



DECEMBER E-NEWS

Counseling website: www.lamphereschools.org

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Counseling Website: Click [here](#) to access the LHS Counseling website for information on articulation credit, applying for college, financial aid, graduation requirements, summer programs and opportunities, referral phone numbers, scholarship information, and more.

Parent Resource - Reducing Holiday Stress:

It certainly is a busy time of year! Click [here](#) for a short article containing 7 ways parents can help teens deal with holiday stress.

All Students:

Academic Resources for Students - NHS Tutoring:

National Honor Society provides free, drop-in tutoring on Mondays and Wednesdays before school from 7-7:30 in Mrs. Came's room (D-2) and after school from 2:25-2:55 in Mr. Ceo's room (D-15). This service is open to all students and tutoring is available in all subjects.

End of First Semester/Final Exams:

First semester will end on January 25, with final exams taking place January 23-25 (dismissal at 11:51 am on these days). Please encourage your child to use extra time during break to help prepare for exams. Remember, final exams count 20% toward the semester grade.

OK2SAY:

OK2SAY is a program from the Michigan Department of the Attorney General to help students confidentially report anything that threatens their safety or the safety of others. In many instances, students don't say anything about potentially dangerous situations out of fear of rejection, retaliation, or confusion about where to seek help. OK2SAY creates an early warning system in our schools to stop tragedies before they start. It's a way for students to break the culture of silence by connecting them to adult authorities who can help.

Tips can be submitted by telephone, text, email, web, or via the mobile app:

· By phone: 1-8-555-OK2SAY (1-855-565-2729)

· Text: 652729 (OK2SAY)

· Email: ok2say@mi.gov

· Web: www.mi.gov/ok2say

· Mobile App: Available in the app stores for iPhone and Android.

PSAT Results:

For the sophomores and juniors who took the Preliminary SAT earlier this fall, results will be reviewed with the students this week by the counselors. College Board accounts, and resources available through the student accounts (including free, customized SAT preparation through Khan Academy), were also highlighted.

Career Cruising:

Oakland Schools provides Career Cruising, (a career exploration website) to districts in Oakland County. This career software was designed to engage and inspire people to reach their full potential in school, career, and life. Their mission is to inform career dreams to help bring them to life. The software is used in all 50 states and all 10 provinces in Canada and has five million page views every day! Students in the Lamphere Schools utilize Career Cruising from 7-12 grades. If you haven't visited Career Cruising, check it out at: www.careercruising.com Login information for LHS is username: lhs, password: Lamphere.

Juniors and Seniors:

AP Testing Information:

The AP Bulletin and registration materials will be distributed to AP students in their AP classes in January. The ordering deadline for exams is February 15. Cost per AP exam is \$97; eligible students with financial need may receive a reduced rate. Please contact the Counseling Office for additional information.

SAT National Testing:

The SAT national college entrance exam is administered throughout the school year (Juniors will take the test in the spring at LHS). To register for an upcoming SAT, click [here](#). Remaining dates for the 2018-2019 school year include: 3/9, 5/4, and 6/1.

ACT National Testing:

The ACT national college entrance exam is administered multiple times throughout the year. To sign up for an upcoming national test date, visit www.actstudent.org. Remaining dates for the 2018-2019 school year include: 2/9, 4/13, 6/8, and 7/13.

Seniors:

Scholarships:

Our webpage contains Scholarship Links as well as scholarship information/applications which can be downloaded. The website is updated continually throughout the year as scholarships are received into our office. Click [here](#) to access scholarship information on the LHS Counseling website/Scholarship Information page and [here](#) to access downloadable scholarship applications.

Transcripts:

Lamphere High School has teamed with Parchment for secure, electronic transcript processing. Click [here](#) to visit the LHS Counseling website/Transcript Request page for more information. If a college has requested 7th semester grades (first semester of senior year), your son/daughter may log on immediately and select "hold for grades" when processing his/her request.

Please feel free to contact us at any time with your questions or concerns:

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The LHS counseling department's mission is to help facilitate students current and future success by providing a comprehensive guidance and counseling program designed to address the social, emotional, educational, and career planning needs of all students.