



# High School Counseling Office Newsletter

# Frightened by your FAFSA?



High school seniors planning on going on to more education should be filling a FAFSA out this year. The FAFSA is the most important tool available to finance your education, and while the term may be familiar, some don't know what the acronym stands for, or what it does. It sounds complicated, and it feels so important, that it can be overwhelming for many. But it's not as hard or scary as it sounds!

### What is the FAFSA?

The <u>Free Application for Federal Student Aid</u> (FAFSA) is an application used by virtually all two and four-year colleges, universities, and career schools for awarding Federal, state, and college-funded student aid, in the form of grants, loans and work studies. NY state student aid also uses this information to populate information in your state aid application.

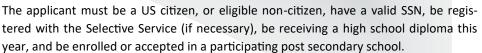
### Why do I want to do the FAFSA?

Federal student aid is the best way to pay for college for several reasons. First, you may qualify for grants, which is money the government gives you that you don't need to repay. Any loans you accept,



you will have to repay, but they have lower interest rates and repayment doesn't begin until you graduate or otherwise stop going to school. Also, if you qualify for a subsidized loan, the interest doesn't begin accruing until you leave school.

### Who is eligible to use this program?



### How do I access the FAFSA?

Do I ever need to do this again?

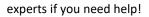
This form is available online at *studentaid.gov* 



This form must be completed each new school year during post-secondary education.

### Where do I get help if I have questions or need help?

Call the Federal Student Aid Info Center (FSAIC) at 1-800-433-3243 (TDD number for the hearing impaired: 1-800-730-8913)
Go to your high school counselor! You have in house





### Important Reminders or Dates!!

- Oct 24 Nov 6 Free Application week for all SUNY colleges
- College visits continue through the first week of November
- Senior Pictures on November 1st
- ASVAB results are available, if you have n t picked yours up, see the counseling office



## CONGRATULATIONS TO THESE STUDENTS!!

- Grace Todd-Rogers has been accepted to Michigan State University!
- Braden Wright has been accepted to Alfred State and SUNY Delhi!

# 2022-2023 **FREE SAT prep** course at Colgate!!

The Max A Shacknai Center for **Outreach, Volunteerism, and Edu**cation at Colgate University is once again offering a free SAT prep course for students from **Central NY. High school students** will work in small groups with Colgate student coaches, on Colgate's campus. Each class will consist of practice for the reading, writing, and math sections of the SAT, along with college prep activities. This course will run to conclude before the May 6, 2023 administration of the SAT.

All classes and practice tests are on Sundays, 1-5.

First Practice test will be Jan 29. Class sessions will be Feb 5, 12, 26 March 5,26 and April 16.

# To Apply:

Scan this code:

### Or go directly

to: https://forms.gle/ BZkuhAgWthDQ8nsv9

### **DEADLINE TO APPLY IS Dec 2nd!**

\*Colgate makes an effort to accommodate all students who apply, however students who are high school juniors during this school year are prioritized, as are students who qualify for free/reduced lunches.

# FREE APPLICATION TIME FOR SUNY SCHOOLS



Applying for colleges can get expensive! Put your applications in during these free weeks with up to FIVE SUNY schools to save some cash!

Check out this great tool to search for programs and see what SUNY schools offer

your major!



Attend Open House for a chance to win \$1000 scholarship at SUNY Morrisville! Register for the <u>November 19, 2022</u> open house today.







Sign up for Open house at Mohawk Valley CC! Get your spot for the November 18, 2022 open house today.

### **October is Domestic Violence Awareness Month**

It can happen to anyone.

It's not as easy as 'just leave'.

### YOU'RE NOT ALONE.

See any counselor or social worker if you know anyone that you think might be a victim, have a domestic violence situation at home, or are a victim yourself. They can help make a safety plan, and get the resources needed to be safe again.

23% of women and 14% of men experience intimate partner violence before age 18.

NYS Domestic and Sexual Violence Hotline: 800 942 6906

### Online at: thehotline.org

DOMESTIC VIOLENCE

**THRIVES IN SILENCE.** 

**RAISE YOUR VOICE.** 



