



Mid-September

## High School Counseling Office Newsletter

### PSAT & ASVAB Time!

#### Should students take them?

First—what are they?

The PSAT is an SAT preparatory exam for juniors with two areas: reading/writing, and math. It's designed to get a preview of how a student might do on the SAT.

The ASVAB is a series of short sub-tests, which assess students' skills in multiple areas, and an interest inventory that can help guide a student toward a career that aligns with their interests, values, and abilities. Neither exam is mandatory for students, but both can help them in different ways.

Ok, so why should students take another exam if it's not mandatory?

The results of the PSAT exam will help students identify their strengths and weaknesses, so they can study accordingly for the SAT. The test helps measure reasoning and critical thinking skills, which will be important to the student through high school, college and long after. Also, students scoring high in this exam can qualify for a national merit scholarship based on the results.



The ASVAB's career exploration tools help students identify their skills and interests and encourages them to explore all the pathways, credentialing, licensing and apprenticeship programs, and the military. Students that participate in the ASVAB can experience less career indecision, and enjoy greater confidence in making career and school decisions. The ASVAB is required for students planning to join the military post graduation.

**ASVAB— October 4th**

**PSAT—October 12th**

Call us in the counseling office with any questions!  
Stop in our office to sign up today!



#### Important Reminders or Dates!!

10/4/22—ASVAB exam

10/7/22—No School

10/10/22—No School

10/11/22—Financial Aid  
Information Night

10/12/22—PSAT exam

#### SEHS Counseling Office

**Principal**  
*Michael Waters*

**Counselors**  
*Candice Poyer*  
*Amanda Burns*

**Office Asst**  
*Susan Turner*

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**Colleges are visiting  
us this fall!  
Mark your  
calendars!**

9/26—10:50—Utica College  
9/28—12:30—Russell Sage  
9/29—9:00—St John Fisher  
10/7—10:30—Niagara Univ  
10/14—9:30—SUNY Brockport  
10/14—11:15—Cazenovia College  
10/17—2:00—St Lawrence Univ  
10/24—8:30—SUNY Delhi  
10/26—9:00—Keuka College  
11/2—8:30—SUNY Morrisville  
11/2—1:00—SUNY Binghamton  
11/4—12:00—SUNY Canton  
11/8—10:00—SUNY Alfred

### College Visits in the Counseling Office

We have college visits set up for more than a dozen colleges!  
Juniors and Seniors are welcome.

Signing up before the visit is encouraged, but not necessary.  
Check the high school counseling website for any changes  
or additions.

Please check out the bulletin board in the hallway outside  
our office for open house dates for local schools!

### Our Colgate University Tutoring Program is back in session!

Colgate University students are available on Thursdays  
during 6th mod to tutor students in any subject. Contact  
the school counselor to be matched with a tutor!

### **Check out Xello!**

Xello is now available for our students! It's an interactive planning tool that helps students build 21st century skills to help them get college and career ready!

Students can access this planning tool on the myapps part of the SECS home page.

### **September is Suicide Prevention Month**

Did you know that suicide is the 2nd leading cause of death  
for teens?

Teens in rural areas with less mental health resources are more  
at risk.

Students that are bullied are twice as likely to attempt suicide,  
and LGBTQ+ teens are 3.5 times more likely. Know the signs  
and what to watch for.

*You could be the one to save a life!*

Call or see any counselor right away, or text/call 988 if you  
are worried about anyone harming themselves.

### Outside Resources:

The AFSP



The Lifeline



The Trevor Project



SAMHSA

