Dear SLHS Families,

Happy Fall! We are so excited to have the 2017-2018 school year off to a strong start. This year, the Student Services office will be sending periodic newsletters to you via Skyleter that will contain information beneficial to you and your SLHS students. We hope this will help to better connect you and your students to our services, such as Counseling and Career Development.

Our Student Service department is composed of six staff members:
Carolyn Krueger – Student Services Data Processor, kruegerc@slcs.us
Sarah Hester – Freshmen Counselor, hesters@slcs.us
Beth Wallace – Counselor 10-12, A-Laz, wallaceb@slcs.us
Lisa Godo – Counselor 10-12, Le-Z, godol@slcs.us
Jane Miloch – Career Development Coordinator, milochj@slcs.us
Felicia Morrison – General Education School Social Worker (by referral only), morrisonf@slcs.us

The Student Services office number is 248-573-8160.

Student Services Newsletter
October 2, 2017

TIPS FOR SLHS STUDENTS
Counselors are great to visit for:
- Academic questions and struggles
- Study and test-taking strategies
- School stress
- Peer issues
- Questions about how to get involved at school

ACADEMICS
ADVISORY HOUR
WE HOPE YOU WERE ABLE TO JOIN US FOR CURRICULUM NIGHT TO GET A TASTE OF YOUR STUDENT’S TYPICAL DAY AT SCHOOL. ONE IMPORTANT SCHOOL-WIDE CHANGE TO KEEP IN MIND IS THE NEW ADVISORY HOUR THAT WE WILL BE IMPLEMENTING ON TUESDAY MORNINGS. THIS WILL TAKE PLACE BETWEEN SECOND AND THIRD HOURS, AND PROVIDES STUDENTS WITH A DESIGNATED TIME TO RECEIVE EXTRA ACADEMIC SUPPORT.

SAT PRACTICE TEST
- PROVIDED BY SYLVAN LEARNING OF BRIGHTON
- FREE OF COST
- TAKING PLACE AT SALEM-SOUTH LYON DISTRICT LIBRARY:
  - SATURDAY, OCTOBER 21 – 10AM TO 3PM
  - SATURDAY, DECEMBER 9 – 10AM TO 3PM
- PLEASE BRING A CALCULATOR AND A PENCIL;
  STUDENTS ARE ENCOURAGED TO BRING A SNACK

CAREERS
SENIOR COLLEGE & CAREER EXPO
SENIOR STUDENTS WILL PARTICIPATE IN THE COLLEGE & CAREER EXPO ON WEDNESDAY, OCTOBER 11TH. DURING THE EVENT, STUDENTS WILL HAVE THEIR PANORAMIC PICTURE TAKEN, SO THEY SHOULD WEAR THEIR CLASS T-SHIRT OR A BLACK SHIRT. THEY WILL ALSO RECEIVE INFORMATION ABOUT ORDERING THEIR CAPS AND GOWNS. THE INFORMATION SHOULD BE REVIEWED SINCE THERE ARE DUE DATES INCLUDED!

ARMED SERVICES APTITUDE BATTERY (ASVAB)
THE ASVAB IS AN EXCELLENT ASSESSMENT FOR STUDENTS WHO ARE INTERESTED IN THE MILITARY OR SIMPLY NEED SOME ADDITIONAL CAREER EXPLORATION. THE ASVAB WILL BE OFFERED ON TUESDAY, NOVEMBER 14TH, FROM 7:30AM TO 10:30AM IN ROOM G288. INTERESTED STUDENTS SHOULD SIGN UP IN STUDENT SERVICES. FOR MORE INFORMATION, SPEAK WITH MRS. MILOCH.
WELLNESS TIPS

When you are feeling stressed...

USE YOUR 5 SENSES:

When you're feeling stressed or overwhelmed, there are many simple mindful strategies we can use to ground ourselves. One way is to mindfully engage our five senses by noticing something that we are currently experiencing through each sense:

Begin by relaxing into a comfortable seated position, with your feet resting flat on the ground. Place your hands gently in your lap, palms facing down. Remember to breathe, taking comfortable and even breaths, and then begin to engage your senses.

**Sight:** What are 5 things you can see? Look around and notice 5 things you had not noticed before.

**Touch:** What are 4 things you can feel? Maybe it is the pressure of your feet on the floor or the temperature on your skin.

**Hearing:** What are 3 things you can hear? Notice all the background sounds you have been filtering out.

**Smell:** What are 2 things you can smell? Maybe you smell food cooking, coffee, or someone's perfume.

**Taste:** What is 1 thing you can taste? Simply notice how your mouth tastes, or "taste" the air to see how it feels on your tongue.

Adapted from TherapistAid.com © 2015

Parents,

It is important to practice these simple stress-reduction skills with your students. Make them a welcome habit in your home by practicing them together on a regular basis. Please look out for our next Wellness Tip in the next newsletter.

9th Graders, are you looking for help in one or more of the following areas?

**Goal Setting** – October 3rd, 2nd hour
**Organization** – October 10th, 3rd hour
**Time Management** – October 17th, 5th hour
**Note-Taking** – October 24th, 6th hour
**Study Skills/Test Taking Tips** – October 31st, 2nd hour
**Stress Relief** – November 14th, 3rd hour

*Sign up with Mrs. Hester in Student Services for the session(s) of your choice.

Tips for Success:
1. Use your planner for EVERY hour, EVERY day.
2. Plan ahead for projects, tests, quizzes, and assignments.
3. Ask questions when you don’t understand.
4. Stay after for help with your teacher, or see your teacher during Advisory Hour.
5. Have at least one peer in each class you can email or call if you forget your homework or have a quick question.

**PARENTS & STUDENTS:**
Please see the attached pages on Parchment, applying for FAFSA, and the college visit schedule*
WHAT IS PARCHMENT?

Parchment

The simple online way to Request, Send, and Store Transcripts.
Including powerful tools to research colleges and find the right fit for you.

Request & Send Transcripts

Step 1: Log in or Register
1. Sign in at www.parchment.com
2. Click Sign Up to log in or register your account

Step 2: Add your school to your Profile
1. Click Get Started
2. Add your High School

Step 3: Add Destinations
1. Select Destinations such as colleges, NCAA, Common Application, or yourself
2. Review Destinations

Step 4: Provide Consent
1. Complete the waiver form.
2. Complete the Transcript Authorization form by eSigning

Step 5: Payment
1. Provide debit/credit card payment if there are any fees

Step 6: Track Order
1. The status of your request will be emailed and updated in your Parchment.com Account

More than 3 Million students use Parchment to send Transcripts

Turn Credentials into Opportunities
WHAT IS PARCHMENT?

Prepare for College!
Get your college application plan organized, and see how you stack up.

STORE YOUR INFO IN YOUR PROFILE:
- Unweighted GPA
- Weighted GPA
- SAT Scores
- SAT II Scores
- ACT Scores
- AP Classes and Grades
- Excurriculars
- Awards and more!

CREATE A LIST OF COLLEGES YOU LIKE:
- Search for colleges
- Add colleges to your list
- Indicate your stage in the application process

TRACK APPLICATIONS:
- Keep track of your college application decisions

FIND & COMPARE COLLEGES
- Discover new colleges by seeing where students like you enroll
- Use Parchment's Simulator for admission predictions
- Learn more about colleges and their applicants on the college-specific pages

SEE HOW YOU STACK UP:
- Complete your profile and add colleges to your list to get data-driven Parchment predictions
- Predictions are based on statistical models from the results of students who have voluntarily added their admissions data in the past
- Scatterplots and analytics on each college page give data about how you compare to past applicants
- Predictions are probabilities. If you are given a 10% change and you applied to a college 100 times, you should be accepted 10 of those times.

If you want to attend a college, you should always apply.
Predictions are only meant to be a guide. The only way to guarantee you will not get into a college is to not apply.

Get Started at www.parchment.com
FAFSA

WHAT is federal student aid?

Federal student aid comes from the federal government—specifically, the U.S. Department of Education. It’s money that helps a student pay for higher education expenses (i.e., college, career school, or graduate school expenses).

Federal student aid covers such expenses as tuition and fees, room and board, books and supplies, and transportation.

There are three main categories of federal student aid: grants, work-study, and loans. Check with your school’s financial aid office to find out which programs the school participates in.

WHO gets federal student aid?

Every student who meets certain eligibility requirements can get some type of federal student aid, regardless of age or family income. Some of the most basic eligibility requirements are that you must

• demonstrate financial need (for most programs—to learn more, visit StudentAid.gov/what-calculated);
• be a U.S. citizen or an eligible noncitizen;
• have a valid Social Security number;
• register (if you haven’t already) with Selective Service, if you’re a male between the ages of 18 and 25;
• maintain satisfactory academic progress in college or career school; and
• show you’re qualified to obtain a college or career school education by
  o having a high school diploma or a General Educational Development (GED) certificate or a state-recognized equivalent; or
  o completing a high school education in a home-school setting approved under state law; or
  o enrolling in an eligible career pathways program.

Find more details about eligibility criteria at StudentAid.gov/eligibility.

HOW do you apply for federal student aid?

1. Create an FSA ID. Students, parents, and borrowers should create an FSA ID, made up of a username and password, to submit their Free Application for Federal Student Aid (FAFSA®) online and to access U.S. Department of Education websites. Your FSA ID is used to confirm your identity and electronically sign your federal student aid documents. To create an FSA ID, visit StudentAid.gov/fsaid.

2. Complete the Free Application for Federal Student Aid (FAFSA) at fafsa.gov. If you plan to attend college from July 1, 2018–June 30, 2019, you’ll be able to submit a 2018–19 FAFSA beginning on Oct. 1, 2017. You’ll be required to report income and tax information from 2016. Schools and states often use FAFSA information to award nonfederal aid, but their deadlines vary. Check with the schools that you’re interested in for their deadlines, and find state deadlines at fafsa.gov.

3. Review your Student Aid Report. After you apply, you’ll receive a Student Aid Report, or SAR. Your SAR contains the information reported on your FAFSA and usually includes your Expected Family Contribution (EFC). The EFC is a number (not a dollar amount) used to determine your eligibility for
federal student aid. Review your SAR information to make sure it’s correct. The school(s) you list on your FAFSA will get your SAR data electronically.

4. Contact the school(s) you might attend. Make sure the financial aid office at each school you’re interested in has all the information needed to determine your eligibility. If you’re eligible, each school’s financial aid office will send you an aid offer showing the amount and types of aid (from all sources) the school will offer you. You can compare the aid offers you received and see which school is the most affordable once financial aid is taken into account.
2017-18
College & Military Visits
Scheduled at South Lyon High School
- Open to Juniors & Seniors
- Sign up in advance in Student Services
- Meetings will take place in Student Services unless otherwise noted

**OCTOBER**

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<thead>
<tr>
<th>Date</th>
<th>Institution</th>
<th>Time</th>
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<tbody>
<tr>
<td>Oct. 2nd:</td>
<td>Albion</td>
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<td>Indiana Tech</td>
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<td>Oct. 3rd:</td>
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<td>MSU</td>
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<td>Alma</td>
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<td>University of Toledo</td>
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<td>Oct. 10th:</td>
<td>Hope College</td>
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<td>Waseda University, Tokyo Lunches</td>
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<td>Oct. 17th:</td>
<td>Adrian</td>
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<td>Oct. 19th:</td>
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<td>UD-Mercy</td>
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10/02/2017 Note: This list is updated as the visit schedule changes.
**NOVEMBER**

Nov. 1\textsuperscript{st}:

EMU

9:30am

**DECEMBER**

10/02/2017  

**Note:** This list is updated as the visit schedule changes.
Military Tables

These visitations will take in the Commons during the lunch periods

<table>
<thead>
<tr>
<th>Date</th>
<th>Military Branch</th>
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</thead>
<tbody>
<tr>
<td>Wednesday, Oct. 4\textsuperscript{th}:</td>
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<tr>
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<td>Wednesday, Oct. 18\textsuperscript{th}:</td>
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<tr>
<td>Thursday, Oct. 19\textsuperscript{th}:</td>
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</tr>
<tr>
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<td>Army</td>
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<td>Wednesday, Nov. 15\textsuperscript{th}:</td>
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<td>Thursday, Nov. 16\textsuperscript{th}:</td>
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<td>Thursday, Nov. 30\textsuperscript{th}:</td>
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<td>Wednesday, Dec. 6\textsuperscript{th}:</td>
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<td>Thursday, Dec. 14\textsuperscript{th}:</td>
<td>Marines</td>
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<tr>
<td>Wednesday, Dec. 20\textsuperscript{th}:</td>
<td>Army</td>
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</tbody>
</table>

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