



Lynbrook High School Guidance

www.lhs.fuhd.org/guidance-student-support
CEEB Code: 053463

JUNIORS

MARCH 2022

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Important Dates

March 4—
Progress grades issued in Infinite campus for 2nd semester.

March 11—
Last day to drop a class second semester with no W indicated (first semester grade remains)

March 14— no school (special schedule on LHS website)

April 12— 8:00 am
Coffee with the Counselors (format TBD—read next newsletter)

April 6— 6:30pm (Virtual)
A special Case Studies Night where families get to experience an admissions application review process with a college representative. More details to come from the College & Career Advisors.

THIS MONTH AT-A-GLANCE

During March, students often start feeling more pressure about upcoming AP tests and college research. Keep the following tips in mind as we work towards the end of the Junior Year.

- ☐ Maintain HEALTH by eating and sleeping well. Research indicates young adults need approximately 8-10 hours of sleep for optimal functioning. <https://sleepfoundation.org/sleep-topics/teens-and-sleep>.
- ☐ When feeling overwhelmed, quick relaxation techniques can go a long way. For example, try the following:
 - **Deep breathing**—close your eyes and take a deep breath. Hold the breath for 3 seconds and exhale slowly. Repeat this step a few times
 - **Go for a walk**—stepping away from your stressor for a few minutes and taking a 10 minute walk can help decrease stress levels and fresh air can help one refocus
- ☐ The best way to manage time is to plan ahead! Early in the weekend (Saturday morning) scan your upcoming week to know how to best allocate your time.
- ☐ Many colleges recognize that testing dates continue to be tenuous and have made tests optional for Class of 2023. In addition, even though students prefer to complete testing in spring of the junior year, they can utilize test dates in the fall (August—November) for most colleges.
- ☐ If you need to make up a D or F grade, send your Counselor an email. We are registering for the FUHSD Summer Academy this month! Additional information regarding dates, times and courses offered online at <https://www.fuhd.org/academics/academic-support/summer-academy>



COURSE SELECTION UPDATE

Beginning Tuesday, March 1st, Counselors will begin meeting individually with all junior students to review courses requested for next year and their time management assignment. During this brief meeting in the US History classes, students may ask questions and adjust requests as necessary. In early April, students and parents will receive a Course Verification Form by email (via Informed K12) for parent/guardian approval. At this time, families will be able to make final adjustments to the courses requested for next year.

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GETTING COLLEGE APPLICATION READY—THE COMMON APP & COALITION APPLICATION

Most students who decide to apply to a private university in the senior year will likely need to use The Common App—one application accepted by nearly 800 colleges across the nation and some international colleges. Here are some things to know about The Common App before getting started:

- Junior students can create an account and begin working on the **general portion** of The Common Application.
- In August, students will need to **'roll over'** the application to the newer 2022-23 version of the application
- In addition to the general portion of the application, colleges that accept The Common App have a college specific portion with supplemental questions—**this section does not roll over so you should not work on these questions**
- **General Essay Prompts for 2022-23 will remain the same. Find more details here—<https://www.commonapp.org/blog/2022-2023-common-app-essay-prompts>**
- Additional information can be found online at www.commonapp.org

THE COALITION APPLICATION was introduced in the 2016-2017 school year and is accepted by over 150 colleges and universities. The goal of the Coalition Application is to allow students to create a portfolio-type application and a chance to highlight strengths and interests using a 'locker' feature. Junior students can create an account and begin completing this application. The Coalition Application take a bit longer to complete so students are encouraged to start early. In addition, the Coalition App hosts monthly webinars throughout the year that students and parents/guardians will find valuable such as 'Starting the College Search,' 'Invest in your Future,' and 'Understanding Admissions Deadlines.' Additional information at <http://www.coalitionforcollegeaccess.org>

While many juniors hope to get a head start on applications, realistically most applications do not open until August of the senior year.

UNDERSTANDING COLLEGE OPTIONS & RESOURCES

It is not too early to begin researching college and other post-high school opportunities. By understanding what options are available, students are better able to set and work towards a goal. Below are some workshops/tools to utilize as you begin your exploration.

1. **Santa Clara University offers a Summer Engineering Seminar program** for students who wish to understand what the study of engineering entails. The SES program is a 5-day immersion experience that takes place in July. SES offers introductory workshops taught by our engineering faculty presented as a mix of lecture and interactive work, spanning several fields of engineering. **SES Application Deadline:** March 18, 2022 at 5:00 p.m. PDT. For more information on these highly competitive programs and to sign up, please visit:

<https://www.scu.edu/engineering/beyond-the-classroom/outreach/summer-engineering-seminar-ses/>

2. **The College Tour series on Amazon Prime!** If you have a prime account, you can access the third season of the College Tour. This season of The College Tour features fifteen incredible Colleges and Universities including the University of Cincinnati, Loyola Maryland, and the University of Puget Sound. Told through the lens of their students, viewers will get an inside look into: NASA launches, groundbreaking research and overseas internships. Each story will inspire and move prospective students to expand their horizons and follow their dreams.

3. Revolution Prep is sponsoring **Affording College: Financial Aid 101**, which will be hosted by Scott Wallace-Juedes, Director of Undergraduate Financial Aid at **Yale University**. Wallace-Juedes has been recognized as a national expert in how to finance higher education. This is recommended for parents/guardians who wish to understand the different types of aid and learn how to estimate college costs to assist in your planning. Event held on Tuesday, March 8th at 5:00 pm. Register at <https://www.revolutionprep.com/webinars/foundations-of-financial-aid-with-guest-speaker-scott-wallace-juedes-of-yale-university/>

4. **BigFuture.org (by CollegeBoard)** - New College and Career Tools: BigFuture's new user experience includes improved tools. [Scholarship Search](#), which generates a personalized list of awards, replaces our prior scholarship tool. BigFuture now connects users with [Career Finder™](#) in lieu of previous major and career search tools. Finally, students can now use the [Estimated Family Contribution \(EFC\) Calculator](#) to more easily calculate the net price for multiple schools. We'll introduce a new interest survey along with career search and other affordability tools throughout 2022.

QUEST BRIDGE SCHOLARS

QuestBridge College Prep Scholars Program partners with universities across the nation including Emory, Chicago, Notre Dame, Penn, Stanford, and Yale to offer students the opportunity to take college-level courses at a top-tier university while fully immersing themselves in the day-to-day rhythms of college life. Students must be a high-achieving junior with lower-income (see guidelines online). Qualifying students could receive scholarships, college essay feedback and support, and an invitation to a specialized conference. Applications due March 24th and are now available at: <https://www.questbridge.org/high-school-students/college-prep-scholars>.

In addition, Quest Bridge is pleased to offer The Quest for Excellence Awards which give additional resources and opportunities to highly qualified students with a range of specialized backgrounds and interests. Awards vary by category and are designed to help students become stronger applicants to the nation's best colleges. <https://www.questbridge.org/high-school-students/quest-for-excellence-awards>

DIGITAT2 INTERNSHIP OPPORTUNITY

DigitalTat2 offers various ways for teens to get involved, from joining a teen advisory board to sponsoring an internship. Each year they select a diverse group of high school students to participate in a summer internship program. Interns take a deep dive into current online related topics, researching their own interests and presenting it to the team. Their voices inform us on the constantly changing state of their online world, keeping us up to date on what is relevant and relatable. For additional information on the organizations, the summer internship, and other opportunities, visit <https://www.mydigitaltat2.org/teens>



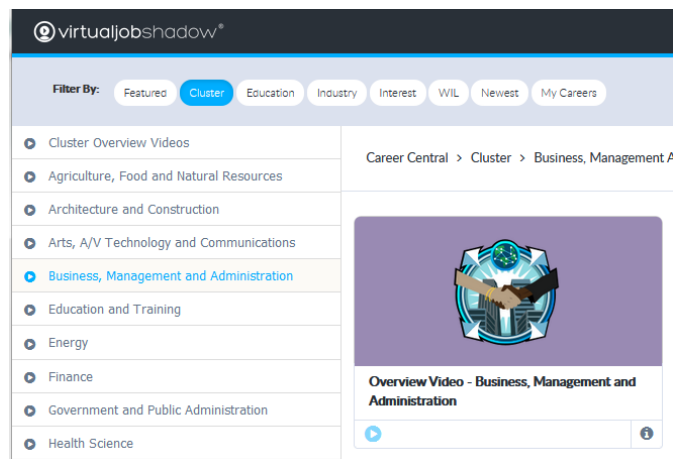
SCHOOL RESOURCES FOR COLLEGE RESEARCH

Naviance—Thanks to the FUHS Foundation, all students have a personalized Naviance account. This tool has many features to explore:

- Research individual colleges and take advantage of the imbedded **'virtual tour'** available at many colleges (see image below)
- Use the 'colleges I'm thinking about' link to start **building a list of colleges** you are considering
- **Resume tool** in 'about me' allows you to recap your achievements. A resume is required in 12th grade if you need recommendation letters!

Virtual Job Shadow—provided to Lynbrook students by Lynbrook Excellence

- Step-by-step career research that includes **industry specific videos** to help students understand careers. Search by interest, industry or cluster
- A easy to use **side-by-side comparison** that let's you look see what the similarities and differences of 2 colleges might be. Update your college list and use the **college compare tool**.



Username is your fuhsd email address and password is your student ID#.

SAT Dates

www.collegeboard.org

- **May 7, 2022** (registration deadline April 8th)
- **June 4, 2022** (registration deadline May 5)

ACT Dates

www.actstudent.org

- **April 2, 2022** (registration deadline by February 25)
- **June 11, 2022** (registration deadline by May 6)
- **July 16, 2022** (registration deadline by June 17)

Fee waivers for the SAT or ACT exams are available. Students should email the College/Career Advisors for information.

NEWSBREAK: In cased you missed the announcement made earlier this month, the UC System has decided to end standardized testing for good. They will no longer require the SAT or ACT (or any comparable exam) for admissions. Additional information [here](#).

TEEN MENTAL HEALTH PANEL

Please join the Santa Clara County Office of Education (SCCOE) and Silicon Valley Reads for a candid conversation with local Silicon Valley youth as we explore the challenges of being a teen including mental health, addiction, the effects of COVID-19 and more. Students from the SCCOE Mental Health in Schools Youth Advisory Group (YAG) and Tobacco Use and Prevention Education (TUPE) team will share their experiences and help offer tools for resilience and hope to those who may be going through similar experiences.

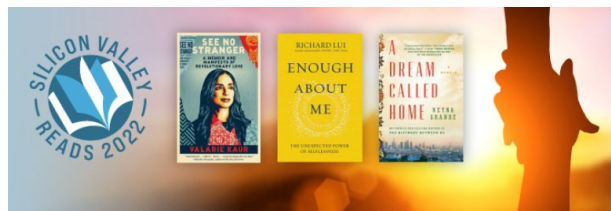
Silicon Valley Reads is a community engagement program that features books and an annual theme to bring people together by providing more than 100 free, public events each year in February and March. In 2022, we are connecting through the **Power of Kindness, Resilience & Hope**.

SCCOE Website: <https://www.sccoe.org/>

Silicon Valley Reads Website: www.siliconvalleyreads.org

Date: Thursday, March 10, 2022 from 7:00-8:00 p.m.

Registration: <https://bit.ly/svreadspanel>



SUMMER COURSEWORK & CREDIT RECOVERY

Student looking for information on course ENRICHMENT or ADVANCEMENT

Please visit [lhf.fuhd.org/guidance-student-support/high-school-planning/enrichment-options](https://lhs.fuhd.org/guidance-student-support/high-school-planning/enrichment-options) for more information on taking summer classes for **enrichment**. Taking courses for enrichment is a great way for you to explore subjects that you enjoy and/or those that are not offered at Lynbrook. Courses do not need to be recorded on your Lynbrook transcript, but can be recorded on an external record (from the program) and can still be reported to colleges in your senior year. If you wish to receive credit for a summer class on your Lynbrook transcript, it must be pre-approved.



MAKING UP Ds or Fs


If you need to retake a course for **graduation**, you *may* be eligible for FUHSD Summer Academy. The Guidance Department is working with students to notify them of needing graduation credit and/or A-G recovery throughout Spring 2022. Please make sure to regularly check your FUHSD student email for options from your Guidance Counselor. If you do not hear from your Counselor by the end of March, reach out to her (by email or stop by their office in the main office). FUHSD Summer Academy information (dates/times) can be found online [here](#).

If you need to retake a course that is not offered in FUHSD Summer Academy, you will need to look to external programs. These can be local private high schools (Mitty, Bellarmine, Presentation), independent programs (Legend CP, SIL), or online schools (APEX Virtual Learning, Florida Virtual Schools, BYU Independent Study). Students are strongly encouraged to speak with their counselor regarding the program they are considering. In addition, students should submit a request for credit form and have the class preapproved to go on the LHS transcript.

Request for Credit Process to have a course recorded on the LHS transcript:

1. Complete the "Request for Credit from an Outside Educational Institution Form" (an Informed K12 form, available on the LHS Guidance Website) **by April 29, 2022**
2. Allow up to 2 weeks for an approval/denial email
3. DO NOT register/pay/sign-up/begin a course until it has been approved

Note: Not all courses are approved for the LHS transcripts. Administrators review the quality and accreditation of the program and total credits earned to adhere to board policy. Community college classes are almost never approved for high school credit. Community college courses are recorded on your college record and should be reported separately.




VIRTUAL INFORMATION SESSIONS

MARCH 1 • MARCH 8 • MARCH 15 • MARCH 22

5:30 PM PT | 7:30 PM CST | 8:30 PM ET

Zoom
ID: 947 8446 2366
PASSCODE: 078059

Tune in to hear from our Founder, a former student and ask questions in the Q&A.



BlueStamp Engineering is now accepting applications for our Summer 2022 Engineering Program. We will offer in-person in Palo Alto, CA and a dynamic remote program. **BlueStamp Engineering** is a summer at our hands-on engineering program where high school students design and create technology projects that they get to keep, from scratch!

Past projects include remote/self-driving cars, Internet of Things (IoT), hovercrafts, and machine learning! Each student selects and builds their own individual projects, individually innovates with custom designs, and develops a personal online portfolio that details their journey.