

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.

Upcoming Educational Events:

Bristol Technical Educational Center Open House - Thursday Dec 7 @ 5:00 - 7:00 PM. Applications for Bristol TEC high school applicants are expected to become available in mid-January 2024. Applications for Post-Graduates are currently available on [the website](#)

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

Summer Programs: It's never too early to start planning your summer experiences! Check out a searchable list at [TeenLife](#).

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:

FSA ID - What is an FSA ID? Who Needs a FAS 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.

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.

Naviance - Do not forget to keep your Naviance "Colleges I'm Applying To" list up to date.

Grade 11:

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.

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 eligibility.center.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 began meeting with Grade 10 students during Advisory to deliver a lesson about Social Emotional Learning. All grade 10 students will participate either on 11/15 or 11/29

Grade 9:

Financial Aid & Scholarship Information:

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

FAFSA is currently under revision and is expected to be released in December.

SAI - What is the [Student Aid Index\(SAI\)](#) and Estimated Family Contribution? [Learn more here](#)

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:

