

School Counselor Update
February 2025
[WHS Counseling Website](#)

Course Registration: Course selection will open for students in grades 8-11 on **Wednesday, February 5**. All students should be able to review their teacher recommendations for core subjects by that day. Course descriptions and instructions are available [here](#). Students should have the course requests in Infinite Campus by **Friday, February 14**.

National School Counseling Week: February 3-7, 2025 is National School Counseling Week! This year's theme is "School Counseling: Helping Students Thrive," it aims to focus on the unique contribution of school counselors within U.S. school systems and how students are different due to what school counselors do. National School Counseling Week highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.



School counselors are certified, experienced educators with a master's degree in school counseling. The combination of their training and experience makes them an integral part of the total educational program. Counselors are available to work with all students and endeavor to develop strong relationships with staff, students, and families!

Vocational Visits & Application: On December 17, 9th and 10th grade students attended a presentation regarding our local career and technical education programs at Westbrook Regional Vocational Center and Portland Arts & Technology High School. All WRVC programs are available for Windham High School students, along with select

PATHS programs. Many vocational programs are very competitive, and students should visit and apply as soon as possible. Below is the visit information for each program:

Westbrook Regional Vocational Center:

Automotive Technology, Building Trades, Business Education, Computer Science & Multimedia, Cosmetology, Criminal Justice, Culinary Arts, Early Childhood Occupations Education, Electricity, Emergency Medical Technician (EMT-B), Ethical Hacking, Fire Fighting, Heavy Equipment Operation, and Medical Occupations

Portland Arts & Technology High School:

Auto Collision, Commercial Art, Cybersecurity, Dance, Food Service, Horticulture, Marine Service, Masonry, Music, New Media, Plumbing & HVAC, and Welding only.

The visit to WRVC took place on January 30. Interested students should [complete their applications](#) as soon as possible. However, students can still sign up for visits to PATHS using our [Vocational Interest Form](#). Please have your student contact their school counselor or stop by Student Services with any questions!

Advanced Placement Courses: AP exam payments are due in full no later than March 7th. Students can review their exam registrations at myap.collegeboard.org. Changes can be made for an additional fee until March 7. Please direct balance inquiries to smarston@rsu14.org. For all other questions, please contact the AP Coordinator at chaberstroh@rsu14.org.

Maine Medical Center Junior Volunteers: MMC Junior Volunteers is now accepting applications from volunteers ages 14-17. They may choose to volunteer during the summer or year-round. Junior Volunteers will receive the same training as adult volunteers and have more choices regarding their assignments. They will require parental consent to volunteer. High School students 18 and older will be processed as adult volunteers. Interested applicants should review the [MMC Volunteering website](#).

Fall College Course Completion: If a student completed a college course this fall and wants it added to their WHS transcript, they must complete the [College Course Transcript Form](#) and print their grade report/transcript from MaineStreet or the community college portal. Blackboard grades will not be accepted. Please remember that some competitive colleges will not allow you to use the college credit if you also use it for high school credit. Most colleges will require you to submit the official transcript directly from the college you attended. Please reach out to your counselor with any questions!

Underclassmen Scholarships: While scholarships for underclassmen may be less plentiful than those for high school seniors, some great opportunities are still available. Below are five scholarships that high school underclassmen can consider:

1. MyImpact Challenge

MyImpact Challenge is a civic engagement contest from the Bill of Rights Institute that rewards student service projects with up to \$10,000 in prizes. Students plan and implement a civic virtue project and then submit a project report and an essay on how their project upheld civic virtue. The contest aims to foster a robust understanding of citizenship and get students active in their communities today while building a portfolio for their future.

2. Scholastic Art & Writing Awards

The Scholastic Art & Writing Awards program is a prestigious competition for young artists and writers in grades 7-12. Winners can receive scholarships, exhibition opportunities, and recognition for their creative work.

3. VFW Auxiliary Young American Creative Patriotic Art Contest

This scholarship is a fantastic opportunity for talented high school students to showcase their artistic skills and earn scholarship money. The contest asks students to create a two-dimensional piece of art depicting American patriotism and provide a written explanation of the piece.

4. Stossel In the Classroom

Stossel In the Classroom holds an annual essay contest to encourage students to express themselves and win great prizes. Students can choose from four essay topics and write on the subject that most resonate with them.

These scholarships offer a potential head start on college scholarship dollars. They also allow students to build their profiles and prepare for future scholarship applications. Students must continue researching and exploring scholarship opportunities as they progress through high school.

Visit FAME's [Maine Scholarship Search page](#) to find Maine-based scholarships, reputable online scholarship search tools, and the handy [Scholarship Tracking Spreadsheet](#).

ASVAB: The [Armed Service Vocational Aptitude Battery \(ASVAB\)](#) will be offered for WHS students on **Wednesday, March 5**. A student's score on the ASVAB can determine their eligibility to enlist in the military. These jobs may be available to them in the military and aid them in general career exploration. If your student is interested in registering for the ASVAB, they can sign up on Scoir or see their counselor. If your child is not interested in the military but simply wants to take the ASVAB as a career planning tool, they are welcome to do so and can opt out of having their scores sent to the military.

Senior Specific:

Midyear Transcripts: Students who have applied for college admission may have received communication from colleges and universities asking for their midyear transcripts. Because midyear transcripts must include fall semester grades, they will not be available until after midterm exams and the grading period. Counselors have begun sending out midyear transcripts to all colleges listed on Scoir and expect to have them all out by the end of the first week of February. Please reach out to your counselor with any questions!

FAFSA: The Free Application for Federal Student Aid ([FAFSA](#)) is now open. We encourage all seniors to file the 25-26 FAFSA, as it opens the door to many types and sources of financial aid, including grants that don't have to be repaid. All post-secondary schools, including training programs, use the FAFSA to determine eligibility for federal and state financial aid, and many schools use the FAFSA to determine eligibility for their institutional financial aid. The FAFSA must be completed for each school year.

Five Steps for Completing your FAFSA: [FAME FAFSA Video](#)

Online Financial Aid Information Session: [FAME Financial Aid Information Session](#)

Please contact your student's counselor or Kerry Kowalczyk (kkowalczyk@rsu14.org) with any questions. Information about the first step of setting up Federal Student Aid identification is below.

FSA ID: Students and parents should first [create your Federal Student Aid account](#). The first step is to set up your FSA ID, a username and password that gives you access to Federal Student Aid's online system and serves as your legal signature. The student and parent/guardian should each create their own FSA ID, as it's tied to your Social Security number. Your FSA ID must be created and matched by the Social Security Administration before you can file your FAFSA, *so create your FSA ID early!* You can create your FSA ID anytime, but be sure to do so *at least three days before filing your FAFSA*.

Only create an FSA ID using your own information and for your own use. The same FSA ID is used to access and complete the FAFSA, sign federal loan documents, and access student loan information.

When creating your FSA ID, make sure to use an email address you'll have access to in the future. If you're a graduating senior, *do not use your high school email address*—it will expire over the summer! Instead, create a new email account that won't expire. You'll need your FSA ID for years to come, so it's critical you use an email account you can access indefinitely.

Parent information will be required on the FAFSA if you are a dependent student. Your parent(s) — referred to on the FAFSA as “contributor(s)” — will also need their own FSA ID to access and sign their section of the FAFSA. Use [this tool](#) from Federal Student Aid to determine which parent(s) need to “contribute” to your FAFSA and need their own FSA ID.

Acceptance Board: If you have received a college acceptance, please update your decision on Scoir and then stop by the Counseling Office to decorate a sweatshirt to post on our **Class of 2025 Acceptances Board**. We encourage all students accepted to a post-secondary program (college, trade school, employment offer, military, etc.) to add a sweatshirt to the board!



Understanding and Comparing Financial Aid Offers: As your student receives financial aid offers, you will likely notice that they can be confusing and hard to compare. We encourage our students to use the Finance Authority of Maine's [resources](#) to best understand and compare their financial aid offers. The [Comparing Costs and Financial Aid Offers](#) worksheet and the [Steps to Appeal a Financial Aid Offer](#) worksheets are especially helpful! Below are some helpful videos:

- [Understanding Financial Aid Offers](#)
- [Comparing Financial Aid Offers](#)

- [Reviewing your Tuition Bill](#)

Community Scholarship Application: The [Community Scholarship Application](#), which awards our graduating seniors scholarship funds donated by local businesses and organizations, is now available in Student Services and on Google Classroom. The application, including a copy of your official FAFSA Submission Summary (see [FSS instruction video](#) for help) listing your SAI and your financial aid award letter, is due no later than 2PM on **Wednesday, April 30**. Please reach out to your counselor with any questions.

Mitchell Scholarship: The Mitchell Scholarship application is now open at www.mitchellinstitute.org/scholarship/. Students can also view a [new series of videos](#) designed to help them complete the application easily and clearly.

A few key details:

- The deadline to submit the online application is **March 1**.
 - The completed application, transcript, recommendation letter, and the FAFSA Submission Summary (FSS) will be due by **March 1**.
 - If available, copies of the college acceptance and financial aid information will be due by **April 1**.
- The Mitchell Scholarship is valued at **\$10,000**.
- **At least one scholarship will be awarded at every public Maine high school**—yes, your school may have more than one Mitchell Scholar!
- Students are eligible to apply if they plan to pursue a **two- or four-year degree** program at an accredited college or university (in or out of Maine).
- [Mitchell Scholars](#) also have access to **additional funding, signature events, ongoing advising**, and a **community** of over 600 fellow Scholars and 3,000 Alumni.

Computing Community for Good (CCG) Scholarship: The University of Maine's School of Computing and Information Science is currently accepting applications for the Computing Community for Good Program. This program is designed to support talented computer science students passionate about making a positive impact through technology.

CCG Scholars Receive:

- \$7,500 annual scholarship
- Early move-in to a dedicated computer science residence hall
- Faculty and peer mentorship
- Exclusive professional development workshops and events

- A personal introduction to key campus resources

Eligibility Requirements:

- Must be accepted to the University of Maine's School of Computing and Information Science
- Major in Computer Science
- Minimum 3.0 GPA (high school or community college)
- Pell Grant-eligible

The CCG program fosters a close-knit community where scholars can learn from each other, collaborate on projects, and receive guidance from experienced faculty and industry professionals. This program provides a unique opportunity for students to excel in their academic pursuits while preparing for a rewarding career in the ever-evolving field of computer science.

The CCG Scholarship [website](#) provides more information and application materials. Students with questions can also email Dr. Laura Gurney at laura.gurney@maine.edu.

Maine Blue Collar Scholarship/Toolship: These scholarships are open to all students in Maine entering a trade school or heading directly into the workforce. They will be presenting \$150,000 in academic and tool scholarships this year. The application can be found here: <https://mainebluecollar.com/scholarship-application/> and is due by **April 15**. Maine has some incredibly hardworking young adults with great aspirations in keeping the trades going.



After graduation are you planning on

**Workforce?
Trade School?
Apprenticeship?**



Apply for a tool scholarship!

Applications are due April 15th





WORTHINGTON

Scholarship Foundation

The Worthington Scholarship

Foundation is committed to making a college education affordable for Maine students by awarding scholarships to graduates of Maine public high schools who will attend participating Maine colleges. Please visit www.worthingtonscholars.org for eligibility requirements and to apply.

Application & Supporting Documents are Due April 15:

<https://worthingtonscholars.org/>

Other Scholarships: It's scholarship season! Scholarship applications have deadlines throughout the year, but the majority of scholarship applications open after the first of the year. Now is a great time to get a jump on scholarships and start pulling together the most common scholarship requirements so you'll have them ready to go when applications open. Scholarship application processes vary significantly, but often require transcripts, a resume listing your work and extracurricular experiences, along with any leadership roles or honors earned, and often an essay and/or letters of recommendation. Below are some reputable sites for researching scholarships and their application requirements:

- [WHS Scholarship Spreadsheet](#)
- [FAME Maine Scholarship Search](#)
- [Petersons](#)
- [Fastweb](#)

Students should never pay a fee to search or apply for scholarships. Scholarship scams exist, and we encourage our students to use reputable sources when researching their options! Please reach out to your school counselor with any questions.

Scholarships Webinar: Are you feeling overwhelmed by the vast world of scholarships? Fear not! In this session, scholarship professionals from Maine share valuable insights on the scholarship process. You'll learn how scholarships are created and what selection methods may be used. Additionally, you'll discover helpful tips that students can use to increase their chances of success when searching and applying for scholarships. Get ready to become a scholarship insider! [Webinar](#)

Junior Specific:

SAT Registration: WHS will offer an SAT exam on **Tuesday, April 8**, during the school day. The exam will be digital, using the Bluebook platform, just like the PSAT exam in

October. If you are interested in taking the SAT exam this spring, you have two testing options:

4/8 SAT School Day: We will offer one test date on a school day for Windham High School students only. The test is \$60, and you can sign up here: <https://forms.gle/xVUcQcgzKZPwoFCi7>. We accept cash or checks made payable to Windham High School for the exam fee. Please ask your counselor if you are eligible for free or reduced lunch and need a fee waiver. The deadline to register is February 25th.

Saturday SAT: You can register for a Saturday test date at a local test center. We will not be hosting Saturday tests at WHS. The next dates are March 8, May 3, and June 7. You can get more information and register here: <https://satsuite.collegeboard.org/digital/digital-testing/dates-deadlines>.

SAT Prep: We encourage juniors who plan to take the SAT to invest time in preparing for it. The College Board offers free and effective preparation resources. More information can be found here: <https://satsuite.collegeboard.org/practice>.

Junior Meetings: All juniors will be scheduled for a junior meeting with their school counselor during the spring semester. Their parents or guardians will also be invited to this meeting, but they are not required to attend. Counselors discuss post-secondary options and graduation requirements to make a plan for the final year of high school. If your student would like to meet early, please have them contact their school counselor.

College Search: We recommend that juniors who plan on applying to four-year colleges in the fall start their college search process. Below are resources that can assist students with starting their research:

1. **Scoir January To-Do List:** We use Scoir as our college search and application processing tool at WHS. They have created a helpful to-do list for college-bound juniors: <https://www.scoir.com/blog/january-to-do-list-high-school-juniors>. We also recommend Scoir's article on narrowing down your college list: <https://www.scoir.com/blog/how-to-narrow-down-college-list>.
2. **How to Start Your College Search:** A step-by-step guide from BigFuture to help students and families begin exploring colleges that fit their goals and needs. <https://bigfuture.collegeboard.org/plan-for-college/find-your-fit/how-to-start-your-college-search>

3. **College Navigator by NCES:** A powerful tool from the National Center for Education Statistics to search for colleges, compare options, and access detailed data on programs, costs, and more.
<https://nces.ed.gov/collegenavigator/>
4. **Using the Common Data Set:** The [Common Data Set](#) is an initiative of higher education organizations to define and measure information uniformly across institutions. The College Guidance Network's guide to the Common Data Set can be found here:
 [Using the Common Data Set to Research Colleges \(no links\).pdf](#)
5. **College Scorecard by U.S. Department of Education:** A comprehensive resource to compare colleges based on costs, graduation rates, and post-graduation earnings.
<https://collegescorecard.ed.gov/>
6. **Fiske Guide to Colleges 2025:** A trusted resource offering detailed profiles and insights on over 300 colleges, ideal for families navigating the search process.
<https://bookshop.org/p/books/fiske-guide-to-colleges-2025-revised-edward-fiske/20651479?ean=9781728295558>

Campus Visits: There is no greater tool to determine college fit and suitability for application than a college tour. We consider on-campus college tours and information sessions the most important guide available to high school juniors and seniors. Here are some useful resources to plan campus visits:

- <https://www.scoir.com/blog/college-tour-tip-and-evaluation-form>
- <https://bigfuture.collegeboard.org/plan-for-college/find-your-fit/campus-visits-and-tours>
- <https://youtu.be/-E1utXMeuyl?si=YWdwyFf8qmRwxmDB>

WHS students can be excused from school to attend official college tours.

Application Checklists: For juniors who have started thinking about the college application process, we recommend that they review our checklists to plan for the future. The [Online College Application Checklist](#) is for students who prefer to work off an online document. Students should make a copy of the document and save and update it in their own Google Drive. The [paper checklist](#) is a version students can print out and check off by hand.

General Information:

Counselor Appointments: School Counselors are available every day by appointment. We can meet 1:1 with the student in person or virtually. Our email addresses and online appointment calendars are below:

Counselor	Email Address/ Appointment Link	2028	2027	2026	2025
Ms. Glaus	mglaus@rsu14.org Glaus Appointment Link	A-E	A-C	A-D	A-D
Ms. Haberstroh	chaberstroh@rsu14.org Haberstroh Appointment Link	F-H	D-K	E-Le	E-H
Mr. Ginn	sginn@rsu14.org Haberstroh Appointment Link	I-Q	L-R	Li-Q	I-Q
Ms. Fleming	mfleming@rsu14.org Fleming Appointment Link	R-Z	S-Z	R-Z	R-Z

Google Classroom: Each WHS student is part of their graduating class Google Classroom. Important announcements and information are updated frequently on this Google Classroom, including information from our office. We post most grade-specific updates regarding events, scholarships, college and career planning, scheduling, etc., on Google Classroom. Students are encouraged to look at Google Classroom daily for up-to-date information! Students can give their parents or guardians access to their Google Classroom if they want to view this information.

Infinite Campus: If a student needs a password reset for Infinite Campus, they can contact Mrs. Marston (smarston@rsu14.org) or Mrs. Robbins (lrobbins@rsu14.org) for assistance.

NCAA Eligibility: If you want to play NCAA sports at a Division I or II school, register with the NCAA Eligibility Center at eligibilitycenter.org. You can request transcripts be sent via SCOIR or by contacting your counselor. When you fill out athletic interest questionnaires and speak with coaches, your NCAA profile will provide you with an NCAA ID number. See your counselor or Ms. K for more information or the in-depth [NCAA information catalog](#).