

# COLLEGE NEWSLETTER

## Senior



### Important Dates

#### School Holidays\*

- Inservice.....January 3
- MLK Day.....January 16
- Presidents Day.....February 20
- Spring Break.....March 13-17
- Easter Holidays.....April 14-17

*\*Great opportunities to schedule any remaining college visits!*

#### Other Upcoming Dates

- Almost Alumni Dinner....April 27
- College Signing Day.....May 1
- AP Exams.....May 1-11
- Senior Exams.....May 9-11
- Graduation.....May 15

### Almost there...

This has been a very busy season for the Class of 2017. Applications, essays, letters, and transcripts have been sent with more being submitted each day. Although it's tempting to sit back and relax once the application has been submitted or the acceptance has been received, there is still more to be done in the college application process. Read *The Next Steps for Seniors* on page 2 of this newsletter to ensure that you are on the right track with your college process. Note the school holidays, which are great days to schedule any remaining college visits, and mark your calendars for the upcoming events noted to the left. We look forward to walking alongside you as you finalize your college plans. Stay connected, finish strong and let us know how we can help!

*-Mrs. Banker and the Counseling Team*

#### Class of 2017: Current Accomplishments:

- 281 applications submitted
- 110 essays written
- 112+ recommendation letters submitted
- 160+ ACTs taken
- 107 acceptances received



## Stay Connected

### Counseling Blog

Have you checked our blog lately? Our blog is updated weekly with local college events, scholarship opportunities, volunteer experiences, enrichment programs, and helpful articles and announcements pertaining to counseling and the college transition. Bookmark it now!

[hardingcounselingservices.weebly.com](http://hardingcounselingservices.weebly.com)

### Email

Have a concern about a transcript request, testing related issues, application questions? Email us at [counseling@hardinglions.org](mailto:counseling@hardinglions.org).

### Twitter

Follow us on Twitter for updates on the college application process and articles to help students navigate the world of college admissions. Follow @MHA\_College!

### Appointments

Scheduling a meeting with Mrs. Banker is easier than ever this year. Go to her scheduling site ([calendly.com/banker-sarah](http://calendly.com/banker-sarah)), select a date and time that works with your schedule, and set up an appointment.

## The Next Steps for Seniors:

### 1. Continue applying

Submitting that initial application feels wonderful but don't stop there. Create plenty of options for yourself so that you are sure to be accepted to a college within your budget this Spring. Create yourself plenty of options.

### 2. FAFSA

The FAFSA opened in October and all students are recommended to complete it. The FAFSA is the application for the HOPE scholarship. Be sure to check with your colleges to determine if you are required to submit a FAFSA.

### 3. Scholarships

Apply for scholarships to the schools in which you have been accepted. Look for merit based scholarships and departmental scholarships. Also apply for TSAC scholarships for which you qualify. Finally, look for outside scholarships using websites such as [scholarships.com](http://scholarships.com), [FastWeb.com](http://FastWeb.com), [collegeboard.com](http://collegeboard.com), [chegg.com](http://chegg.com), [unigo.com](http://unigo.com), [cappex.com](http://cappex.com), [scholarshipsmonkey.com](http://scholarshipsmonkey.com), [collegenet.com](http://collegenet.com), [petersons.com](http://petersons.com) and the Scholly app. Set aside a specific time each week to look and apply for scholarships.

### 4. College visits

Continue to learn about your colleges after you have submitted your application. Visit top colleges again, if needed. Please adhere to our new college visit policy if you must miss school for a visit.

### 5. Scholarship Award Notification Letter

With awareness of each college's cost, review the pros and cons for each school with your child and guide them through the decision making process.

### 6. Notify colleges of your final decision.

By May 1, notify both the college you are attending and the ones you are not attending of your decision. Submit an enrollment deposit at your attending college and get refunds on any refundable deposits paid to your non-attending schools.

### 7. Immunization records

Have your doctor's office send a copy of your child's immunization record to the college they choose to attend.

### 8. Orientation week

Look for emails from their college about registration for orientation week. Register quickly and pick an early session to have more options available when selecting classes.



## Parents: Lost in the Transition

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Mr. Paul Q. Fisher, our new academic dean, shared with parents information from an article written by Brian Harke, Ed.D.\* aimed at preparing parents for this transition from high school to college. Next semester, Mrs. Banker will spend time with the seniors helping them process the changes they will face as they make this important transition. We encourage parents to take the time to read and reflect on the summary from Mr. Fisher's presentation below.

For many parents sending their first child off to college, the burning question is, "What role do I play now?" Many parents feel confused, overwhelmed, and bewildered as they progress through three nearly universal stages of adjustment:

**1. Disorientation: The loss of one's normal position or role with others and/or their surroundings as a result of change in their routine or lifestyle.**

The goal during this stage is to evolve into becoming a parent who supportively enables and empowers the child to solve problems and understand the responsibilities of independence. Setting new guidelines and boundaries for communication is vital during this stage to avoid the negative enabling effects of "helicopter parenting." This is a time for acknowledging and embracing not only the child's new independence but also the parent's.

**2. Reorientation: A period of adjusting and redefining your position and role as a result of a change in a familiar structure or pattern.**

As new boundaries between you and your child are formed, patterns begin to emerge on how the new relationship will work. This is a period of trial and error, which can be frustrating for everyone involved. Parents still care but have to learn to resist the urge to react to "fix it" whenever the child is having a challenge or "problem." During this stage parents should fight the urge to react and fix, listen compassionately and help take the drama out of the situation for the child, bring objectivity, ask the child how they think they could solve the problem, walk them through what resources might be available on campus, suggest that they put together a plan of action--on their own, and check back in 24 hours to see how things are progressing. Patience and communication between parents and students is the key to finding the new normal in any change.

**3. New Normal: Acceptance of a new framework surrounding a relationship and lifestyle.**

This stage is realized when parent and child accept the new patterns of independence in their relationship. Enjoy it! Parents become advisors, mentors, and even friends. This can be a rewarding stage for the parent as the child takes on more ownership and responsibility for his or her life. However, don't be shocked when the phone rings and you are transported back ten years by a voice saying, "Mom/Dad, I need you." You will always be Mom or Dad.

\*Access Brian Harke's article, "Parents: Lost in the Transition" by clicking [here](http://www.huffingtonpost.com/brian-harke/parents-lost-in-the-colle_b_716609.html) or going to: [http://www.huffingtonpost.com/brian-harke/parents-lost-in-the-colle\\_b\\_716609.html](http://www.huffingtonpost.com/brian-harke/parents-lost-in-the-colle_b_716609.html).