



# Wauwatosa West Counseling Newsletter

December 2021



This newsletter will inform you on what is happening in Counseling as well as important events going on throughout the school year.

## 2021-2022 School Counselor Assignments:

Grade	Cheryl Bieck Ext. 3028	Megan Christensen Ext. 3025	Brian Hoffman Ext. 3027	Nick Becker Ext. 3026
9	A - F	G - L	L - R	S - Z
10	A - F	G - K	M - R	S - Z
11	A - F	G - L	L - R	S - Z
12	A - F	G - K	L - R	S - Z

If you would like to meet with your counselor please stop by the Counseling Office and fill out a appointment slip or email your counselor directly. Please note that there has been a change in the counselor assignments for Ms. Bieck and Ms. Christensen, so please check to see if your counselor may have switched.

## UPCOMING COUNSELING DATES:

January 26, 2022	6:30 p.m.	Course Information Night
January 29, 2022	8:00 a.m.-12:00 p.m.	Practice ACT for registered Grade 11 students only
Week of March 7th (exact day TBD)	8:00 a.m.	ACT Plus Writing for Grade 11 only

## FREE PRACTICE ACT TEST FOR JUNIORS

There will be a practice ACT test on Saturday January 29th for Juniors. The test will take place between 8 a.m. and 12 p.m. **Please arrive by 7:45 a.m. Bring your calculators, two #2 pencils and photo I.D.** Room assignments will be posted.

**Please sign up using this form:** <https://forms.gle/SocMXghJVG7nYq6u7> or stop by the Career Center and sign up with Mrs. Van Zeeland. There are only 90 spots available, so sign up soon if you are interested.

## ACT Test Dates for 2021-2022



Register at  
[www.act.org](http://www.act.org)

Test Date	Regular Registration Deadline	Late Registration Deadline	Photo Upload Deadline
February 12, 2022	January 7	January 21	February 4
April 2, 2022	February 25	March 11	March 25
June 11, 2022	May 6	May 20	June 3
July 16, 2022	June 17	June 24	July 8

## ACADEMIC AND CAREER PLANNING CONFERENCES

During the months of October, November, December and January the Counseling Department will be conducting **Academic and Career Planning Conferences**. These conferences are designed for junior students and parents/guardians. Due to time constraints we ask that families honor the pre-scheduled time slot. This individual conference will last approximately 45-50 minutes and will include the following:

1. Review of schedule/credits.
2. Discussion of plans for after graduation (school, military, work, etc.).
3. Information on college admission tests (ACT & SAT).
4. Time for open discussion to answer questions.

### **Please note format options for 21-22 school year:**

- We understand and want to respect that there are varying levels of comfort for meeting in person due to COVID-19 and we know that some families found the virtual option easier to coordinate with schedules so we would like to offer in person or virtual meetings.
- Counselors will be sending emails to students and parents with a date and time for their ACP Conference. **We ask that you reply to confirm that date and time work for you and indicate what mode (In Person or Virtual) you would like.** Prior to your conference you will get an email with your students' transcript and all resources covered in the conference.
- Counselors will be scheduling conferences **2 weeks at a time**, so if you do not receive an email right away, please check back as your invitation will be coming at a later date.

## Scholarships

Scholarships are a great way to earn money to help pay for college. No scholarship is too small. These add up and can help offset costs for attending college.

**School Specific Scholarships:** Colleges can offer school-specific scholarships, check your college's financial aid page for more information.

**Outside Scholarships:** This [spreadsheet](#) is updated with current scholarships that are available. Please check back often as new scholarships are added as we get them.

Wauwatosa specific scholarships will be available in January 2022.

### HAMP SCHOLARSHIP

The HAMP Foundation offers **two full, four-year scholarships** to the University of Wisconsin-Madison or the University of Minnesota-Twin Cities. These scholarships can be used for tuition, room & board, fees and required class materials (books, supplies, etc.) at the indicated academic institutions.

**Applications are due January 8, 2022.**

#### **Eligibility Requirements:**

- Applicants must rank in the top 20% of their class at the end of junior year. If your school does not provide class rank, then in order for your application to be considered, your SCHOOL COUNSELOR must send an email from his/her school email account to the HAMP foundation at [hampscholarship@gmail.com](mailto:hampscholarship@gmail.com) explaining where you would rank.
- Applicants must have taken or be currently enrolled in at least 2 Advanced Placement (AP) classes.
- Applicants must have applied as a full-time (12 credits/semester) student at either the University of Wisconsin-Madison or University of Minnesota-Twin Cities for the 2022-2023 academic school year.
- Applicants must be eligible for in-state tuition/tuition reciprocity at either institution, as applicable.

## Bucky's Tuition Promise

Free tuition at UW-Madison for eligible students.

### Eligibility:

- New incoming Wisconsin resident students that intend to enroll in an on-campus program, whether freshmen or transfer, whose household AGI is \$60,000 or less.
- New incoming freshman that are eligible receive eight consecutive semesters of tuition and segregated fees. New transfer students that are eligible are eligible for four consecutive semesters of tuition and segregated fees.

For more information visit: <https://financialaid.wisc.edu/types-of-aid/tuition-promise/>

## MATC PROMISE PROGRAM

For eligible Class of 2022 graduates, the MATC Promise will pay the tuition for up to 75 credits — after other scholarships and grants are applied. The cost of books, program fees and equipment are not covered by the Promise program.

**Complete these steps by December 3, 2021 (Priority Deadline) or July 15, 2022 (final deadline):**

1. Complete the Promise Program [Interest Form](#)
2. Complete the MATC [application](#), students can defer the \$30 application fee by using **promo code: HS2022**
3. Complete a 2022-23 FAFSA application.
4. Submit your transcript by December 3, 2021 and final transcript by July 15, 2022

### **Eligibility requirements for the MATC Promise Program:**

- Be eligible for federal Pell grants (your FAFSA will determine this)
- Earn a 2.0 GPA or higher—Priority deadline applicants need to meet this requirement with their junior year GPA. Final deadline applicants can meet it either with their junior year GPA or first semester of senior year GPA.
- Graduate from a high school in the MATC district or live in the MATC district
- Submit final high school transcript with graduation date by June 30, 2021
- Enroll in at least 12 credits at MATC in Fall 2021 (special exceptions may be provided)

## Mental Health Resources

### Student and Family Assistance Program

This program provides students and families up to six goal-focused confidential professional counseling, consultation, or intervention sessions per family member, per issue to address personal, family or environmental factors that impact academic performance or personal well being.

Help begins when a family member or legally responsible adult calls the program. Based on your needs, Aurora specialists will:

- Connect you by phone with a professional counselor who will consult with you.
- Schedule a confidential appointment with a program counselor for you or your family. Many times, a family's concerns can be resolved within program sessions, saving time and money.
- Assist with an insurance or community based referral, if your situation requires further treatment or additional resources.
- All services are confidential. No information about you or your family situation will be shared with school personnel without your permission.
- Available at no charge to all students and families residing the same household
- It can vary person to person, but it is generally a good idea to seek help when a problem:
  - ◇ Interferes with normal activities
  - ◇ Occupies too much of your time
  - ◇ Persists for more than several weeks

[Link to more information](#)

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### Erika's Lighthouse Handbook on Depression for Children and Teens

- This is a parent-to-parent guide, it was written by parents, not professionals and errs on the side of practical advice. It is not a substitute for professional help, but hopefully you can find some helpful suggestions.
- [Link to handbook](#)