

Counseling & Career Center – Winter Newsletter

📌 What's Coming Up 📌

PSAT takers: Your Score Reports are available in the C&CC

Things to remember

- Seniors, make sure you and a parent both have your FSA ID and complete the FAFSA & TAP forms asap
- Freshmen conferences will wrap up before the holiday break, so be sure to stay engaged!
- **Junior Conferences** will begin in January, so get ready to begin the next steps!
- Don't miss out on the Albany CTE Center field trip—spots are limited!

Eng 10 & 11 Honors Applications Available

- must join the [Humanities Honors Application Google Classroom](#)
- <code mwssov5d >
- Complete [the application](#) BY DEC 20

Welcome to the Counseling & Career Center Newsletter! ❄️ ⚡ We're excited to share all the wonderful things happening in our center as we embrace the winter season! Let's dive into the latest updates and what's coming up next!

Be Aware – **SAT related SCAM** from NYS Education Dept:

Dear parent/guardian and students,

Please let this serve as a reminder that you should not share personal or financial information over the phone with unsolicited callers. If you receive such a call, hang up immediately. We are sending this reminder because parents and/or guardians of children who have recently taken an SAT or PSAT exam have been receiving scam calls requesting personal information, including a credit card number, to mail the test results.

Additional tips about how to protect yourself from SAT test-related scams can be found on the Better Business Bureau website and below:

- Always be wary of unsolicited callers: If you receive a random call from someone asking for payment, research their organization before sharing any personal information.
- Double check with your child: If someone claims they're calling because of a service your child requested, hang up and check with your child first.
- Understand the College Board's practices: The College Board will never ask you for your bank or credit card information over the phone or through email.
- Don't give your financial information to strangers: Never agree to pay a stranger with any form of payment for a purchase you didn't initiate.

Thank you,
Privacy Office and Information Security Office
NYS Education Department

Last week Highlights

- Our counselors have been busy meeting with freshmen to kickstart their career plans! 🎓
- We wrapped up meetings with 50+ college representatives, including our Instant Decision Days with 5 colleges.
- A big shoutout to all students who applied and/or met with an Admissions counselor this fall! 🙌

The PSAT was given on October 29, and **scores are now available!** Students can get a copy of their **Score Report in the C&CC**. Students can also access their scores through their College Board accounts.

- Remember, if you're having trouble logging in, please don't create a new account!
- Try using your personal email for access if your school email isn't working.
- [More info here](#)
- Only your Junior PSAT score (not your sophomore score!) is used to determine if you qualify for the National Merit Scholarships.

Did you miss these parent webinars?

- *Navigating Loss: A Guide to Bereavement for Families OR*
- *Social Media: When is Too Soon and How Much is Too Much?*

Email rhosmer@mohonasen.org or your child's counselor for the link and code to view these helpful programs for your family

Next month

As we approach the holiday break, we'll be finishing up our freshmen conferences. If you haven't met with your School Counselor, you likely missed your appt – please see them to reschedule. 🙏

In January, we'll kick off **Junior Conferences**, which will run for at least 6 weeks, through March. Google invites will be sent out to parents and students. Attention JUNIORS! We have a **College Panel** scheduled for you and your parents to learn about the college research process on **Wednesday, January 22 at 6 PM in the LGI**. Look for the mailing going out in early January. 📧

📖 What's Coming Up 📖

Retaking a Regents Exam in January?

- Be on the lookout for a mailed letter from your School Counselor reminding you and providing the date/time of the test.
- Check the midterm schedule (once available) to see if your Regents exam conflicts with any of your midterms
- Let your teacher and School Counselor know ASAP if you have a conflict

PARENTS:

Take advantage of all of the resources provided through the [Parents as Partners Series](#) this year!

Register for them and you will get the code and link emailed to you if you couldn't attend. GREAT INFO!!

Mark your calendars! January 6-8 is when students will be selecting next year's classes!

- Teachers will discuss class options on Monday and Tuesday before counselors collect Scheduling Sheets during the AUD sessions on Wednesday.
- Parents, please ask your child(ren) about the courses they are being recommended for and what electives sound good to them Monday and Tuesday night.
- Presentations will take place in the Auditorium on Wednesday, January 8th.
- The Course Catalog will be available online by then too!
- The form to the right is just for reference – students will get their form in homeroom on **Monday, January 6.**

Junior Scheduling Sheet (2025-26)

Name: _____
 Center Code: _____

Bring this to all classes Jan 6 & 7 and discuss with parents.
 Hand in to Counselors before CTE or Block 4 on Wed, Jan. 8 in the AUD.

Class #1 in core course choices until your current teachers discuss your options.

- You must select a minimum of 2.0 credits (7.0 credits max, 2.0 in case if you have math = 1.0)
- Applications for CTE and the C2 program will be available soon and due by the end of next week on the application. There will also be required parent meetings for these programs/courses.
- Link to the Meeting Announcements and details the MHS Counseling & Career Center Google Classroom for the direction of meetings.

Core Subjects	Course#	1st Choice	Credits	Course#	Back-up Choice	Teacher Sig.
English						
English 1/2/3						
Part in Gen'l						
Mathematics						
Math						
Science						
Work/Life						
PE			0.5			
Additional Core Course Selected						

(A) Total Core Credits: _____

Fill in the below elective boxes. Counselors will answer questions when we pull you from PE.

Elective Option	Course#	1st Choice	Credits	Course#	Back-up Choice - choose carefully and seriously!	Credits
Elective						
Elective						
Elective						
Elective						
Elective						

(B) Total Elective Credits: _____ (A) + (B) = (C) TOTAL CREDITS: _____ (minimum of 2.0 credits (7.0 credits max))

Student Comments: _____

Teacher Comments: _____

Parent Comments: _____

Parent Signature: _____



Clip art by North Bolivar CSD and The Paper Cut

Sophomores, are you interested in visiting a program at the **Albany CTE Center**? We have a field trip scheduled for January 27, and their Open House will be on March 6 from 5:30-7:30 PM at 925 Watervliet-Shaker Road in Albany (Colonie). There are limited spots for the field trip, so be sure to grab your permission forms from the Counseling & Career Center starting

Friday, December 20. These forms are due by January 15, but some program slots may fill up quickly, so don't wait! Check out the attached **CTE Visit and Info sheets** for more details.

Grit? Self Confidence? Resilience?

Does it seem like your child gives up too quickly? Do they not stick with something that challenges them? Think they can't learn new things? They CAN!!

Join us the evening of January 16 (virtually) for the **Modeling a Growth Mindset and Building Resilience** webinar. Registration info will be sent via Parent Square. Want to start a growth challenge now? [Go here.](#)



Until next time!

Thank you for staying connected with us! We're here to support your journey and help you navigate the exciting world of college and career planning. Wishing everyone a joyful winter season filled with warmth and cheer! ❄️💖

STUDENTS: do you want to check out a CTE PROGRAM?



Clip art by North Bolivar CSD and The Paper Cut

In order to be eligible for these programs, students must meet the following criteria:

- Visit the program via the school field trip (Jan 27) or the CTE Open House (March 6, 5:30-7:30 pm *you can visit as many programs as you want at the Open House)
- Be passing all classes by the end of 3rd quarter and be on target to be a junior (or senior) next year. CTE gives next year's juniors preference over seniors for program spots.
- Have good attendance - miss no more than 5% (7 days) of school through Q3
- Have minimal disciplinary infractions from now on

FIELD TRIP – LIMITED SPOTS!

Monday, **January 27**, 2025, 11 am - 2 pm

CTE allows only 5 students to visit each class during the field trip, with a 50 student total cap! First come, first served.

Permission Slips are available in the Counseling & Career Center **starting Dec 20 and are due no later than Wednesday, January 15, 2025** but many *programs will fill up before* that date – get yours in ASAP

OPEN HOUSE – ALL WELCOME!

Thursday, **March 6**, 2025, 5:30-7:30pm

Parents and students can see as many programs as they would like during Open House.

There will likely be a bus that night. Get the permission slip for this in the Counseling & Career Center (C&CC) and return it by **Friday, February 28**.

After your visit, if you have decided you would like to request to attend a CTE program, **pick up a contract from the C&CC and return it ASAP**. Failure to do so may hurt your chances of attending and could dictate who goes on the waitlists, when needed.

- If selected, you commit to attending the program for **the entire year**.
- CTE programs are worth a total of 3 or 4 credits per year and most include an integrated technical math or science credit in the first year, depending on the program.
- Opportunities to earn certification, licensure and/or college credits available in some programs

CTE Programs (2025-26)

**Programs only available to students with IEP's.
~This info is subject to change based on CTE updates.~

Architecture and Construction

Building Trades
**Carpentry Services
^Electrical Trades
Entertainment Tech I & II (at Proctors Theatre)
^Heating, Ventilation, Air Conditioning and Refrigeration (HVAC/R)
Heavy Equipment Operation (new at Albany with very limited spots)
Plumbing Technology (new at Albany with very limited spots)

Education

Early Childhood Education

Please NO slippers.

Government & Public Administration

Criminal Justice

^If you plan to visit welding, auto trades, auto body, electrical trades or HVAC you MUST wear sneakers or boots and jeans or you cannot go to the program.

Health Science

Sterile Processing Technician
Two-Year Sequence of Health Careers

Hospitality

Culinary Arts and Hospitality Technology
**Culinary-Food Services

Information Technology

Game Design and Implementation
Digital Media Design
Network Cabling Technician/Smart Home Technology

Manufacturing

Manufacturing and Machining Technology
^Welding and Metal Fabrication

Retail and Office Services

Cosmetology
Global Fashion Studies I and II
**Pet Tech (Grooming)
**Retail and Office Services
**Vocational Training and Transition

Transportation, Distribution and Logistics

^Auto Body Collision Repair and Refinishing Technology
**Automotive Services
^Automotive Trades Technology
Diesel Technology

For more info:



Parents as Partners

Webinar Series

2024-25

This webinar series provides families, caregivers and staff in participating districts access to all 10 live zoom webinars. Each session is recorded and will be available for the remainder of the school year. Each live webinar will take place at 6:30 pm EST

10-17-24 Strategies for Addressing School Avoidance or Refusal

Presenter: Dr. Jennifer Bashant, Founder of Building Better Futures

10-29-24 Strengthening Early Literacy Skills at Home

Presenter: Renee Beaulieu, Educational Consultant

11-13-24 Preventing and Addressing Vaping

Presenter: Patty Kilgore, Prevention Council of Saratoga County

11-25-24 Social Media: When is Too Soon and How Much is Too Much

Presenter: Jennifer Bashant

12-10-24 Navigating Loss: A Guide to Bereavement for Families

Presenter: Kim Perone, Certified Life Coach and Grief Educator

1-16-25 Modeling a Growth Mindset and Building Resilience

Presenter: Jennifer Bashant

1-28-25 Ways to Encourage Open Communication with Your Teen

Presenter: Bob Mackey, Educational Consultant

2-11-25 Is Finding a Work-Life Balance Really Possible?

Presenter: Jennifer Bashant

2-25-25 Increase Your Child's Confidence, Curiosity, and Creativity by Encouraging the Development of Hobbies

Presenter: Bennett Beaulieu, Biomedical Engineering Student, Union College

3-11-25 Move from Helicopter Parenting to Lighthouse Parenting

Presenter: Jennifer Bashant



buildingbetterfutures.co



JENNIFER BASHANT

Jennifer L. Bashant, Ph.D., LMSW, MA, founder of Building Better Futures LLC, is an Educational Consultant and Trainer, with the mission to provide educators with evidence-based strategies to reduce challenging behavior in the classroom, and therefore, have a positive impact on learning. She is extremely passionate about her work, which is evident in her high-energy, engaging trainings and in her ability to connect with educators in a compassionate and authentic way.

Jennifer provides training and embedded coaching to educators regarding the most behaviorally challenging students. Her approach is trauma-sensitive and strengths-based, and she seeks to foster collaborative relationships between educators and students as they work together as partners in learning. Jennifer has been trained in Collaborative Problem Solving and the Mindful Schools curriculum for students ages kindergarten through grade 12.

As a certified DISC Trainer and a certified EQ-i 2.0 Trainer, Jennifer also works with administrative teams, building leadership teams and teachers about emotional intelligence and how to communicate more effectively.