raise Great Kids: The Six Essential Habits of Highly Successful Parents*, Alan Davidson, Ph.D. and Robert Davidson, Warner Books.

10 Study Habits of Successful Students

1. Try not to do too much studying at one time. Space the work you are required to do over short periods with breaks taken.
2. Plan specific times for studying. Jot it down on your daily calendar/weekly agenda and stick to the plan.
3. Try to study at the same time each day. This will help to establish a routine that becomes part of your life.
4. Set specific goals for your study times. Goals will help you stay focused and allow you to monitor your progress.
5. Start studying when planned. Procrastination benefits no one.
6. Work on the most difficult assignment first. Conquer that mentally challenging task when you have the most energy. You will be glad you did and then you can move on to the other work.
7. Review your notes before beginning an assignment. This will ensure you are doing what is being required.
8. Tell your friends not to call/text etc. during your study times.
9. Call for help when you need it.
10. Review your schoolwork over the weekend.

Adapted from <http://how-to-study.com>