

Sunapee Middle/High School

Guidance News & Notes ~ Q3 Progress 22-23

EVENTS

- Spring Play – March 17th & 18th
- Start of Spring Sport Seasons – March 20th
- SAT School Day – March 28th
- End of Quarter 3 – March 31st
- Junior College Night – April 11th @ 6:00

JUNIOR student meetings are completed. All junior students met with their guidance counselor to develop a plan for considering post-secondary opportunities.

Students considering college should:

- ◆ Make plans to visit potential schools in April.
- ◆ Prepare for the SAT/ACT. **The SAT will be administered at SMHS on March 28th.** Khan Academy is the best resource for studying for the SAT.
- ◆ Consider senior course selections, registration will begin the end of March.
- ◆ Complete the **Junior Job Shadow** facilitated by the **guidance department** for the Senior Project. More information will be provided to students.
- ◆ Attend the **SMHS Junior College Night** scheduled for **April 11th at 6:00.**

SENIORS should now begin filling out local and state scholarship applications. Scholarship information is posted on the guidance web page and on the guidance bulletin board and has been disseminated to students through English classes. Please contact the scholarship coordinator (Mrs. Watkins) with questions and concerns regarding scholarship applications.

The “award letter” for accepted students should be arriving in the coming weeks. This document outlines how a student will afford their education. If you have questions about your award letter please contact the guidance office. Remember you must make a decision and have a deposit into your respective post-secondary school by May 1st.

TESTING

The SAT School Day will be administered to the junior class March 28th (pre registration will begin as early as March 22nd), as a statewide high school standardized assessment, and a free assessment used by colleges for admission and scholarship consideration. Multiple emails have been sent to families to explain the information their student will be asked to provide and the options available to their student related to the free SAT score sends, Student Search Service®, and the student questionnaire. If you have any questions or concerns about the test and the information shared please email or call SMHS guidance, (603) 763-5616, mcooney@sau85.org, prior to **March 17th**. Otherwise, the guidance department will assume your consent to test and offer the opportunity to enroll in the services provided through the College Board.

STUDENTS OF THE MONTH

HIGH SCHOOL

Samuel Flint

MIDDLE SCHOOL

Hadleigh Spears

SECOND STEP ~ Middle School SEL in grades 6,7 & 8
The Middle School has been using Second Step; a research based social emotional learning program for weekly guidance lessons. The program focuses on skills such as: emotion management, impulse control, problem solving and empathy. Studies show that the Second Step program can help improve academic performance, reduce negative social interactions and create a positive classroom environment. Moreover, in most all lessons we try to relate the skills to future success in the classroom and workforce. Second Step offers online resources for parents. Please check them out, [Second Step](https://www.secondstep.org), or contact, jwatkins@sau85.org, with any questions.

Do the benefits of SEL last beyond school?

Yes, SEL is helping instill crucial workplace skills in the next generation of employees.

WORKFORCE READINESS SKILLS

- Complex problem solving
- Critical thinking
- Creativity
- People management
- Coordinating with others
- Emotional intelligence
- Judgment and decision-making
- Service orientation
- Negotiation
- Cognitive flexibility



SOFT SKILLS FAIR

SOn the Friday before the winter break the guidance department held a school wide soft skills fair. Jon Wortmann an executive and mental coach, trainer, and national speaker was the keynote speaker for the event. After the introduction students attended grade level presentations in topics ranging from communication skills, leadership, teamwork, mindfulness, empathy, adaptability and grit that were led by area college professors, and various community leaders. The day culminated in a community lunch in the gym for all staff and students.

COURSE REGISTRATION for the 2023-2024 school year will begin the end of March. Students will be orientated to the materials during their English class and forms and materials will come home for parental signatures. Please mind the **deadline of 4/12** and call the guidance department with any concerns or questions you might have. A copy of the Program of Studies can be found on the school web site www.sau85.org.

NEW COLLEGE ACCEPTANCES

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| Coastal Carolina | Merrimack College |
| Clemson University | Penn State University |
| Florida Institute of Technology | Rensselaer Polytechnic Institute |
| Furman University | Siena College |
| Georgia Institute of Technology | UNC- Charlotte |
| Gordon College | Virginia Tech |
| High Point University | Worcester Polytechnic Institute |