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<https://www.act.org/content/act/en/products-and-services/the-act/registration.html>

Davies High School Code 350-569.

WEBSITE INFORMATION

Students and parents – Have you ever visited the Counseling Center website? If not, you are missing out on a plethora of information for students of all grade levels! We have

Fall has officially arrived, and with it comes cooler weather, busy schedules, and the halfway point of the first semester! This season is a great time to pause, check in with ourselves, and build habits that keep us balanced. Remember, self-care doesn't always have to be big—it can be as simple as taking a walk outside, keeping a regular sleep routine, or practicing deep breathing when stress starts to build.

As we move through November, your school counseling team encourages you to take small steps each day to care for your well-being, whether that's reaching out for support, making time for friends and family, or giving yourself permission to rest. Just like the leaves are changing, fall can be a season for growth and renewal.

Counselor Self-Care Corner

We believe in practicing what we share! Here are a few ways our counselors take care of themselves:

- **Mrs. Brown** – Spending time with people who fill my cup and celebrating the little things in life- taking a nature walk, sipping a warm coffee on a cool day, decorating for the season!
- **Mrs. Skolness** – Order takeout and watch a good movie or read a great book!
- **Mrs. Weiler** – I enjoy some alone time while pursuing a favorite hobby, cooking, reading or at home spa treatments.

Quarter 2: 2025-2026 **COLLEGE ENTRANCE EXAMS**

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- **Ms. Nereson** – Spending as much time outside as I can: walking with my dogs, sitting on my deck or ice fishing.
- **Mrs. Mahnke** – Time with family and friends, taking in the crisp fall air and bright sunshine, and being in the quiet.

We hope these ideas inspire you to find small ways to care for yourself, too!

COUNSELOR CONTACT CHANGE (D-Ha)

One of our school counselors, Ashlyn Skolness (D-Ha), is on maternity leave and will return after Winter Break. During her absence, students will be temporarily reassigned to other counselors to ensure continued support and guidance. Below you will find the breakdown of the reassignments for D-Ha.

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Amanda Brown A-D browna@fargo.k12.nd.us

Beth Weiler E, H-L weilerb@fargo.k12.nd.us

Sarah Nereson F, M-Sa neresos@fargo.k12.nd.us

Anita Mahnke G, Sc-Z mahnkea@fargo.k12.nd.us

COUNSELOR CONTACT CHANGE (Sc-Z)

One of our school counselors, Anita Mahnke will be out starting October 30th, 2025 until after Holiday Break in November. While she is out, students will be temporarily reassigned to other Counselors to ensure continued support and guidance. Below you will find the breakdown of the reassignments for Sc-Z.

Amanda Brown A-D, G browna@fargo.k12.nd.us

Beth Weiler E, H-L, U-Z weilerb@fargo.k12.nd.us

Sarah Nereson F, M-T neresos@fargo.k12.nd.us

Seniors- this counselor will be working on any Common App forms you need. Please be sure to use the correct email address for these individuals. If you have any questions, do not hesitate to ask.

TRANSCRIPT REQUESTS

Students may now access their transcript directly from PowerSchool. Full directions can be found on the Counseling Center website at

<https://davies.fargo.k12.nd.us/counseling-center/transcriptdiploma-request>

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LETTERS OF RECOMMENDATION

**If you have a deadline for Common Applications, Scholarship, etc you need to give your recommender 2 weeks or more to complete a letter of recommendation for you.
PLEASE WATCH YOUR DEADLINES VERY CAREFULLY TO ENSURE OF THIS WINDOW.**

As seniors begin preparing for college, scholarships, and post-secondary opportunities, many will need letters of recommendation. We encourage students to request these letters thoughtfully and early—from teachers, counselors, coaches, or employers who know them well. Below you will find the link to our letter of recommender form:

https://davies.fargo.k12.nd.us/uploaded/Letter_of_recommendation_worksheet.pdf

REGISTRATION

Registration for the 2026-2027 school year is fast approaching. Counselors will be visiting classrooms to disperse registration materials in January. In February, students will input their course selections.

Important reminders:

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- If a student is considering participating in collegiate level athletics, it is a family's responsibility to make sure classes taken are approved by the NCAA Clearinghouse and all other eligibility requirements are met.
- If you have your heart set on a specific college, make sure you have researched the admission criteria so nothing gets missed.

All students should take careful consideration when choosing classes. Students are not allowed to change their schedule. The number of sections of each class is determined by the number of students who have registered for it, so choose wisely!

EAGLES CUPBOARD

The Eagles Cupboard is up and running. The cupboard supplies basic needs to students who could not otherwise afford them, including food items, personal hygiene products, clothing, and school supplies. If this is something your student needs, please have him/her contact a trusted Davies adult (counselor, teacher, principal, para, coach, maintenance staff, etc.). Help is free, safe, and confidential. We are here to support you.

If you are interested in donating to the Eagles Cupboard, please consider monetary items (gift cards for food, gas, etc.) as we have limited space to store clothing and grocery items. We greatly appreciate all the generous past, present, and future donations to support our students and families in need. The cupboard is located in Student Services. If teams, clubs or organizations would like to hold a drive for supplies, please contact Ms. Sarah Nereson, neresos@fargo.k12.nd.us.

STAY CONNECTED

Students can meet with a counselor by:

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- Sending an email
- Signing up in the counseling office
- Dropping by before or after school

We're here for you and look forward to a great November!

Counselors & Staff		
Amanda Brown Last Names A-C 446-5612 brownna@fargo.k12.nd.us	Ashlyn Skolness Last Names D-Ha 446-5614 skolnea@fargo.k12.nd.us	Beth Weiler Last Names He-L 446-5626 weilerb@fargo.k12.nd.us
Sarah Nereson Last Names M-Sa 446-5613 neresos@fargo.k12.nd.us	Anita Mahnke Last Names Sc-Z 446-5615 mahnkea@fargo.k12.nd.us	Jody Jahner Career Advisor 446-5625 jahnerj@fargo.k12.nd.us
Beth Samuelson CIS Social Worker 446-5656 samuele@fargo.k12.nd.us	Janessa Berndt Registrar A-J 446-5616 berndtj@fargo.k12.nd.us	Nicole Peters Registrar K-Z 446-5617 petersn@fargo.k12.nd.us
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