# Counseling Corner

# Visit the Counseling Corner!

The Counseling Corner's doors are open for all students throughout the school day. Feel free to drop in, or submit a self-referral –click here.

Hours are:

Monday - Friday 8:00 a.m. – 3:30 p.m.

# **Meet the Counselors**



Ms. Yvonne McDaniel room 200

School Counselor/Career Specialist yvonne.mcdaniel@jptruluck.org

#### Ms. Nicole Brooks

room 401 Social-Emotional Counselor nicole.brooks@jptruluck.org

#### Ms. Kendra Wilson

room 200

School Counselor/Career Specialist kendra.wilson@jptruluck.org



smartsign.com

# **Social Media Etiquette**

When 80% of all teens are relying on social media sites to interact with their friends and peers, it's vital that parents and educators step up to the plate to teach digital etiquette. Here are a few tips to refresh and expand what teens and parents need to know about how to handle the social media age responsibly:

Would grandma approve? Asking this question before posting or commenting can save many people from a social blunder. If it is likely to send Gram's heart into palpitations, it is probably not share worthy.

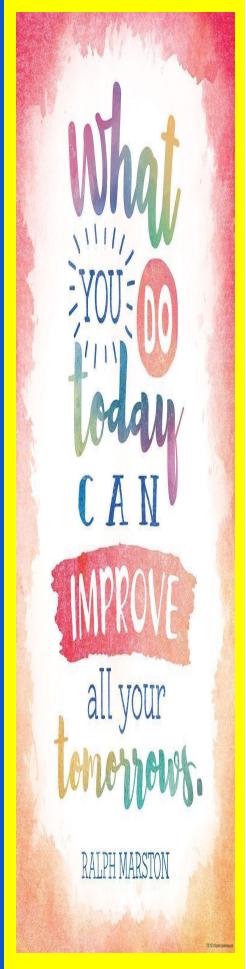
If you can't say something nice, don't say anything at all. Heated discussions might be fun to read, but you are exposing yourself to a world of prying eyes. Don't ruin your reputation with a hasty post or comment about a sensitive topic.

Master the art of talking. Take a step away from devices and nurture relationships the old fashioned way, by talking. Discuss issues in private, not on social media where everyone is witness to your dirty laundry.

Beware of disappearing apps, like SnapChat. The fleeting images and messages might promote more authentic communication, but once they disappear they might not be gone forever. The internet doesn't forget, and people can screenshot your post/comment. Be conscious that all images might be retrieved later.

Avoid posting personal information. Take extra steps to safeguard your privacy. Be aware that location-tracking apps and background images can leave you vulnerable.

\*Avoid cyberbullying. This can lead to low self-esteem and self-harm. Please be aware that you can receive consequences for content posted on social media, so think twice before you post!



### **Save the Dates**

- Feb. 18- No School-Teacher Work Day
- Feb. 24 Parent-Teacher Conferences

Feb. 25- Half Day



Ripple Effects is an online program for students that promotes self-awareness, social awareness, self-management, responsible decision-making and relationship skills.

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## RIPPLE EFFECTS FOR TEENS: FOR ALL JPT STUDENTS

You were asked to complete the Ripple Effects screener in October. If you did not complete it, go back to the October newsletter for information. If you have completed the screener, see below for information on how to access lessons.

## RIPPLE EFFECTS LESSON 4: "Connecting with Others"

Click <u>here</u> to access Ripple Effect lessons.

**Step 1:** Use the username (lunch/powerschool #) and password that you created for the Ripple Effects screener. You will fill in your student information the first time you log in, but you will not need to enter all of your information the next time.

**Step 2:** Click on the Keys icon at the top of the screen. Then, select the third Key - "Connecting with Others."

**Step 3:** For the month of February, you are asked to complete ALL lessons in the "Connecting with Others" section.

Once you have completed Lesson 4, feel free to explore other topics under the *Topics* section.

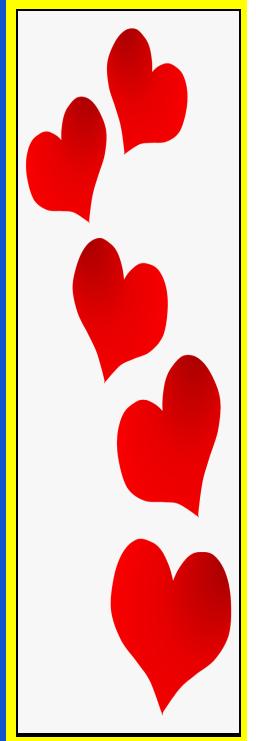
Email us if you have questions.

### **Character Education - Word of the Month**

- Caring - is displaying kindness and concern for others









Ty'Shay S	02/02
Shanavia T	02/02
Charles G	02/04
Qiayim T	02/05
Ethan W	02/06
Ashley S	02/08
Neill H	02/09
Ruby N	02/10
John L	02/11
<b>Shania M.</b>	02/13
Jamir W	02/14
Jennifer C	02/15
<b>Jaylin C.</b>	02/16
Jalayshia F	02/16
Kelsey S	02/16
Rebecca F	02/17
Cheyenne P	02/17
Miguel H	02/18
Brandon T	02/19
Emma F	02/20
Phillip G	02/20
Xavier M	02/20
Malik S	02/20
Niya B	02/23
Matilda G	02/23
Chance C.	02/24
Isabella M	02/24
Constance S	02/24
Emerald M	02/25
Amani S	02/26
Lily F	02/27
Charles M	02/28
Sylaiha M	02/28
Bryce S	













Test Date: Friday, April 1, 2022

Test Time: 8:30 a.m.-11:45 a.m.

**Test Location: TBA** 

Who can take the test: Any 10<sup>th</sup>, 11<sup>th</sup>, or 12 graders

- If you earn a 31 or better you do not need to retest for College Career Readiness Certification.
- If you're considering the military, your most recent ASVAB score will be used.
- Check your Google Classroom Class of 2022, Google Classroom Class of 2023, and Google Classroom 2024 for a study guide.

Sign Up In the Counselors' Office Beginning Tuesday, March 1, 2022



# **Scholarship Tips:**

- 1. Meet all application deadlines. Use a calendar or planner, make a schedule, and stick to it.
- 2.Gather application materials early.
- 3. Don't ignore small awards.
- 4. Request letters recommendation early.
- 5.Write a great essay.
- 6.Attend a scholarship workshop.
- 7. Search databases and online.
- 8. Talk to friends and family.
- 9. Talk to people on forums like Facebook and Ouora.
- 10. Talk to counselors.



# **Suggested Study Sites for ASVAB/AFCT**

- <u>www.4tests.com</u> (allows you to test on all 8 parts of the ASVAB or to work on just **Math** and **English** sections).
- OASC (online BSEP)
   www.nelnetsolutions.com/dantes/
- <a href="http://www.testprepreview.com/asvab">http://www.testprepreview.com/asvab</a>
   <a href="practive.htm">practive.htm</a>
- Free online exam:
   http://www.asvab.us/freeASVABtestonline.htm
- <a href="http://www.military.com">http://www.military.com</a> (Must join website to access material-no fee to join).
- http://www.studyguidezone.com/asvabtest.htm
- www.march2success.com
- <a href="https://quizlet.com/nicole\_schmidt1221">https://quizlet.com/nicole\_schmidt1221</a>
- https://dantes.petersons.com
- Google- Quizlet.com Keyword: ASVAB
- <a href="https://www.youtube.com">https://www.youtube.com</a>

## Search:

- 1. ASVAB Practice Test 2021 (60 Questions with Explained)
- 2. ASVAB Test Prep
- 3. ASVAB Cheat Sheet
- 4. How To STUDY FOR & PASS The ASVAB!
- 5. Mastering the Mathematics Knowledge Section of the ASVAB
- 6. Grammar Hero's 2021 ASVAB AFQT Practice Test
- 7. Mometrix Test Preparation
- 8. ASVAB Math Practice Test 2020
- 9. ASVAB Math Practice Test 2020



# **16 Career Clusters**

Career clusters connect what students learn in school with the knowledge and skills they need for success in college and careers. Each career cluster identifies different pathways from secondary school to two and four year colleges, graduate school, and the workplace.

- Agricultural
- Architecture and Construction
- Arts, AV Technology and Communications
- Business Management and Administration
- Education and Training
- Finance
- Government and Public Administration
- Health Sciences
- Hospitality and Tourism
- Human Services
- Information Technology
- Law, Public Safety, Corrections, and Security
- Manufacturing
- Marketing
- STEM-Science, Technology, Engineering, and Mathematics
- Transportation,
   Distribution, and
   Logistics

# FAAFSA® Federal Student Aid

An OFFICE of the U.S. DEPARTMENT of EDUCATION

Seniors, it's not too late. If you or your parents need assistance with completing your FAFSA application, contact the Counselor's Office. IT'S FREE MONEY!!!



Use this link to see scholarship oppoutunities

https://drive.google.com/drive/folders/1s0ildpxT6pgePZnr4inRQVMyWsKD\_17t?usp=sharing



Check Powerschool regularly to monitor your grades.

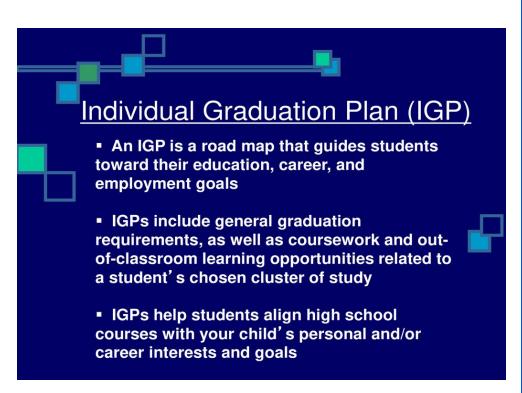


Check your Google Classrooms daily for assignments and missed assignments.



Homework Center Tutoring Center Monday-Friday 3:30-5:30





Students will be given a form to complete for IGP appointment times.

# **Good Information to Know**

# **SAT and ACT Testing Dates**

### **ACT**

Test Date	Registration Deadline	Late Registration Deadline
September 11, 2021	August 6	August 20
October 23, 2021	September 17	October 1
December 11, 2021	November 5	November 1
February 12, 2022	January 7	January 21
April 2, 2022	February 25	March 11
June 11, 2022	May 6	May 20
July 16, 2022	June 17	June 24

#### SAT

Test Date	Registration Deadline	Late Registration Deadline
August 28, 2021	July 30	August 17
October 2, 2021	September 3	September 21
November 6, 2021	October 8	October 26
December 4, 2021	November 4	November 23
March 12, 2022	February 11	March 1
May 7, 2022	April 8	April 26
June 4, 2022	May 5	May 25

**ACCUPLACER Testing Information** 

- Accuplacer can be taken 3 times within a year.
- You must wait 14 days between test attempts.
- The first test is free
- Tests after subsequent attempts in the same year are subject to a \$10 retesting fee.
- Accuplacer scores are valid for 4 years.
- Evening testing appointments available.
- ONLY Florence-Darlington Technical College requires the Accuplacer test.
- Accuplacer score needed: 210 or higher on the Reading section.

Call (843)676-8591 M-Th from 8:00 a.m.-9:00 p.m. to schedule an appointment to test.