



School Counseling Newsletter

Belfast Area High School

School Year 2026

December updates

Student Mental Health and Wellness

- Do you have concerns about a friend or your own mental health? Schedule a time to see your school counselor or our social worker. We can provide support and/or refer you to additional resources.
- Here is a new resource for students and families located in Bangor - Children's Behavioral Health Urgent Care Clinic
 - <https://www.chcs-me.org/childrens-behavior-health-urgent-care-clinic/>
 - Address: 42 Cedar Street Bangor, ME 04401

General Information

- Students need to carry at least six classes/"experiences" each semester. Check schedules for semester 2 (starts on Jan 28) to make sure schedules are all set. Otherwise, schedule a time to see your school counselor.

Upcoming Events

- **Wednesday, December 3, 7:45 am** - ASVAB test - sign up in the counseling office
 - Here is some information about this opportunity - <https://www.officialasvab.com/>
- **Tuesday, December 9, Academic time** - 10th and 11th graders who took the PSAT will receive their score reports in the wrestling room. (Parents/students will receive an informational email after this meeting.)
- **Thursday, December 11** - Progress reports available to view on Infinite Campus
- **Wednesday, January 28** - Semester 2 begins - If students need to make changes to their schedule, they should make an appointment with their counselor before
- **Tuesday, January 6th** - Post Graduate Forum. BAHS post grads share their post secondary experiences with current BAHS students at 11:30 am (period 6)

Attention Seniors

- All seniors should schedule a meeting with their school counselor to discuss your credits, graduation status and postsecondary plan. If you haven't had one yet, please stop in to schedule this with Ms. Hall.
- Did you get accepted into college? **Congratulations!** Stop by our office so we can add this information to our board!

Scholarship Information:

- [Current Scholarships](#). This link will be updated throughout the school year with scholarships currently available through our office. Check back every couple of weeks to see the latest.
- See our [website](#) for more scholarship information.

Financial Aid Information:

- Remember to create your [StudentAid.gov](#) account and **submit your FAFSA ASAP**
- We recommend that all families complete this process even if you don't think you are eligible to receive aid or are unsure about exactly which colleges you plan to apply to.

Post Secondary/College and Career Information

- Are you considering attending college when you graduate from high school? Here are some things you should consider doing now. It's never too early!
 - Research colleges (*Use search engines such as <https://bigfuture.collegeboard.org/> to research colleges*)
 - Consider majors, size, location, affordability
 - Visit colleges (*Virtual or in person tours, open houses...*)
 - Consider whether you should take the PSAT/SAT based on what colleges may require for admission.
- Did you take the October PSAT? See below for information about understanding your scores.
 - <https://satsuite.collegeboard.org/scores/online-score-reports-educators/understanding-scores>

November updates

Upcoming Events

November 6 - Quarter grades will be available to view on Infinite Campus


November 6 - College visits scheduled for interested juniors

- *Trips filled on first come, first serve basis, Permission forms due by **November 3rd***
- *Trip # 1 - CMCC, Bates, Thomas*
- *Trip #2 - MMA, Husson, UMAINE-Orono*

November 7 - The Early College portal opens for applications. Meet with your school counselor if you're interested in this program.

- <https://www.maine.edu/early-college/resources/stepbystep/>

Wednesday, December 3, 7:45 am - ASVAB test - sign up in the counseling office

- Here is some information about this opportunity - <https://www.officialasvab.com/>
-  **College and Military Reps 25-26-** See here for the dates for these visits

Attention Seniors

- [Seniors - Post Secondary/College Information](#) - View this presentation if you have any questions about your college process or ***stop into our office for help!***
- ***Have you completed all of your senior paperwork and your senior interview? If not, check in with your school counselor asap. See below for college application deadlines.***

College Application Deadlines	Senior paperwork and senior meetings need to be completed <i>at least ten school days before the application due date.</i>
November 1	October 20
November 15	October 31
December 1	November 10
December 15	December 1
January 1	December 10
January 15	December 22
February 1	January 15
February 15	February 2

[*See here for link](#)

November 12, 6:00 pm - The FAFSA Fiesta is happening at WCTC - [See here for the flier](#)



Month of November - Our "On The Spot" college admission interviews are happening this month!

- [Review this link](#) for all the updates
- ***This is a great way to know ASAP that you are admitted to a college!!!***
- Colleges who are admitting students ON THE SPOT - UMAINE - Orono, Husson, Thomas, USM, UMAINE- Farmington...)
- Sign up in the School counseling office for an interview.
- You must apply to the college at least one week before your interview.

Financial Aid and Scholarship Information:

- [Current Scholarships](#). This link will be updated throughout the school year with scholarships currently available through our office. Check back every couple of weeks to see the latest.
 - Do you need our office to send information for your scholarship application? (*IE transcript, letter of recommendation*) Please fill out this "[Scholarship Document Request Form](#)" or stop by our office for a paper copy.
- If you haven't already, complete your FAFSA and/or CSS profile (*if the profile is required by your colleges*)
 - Create your [StudentAid.gov](#) account and submit your FAFSA
 - We recommend that all families complete this process even if you don't think you are eligible to receive aid or are unsure of your college plans.
 - [FAME Maine](#) - This organization can support you if you have any specific financial aid questions about your situation.

Post Secondary/College and Career Information

- Are you considering attending a 2 or 4 year college when you graduate from high school? Here are some things you should consider doing now. It's never too early!
 - Research colleges (Use search engines such as <https://bigfuture.collegeboard.org/> to research colleges)
 - Consider majors, size, location, affordability
 - Visit colleges (In person tours, open houses...)
 - Consider whether you should take the SAT based on what colleges may require for admission.
 - BAHS is offering the June 6th exam
 - [College Board deadlines](#) (sign up on this site by May 22)
 - Meet with your school counselor to choose courses that meet your graduation requirements and support your post secondary plan
 - Plan for how you're going to afford it
 - [FAME Maine](#) has resources and information

October updates

Student Mental Health and Wellness

- *Do you have concerns about a friend or your own mental health? Schedule a time to see your school counselor or our social worker. We can provide support and/or refer you to additional resources.*
- [Crisis Hotlines](#)
 - *If you or a loved one are in immediate danger, call 911*
 - [988 lifeline in Maine](#) - text or call 988 anytime for free, confidential support 24/7
 - [NAMI Teen and Young Adult Youth Support](#)
 - Text: **Friend** to **62640** to immediately connect with a HelpLine Specialist trained to provide resources, information, and support.
 - [Maine Crisis Hotline](#) - 1-888-568-1112
 - Suicide Prevention - 1-800-273-8255 (TALK)
 - ***If you are not sure who to call ... Dial 211 for help getting connected with thousands of state-wide services and programs.***

Upcoming Events

- **Saturday, October 4** - BAHS is hosting the SAT.
 - BAHS test takers should arrive at BAHS by 7:30 am and bring a photo ID and a copy of their test registration.
- **Wednesday, October 1 and Wednesday, October 8** - [Common Application](#) Work Sessions will be offered in the School Counseling Office during all blocks. Senior students should plan to stop by during homeroom or a study hall for help!
- **Wednesday, October 15** - BAHS is offering the [PSAT](#) for sophomore and juniors during the school day. The deadline to sign up was Friday, 9/26. This practice

for the SAT is designed for juniors, but some 10th graders may opt to take it now for extra practice. The test will be given the morning of October 15th.

- **Tuesday, October 28, 5:30 - 7:00 pm - *Financial Aid Night at BAHS for senior families. Come prepared to start your FAFSA! (Scroll for more info.)***
- **Thursday, November 6** Our school counselors and staff will chaperone college tours for **juniors**. Stay tuned for sign up information and permission forms. (Trip #1 CMCC/Bates/Thomas and Trip #2 MMA/Husson/UMO)
- **Wednesday, December 3, 7:45 am - ASVAB test - sign up in the counseling office**
 - Here is some information about this opportunity - <https://www.officialasvab.com/>

Post Secondary/College and Career Information

- **College and Military Reps 25-26-** See here for the dates for these visits
- **[The Landing School](#)** - Boat Building and Design Opportunities
- Check out this program! <https://starscollegenetwork.org/>
 - A program dedicated to ensuring that rural/small town students have the information and support they need to graduate from the institution of their choice.
 - Free fly-in programs, college support networks, career opportunities....
- Students are invited to meet with College Admission representatives who will visit BAHS this Fall. Students can hear who is visiting on our announcements and updates will be added to [this link](#).

Attention Seniors

- **On the Spot College Admission Interviews** are coming to BAHS!!!! See below and [review this link](#) for all the updates. Seniors - sign up in our office!!!
- **College Application Deadlines:** [Review this document](#) to see when your senior paperwork and senior meeting needs to happen to meet your college deadlines.

Financial Aid and Scholarship Information:

- **[Current Scholarships](#)**. This link will be updated throughout the school year with scholarships currently available through our office. Check back every couple of weeks to see the latest.
- **Tuesday, October 28, 5:30 - 7:00 pm - *Financial Aid Night at BAHS. Come prepared to start (and possibly complete?) your FAFSA!***
 - [Don't Fear the FAFSA Bash](#) - See here for more information
 - Create your [StudentAid.gov](#) account before this event or create it when you arrive!
 - Parent "contributors" must also attend this event if you hope to complete and submit - [See here for info](#)
 - Name, DOB and SS# - must match your Social Security (SAA) card
 - Everyone needs a unique email address (not your high school email address) and may need a mobile phone number
 - See the information sheet and checklist linked here - Bring these with you to

this event: [SeniorFAFSAdocuments](#)

- [FAME Maine](#) - This organization can support you if you have any financial aid questions.
 - [Financial Aid presentation from FAME](#) (presented to junior families last year)
 - [FAFSA website](#) - Create your account and complete your FAFSA asap!
 - The FAFSA Fiesta is happening at WCTC on November 6 at 6 pm.
 - [See here for the flier](#)
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September Updates

Schedules and Grading and Graduation Requirements

- **Friday, September 12** - Open add/drop ends. ***This is the last day to make schedule changes without an add/drop form and teacher/parent/guardian signatures.***
- **Thursday, September 25** - Progress reports will be available to view on Infinite Campus.
- **Thursday, November 6** - Quarter grades will be available to view on Infinite Campus.
- Reminder: All students must carry six classes/credits or "experiences" each semester.
- [See here](#) for BAHS Graduation Requirements. Total credits = 24

Upcoming Events

- **Saturday, October 4** - BAHS will host a SAT testing date. Register by **September 19** via [College Board](#) for this date.
 - *If you need a fee waiver code, stop by the School Counseling Office.*
- **Wednesday, October 15** - BAHS is offering the [PSAT](#) for sophomore and juniors during the school day. Sign up in the School Counseling Office by **September 26, 2025**.
- **Wednesday, October 1 and Wednesday, October 8** - [Common Application](#) Work Sessions will be offered in the School Counseling Office during all blocks. Senior students should plan to stop by during homeroom or a study hall for help!
- **Thursday, November 6** Our school counselors and staff will chaperone college tours for juniors. Stay tuned for sign up information. (Trip #1 CMCC/Bates/Thomas and Trip #2 MMA/Husson/UMO)

College and Career News

Attention Seniors:

- Seniors will be attending our *Post Secondary Planning Presentations* starting during Academic Homeroom (7:40 am - 8:30 am) in the library. ALL seniors should check in with their homeroom and then head to the library.
 - **Sept. 12** - Gamage, McIntire, Faulkingham
 - **Sept. 15** - Blair, Hosmer, Bailey
 - **Sept. 22** - Leighton, Winslow, DesChamps
 - During this time, students will hear about post-secondary planning along with the college process.
 - School Counselors will review this presentation with the seniors:
 - **[Seniors - Post Secondary/College Information - View this link](#)**
 - Review these slides regularly for the senior year timeline, important links, dates, contact information, Application and Financial Aid information, etc.
 - Students will also receive the [Senior guide, Class of 2026](#) along with the required senior packet which is required for the college application and letter of recommendation process.
 - Students should set up their **senior interview** with their counselor ASAP. These meetings typically last about 45 minutes and we will review a variety of important senior topics. This is especially important to schedule if you plan to apply early
- Did you receive a Direct Admit from UMAINE or another college? Stop by the School Counseling Office to let us know! *If you plan to attend your Direct Admit college, we need for you to complete a transcript request form so we can send your final transcript.*
- **On the Spot College Admission Interviews** are coming to BAHS!!!! [Review this link](#) for all the updates. Sign up in our office!!!
- Students should plan to meet with College Admission representatives who will visit BAHS this Fall. Students can hear who is visiting on our announcements and updates will be added to [this link](#).

Financial Aid Information:

- [Current Scholarships - September](#). This link will be updated throughout the school year with scholarships currently available through our office. Check back every couple of weeks to see the latest.
- **Tuesday, October 28, 5:30 - 7:00 pm - [Financial Aid Night at BAHS. Come prepared to start your FAFSA!](#)**
 - [Don't Fear the FAFSA Bash](#) - See here for more information
 - Create your [StudentAid.gov](#) account before this event or create it when you arrive!
 - Parent "contributors" must also attend this event - [See here for info](#)
 - Name, DOB and SS# - must match your Social security card
 - Everyone needs a unique email address (not your high school email address) and may need a mobile phone number
 - See the information sheet and checklist linked here - Bring these with you to

this event:  **SeniorFAFSAdocuments**

- [FAME Maine](#) - This organization can support you if you have any financial aid questions.
 - [Financial Aid presentation from FAME](#) (presented to junior families last year)
- [FAFSA website](#) - Create your account and complete your FAFSA asap!

Military Academy Seminar

Military Academy Seminar for those students/families interested in the application process for the US Military, Naval, Air Force and Merchant Marine Academies, State Marine academies as well as private military colleges and the Reserve Officer Training Corps (ROTC) programs.

Date: Sept 9, 2025

Time: 6-8 pm

Location: Clarion Hotel 1230 Congress Street, Portland , ME 04102

Pre-register by calling Maine Maritime Academy (207-326-2207) or email admissions@mma.edu or through <https://bit.ly/4nJguvw>. If you need information about congressional nominations, stop by the School Counseling Office.

Early College Classes

- **University of Maine System (UMS) Early College Updates:**
 - Are you interested in taking Early college classes? **Talk with your school counselor before applying so that they can share important information. The next time to sign up is in November for their Spring semester which starts in January.**
 - See all News and Announcements and Important links [HERE](#)
 - Starting with the Class of 2027, qualified students may earn a lifetime total of 18 tuition-free credits. CTE Students in approved career pathways are eligible for an additional 6 credits in their pathway courses for a total of 24 credits.
 - You can read the full DOE Priority Notice [here](#).
 - More details can be found on the [Tuition & Fees Page](#).
- If you are taking an Early College class, pay close attention to emails you receive from the college.
- Reach out directly to your professor or the Early College advisor at your specific college for any concerns or questions. ***Do this as soon as you have a question/concern. School counselors will also advise you to reach out directly to the college when you have questions.***
 - <https://www.maine.edu/early-college/contact-information/>
 - If you want to withdraw from your class, pay careful attention to the specific college deadlines.

- If you fail an Early College class, per their policy, you can not take additional college courses until you repeat the same course.
- The Spring Semester Course registration will open on November 7th. ***If you are a senior, we will need parent permission for you to take a college class as a graduation requirement.***
- Here are the instructions to create an account and apply for a class.
<https://www.maine.edu/early-college/stepbystep/>
- [Early College Cheat sheet](#) for UMAINE (from our Tech Dept.)
- If you are having a **technology issue** with email, Brightspace, or MaineStreet, then please contact our [IT Help Desk](#).
- If you are having trouble with the ExplorEC portal our IT team CANNOT help you. Please email explorecaccounts@maine.edu.
- Need advising? [Schedule an appointment](#)
- If you need help activating your UMS account, please email ums.ec.activate@maine.edu

The School Counseling Office is here to help support students throughout their academic, personal/social and post secondary and college planning journey throughout high school.

Please reach out if you have any concerns or questions.

Students can also stop into our office anytime to make an appointment to see their counselor!

Here is our staff:

Tonya Ballard - Director/School Counselor (for last names A-K)

Traci Small - School Counselor (for last names L-Z)

Ruth Richards - Registrar & Scholarship Coordinator

Charity Hall - Administrative Assistant

Nadejda Stancioff - School Social Worker

We will be updating our “rolling” School Counseling Newsletter regularly and sharing via email 1x a month. ***This email with a link will be sent to all families, students and staff.***

You can also view our [website](#) for a live link to this newsletter and other important information.