



Newsletter

Counseling & Career Center ~ feb 2025

Topics included

Wellness Day, Study Skills Webinar, CTE Open House info
College Timeline and SUNY info (sophomores), New Family Room Support
on State Street with drop in support sessions, Financial Aid Events, Excelsior
& NYS STEM scholarships, SAT & ACT info (juniors),

Wellness Day - 2/14

The 1st Wellness Day was well received by students. The majority of students indicated that they liked being able to do something different 4th block on Friday, Feb 14th. About 600 students participated in an activity of their choosing from a variety of choices.

Some students "pawsed" with our therapy dogs and discussed coping strategies to use when things get "ruff". Another group got some fresh air and increased brain function with a nature hike at the Pine Bush Preserve. Others grew new neurons by learning to juggle, playing strategy games, answering trivia questions, drawing, geocaching and more! Thank you to all teachers and staff who ran activities and to all students who appropriately participated!

Watch the webinar here

Do you know a student that
needs a little help?
Do you want to help?

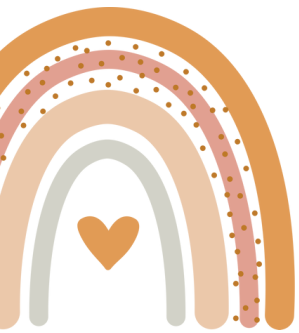
Watch this program: **Helping
Students Succeed Through
Improved Study & Executive
Function Skills**

CTE Open House March 6

**5:30-7:30 at 925B Watervliet-Shaker
Rd, Albany for parents & students!**

See as many programs as you want.
Grab the signature sheet and Contract
from the C&CC before you go so you
have what you need to show your
interest in attending a program after
your visit.

**If you need to take the bus to the
open house, that permission slip is
due to the C&CC by Fri Feb 28th.**



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Sophomores

Prep for the PSAT/SAT at [khanacademy.org](https://www.khanacademy.org)

Look at the [College Prep Timeline](#)

Check out some [SUNY colleges](#) and see [what majors they offer](#)

[SUNY admissions summary](#) – see what GPA and test scores are needed

Family Room Support

Support through mental health challenges – Mental health services are available to help your family during a crisis with anxiety, stress, relationships, and more.

These services can provide help quickly if your child is:

- Feeling anxious, depressed, grief, hopelessness and stress.
- Behaving aggressively toward themselves or other people.
- Showing a significant change in mood or behavior.
- Having difficulties with personal relationships, social isolation, difficulty sleeping or substance abuse problems.
- Feeling depressed for an extended period of time.

When help is needed, the Family Room walk-in program offers a safe, comfortable and calming setting for youth ages 10-17 and their families.

Family Room Hours & Info

1023 State Street (parking in rear; entrance on side of building off Waldorf Place)
Schenectady, NY

Phone: 518.831.8700

Hours: Monday - Friday | 10 am - 6 pm

See attached fliers for Family Room supports as well as the drop in support groups for students and parents

CTE Open House March 6

5:30-7:30 at 925B Watervliet-Shaker Rd, Albany for parents & students!

See as many programs as you want. Grab the signature sheet and Contract from the C&CC before you go so you have what you need to show your interest in attending a program after your visit.

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New Visions Emerging Technologies

A cutting-edge curriculum that introduces students to hydrogen fuel cell technology (developed in partnership with Plug Power) and semiconductor technician training (developed in partnership with NY CREATES). For seniors. Application and interview required. See your counselor ASAP if interested.

Civil Service Pathways to Apprenticeships

- provide students with direct pathways to apprenticeship opportunities
- New York State Dept. of Civil Service's Centers for Careers in Government initiative
- assist students and job seekers with information to obtain meaningful and rewarding careers in public service
- recruitment effort to attract and cultivate diverse candidates from communities throughout New York by:
- supporting recruitment efforts on critical hard-to-recruit positions and vacancies that agencies are currently seeking to fill
- demystifying the civil service merit system, which removes critical barriers to employment.

Interested in more info? contact:

ADAM ROSSI

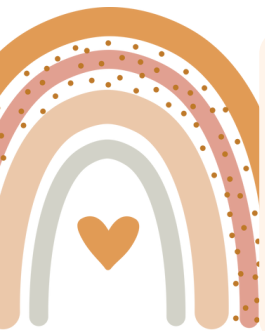
Program Outreach Specialist 2

Department of Civil Service

Centers for Careers in Government

155 Washington Avenue, Floor 3

O: (518) 408-3401 | C: (518) 807-5853 | adam.rossi@cs.ny.gov



Do you know a student that needs a little help? Do you want to help?

Watch this program: [Helping Students Succeed Through Improved Study & Executive Function Skills](#)

[Watch the webinar here](#)

World Language is critical

Staying in a World Language is becoming more and more important. [ACTFL Lead with languages video](#) explains why. Some colleges and majors require it to be accepted and others require it once there. Students can get 6 credits from HVCC/SCCC for our French/Spanish 4 and 5 level classes for discounted rates!

SENIORS: Financial Aid & Scholarship info

Estimate your college costs [with this tool](#)

Have a question about the FAFSA or financial Aid in general? [Find an event](#) to get an answer [More events here](#)

From uAspire:

Free Virtual Student Events:

We're hosting free virtual events on topics including the FAFSA, Financial Aid Offer Review, and Scholarships throughout March, and April. These sessions, led by uAspire advisors, provide students and families the opportunity to ask questions and get expert guidance.

Student and Family Resources, Webinars, & Blogs

All the resources listed are available on the [Student Resources Page](#)
[Student Guide to Verification](#) [College Cost Calculator](#)
[How to appeal your financial aid](#)

Videos:

[How to add colleges after submitting the FAFSA](#) [How to make corrections to the FAFSA](#)
[How to get your FAFSA Submission Summary](#)

NYS Scholarships hesc.ny.gov

Excelsior Scholarship - want to get an email when the application is out in May?
[Register here.](#)

NYS STEM scholarship and others! [Get info and apps here](#)

must commit to living and working in New York State for five years in the fields of Science, Technology, Engineering, or Mathematics

Students who don't meet residency requirements may qualify through the NYS DREAM Act.

<https://www.hesc.ny.gov/applying-aid/nys-dream-act/>



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SATs and ACTs

More and more colleges are reinstating their college entrance exam requirements in general or for specific majors. Students do not have to submit scores to test optional colleges but it can be very beneficial if they do.

SAT

- The SAT is already all digital
- Next test: May 3
- Registration Deadline is April 18
- \$68 without Writing section
- Other [Dates and deadlines](#)
- Students use their school Chromebooks
- Fee waivers available - see your counselor or Ms Hosmer in the C&CC
- [Practice SAT](#) info
- Bluebook is already on student Chromebooks
- [Bluebook practice](#)
- [Register Here](#)

ACT

Next Test Date: April 5
Regular Registration Deadline: February 28

Get two ACT tests for \$99! (regular ACT test price is \$69). Register for the April, June, or July ACT test **by March 16** and get a voucher for a second test anytime through summer 2026. Fee waivers available - see your counselor

Practice ACT

Changes coming to the ACT

- The shorter digital test is not yet available within 30 miles of here
- Shortened paper and pencil test will be available this fall
- Optional science test with STEM score if taken
- Optional writing test
- Score based on English, reading and math

[more info here](#)



The Family Room


YOUTH DROP-IN GROUP TOPICS

Tuesdays 4:30 PM-5:30 PM

MARCH-MAY 2025

- Mar 4 Music in our Lives
- Mar 11 There's No "I" in Team
- Mar 18 What's Your Vision
- Mar 25 Game Night
- Apr 1 Letting Go of the Winter Blues
- Apr 8 Your Life: Past, Present, & Future
- Apr 15 Planting Seeds of Confidence
- Apr 22 Physical Health is Mental Health
- Apr 29 Game Night
- May 5 Understanding & Managing Anger
- May 12 Self Care
- May 19 Affirmations
- May 26 Game Night



 (518) 831-8700



1023 STATE ST. SCHENECTADY, NY
(Parking in rear off Waldorf Pl.)



Together, we support one another.

Join our Drop-In Support Group for Parents



Join a safe, confidential space where parents or caregivers can connect with others facing similar challenges in supporting their children's mental health. The group provides an environment to share experiences, access resources, exchange advice, gain emotional support, and discuss ways to advocate for their child's well-being.

Where & When:
Monday Nights, starting
March 3rd, 2025
5:00-6:00 pm
The Family Room
1023 State St
Schenectady, NY 12307

**For more information,
please call:**
Victoria Daniels,
DSW, LCSW
(518)831-6978