

MVHS COUNSELING NEWSLETTER

High School & Beyond Planning — News & Information



SEPTEMBER

Good Study Habits & Test Prep

It is worth your teen's time to develop good study skills because having them will help your student get the best possible grades. Those skills will also help all students be better prepared to succeed after high school.

Tips to improve study skills:

- Encourage making a “to do” list and stick to it.
- Recommend setting personal goals.
- Remind your teen to prioritize! A test tomorrow is more important than an assignment due next week.
- Encourage good notetaking and review.
- Help determine where and when they work best - alone or in a group, bright or dim lighting, quiet or noisy. Help your student figure out what kind of environment works best for them, and then encourage them to study that way.
- Encourage reading and writing frequently in and outside of class.

Encourage your teen to take the PSAT this October. The best way to prepare is to take challenging or *rigorous* courses, read widely, write frequently, and develop problem-solving skills both in the classroom and through extracurricular activities. These same habits prepare students for the SAT/ACT and AP exams, as well as for college and career.

Students can try [PSAT sample questions](#) and [practice tests](#) to become familiar with the redesigned assessments, or head to [KhanAcademy.org](https://www.khanacademy.org) for Official SAT Practice.



Counseling
Contact
Information:
520-579-4450

Counseling Staff:

Ms. Anderson A-B
Ms. Kati C-Gor
Ms. Wampler Gos-Marq
Ms. Crawford Marr-Rol
Ms. Ruboyanes Rom-Z
Ms. Wray- College &
Career
Mr. Hesse- Tier 2
Support

Did You Know?

Taking the PSAT/NMSQT in 11th grade gives students the chance to compete for the National Merit Scholarship and a fresh skills assessment and a measure of their progress. Research shows that students who take the PSAT/NMSQT in both 10th and 11th grades score higher on the SAT than students who do not.

Myth Buster

MYTH: A low score on an admissions test will keep my teen out of college.

REALITY: Admissions test scores are just one factor colleges consider, along with grades and classes. While most four-year colleges require tests, the emphasis on the test scores varies by college.

In-state colleges often use test scores for various scholarship opportunities.

The range of test scores at many colleges is very broad. Remember, test scores are just one part of an application. Think of taking the test as opening doors, not closing them.

In addition, most two-year colleges—including community colleges, open-enrollment colleges, and specialty schools do not require admissions tests but they most likely will require placement tests.

Upcoming Events & Announcements

- **Family Event:**
- **College Application Resources: Saturday Sept. 15th 9:00am-1:30pm Catalina High School**
 - A half-day event filled with college application knowledge. Speakers include college recruiters, former high school students, parents, counselors, and other professionals who will give you the information you need to make it through this confusing, stressful process. The morning is comprised of breakout sessions, large group sessions, and a college resource fair. Coffee and snacks will be provided along with door prizes! [Register Now!](#)
- **PSAT Sign-Up**
 - You must sign-up for the PSAT in the MVHS bookstore by **THIS Wednesday, Sept 12th**! \$20.00. Test is October 24th

Student Checklist

- Go to a college or financial aid night at school.** Learn about different types of financial aid.
- Go to career information events or college fairs to get a more detailed look at college and career options.**

Family Checklist

- Go to a college or financial aid night at school.** Learn about different types of financial aid.
- Encourage your teen to participate in career information events and college fairs at school to get a more detailed look at available options.**
- Help your sophomore explore career ideas.** Suggest making a list of interests, talents and favorite activities and start matching them with occupations. Learn how to use exercises like these to [make a career worksheet](#).