

# October/November 2021 Newsletter

## Weston High School Guidance



### What You'll Find:

- Class Announcements
- Important Dates for October/MEFA Events
- Meet Ms. Scannell
- CGN Corner
- Virtual College Visits Dates
- Be Kind to Your Mind: Self-Care Practices



### Freshmen Announcements

Be sure to explore different ways to get involved in the WHS community (sports, clubs, etc.). It is a great way to get acclimated to the school, and meet new people!

### Sophomore Announcements

Be sure to pay attention to the work you are doing in Career Seminar. It will be beneficial as you begin to think about what you want to do after high school!

### Junior Announcements

Great job on making it through your PSATs! You will be receiving your scores via email from the College Board in December.

### Senior Announcements

Be sure to pay attention to college, financial aid, and scholarship deadlines!

## **Important Dates**

- 10/23: ACT
- 10/26: Late Registration Deadline for SAT (online or phone)
- 11/1: AP Registration Deadline
- 11/3: 12:45 PM Early Dismissal
- 11/4: Registration Deadline for 12/4 SAT
- 11/5: ACT Registration Deadline
- 11/6 SAT
- 11/11: No School (Veterans Day)
- 11/17: College Admission Panel
- 11/19: Late Registration Deadline for 12/11 ACT
- 11/23: Late Registration for 12/4 SAT
- 11/24: Early Dismissal 11:45 AM

## **MEFA Events (virtual)**

- 10/26: Financial Planning with ABLE Accounts
- 10/28: College Financing Webinar
- 11/3: College Financing Webinar
- 11/3: Attainable: The ABLE Savings Plan
- 11/4: El proceso universitario para los estudiantes indocumentados en español

**Register HERE for all events:**

**<https://www.mefa.org/events>**



# Meet the New Intern, Ms. Scannell

**Hello! My name is Caroline Scannell, and I will be your guidance intern for the 2021-2022 year. I went to Merrimack College studying human development/human services and sociology, and am continuing my education there for my master's degree in School Counseling. My door is always open so feel free to stop by anytime for a chat! I look forward to meeting all of you!**



## **Where/When to find Ms. Scannell:**

**Where:** In the guidance suite, the office behind Ms. DeCastro's desk OR in Mrs. Gugliotta's office

**When:**  
Monday/Thursday  
7:30am-3:30pm  
Friday: 7:30am-12:30pm

**How to Reach Me/Set up an Appointment:**  
[scannellc@weston.org](mailto:scannellc@weston.org)

Introducing...

# CGN Corner

Announcements for the College Guidance Network



We are excited to announce our recent partnership with the College Guidance Network (CGN)! This is a great resource for you and your families to use to gain information and resources on the college planning process!

## How to Register with CGN:

1. Follow this activation link:  
<https://www.collegeguidancenetwork.com/parentreg/222355/0cfc5dcd-aa39-4035-b2e5-1112995a2c0c>
2. Complete your profile and enter the school pin that was emailed to you. (Contact your counselor if you did not receive it.)
3. Create your password, and be sure to bookmark this link:  
<https://www.collegeguidancenetwork.com/cgn-school/222355>
4. Explore the site, and check out videos, events, and other content made for you!

## Upcoming CGN Live Events:

- 10/27 @ 7:30pm- College Planning Seminar: Financial Aid
- 11/10 @ 7:30pm -College Planning Seminar: What are Colleges Assessing?
- 11/10 @ 8pm- Senior Parent College Planning Seminar: What Colleges Are Assessing in Formulaic and Holistic Admission?
- 11/18 @ 7:30pm- Ranksgiving: Data and the College Search



# Virtual College Visits

(Register in Naviance)

- **Elon University**
  - 10/26 @ 3:15 pm
- **Ithaca College**
  - 10/26 @7pm
- **Fisher College**
  - 10/27 @ 3:15 pm
- **Hamilton College**
  - 10/27 @7pm
- **McGill University**
  - 10/28 @ 8am
- **Curry College**
  - 10/28 @ 3:15 pm
- **UMass Lowell**
  - 10/28 @7pm

- **Bentley University**
  - 10/29 @ 3:15 pm
- **Wake Forest University**
  - 11/2 @ 3:15pm
- **Trinity College (Dublin, Ireland)**
  - 11/3 @ 3:15 pm
- **Seton Hall University**
  - 11/4 @ 3:15 pm
- **Bard College at Simon's Rock**
  - 11/5 @ 3:15 pm
- **Ohio Wesleyan University**
  - 11/8 @ 3:15 pm
- **Manhattanville College**
  - 11/17 @ 3:15 pm

# Be Kind to Your Mind

## A Monthly Tip for Good Mental Health Practices

### What is Self Care and Why is it Important?

Balancing academics, friendships, and other commitments can be difficult and overwhelming at times, meaning it is important to check in and take time for ourselves when we need a break. Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both you and others that your needs are valid and a priority.



### Examples of Good Self Care:

- Clean your room
- Listen to Music/Podcast
- Go for a Walk
- Meditate
- Take a (timed) nap
- Make Art
- Exercise
- Do activities that bring you joy