LYME-OLD LYME HIGH SCHOOL

Regional School District #18

A Private School Experience ***in a Public School Setting***

SCHOOL COUNSELING DEPARTMENT

Can you believe your JUNIOR year is finally here?

This year proves to be an exciting year as the School Counseling Department will help you explore your options for the future and assist you in formulating a plan to reach these goals. This newsletter provides important information and resources for the Fall of your Junior year. You will receive more information in December about events and opportunities for the second half of Junior year.

JUNIOR PARENT NIGHT: Please join Ms. Moheba Sayed, Director of School Counseling, at **Junior Parent Night on Tuesday, September 29, 2026 at 6:30pm in the Library Media Center**. This evening will kick off the post-secondary planning process as well as provide information about the benefits of the Naviance Student Program, college visits, SAT/ACT deadlines, and many other topics.

DIGITAL **PSAT ADMINISTRATION**: The **Preliminary Scholastic Aptitude Test (PSAT) will be administered at LOLHS on Wednesday, October 21, 2026.** The **digital PSAT/NMSQT** is substantially shorter than its paper and pencil predecessor—lasting 2 hours and 14 minutes instead of almost 3 hours. You'll have more time on average to answer each question, so more than ever before, the digital PSAT/NMSQT measures your skills and knowledge, not test-taking speed. There will be shorter reading passages and a built-in calculator that can be used on the entire Math section.

The digital SAT Suite of Assessments uses multistage adaptive testing. Each test section (Reading and Writing, Math) is divided into two equal-length, separately timed parts, called modules. Students answer a set of questions in the first module before moving on to the next. The questions that students are given in the second module depend on how they performed on the first module. This type of adaptive testing allows for a much shorter, but just as reliable, assessment that delivers accurate scores more efficiently.

We will provide a PSAT Student Bulletin, which contains test information and practice recommendations, in your English class in late September. You will also receive information about the National Merit Scholarship Qualifying Test (NMSQT) Program. Students should get a good night's sleep on Tuesday evening before the test as well as charge their Chromebooks and put their charger in their backpack. Remember, cellphones, Apple Watches, earbuds and fitness trackers, are NOT ALLOWED in the testing room so please leave them in your car or locker. PSAT Rosters will be posted in the Commons on Friday, October 16th.

COUNSELORS ***Moheba Sayed, M.A., Director of School Counseling,***

Joanna Williams, M.A., Christie Williams-Kahn, M.S.

SCHOOL PSYCHOLOGIST Marci Kania C.A.S

DEPT. ADMIN. ASSISTANT ***Tiffany Martin; CEEB CODE: 070600***

69-2 Lyme Street, Old Lyme, Connecticut 06371 T: 860-434-2255 F: 860-434-4455

To access PSAT resources or to see the types of questions you will experience on the test, please follow this link: : https://satsuite.collegeboard.org/sat-suite-benefits-students-parents/why-take-psat/why-take-psat-nmsqt

The PSAT Student Guide can be accessed at:
https://satsuite.collegeboard.org/media/pdf/psat-nmsqt-student-guide.pdf.

As an FYI, the **CT School Day SAT is Wednesday, March 24, 2027,** here at Lyme-Old Lyme High School. Students will take this test on their Chromebooks as all School Day SATs are digital too. More information about SAT Preparation will be available as we get closer to the date. Juniors will also take the **NGSS: Next Generation Science Standards on Wednesday, April 7, 2027 here at Lyme-Old Lyme High School.**

ASVAB: Armed Services Vocational Aptitude Test: The Armed Services Vocational Aptitude Battery (ASVAB) will be administered at LOLHS to interested juniors and seniors on **Wednesday, October 7, 2026 at 7:40am in the Library/Media Center**. The ASVAB provides valuable information to help select educational and career goals by linking your aptitudes with occupational areas. It can help assess your potential for future formal education and, if you are interested in the military, can help predict what areas of work you would qualify for in the military. Seniors and/or Juniors can sign up through Naviance. Please note, you will need a fully charged CHROMEBOOK for testing day.

NAVIANCE STUDENT: We will once again use our comprehensive future planning site, the ***NAVIANCE Student*** program. This comprehensive college search tool allows you to search for colleges and then compare your own GPA and test scores with those of former LOLHS students who have been admitted to particular colleges.

PLEASE NOTE: Each parent/guardian has an individual registration code that gives access to the site by linking you to the student's Naviance page. If you have not accessed the Naviance Student website and need your registration code please email the School Counseling Administrative Assistant, Ms. Tiffany Martin, at martint@region18.org and she will send you your registration code.

IN-PERSON & VIRTUAL COLLEGE FAIRS:

LOCAL:
Ledyard High School College Fair: TBD

REGIONAL / NATIONAL:
NEACAC College Fairs: Check: https://neacac.memberclicks.net/fall-college-fairs-2026

Western New England University: Sunday, September 27, 2026, 12:00-2:00pm Alumni Health Living Center, Springfield, MA.

University of New Haven: Tuesday, October 20, 2026 9:00am-11:00am, Jeffrey P. Hazell Gymnasium, West Haven, CT

Southern CT College & Career Fair: Wednesday, September 23, 2026 4:30pm-7:30pm, Hartford HealthCare Amphitheater, 500 Broad St., Bridgeport, CT 06604. https://www.ctcollegefair.com/

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NACAC National College Fairs (virtual fairs):
Register at: https://www.nacacnet.org/nacac-college-fairs/

Sunday, September 20, 2026 from 1-6 PM
Sunday, October 18, 2026 from 1-6 PM
Sunday, November 8, 2026 from 1-6 PM

National Portfolio Day: Saturday, October 31, 2026 from 12:00 - 4:00pm, Hartford Art School, 200 Bloomfield Avenue, West Hartford.
Register at: https://nationalportfolioday.heydays.io/conventions/3907

Gap Year Fairs:
Register at: https://www.gooverseas.com/gap-year/usa-fairs

EXTRACURRICULAR INVOLVEMENT: It is never too late to join a club or to start playing a sport here at LOLHS. Remember that colleges, employers, military recruiters, as well as scholarship and honor society selection committees will be looking for demonstrated commitment beyond the classroom. See the School Counseling section of the Region 18 website for volunteer opportunities in our local area. Give it a chance and get involved!

We look forward to working with you during this important year!

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