

# GUIDANCE NEWS & NOTES

SEPTEMBER 2023

## Welcome Back

We are off and running with a strong start to the school year.

Grab a **pencil** and a **calendar**...here we go!

Mr. Cooney visited the **senior English classes** during the week of **September 7<sup>th</sup>** to orientate students to the Common Application and the timelines for applications.

**September 7<sup>th</sup>** was the annual Open House for grades 6-12. Parents had an opportunity to follow their student's schedule and learn more about their child's school day.

**September 20<sup>th</sup>** is the date for the **Southern New Hampshire University College Fair (bus will leave at 8:00)**. Guidance will be taking juniors and seniors (**yellow slips due 9/18**) to the fair to gather information and meet face to face with admissions counselors from prospective schools.

A **mini college fair** will take place **September 21<sup>st</sup> at 11:00am** at SMHS. Colleges from all over New Hampshire will come to our school to meet and work with current junior and senior students. For more information on the post-secondary schools and recruiters that visit SMHS throughout the school year, visit the guidance website calendar at [SMHS Guidance](#).

**September 28<sup>th</sup> at 6:00 pm** there will be a NHHEAF sponsored "**SENIOR COLLEGE NIGHT**" presentation. This event is intended for college bound seniors and their parents. The agenda will cover all the topics necessary to navigate the application process and introduce families to the **financial aid** processes and procedures.

**PSAT (October 16-20)**-The PSAT is mostly a practice version of the SAT®. The highest performers on this exam are eligible to earn scholarships, and even just becoming a Commended Scholar can be a helpful addition to your college application. At Sunapee, the PSAT will be held the third week of October, it is now a testing window, so the exact date is yet to be published. The test is done online and all juniors will take the PSAT for free, sophomores can choose to register for \$18 payable to Sunapee Middle High School (payment must be received by **October 2<sup>nd</sup>**.)

**SMHS 8<sup>th</sup> Hour Program:** The 8<sup>th</sup> hour program is an after school structured study hall for middle and high school students. 8<sup>th</sup> hour will be held in Mr. Klingerman's classroom (H5) Monday- Thursday each week from 3-4pm and is a great way to get a jump-start on homework and studying. Please contact guidance if you have questions about 8<sup>th</sup> hour.

## Middle School News

We are looking forward to a great school year! We want to make your child's middle school experience the best it can be. Please feel free to contact the guidance office with any questions or concerns you may have throughout the school year.

Classroom guidance lessons started last week; we will begin the year with Second Step, a research based social-emotional learning program. In the first unit, students learn how to develop a growth mindset and apply research based goal-setting strategies to their social and academic lives.

Lastly, Middle School is a great time for students to explore extra-curricular opportunities. Students could try out a new sport or join a club for enrichment. More information can be found on the school web site or by contacting the guidance office~ contact Mrs. Watkins for more information. [jwatkins@sunapeeschools.org](mailto:jwatkins@sunapeeschools.org)

## 23-24 SAT Test Dates

SAT Test Date*	Registration Deadline
October 7, 2023	September 7, 2023
November 4, 2023	October 5, 2023
December 2, 2023	November 2, 2023
Mar 9, 2024 (Digital)**	February 23, 2024
May 4, 2024 (Digital)**	April 19, 2024
June 1, 2024 (Digital)**	May 16, 2024



Colby Sawyer  
College

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