Guidance Newsletter
November 2020

Volume 12

Weston High School

Welcome back students!

We have almost made it through the first term of our new hybrid model. As we begin to get more settled into our new routines, take a look at what is going on this month at Weston High!

Important Dates

Thurs 11/5 Registration Deadline for 12/5 SAT
Fri 11/6 End of Term 1 | Deadline to Register for 12/12 ACT
SAT 11/7 SAT Testing Date
Wed 11/ 11 Veteran's Day - No School
Thurs 11/12 Post-Graduate Planning Night
Wed 11/24 Early Dismissal
Thurs 11/25 Thanksgiving Break - No School
Fri 11/26 Thanksgiving Break - No School

ANNOUNCEMENTS

Freshmen
- Look out for an email from your counselor to check in!

Sophomores
- Continue to explore your interests!
- Reach out with any questions!

Juniors
- Start thinking about post-grad plans
- Be aware of post grad info night on 11/12!

Seniors
- Continue working with your counselor on your post-grad plans
- Be aware of submission dates financial aid deadlines for college
- Reach out to our interns for essay help & mock interviews

College Spotlight!

DEAN COLLEGE

Location: Franklin, MA
Type: Private, 4-Year
Website: www.dean.edu

Fast Facts:
- Dean College is a small, private college with about 1,200 undergraduates.
- 32% students of color
- 90% of students live on-campus
- Has 16 Division III Athletic teams
- Franklin, MA is ranked 3rd safest city in the US.

Practicing Self Care Be kind to one another and be kind to yourself.

In these strange times, it is easy to lose ourselves in the seemingly endless stressful routines of schoolwork, schedules, risks of illness, etc. It happens to the best of us. While it is common to let ourselves become overwhelmed by these feelings of stress, it is still extremely important to remember that we need to practice giving ourselves time to relax and recharge mentally. Doing what you love can help to give you that little burst of mental refreshment that we all need to push through these tough times. Set aside a few minutes daily or weekly to take care of yourself and your needs. Whether it be drawing, reading, writing, cuddling with a pet, exercising, playing video games, watching your favorite movie, listening to your favorite playlist or podcast, etc., any of these things are important if they help *you* to recharge. Remember that your mental health matters just as much as your physical health! And, if you need to talk, know that your counselor is always there to support you.

Our Guidance Interns

Hello! I'm **Ms. He**, one of the guidance interns this year. I am currently finishing up my 2nd year of grad school at UMass Boston. In my freetime, I enjoy doing yoga, listening to podcasts & online shopping (anyone else already thinking about the holidays?). I'm super thankful for the opportunity to be here at Weston and looking forward to meeting everyone! I'm available in the guidance office on Tuesdays and Thursdays, remotely on Wednesdays, and available by email at hej@weston.org

Hi! I'm **Ms. Kelley**, the other new guidance intern for this year. You can find me in the high school Guidance office on Mondays and Fridays, as well as remotely on Wednesdays. I am also finishing my final year of grad school in school counseling at UMass Boston. Something that I am thankful for this year is the opportunity to still be able to see most of you all in person! My email is kelleye@weston.org if you want to get in contact with me. Feel free to reach out at anytime!

Have questions regarding college essays? Preparing for a college interview? Struggling with classes? Want to chat about ways to destress? Want to practice playing an instrument in front of a small audience? We are here!

Send us an email, or you can schedule an appointment with us online using these links:

- Schedule online with Miss He: https://www.picktime.com/he
- Schedule online with Miss Kelley: https://www.picktime.com/kelley

"Individually, we are one drop. Together, we are an ocean."

Ryunosuke Satoro

College Guidance Network

The College Guidance Network (CGN) consists of parents, who are also CEOs, educators, and entrepreneurs, whose goal it is to provide tools and information to students and families so that they can better navigate the college process through virtual technology that can be accessed in the comfort of the home. Explore their website for information regarding:

- Admissions in the time of COVID
- Crafting Great College Essays
- College Affordability and Financial Aid 101
- And more!

For a full list of upcoming CGN events, visit www.collegeguidancenetwork.com/programming

MEFA Financial Webinars

The Massachusetts Educational Financial Authority (MEFA) is a not-for-profit state authority established in 1982 dedicated to helping families plan, save, and pay for college. Explore their website for webinars and resources for:

- Breaking down the Free Application for Federal Student Aid (FAFSA)
- College financing
- Researching colleges
- Covid-19 impacts on the college process
- And more!

For a full list of upcoming MEFA events, visit www.mefa.org/events

Virtual College Rep Visits

Date	College	Representative
Mon 11/2		
5:30PM	Salve Regina University	Kay Scalan
5:30PM	Providence College	Diana Gingles
5:30PM	Emmanuel College	Dan Roberts
Tues 11/3		
5:30PM	Hartwick College	Annie Nobiling
5:30PM	Lynn University	Karen Fisher-Dickman
5:30PM	Gettysburg College	Marco Blasco
Wed 11/4		
1:00PM	Syracuse University	Ken Sawada
1:30PM	Johnson & Wales University, Providence	Rachel McCarthy
2:00PM	University of Massachusetts Dartmouth	Majay Charles
2:30PM	Colby-Sawyer College	Jonathan Conley
3:00PM	Berklee College of Music	Michael Gamble
Thurs 11/5		
5:30PM	University of Rhode Island	Caitlin Cotter
5:30PM	University of Advancing Technology	Lori Saba
Thurs 11/12		
5:30PM	Massachusetts Bay Community College	Alison McCarty
Tues 11/17		
5:30PM	Salem State University	Kelsey DeAngelis
5:30PM	Louisiana State University	Catrice Roggerson
Wed 11/18		
1:00PM	Wake Forest University	Paul Gauthier
1:30PM	Springfield College	Meaghan Schenker
2:00PM	Wentworth Institute of Technology	Rob Sliney
2:30PM	University at Albany, SUNY	Danielle Haft
3:00PM	Long Island University-Post	Margaret Morrell

***For the most up-to-date list of College Rep Visits, please visit www.naviance.com**
***Some Virtual Rep visits may require pre-registration.**