

# Heritage Counseling News

## KEYS TO A GOOD YEAR:

- Check your grades on Infinite Campus
- Meet your counselor
- Ask for help when needed
- Get to know your teachers
- Be organized and on time
- Get involved

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## College Information Night

The Heritage High School Counseling Department will be hosting a College Information Night geared towards 10th and 11th grade students and their parents on Wed, November 15 from 6-8 pm. We will begin the evening in the Theater to introduce the evening and provide a light-hearted example of the college admissions process. Afterwards, 3 breakout sessions will be offered to allow families to attend the information sessions that are of highest interest to them. Heritage High School Counselors, College Admissions Representatives, Independent College Counselors, and current Senior students will be presenting. Examples of the Breakout sessions:

- Financial Aid
- Finding the Right Fit
- NCAA Athletes and Recruitment
- Inside the Admissions Process
- Highly Selective College Admissions
- The SAT, PSAT Redesign
- The Parent's Role in the Application Process
- Standardized Tests and Preparation
- Rec Letters & The College Essay
- What I Learned From My Process



## Need Help? Tutoring Options

Does your student need help in school? In addition to our Enrichment time and individual appointments with teachers, students can seek out help in other ways, as well.

- NHS Tutors are available to meet with students almost every period of the day Monday-Friday on a walk-in basis. Tutors are located in the Academic Workshop classes. That information can be found on the Heritage webpage, or students can stop by the Counseling Office to find the location.
- Lockheed Martin (Rocket Science Tutoring) provides free tutoring to all Heritage students on Wednesday evenings from 6-7:30 in Room 3846 for help in math and science. No sign up is needed, just show up with your materials and questions. See your Counselor for more information.

# FAFSA Information

*From Time Money:* The Free Application for Federal Student Aid is the ticket to federal money for college and many other types of scholarships as well.

The FAFSA, officially known as the Free Application for Federal Student Aid, is the form that families fill out to apply for federal grants, loans, and work-study funds for college students. It is administered by the U.S. Department of Education, which provides more than \$150 billion in student aid each year.

Your eligibility for federal grants (which don't have to be repaid) and federal loans (which do) will generally be based on your financial need, as determined by the information you supply on your FAFSA. You can get a preview of whether the FAFSA is likely to qualify you for federal grants by using the FAFSA4caster on the Department of Education website.

Even if the FAFSA4caster indicates that your family's income and assets put you out of the range for grants, it's still worth going ahead and completing the FAFSA. That's because most colleges, state scholarship agencies, and foundations use the FAFSA in deciding who gets their scholarship money, as well as how much each student will receive. Also, filing a FAFSA automatically qualifies you for low-cost federal student loans of at least \$5,500 a year.

You can find out more about the FAFSA, including the deadlines for completing it, at the Federal Financial Aid website—[fafsa.ed.gov](http://fafsa.ed.gov)

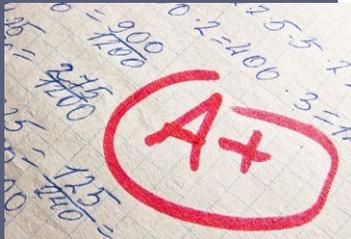


## Calculating Your GPA

Freshman Year it is very important to establish a high Grade Point Average (GPA) if a student is planning to attend college. Colleges look closely at a student's high school performance: good grades and courses that challenge the student's ability.

Use the worksheet on this page to calculate your first semester GPA. Record what you expect to earn in each of your classes this semester. List each course under course name. Record the grade you expect to earn. Each grade has a point value: A=4, B=3, C=2, D=1, F=0 (for simplicity we will not weight honors courses). Course credit is the credit for how many days a week a course meets, ex. English is 5 credits, Geography is 3 credits.

Finally, the credit value is the course credit multiplied by the point value.



Course Name	Grade Earned	Point Value	Course Credit	Credit Value
English _____	___ = ___	X	___ =	_____
Math _____	___ = ___	X	___ =	_____
Science _____	___ = ___	X	___ =	_____
Soc. Studies _____	___ = ___	X	___ =	_____
Elective _____	___ = ___	X	___ =	_____
Elective _____	___ = ___	X	___ =	_____
Elective _____	___ = ___	X	___ =	_____
Elective _____	___ = ___	X	___ =	_____

Total the course credit & the credit value columns:

Totals: \_\_\_\_\_ Totals: \_\_\_\_\_

Divide the total credit value by the total course credit; carry it two decimal places:

Semester GPA = \_\_\_\_\_

# College Visits at Heritage

Heritage High School Post Grad hosted 80 colleges and universities during the Fall Semester. Students are invited to attend sessions with college admissions representatives throughout the school day for post grad opportunities. These representatives are often the college admissions officers who first receive a student's college application. This is an opportunity for the Heritage students to hear detailed information about each college and ask questions pertaining to their own interests.

Over 350 students take advantage of this program each year. Many of the college admissions representatives have told us that they remember meet-

ing these students during their Heritage visit when reviewing their application.

Colleges will be visiting Heritage again in the spring semester. Parents and students can find out which colleges are visiting and when through their Naviance accounts. Stop by Post Grad if you have any questions on how to participate in the future.



## They Loved Your GPA Then They Saw Your Tweets

*From the New York Times (by Natasha Singer)*

At Bowdoin College in Brunswick, ME, admissions officers are still talking about the high school senior who attended a campus information session last year for prospective students. Throughout the presentation, she apparently posted disparaging comments on Twitter about her fellow attendees, repeatedly using a common expletive. Perhaps she hadn't realized that colleges keep track of their social media mentions.

As certain high school seniors work meticulously this month to finish their early applications to colleges, some may not realize that comments they casually make online could negatively affect their prospects. In fact, new research from Kaplan Test Prep suggests that online scrutiny of college hopefuls is growing.

Of the 381 college admissions officers who answered Kaplan telephone questionnaire this year, 31% said they had visited an applicant's Facebook or other

personal social media page to learn more about them...More crucially for those trying to get into college, 30% of the admissions officers said they had discovered information online that had negatively affected an applicant's prospects



## Online College Search Resources

- **Naviance:** online resource provided through our Post Grad Department at Heritage. It allows students to customize their college search process and look for potential scholarships, as well as other important information.
- **College in Colorado:** great resource to help CO students search for colleges across the country, as well as discover possible career options.
- **US News:** college rankings and university information
- **College That Change Lives:** website to accompany book of the same name. Introduces students to possible great college opportunities outside the mainstream.
- **Discussion Boards:** [www.collegeconfidential.com](http://www.collegeconfidential.com); [www.unigo.com](http://www.unigo.com); [www.nacacnet.org](http://www.nacacnet.org); [studentinfo](http://studentinfo)
- **Virtual Campus Tours:** [www.campustours.com](http://www.campustours.com)
- **Big Future:** College Board's interactive college planning website

# Final Exam Bell Schedule

Semester I Final Exams will be given the week of Dec. 19.

All T/R classes will have their final exam on Thursday December 14 during their normally scheduled class time (the test may begin the Tuesday before, as well).

## Tuesday, December 19

Period 1 MWF—7:20-8:52  
 Period 2 MWF—9:02-10:34  
 Period 3 MWF—10:44-12:16

## Wednesday, December 20

Period 4—8:20-9:53  
 Period 5—10:03-11:36

## Thursday, December 21

Period 6—7:20-8:53  
 Period 7—9:03-10:36



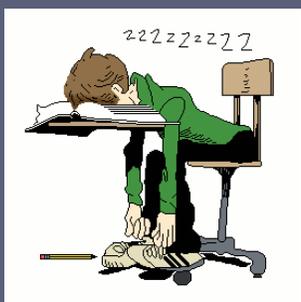
## 5 Ways to Stay Healthy During the Holidays

From *TeensHealth.org*

1. **Fend off germs:** Family gatherings, shopping and traveling are all places germs like to mingle. Get a flu vaccine and wash your hands a lot.
2. **Eat healthy and be merry:** Holiday foods can be high in calories and low on the nutrition you need to battle germs and boost energy. Make it a priority to eat 5 or more fruits and vegetables a day.
3. **Chill:** Even things we look forward to, like parties or gifts, can come with worries attached. If you feel stressed out, stop what you're doing for just a moment. Take 5 deep breaths. Concentrate on each breath as you inhale and exhale. Walk over to a window and look at the sky. Then go back to you
4. **Beat the Blues:** Holiday depression doesn't just happen in songs. For some people it's seasonal. Other people are going through difficult life events, like a breakup, move or loss of a family member. If you feel down, go outside. Sunlight and exercise are great mood lifters. Talk to someone you trust about how you're feeling.
5. **Get some ZZZZs:** Getting 8-9 hours of sleep a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.

Laugh and enjoy yourself—the holidays only come once a year!

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## Importance of Sleep

Did you know that sleep is one of the most important activities that a high school student needs to engage in each day? Studies have shown that a lack of sleep can affect your health, mood, and cognitive abilities (i.e. learning and memory).

Tips for a Good Nights Sleep:

1. Keep a regular sleep-wake schedule throughout the week.
2. Try to get 8 1/2 to 9 1/2 hours of sleep per night.
3. Keep a regular study schedule (late night cramming can do more harm than good).
4. Eliminate high-tech distractions prior to sleep (phone, tv, computer).
5. Eliminate caffeine at least 3-5 hours before bedtime.