**AMHS Guidance Office**

**September Announcements**

*If you need help or have questions, please contact Ms. Lederer-Barnes, Guidance Director, at 375-2589 x106 or lederer-barnesj@bvsu.org.*

**ASVAB Testing: mandatory for Grade 10, optional for Grade 11 &12:**

The Vermont Agency of Education requires us to test all students for College and Career Readiness. To meet that requirement, all sophomores will take the ASVAB test on **September 24**. The test is also open to any interested juniors and seniors who wish to explore career options or take the test for military entrance purposes.

**AMHS College Application Night** is Wednesday, **October 2** from 6:00-7:00 pm in the AMHS Marsh Library Computer Lab.  This is primarily an informational night that is geared towards seniors and their parents, but families of younger students are welcome to attend to get an early idea of what to expect.  Topics that will be covered include:  the college

application process, the Common Application, Naviance, and a basic overview of financial aid.

**PSAT (for SOPHOMORES and JUNIORS):**

The **PSAT** (practice SAT) is being held at AMHS on **Wednesday, October 16**.  All sophomores and juniors who are considering applying to college are recommended to take the PSAT. *Students must sign up in the Guidance Office by Sept. 17.* There is a $17 fee to take the test (free to juniors who get free or reduced lunch).

**The VSAC Financial Aid Forms Workshop (for SENIORS)** is Thursday, **November 7** at 6:00 pm in the AMHS Marsh Library Computer Lab.  A representative from Vermont Student Assistance Corporation (VSAC) will be here to provide an overview of different types of financial aid and to help senior families complete their FAFSA (federal financial aid form) and Vermont Grant application (state financial aid form). The earlier you file your FAFSA, the more aid is available!  **IMPORTANT:** If you plan to fill out your FAFSA/Vermont Grant application with the VSAC representative, you will need to bring several important documents with you and apply for an ID number in advance.  *Please contact Ms. Lederer-Barnes for more information.*

**The “Women Can Do!” Conference**is on **October 17** at Vermont Technical College.  This is a fun day for girls and gender non-conforming youth in grades 9 – 12 to get hands-on experience with non-traditional careers such as engineering, science, firefighting, agriculture, technology, woodworking, mechanics, and more!  This conference is free and transportation is provided.  To register, please go to the Guidance Office.

**Senior Parent Appointments:**  All families of seniors are invited to make individual appointments with Guidance Director Joanna Lederer-Barnes at any time during the year to discuss planning for their senior's life after high school.  Ms. Lederer-Barnes meets regularly with seniors, but it is often helpful to have parents come in to meet as well.  Whether your student is planning to attend college or tech school, join the military, enter the workforce, or has other plans, coming in for a meeting ensures that we are all on the same page when it comes to planning for the future. *If you would like to schedule an individual senior parent appointment, please contact Ms. Lederer-Barnes at 375-2589 x106 or lederer-barnesj@bvsu.org.*

**Guidance Web Page:**  Families are invited to check out the AMHS Guidance section of our website!  Go to arlingtonmemorialhighschool.org.  Hover over "Academics & School Services," then click on "Guidance News" for the latest announcements or "Guidance Resources" for links related to college, financial aid, testing, and special programs.  Local and state scholarship lists are under "Awards, Scholarships, and College."

**SAT and ACT - FOR SENIORS:**

If you are planning to apply to college and have not taken the SAT/ACT or would like to take it again to improve your score, now is the time.  Registration for these tests is done online by the student, but if you need help or have any questions, please see Ms. Lederer-Barnes.  Please Note: If you have a disability that is documented with the College Board, you will need to obtain your SSD code from Ms. Lederer-Barnes before you register.

**SAT Dates** (register at sat.org/register)

October 5 - register by September 6; late registration by September 24

November 2 - register by October 3

December 7 - register by November 8

**ACT Dates** (register at actstudent.org)

October 26 - register by September 20

December 14 - register by November 8

**SAT Prep at AMHS**

Ms. Lederer-Barnes can help students access a free SAT prep website (Khan Academy) to prepare for the SAT. Also, Mr. & Mrs. Cross offer math and reading/writing SAT prep on an individual basis.  If you are interested in doing SAT Prep with them, please see Mr. or Mrs. Cross as soon as possible.