



FLHS School Counseling Department

November Newsletter



Volume 9
Issue 3



Can you tell what the School Counseling Department was for Halloween?
We represented the graduation buckets!

Dates to Remember		Location	Additional Information
11/3	Virtual College Fair	Virtual	1 pm- 6 pm Register Here
11/3	NCAA Eligibility Center Fall Webinar for College-Bound Student Athletes	Virtual	6 pm Register Here
11/6	Mapping Your Road to College	Fairfield Public Library	6:30 pm Rotary Room, Main Library Register Here
11/6	6 Ways You Can Help Your Child Succeed at Time Management	Virtual	7 pm Register Here
11/7	AP Exam Registration Deadline	Virtual	Register on Total Registration.
11/7	Improve Study Habits Now: Correcting Weak Routines Early in the School Year	Virtual	8 pm Register Here
11/13	Navigating the Critical Changes in Admissions	Virtual	9 pm

	Testing		Register Here
11/14	Financial Aid Night	Virtual	7 pm Watch Here
11/14	PSATS...now what?	Virtual	7:30 pm Register at: admin@testprepwards.com call/text: 203-292-0196
11/14	Using Extracurricular Activities to Gain the Edge in College Admissions	Virtual	7:30 pm Register Here
11/21	Understanding Athletic Recruiting	Virtual	8 pm Register Here



Counseling Information Hub

Your one stop shop for everything you need to know!

AP Information AP Information AP Information AP Information	College Planning College Planning College Planning College Planning	PSAT PSAT PSAT PSAT	College & Career Center College & Career Center College & Career Center College & Career Center	Financial Aid Financial Aid Financial Aid Financial Aid
9th & 10th Grade 9th & 10th Grade 9th & 10th Grade 9th & 10th Grade	11th Grade 11th Grade 11th Grade 11th Grade	12th Grade 12th Grade 12th Grade 12th Grade	College & Career Center College & Career Center College & Career Center College & Career Center	Financial Aid Financial Aid Financial Aid Financial Aid
Program of Studies Program of Studies Program of Studies Program of Studies	School Profile School Profile School Profile School Profile	School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services	College & Career Center College & Career Center College & Career Center College & Career Center	Financial Aid Financial Aid Financial Aid Financial Aid
PSAT PSAT PSAT PSAT	SAT SAT SAT SAT	ACT ACT ACT ACT	College & Career Center College & Career Center College & Career Center College & Career Center	Financial Aid Financial Aid Financial Aid Financial Aid
School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services	School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services	School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services	School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services	School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services School Counseling & Support Services

9th Grade

Grade 9 students who earned high school credit in at least one course in 7th and/or 8th grade will receive a **letter in February** regarding your options with how to reflect the course and grade on your child's transcript. We cannot make changes to your child's transcript at this time.



10th
Grade

Grade 10 students will take the **Find Your Path (FYP)** survey in [SchoolLinks](#) during a scheduled English class this month. Students can Use this info to jumpstart their college and career exploration process!



9th-11th
Grades

On October 24, College Board released **PSAT results** to a student's College Board. Visit the grade level appropriate website for more information below.

PSAT

[Grade 9](#)

[Grades 10 & 11](#)

FLHS AND FWHS INVITE YOU TO:

Financial Aid Night

THURSDAY, NOV. 14TH

7PM(VIRTUAL)

Presentation by Fairfield University's
Office of Financial Aid

ZOOM MEETING LINK:

<https://us02web.zoom.us/j/857248194922>
[pwd=th915AltQ5flfE5bbiLIAp4v75hoag.1](#)



AP EXAM REGISTRATION



DO THIS

**Register & Pay on
Total Registration**

Fill out this form on Total Registration to register and pay for the AP Exam.



NOT THAT

**AP Classroom is NOT
where you register**

Do not press "Register for Exam" button. Clicking this **does not** register you for the AP Exam.

Students must register and pay for their AP Exams through
TOTAL REGISTRATION, NOT **AP Classroom**!!!



NCAA Eligibility Center Fall Webinar for College-Bound Student Athletes

November 6
6 PM

Register [HERE](#)



6 Ways You Can Help Your Child Succeed at Time Management

November 6
7 PM

Register [HERE](#)

In this engaging 90-minute parent workshop, we will explore essential time management strategies, focusing on task prioritization and the effective use of time. Developed in collaboration with Rush Neurobehavioral Center, this session offers parents actionable techniques to help their students stay focused and manage their time more effectively.

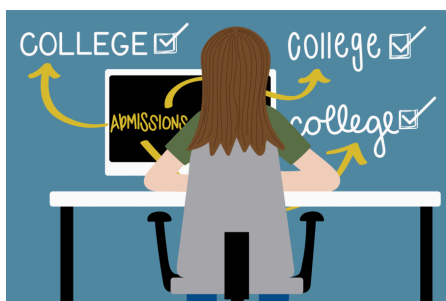
Improve Study Habits Now: Correcting Weak Routines Early in the School Year

November 7
8 PM

Register [HERE](#)

Come learn ways to boost your student's academic performance and reduce study stress by spotting signs of weak study habits early. In this webinar, we'll demonstrate how to create a personalized routine with memory aids, time management tips, and focus techniques to set them up for success throughout the school year.





Navigating the Critical Changes in Admissions Testing

November 13

9 PM

Register [HERE](#)

In today's college admissions landscape, the role of testing has evolved rapidly. With these changes, families face a new set of decisions; as the majority of colleges and universities move to no longer require tests, and the College Board prepares to launch a fully digital adaptive version of the SAT, having a complete understanding of the nuance is critical for students to maximize their opportunities.

Using Extracurricular Activities to Gain the Edge in College Admissions

November 14

7:30 PM

Register [HERE](#)



Academic success and standardized test scores are only part of what gets a student accepted into college. A student's extracurricular activities show a student's talent, commitment, and curiosity, and can oftentimes 'tip the admissions scale.' Participants will learn:

- How admissions officers evaluate extracurricular activities
- How to get started with and stand out using school-based activities, personal interests, work experience, and more
- Why quality is more important than quantity



Understanding Athletic Recruiting

November 21

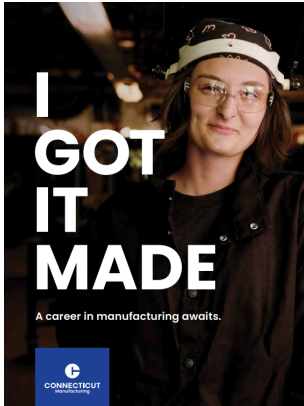
8 PM

Register [HERE](#)

Is your student thinking about pursuing sports in college? Athletic recruiting is one of the most

confusing processes for students and their families because it involves a tricky intersection of parent expectations, student aspirations, coach idiosyncrasies, and conflicting league policies.

In this webinar we speak with two long-time experts to discuss the latest trends in athletic recruiting, including specialization, early commitments, the rise of club sports, the accelerated timeline, and the impact of the pandemic on recruiting from both the coaches' and students' perspectives.



CT OFFICE OF MANUFACTURING CAREERS

College? Gap year? Trade School? Do you know a high school senior who isn't sure what their next move might be? The Connecticut Office of Manufacturing can help. "I Got It Made" is a new initiative designed to showcase a wide variety of jobs available in manufacturing including the opportunities for growth and career advancement. Take a look at the ["I Got It Made" Lookbook](#) for more information.

My child took the PSATs...now what?

Join us for an informal and informative discussion
Thursday, November 14th at 7:30 pm

- ➔ How does the PSAT differ from the SAT?
- ➔ How does the PSAT score translate to an SAT score?
- ➔ Am I preparing for the SAT too late?
- ➔ How do colleges view SAT scores?

Hosted by Vinny Madera
Owner, Test Prep Wizards
Founding Member, National Test Prep Association
Nationally recognized test prep expert
Local Dad

Registration is required for this FREE event:
email - admin@testprepwizards.com
call / text - 203 292 0196

The logo for Test Prep Wizards, featuring a stylized wizard hat icon and the text "Test Prep Wizards" in a bold, sans-serif font.A cartoon illustration of a wizard with a long white beard, wearing a blue robe with yellow stars and a blue hat with a yellow star. He is holding a wand and a book. The numbers "36" and "1600" are floating around him.A small illustration of a glass of red wine and a plate of cheese and grapes.



**Junior
Achievement™**
of Southwest New England

**REGISTER
HERE**

JA STEPS TO SUCCESS

Think Like an Entrepreneur

TAKE THE FIRST STEP

JOIN US

WHEN:

11/6, 11/13, 11/20, 12/4, and 12/11/24
Wednesdays from 5:00- 6:30pm

WHERE:

Secure Zoom Platform

WHO:

Students in Grades 9 - 12
25 STUDENT CAPACITY

Sponsored by:

"Keep What You Earn"

Podcast

Shannon Weinstein, CPA,



CLASSES INCLUDE:

- Course instructor:
 - Dr. Dale Jasinski, Retired Quinnipiac University Professor of Entrepreneurship & Strategy /
- Guest visits by local entrepreneurs
- JA Be Entrepreneurial (Rapid Business Plan) curriculum

THE STUDENT EXPERIENCE

Over the course of five weeks, students will learn about the mindset, skills, & knowledge that can help them become a successful entrepreneur. The course provides a foundation for building an entrepreneurial venture by transforming ideas into actionable business plans. Students will learn and apply design thinking to brainstorm customer-centric ideas, formulate finances, and gain experience conveying a business's value.

Program is taught by Dr. Dale Jasinski: Retired QU Professor of Entrepreneurship, successful entrepreneur whose company was bought, and current angel investor!

Following participation in the program, students will:

- Identify cost structure for a product/service by listing fixed and variable costs.
- Identify a competitive advantage.
- Describe the importance of testing and validating the assumptions and ideas that frame a business plan.

ANY QUESTIONS? CONTACT

Josh Kelly, JA Education Manager
jkelly@jaconn.org (860) 751-1144



OPEN HOUSE



November 6, 2024 • 4:30-7:00 p.m.

**CT State Housatonic
Beacon Hall – Event Center**

- **Learn about academic and workforce programs**
- **Hear from students, faculty and alumni**
- **Tour the campus**



CT STATE
COMMUNITY COLLEGE

- **Mary Ann Handley Award (Free Tuition)**
- **Talk to advisors and receive information about financial aid for those who qualify**

CT State Housatonic
900 Lafayette Boulevard
Bridgeport, CT 06604
203-332-5000

For more information, contact: Earl Graham –
earl.graham@ctstate.edu

Notice of Nondiscrimination: CT State Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity or expression, veteran status, criminal record, genetic information or any other federal or state protected class in its employment, programs, and activities. For information regarding the nondiscrimination, disability, and Title IX policies/procedures, contact: John-Paul Chaisson-Cardenas, Vice President for Diversity, Equity and Inclusion, CT State Community College, 860-612-7056, jchaisson-cardenas@commnet.edu.



Wednesday, November 6
6:30-7:45 PM
Rotary Room, Main Library

About the presenter

Mary Spiegel is a Certified Educational Planner with 25 years of college admissions experience, both as a director of admission at Fairfield University and as an Independent Educational Consultant.

Scan to Register for this Event



Educational Consultant Mary Spiegel returns with her popular program — a review of best practices for researching, applying, and getting into the colleges that best fit your needs. This information – packed presentation gives a clear overview of steps and strategies for the entire college planning process, and will help your family navigate the journey with less stress!

For high school students, grades 9–11, and their parents.
 Registration is required.



Fairfield
Public
Library

All programs are free and open to the public.
 For more information: fairfieldpubliclibrary.org or call 203-258-3155.

Main Library
 1080 Old Post Road
 Fairfield, CT 06824

Fairfield Woods Branch
 1147 Fairfield Woods Road
 Fairfield, CT 06825

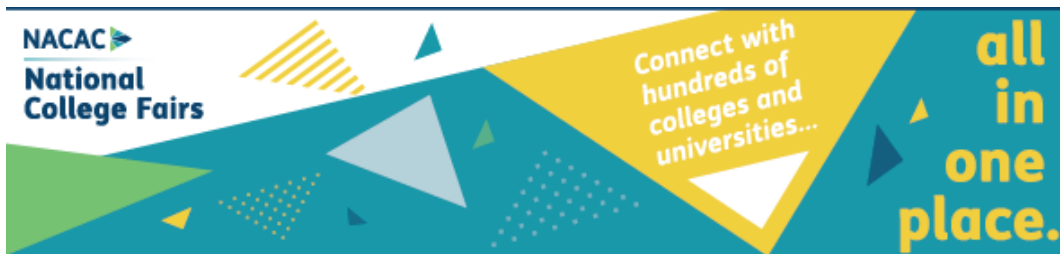


You can count on Sallie Mae®
 for guidance and help
 completing the FAFSA®



[A Step-by-Step Guide to Completing the 2025-2026 FAFSA](#)

[Why the FAFSA is Important](#)



November 3
1 PM-6 pm

Register [HERE](#)

[What you need to know for
Virtual fairs](#)

Interesting Reads

[College in the US was too expensive, so these students opted for Europe](#)








FAIRFIELD LUDLOWE HIGH SCHOOL

B.I.N.G.O HUB

Be Informed Now to Go Onward!



AP Information Parent Letter 2024 Total Registration - Click here to pay for your AP Exam	Course Selection Presentation Elective Virtual Tour Course Selection Website (course syllabi, sample tasks, student work samples of advanced courses) Graduation Requirements 5 credit "Arts" Courses	ECE Sacred Heart Letter UConn Letter	NCAA NCAA Eligibility Center Division I & Division II Eligibility Requirements NCAA Guide for the College-Bound Athlete	SchoolLinks Manage College Applications on SchoolLinks School links info SchoolLinks Log In
9th & 10th Grade How to Make the Best of Your Resources 24-25 Organization Station Worksheets	11th Grade Post High School Planning Book & Resources 4 Year College Planning Presentation Video Part 1 + Video Part 2	12th Grade Click HERE to access: Transcript Request Form, Permission to Release Records, Student Brag Sheet, Parent Brag Sheet & Student Activity Sheet Senior Application Checklist	8th Grade & Incoming 8th Grade Night Handout Slideshow FLHS Virtual Visit Website	Regional Programs Bridgeport Regional Aquaculture School Connecticut Technical Education and Career System (CTECS) Regional Center for the Arts
Program of Studies 	School Profile 	 <p>School Counseling & Pupil Services Website</p>	Student Handbook 	Monthly Newsletter 
PSAT Grade 9 Letter Grade 10 Letter Grade 11 Letter PSAT 8/9 Guide PSAT/NMSQT Guide Student Information for PSAT Scores	SAT SAT Practice and Preparation Understanding Scores Send or Cancel SAT Scores	ACT Register for the ACT ACT Test Questions	College & Career Center Common Application Gap Year Career/Technical Schools Military Info	Financial Aid CSS Profile FAFSA Scholarship Info Grants for College CT Dept of Higher Ed Easweb
School Counseling & Pupil Services Phone: (203) 255-7232 Vanessa Montorsi Director of Pupil Services and Counseling	Warner Counseling Phone: (203) 255-7223 Counselors: Paula Coedrey Danielle Marseglia Courtenay Ruggiero	Webster Counseling Phone: (203) 255-7238 Counselors: Christina Caron Joanna Gelinas Brian Sutcliffe	Wright Counseling Phone: (203) 255-7242 Counselors: Bridget McHugh Allison Ofir Matthew Sutton	Counseling Center Fairfield Cares: Mental Health & Prevention Resources