

# From the Nest

Updates, Highlights, and Information  
from your School Counselors



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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.

**School Counseling Department** - 860-404-4740 x1180

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## Announcements:

**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.

**CT Bar Association** - Statewide high school essay contest. All entries must be submitted by 2/22/24.

**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.

#### **FSA ID - What is an FSA ID? Who Needs an FSA ID?**

An FSA ID is a username and password that is required to log in to certain U.S. Department of Education (ED) websites. Your FSA ID identifies you as someone who has the right to access your own personal information on ED websites such as the Free Application for Federal Student Aid (FAFSA®). Beginning with the 2024–25 FAFSA®, all contributors (student, student's spouse, and/or parent) must have their own FSA ID.

**Create an FSA ID**, please go to [studentaid.gov/fsa-id/create-account/launch](https://studentaid.gov/fsa-id/create-account/launch).

**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.

### Grade 11:

**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](#).

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

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

**NCAA** - [The 2023-24 Guide for the College-Bound Student-Athlete](#) is now available for download! Student-athletes wanting to study and compete at an NCAA school must register with the Eligibility Center at [eligibilitycenter.org](https://eligibilitycenter.org).

### Grade 10:

**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.

**SEL Lesson** - School Counselors met with Grade 10 students during Advisory to deliver a lesson about Social Emotional Learning.

### Grade 9:

**Goal Setting** - start with something simple. If it feels overwhelming then choose something else. Try these tips

1. Set a goal that *genuinely* excites you
2. Make the process of working toward your goal more enjoyable & fun
3. Use a planner! Write it down using pen & paper
4. Check-in with yourself. Is this a goal that *you* want or that someone else wants?
5. Celebrate the small wins! This is SO important  
(Credit: [Kenzie's Blog](#))

### Financial Aid & Scholarship Information:

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

**FAFSA** - will be available Dec 31, 2023. Read about the [updates and changes](#).

**Financing College** - Lots of [helpful information](#) provided by the US Department of Education

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

### Self-Care Corner:

Self Care is not Selfish - and it can be FREE

SELF CARE		
ITEM	COST	TIME
TAKE A WALK OUTSIDE	\$0.00	15 MIN
MEDITATE	\$0.00	5 MIN
JOURNAL	\$0.00	5 MIN
READ	\$0.00	20 MIN
SLEEP	\$0.00	30 MIN
CALL FRIEND/FAMILY	\$0.00	15 MIN
WATCH YOUR FAV SHOW	\$0.00	30 MIN
TOTAL COST	\$0.00	120 MIN
RETURN	PRICELESS	