



SENIOR UPDATES FROM YOUR SCHOOL COUNSELOR

- In your child's weekly college class, we are working on completing college applications to CUNY schools, as well as SUNY and private schools, if your child has completed CUNY.
- Some students have registered to take the SAT one more time on Saturday, 12/7. They will have to report to the testing center they chose at 7:45.
- We will also be starting the FAFSA (Free Education for Federal Student Aid) and TAP (NYS Tuition Assistance Program), the federal and state financial aid applications, in class. If possible, please provide your child with a copy of your 2018 taxes (Federal and NYS) so they can receive help in college class, or with Ms. Alli by appointment.
- For the FAFSA, students and parents will need a login, called an FSA ID. Your child will create their own in class, and once the form is ready to be submitted, they will help you create one. <https://fsaid.ed.gov/npas/index.htm>
- If your child does not have a Green Card or SS#, they are most likely eligible for NYS TAP, a recent development!
- If your child seems anxious/stressed, encourage them to eat well, exercise, and rest, and plan some fun too! I will be introducing them to some meditative practices via the Calm App, but there are also many free ones out there, including the Insight Timer.
- This can be a scary time for them, as they will be leaving their comfort zone, and entering into early adulthood, which comes with many unknowns. Being a good listener and showing empathy can go a long way.

