

COUNSELLING MATTERS...

SCAD/Office Hours/Grade 11s/Motorbike helmets

From the High School Counsellor...

SCAD (Savannah College of Art and Design) will be coming to school on **Tuesday 25th November**. The rep. will visit a grade 11 Art class and then give a presentation to all Art students @2.30pm in the Design Centre. Grade 10 Art wannabes welcome too...

University of Alberta in Canada will visit on **Friday 28th November** @1pm, Counselling Office

Thursday Office Hours
A reminder that the High School Counselling Office is open to students on Thursdays after school to work on letters, essays, statements and all aspects of the application process.

Activities for college-bound Grade 11s:

Research colleges—If your Grade 11 son or daughter hasn't started already, it's time to get down and dirty and start researching colleges. Use Family Connections to narrow down the choices and look at some of the statistics about each of the colleges that interest them.

Visit campuses—Even if you haven't tied down your choices, visit some college campuses. This summer is a great time to visit colleges. You would be surprised at how visits tend to shape the choice.

Take the SAT/ACT if you are looking at the US. If your student isn't pleased with the scores, that will leave them time to study over the summer and retake them early in October 2015.

Colleges look positively on students who take strenuous course loads. Whilst we don't offer choice at NIS in terms of electives, making sure those HL course are getting the rights grades will be really important. And the added bonus it these classes can help your student **get credit for college level courses** at some universities.

Search for scholarships—Grade 11 year is the time to focus, focus, focus on scholarship searches. Most of the scholarships for Grade 12s (seniors) already have applications available for next year. There ARE scholarships out there for international students.

Connect with your high school counsellor—The high school counsellor will be responsible for some of the application process and you want them to know your student when they are sending letters of recommendation and transcripts to the colleges.

Keep your grades up—Grade 11 year is the grades that EA (Early Action) and ED (Early Decision) college choices will see when you apply. It's the most important year for your student as far as grades are concerned.

Get organised—Organisation is the key to surviving Grade 12. Create a college calendar and set up a spreadsheet for all your data.

Attend information sessions when campuses send representatives— Make sure your student stays in contact with the counsellor so they will know when those sessions occur—and encourage them to attend. You can see upcoming visits on Family Connection.

Social Media Check - Rather than fearing the negative outcomes of a forgotten photo or post, students should view their social media as a potential differentiating asset and an extension of their application. Now is a great time for Grade 11s to consider how to build and enhance their social media profiles.

Grade 11 is when parents typically start having conversations with their students about career goals, college choices, course choices and financing the college education. Start now and you won't be caught overwhelmed when Grade 12 pressures kick in in October/November 2015.

A brief visual on motorbike helmets

This is a motorbike helmet:



This is not:



This person wore a helmet:



This person did not:



And this person did not wear a full-face helmet:



Wearing a helmet is the most simple and effective thing you can do to prevent worst-case scenario trauma after even low-speed bike crashes.

I know I wouldn't be here, writing this today, if I had not been wearing a helmet when I crashed my Honda 15 years ago in Greece.

Still think it's a nuisance or uncool to wear a helmet? Just imagine this is you or someone you love pictured above...