

# From the Nest

Updates, Highlights, and Information  
from your School Counselors



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January 9, 2024

Hello Students & Families:

"From the Nest" is the School Counseling newsletter. We will be sharing timely and relevant information with you on a bi-weekly basis. As school counselors we support, nurture, and guide our students. *From the Nest* represents many of our core values and honors the Falcon tradition here at Avon High School. These updates can be found on our website or [AHS School Counseling News](#)



**School Counselor Meetings:** Your school counselor is always happy to meet with you. Reach out to us if there is anything we can assist you with. We are available via email, Google meets, in-person meetings, and phone calls. Students may set up an appointment using each counselor's individual calendar link.

**Appointment Booking** Students: access the link on your counselor's name to book directly. Parents: schedule an appointment by calling or emailing Karien Green, School Counseling Assistant.

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## Announcements:

**Zen Den** - Thank you to the PTO for their continued support and dedication to our programing! School Counselors are hosting Zen Den during the lunch waves for several days. Students are encouraged to take some time to relax, rejuvenate, repair, and regroup in preparation for midterms. PTO provided the funding for snacks and treats. The student response has been great and we look forward to organizing similar programs in the future. [Sign Up Here](#) to participate

## MidTerm Exams:

1st Test Block @ 7:40-9:40	January: 15th, Monday - No School 16th, Tuesday - 5, 6
2nd Test Block @ 10:00-12:00	17th, Wednesday - 1, 2 18th, Thursday - 3, 4 19th, Friday - 7, 8

**Academic Support** - Avon High School offers a plethora of academic support and assistance for students who need clarification and reteaching of material. Students have access to their classroom teacher, NHS Tutors, the Writing Lab, Math Lab, & Student Achievement Center. Your teachers are valuable resources to assist you with additional help.

## Opportunities & Enrichment:

**CT State/Tunxis High School Partnership** - open to grade 11 & 12 highly motivated students - take a

college course at Tunxis - click [here](#) to complete the application.

**Hartford Hospital Summer Volunteer Program** - Are you interested in a career in health care? [More info here](#)  
Registration opens 1/3/24

### AHS Achieve Internship & Career Information:

**JA and The Hartford Opportunities** - [click here](#) for lots of information

**Part Time Job Information** - Check our online [Job Board](#) for available positions.

## Grade Level News

### Grade 12:

**College Decisions** - Some colleges have already released application decisions. Be sure to update your school counselor with details. In addition, update your Naviance account with your college information. [This video](#) shows you how.

**Create an FSA ID**, All students and parents contributing to the FAFSA will need an FSA ID. If they don't already have one, they can create an account [here](#).

**Have you submitted a college application yet?** If you are planning on submitting an application and have not completed one yet, be sure to meet with your counselor soon.

**Gap Year** - Many students take advantage of an extra year before heading to college. If this is something you want to consider, check out the [Gap Year Fair](#) on January 16, in West Hartford.

### Grade 11:

**MidTerm Prep** - Click Here for a few [helpful resources](#)

**Post-Secondary Planning** - School Counselors met with grade 11 students during Advisory. Topics discussed revolved around post-secondary planning. Information is shared in these [Slides](#).

**Testing** - **SAT Dates**: Be sure to register for SAT dates.

**ACT** - Register and [prepare](#) for free using the ACT resources.

**NCAA** - [Guide for the College-Bound Student-Athlete](#) is available for download! Student-athletes wanting to study and compete at an NCAA school must register with the Eligibility Center at [eligibility center.org](#).

### Grade 10:

**MidTerm Prep** - Click Here for a few [helpful resources](#)

**PSAT Scores**: Scores are in!! Log into your CollegeBoard account to review your scores from the October PSAT administration. Link your [CollegeBoard account with Khan Academy](#) for free and fun test prep.

### Grade 9:

**Midterm Prep** - School counselors met with all grade 9 students during Advisory on January 3 to discuss midterm preparation. [Attached](#) is a copy of the slides we used, including a sample planning calendar, midterm exam schedule, and helpful tips & hints. Please reach out to your school counselor for assistance if you have any questions or need guidance.

### Financial Aid & Scholarship Information:

\*\*\* Many colleges have a FAFSA deadline of \*\*\*  
\*\*\* February 15. Don't miss out. \*\*\*

**FAFSA 2024/25** opened recently: [Start or Edit your FAFSA Form](#) and check out the [Hints to potentially reduce your student aid index](#).

**Hartford Foundation for Public Giving** - Scholarship opportunities are available now. Search criteria and opportunities. [Apply Here](#)

**Financial Aid Simplified**- Lots of [helpful information](#) provided by Southern CT State University.

**CSS Profile**: Many colleges require the profile as part of their financial aid process. Be sure to review your school's requirements.

**CSCA Scholarship Application** - Review the details and requirements for the CT School Counseling Association [scholarship application](#). Deadline is 2/15/24.