

Counselors' Corner

GREETINGS!

Welcome to the 2nd quarter! This will be a busy month for seniors who are applying early action to colleges. Be sure to get your "blue folder" forms in to guidance so that we can meet with you ASAP! Please note that many colleges have a December 1 deadline and counselors need at least two weeks to submit forms and write recommendations. Please note we will have several requests, so please don't delay! Students will have until the end of the week to add/drop a Q2 class.

Spirit Week: 10/31- 11/4

**Food items will be collected
for the annual Food Drive!**

COLLEGE REP VISITS

**University of Maine
Farmington**

Friday, November 7th

@8:00am Library

KVCC

Tuesday, November 15th,

@10am Library

Colby-Sawyer College

Wednesday, November 16th

@8:00am Library

SENIORS!

Be sure to check your school e-mail address for important information about scholarships, FAFSA, college visits and other activities related to you!



@counselorkara

Important Info re: 2016 FAFSA!

<https://fafsa.ed.gov/>

Please note that the FAFSA is now open for submission! The sooner you apply the more grant and scholarship money you are eligible for! Create your FSA ID today!

Need help filling it out? Please let your school counselor know as there are several resources and support.

For more details please visit MHS Guidance:

<http://bit.ly/2biUu50>

November 8th,
2016

Election Day

Get out & vote!

Community Service Requirements:

**Seniors: 20 Juniors: 40 Sophomores: 40
Freshmen: 40**

Remember to turn in your hours to guidance office!

SAT SCHOOL DAY

SCHOOL DAY SAT FOR ALL JUNIORS:

WEDNESDAY APRIL 5TH, 2017

(STUDENTS WILL BE REGISTERED BY MHS)

November

October 31: Q2 Begins

October 31-Nov. 4th: Spirit Week

November 2nd: NHS Initiation 6pm

November 8th: EC4ME meetings 8-2pm; (participating students only)

Don't forget to VOTE!

November 9th: UMAINE "Admit in a Day" by apt. only

December

December 2nd: Thomas Cup @ Thomas College: click here to register

January

January 17th: Q3 Begins

February

MIYHS Survey TBD

2017 Maine Integrated Youth Health Survey (MIYHS)

This school year, students at Messalonskee High School will be asked to take an anonymous health survey. **The data from this survey is used at the school, county and State levels. It supports grant funding, assessment of student needs, and the design and evaluation of health related programs.** You will receive more information on this survey closer to the time of survey administration (February) and will have the opportunity to review its contents. You have the choice of whether or not your child will take this survey. Your child will also have the option of whether or not to participate in the survey on the day it is given. More information will be provided at the beginning of the year. <https://data.mainepublichealth.gov/miyhs/files/atlas/atlas.html>

raise.me

Earn \$\$ by getting good grades and being involved in your community!

47 students have already earned:

\$1,379,194

toward college tuition!

College Admission Counselor Updates

Be sure to attend visits from our college reps! They give you the inside scoop on new programs, how to apply, and sometimes will waive the application fee. Plus, they are the ones who will read your application! By meeting them and making a good impression you are more likely to stand out in the application process!

Here's a little of what you missed...

Bates: Meets 100% of financial need emphasizing scholarships, not loans; fee waived if you check off that you are applying for financial aid

CMCC: Articulation agreement w/ UNE for Life Sciences majors; all courses will transfer into Health Science programs

Colby: New program: Computational Biology combines Bio & Computer Sci., can self-report SAT scores

Hartwick: Jan Plan & Study Abroad programs, 3+3 Law program w/ Albany Law School, 4+1 MBA program w/ Clarkson University

Husson: All freshmen get a scholarship; Criminal Justice & Business internships = most popular

Simmons: 100% of class of 2020 received financial aid; 3+1 and 4+1 programs for masters

St. Josephs: SAT optional except for Nursing Program; visit scholarship of \$1500

Thomas: Visit scholarship of \$1000

UCONN: Nursing students must complete Chemistry & Physics in high school; 1300 SAT

UMA: Nursing program very competitive; obtain A.A. degree in Nursing at community college and transfer

UMAINE: Early action deadline = 12/1; regular deadline 2/1; FAFSA deadline 3/1, first deposit due 5/1/17. Foundations program now at UMM or UMA campuses for first year.

USM: AP exam of 3+ and DE transfer over; less expensive than UMO, Merit Scholarships, off-campus experience allows students to graduate w/ resume!

WCCC: Students can use snowmobiles & ATVs on campus! Many 1 yr certificate programs that are very popular.

Wentworth: New major: Biological Engineering combines Civil & Biomedical engineering

Once you are accepted to a college, full-time job, military, or gap year program...let anyone in the guidance office know!

10 Ways to Respond to Bullying

If you've experienced bullying, you're not alone. There are people who can help and actions you can take to make things better. **Bullying** is when a person or a group makes someone feel hurt, afraid or embarrassed on purpose and repeatedly. Whether it's physical, verbal or emotional, bullying hurts. If you've experienced bullying, it's not your fault. So don't go it alone—reach out and try taking these steps to improve the situation.

In the Moment...

1. **Walk Away:** If possible, remove yourself from the situation immediately.
2. **Say "Stop:":** If it feels safe, tell the aggressor to stop in a firm but calm way. If you feel confident to do so, use humor or a clever response to weaken the effect of the mean behavior.
3. **Keep Cool:** Try to control your emotions in the moment. Showing fear or anger may egg on the aggressor.
4. **Don't Fight:** Try not to fight or bully back in response—this may just continue the cycle of bad behavior.

After the Incident...

5. **Tell a Friend:** Don't keep the bullying a secret. Tell a friend and ask for support. You will feel better, and your friend can help you decide what to do next and go with you to get assistance.
6. **Report to an Adult:** Tell a trusted adult what has happened. Remaining silent will not make things better and may worsen the situation. Reporting a serious problem is not the same as "tattling." Adults need to know about bullying behavior so they can support you and take action to stop it.

Over Time...

7. **Find Safe Spaces:** Try to avoid "danger zones" where bullying is likely to take place and where there are few adults who can help. Try to surround yourself with supportive friends or classmates whenever you can.
8. **Practice Responding:** Reflect on how you might react to bullying in the future and rehearse those responses with a trusted friend or adult. Think about what strategies have worked or fallen short, and don't give up if your first response is not successful.
9. **Express Your Feelings:** Keep a diary or journal—written, electronic or video—where you can record your private thoughts and feelings. It is important to express yourself, especially when you are going through a tough time.
10. **Reach Out:** Find new friends, hobbies or interests that occupy your time in positive ways and make you feel good about yourself. Avoid spending too much time on your own.

Bullying can also happen online or electronically. If you are the target of cyberbullying:

- **Save Evidence:** Keep copies or take screen shots of bullying texts, emails and other communications.
- **Don't Respond:** Do not communicate with aggressors. If necessary, an adult can reply with a strongly worded message warning them to stop.
- **Report:** Tell an adult about the incident and, if necessary, contact the Web site, Internet service provider and/or law enforcement officials.
- **Block:** Guard against future bullying by blocking aggressors from your social networking pages and email, and by changing your email address, screen name, phone number and passwords as needed.
- **Find Supportive Groups:** Find new online groups and games in which the people are friendly, positive and supportive; quit groups in which mean or aggressive behavior occurs often.