



FDR Guidance Office Newsletter

November 2019

Upcoming Events

Here is a detailed line-up of some upcoming events we recommend to students & parents!

- **11/19 and 26: Parent Teacher Conferences:** Schedule a time to meet with your student's teachers and/or school counselors. Each parent/guardian is allotted five minutes per teacher. This is a great time to gain an understanding of how your child is doing so far in their classes and what they can do to improve if necessary. To set up a meeting please contact the main office at (845) 229-4020.
- **11/26: College & Career Fair, 8:00 am-10:00 am:** Students will have the opportunity to explore various colleges and universities (ranging from two-year and four-year institutions). This is a great opportunity to learn more about specific colleges and majors, network with prospective universities and gain more information about institutions in general.
- **12/13: BOCES CTI Assembly for Sophomores, 3rd period:** All sophomores will have the opportunity to learn more about what the BOCES program is, what programs are offered, how to enroll and ask any questions they may have. During this assembly, permission slips for the BOCES field trip will be handed out.
- **1/8/2020: BOCES CTI Field Trip (10th grade), 8:45am-10:45am:** Sophomores who are interested in attending CTI in 11th grade can visit BOCES to learn more about specific programs, explore the classrooms and talk to teachers in regards to their prospective program choice. Students can get a feel for what a course will be like and what certificate they will receive at the end of the two-year program.

College Application Week Results

During October, FDR participated in National College Application Week. During that week, 120 seniors took advantage of the event the FDR School Counselors hosted in the Computer Lab. In addition to seniors applying to colleges on the Common Application, 70 students were admitted to Dutchess Community College through an Instant Admissions day and seven were admitted through Instant Admissions with Mount Saint Mary College.

FAFSA Completion Night

On Wednesday, November 13, the FDR School Counselors held our annual FAFSA completion night. We were joined by representatives from the financial aid teams at Marist and Vassar (Shout out to Scott and Emma!) who assisted families as they filed their FAFSA. The event was a great success and we would like to extend our thanks to the PTSA for their generous snack donation!

If you have yet to file your FAFSA, you can do so at fafsa.ed.gov

College Admissions Testing Dates

Test	Where to sign up	Upcoming dates	Free test prep
ACT	actstudent.org	12/14/19, 2/8/20, 4/4/20, 6/13/20	academy.act.org
SAT	collegeboard.org	12/7/19, 3/14/20, 5/2/20*, 6/6/20* <i>*given at FDR</i>	khanacademy.org/sat



During the stressful winter months at Roosevelt High School it is important to remember to value taking care of yourself. Many individuals may think of wellness simply in terms of physical health only- but it is much more than that. Wellness is commonly viewed as having seven dimensions. Each dimension contributes to our sense of quality of life and may overlap with one another. At times, one dimension can be higher than others.

The following are the 7 dimensions of wellness:

- Physical Dimension- adequate exercise, proper nutrition, regular medical checkups, preventing injury and harm
- Emotional Dimension- seek and provide support, stress management, tune-in to thoughts and feelings
- Intellectual Dimension- having an active mind and continuing to learn through keeping up to date on current events, reading, taking classes
- Social Dimension- cultivate healthy relationships, get involved, communicate your thoughts, feelings and ideas
- Spiritual Dimension- possessing a set of guiding beliefs, principles, or values that help give you direction in life
- Environmental Wellness- being aware of the effects of your habits on the environment, reducing waste, reusing, and recycling
- Occupational Dimension- Making use of your skills to gain purpose and enrich your life, exploring a variety of career options, creating a vision for the future

It is important to not neglect any of the dimensions of wellness as it can be aversive to overall health. Here at FDR, we want to educate students on the importance and value of taking care of your body and mind.

College Fair Do's and Don'ts

Attending a college fair is an excellent way to get information about colleges and speak to admissions representatives. Here are some helpful tips for the grades who will be attending the late November fair in the cafeteria:



12th graders - If you've already applied, target those schools specifically and introduce yourself to the admissions representative. Often, that is the person who is responsible for our territory and will be making the first decision on your application. Ask thoughtful questions and get a business card so you can follow up with a thank you later. If you have not already applied, this is a wonderful chance to ask about schools you have not been able to visit and find colleges that have your major.

10th and 11th graders - As tempting as it is, don't just wander through and take free pens! Since you're just starting your search, it is useful to speak to schools with different sizes and locations to get a sense of your personal fit. While you may be tempted to prioritize the schools you know, DO try to approach a school you've never heard of. You never know, they might have an awesome program that totally fits your interests!

Ways to Stay Informed

- Check the FDR website often - did you know the Daily Announcements are listed in the "About Us" section?
- Follow us on Instagram @fdrschoollcounselors
- Sign up for Parent Portal to have first access to grades and progress reports
- Sign up for parent-teacher conferences and keep in touch with teachers via email when you have concerns about your student's academics.



College Road Map By Grade

9th grade

- Make grades and attendance a priority
- Join an extracurricular activity (start keeping track of what you do)
- Take challenging courses wherever possible
- Talk to your school counselor about signing up for PSAT (10th grade) in spring of 9th

10th grade

- Make grades and attendance a priority
- Take challenging courses wherever possible
- Continue extracurricular activities
- Do a career test to see what careers might be right for you
- Talk to your school counselor about signing up for PSAT (11th grade) in spring of 10th
- Apply for accommodations through College Board or ACT if you're eligible and plan on taking those admissions tests next year (see school psychologist)

11th grade

- Make grades and attendance a priority
- Take challenging courses wherever possible
- Check-in with your school counselor to make sure you're on track for graduation
- Continue with extracurricular activities, take on a leadership role where possible
- Take PSAT (Practice SAT) at school in fall
- Take SAT or ACT college admissions test in spring
- Make sure your relationship with teachers are strong – they'll be writing your letters of recommendation for college
- Do a college search online
- Visit some colleges, start thinking about where you might want to apply for schools

12th grade

- Make grades and attendance a priority
- Continue extracurriculars, take on a leadership role where possible
- Take another SAT or ACT test in fall
- Write a college essay (some colleges require additional supplements)
- Ask for letters of recommendation from 1-2 teachers
- Visit colleges you are applying to
- Interview at colleges that allow interviews
- Apply!
- Fill out financial aid materials in October (fafsa.ed.gov and CSS profile if necessary)
- Apply for scholarships