Students Impacting Students

Last year a group of SHS staff members and students were provided training on educating others about mental health issues and suicide. This training was given by NAMI New Hampshire, a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education and advocacy. SHS School Counselor, Shawn Brown, has received extensive training over the years from NAMI. He is currently overseeing the group of NAMI trained students who have been visiting each SHS Health Education class (3 - 4 each quarter) this year for an entire block to share their knowledge about these difficult topics with their peers. These students are utilizing the NAMI curriculum to educate the Health Education students about mental health and suicide; however, they had to work over the summer to modify this lesson plan to stay within the allotted class time and meet the needs of our students. These NAMI trained students have worked hard and volunteered their own time because they believe this information needs to be shared to increase prevention and awareness. The students have also done an amazing job presenting these important topics to their peers, who, in turn, have been very receptive to all of the information provided.

**ALL JUNIORS** met with their school counselors in groups during March to discuss the post-secondary planning process, which included teaching students how to do a college search in Naviance. These are a couple of the handouts provided to students in this meeting - the Junior Group Packet and the Junior Pre-College Checklist. Remind your junior to schedule an individual appointment with their school counselor during April to get more personalized assistance with making plans for the future.

**Reminder to all seniors with college plans...** Please make sure your senior brings ALL letters of acceptance and notifications of scholarship awards from ALL colleges to which they have been accepted - whether they plan to attend that college or not - to Mrs. Citelli in the School Counseling office.
SAVE THE DATES

APRIL 1-4
School Counselors will be doing a Career Exploration/Naviance activity in all semester 2 Economics classes.

APRIL 5
ASVAB Test
Taken in school during blocks 1 & 2 @ SHS. Sign up in guidance

APRIL 9
SAT make-up
For juniors who did not take it on 3/27

APRIL 11
Southern NH Spring College Fair
@ Pinkerton Academy (Derry, NH) 6:00-8:00 PM. More information here.

APRIL 16
Spring College & Career Fair
12:30 - 2:00 @ SHS

APRIL 19
College & Career Transition Day
More information found on page 3

Best Buddies is an International organization promoting friendship and career opportunities to individuals with and without disabilities. At SHS Best Buddies is a student-run organization to promote friendship for all. The primary mission is to set up one to one and group friendship opportunities outside of school. Friends will sometimes go bowling, to the movies or to a local event - all based on common interests. The club meets once per month right after school in room F845. New participants are always welcome and can listen to the announcements for the next meeting date or join the “Remind Best Buddies Group” by texting the number 81010 and sending the message @h8364dk to get meeting and event reminders for this club. The SHS Best Buddies plan to participate in the Best Buddies Walk NH on May 11th in Concord. To support or join the fun, visit https://www.bestbuddiesfriendshipwalk.org/newhampshire/.
POST-SECONDARY PLANNING
FOR SENIORS

Reminder...the national date for notification to colleges where your child plans to attend is May 1, 2019.

College and Career Transition Day on April 19th - Former graduates from SHS are invited back to talk with current seniors about their transition to college, work and life after leaving SHS.

Once a student has been accepted to a college, they will receive their financial aid packages, also known as Award Letters or Award Notifications. Visit this website to understand your award letter and terms like... EFC (Expected Family Contribution) and COA (Cost of Attendance).

It is not too late to apply for financial resources for college...Please check out the links on our Scholarship page of the School Counselor website.

Fill out the FAFSA in order to receive any loans, grants or school-based merit scholarships.

Apply for Dollars for Scholars - deadline is April 6th.

NO PLAN YET?
Here's 3 ideas...

1. Take the ASVAB - students can gain a better understanding of the things they do well, their likes and dislikes, goals and lifestyle preferences as they begin to make career plans. Students can sign up in the School Counseling office to take this free assessment that will be offered to Salem High School students on April 5th.

2. Attend The Spring College and Career Fair will be held for all students on April 16th from 12:30 to 2 at SHS. Students are invited to explore the many community colleges, technical schools, certificate programs, apprenticeships and career opportunities that will be represented at this fair.

3. Check out the many degree and certificate programs available through the Community College System of NH. They will continue to accept applications throughout the spring to begin in the fall 2019 semester.

In addition, they have many apprenticeship options where students can “earn while they learn.”

Check out the April Senior Scoop for even more information about college/career planning!