

**STUDENT SUPPORT SERVICES, RESOURCES AND PEOPLE**

*Academic School Counselors:*

**Ben Shuchat**

bshuchat@newpaltz.k12.ny.us  
Students A-F

**Stephanie Popper**

spopper@newpaltz.k12.ny.us  
Students G-N

**Jessica Bradley**

jbradley@newpaltz.k12.ny.us  
Students O-Z

*Mental Health Counselors:*

**Mary Kay Fiore** – School Psychologist -

mfiore@newpaltz.k12.ny.us

**Jen Hite** – School Social Worker -

jhite@newpaltz.k12.ny.us

**Angela Perez** – Bilingual School Social

Worker - aperez@newpaltz.k12.ny.us

**Lisa Watkins** – School Social Worker -

lwatkins@newpaltz.k12.ny.us

*Available for all students*

**IMPORTANT REMINDERS FOR SENIORS**

- Seniors are deciding on post-high school plans! College, military, workforce, or gap year – be sure to plan your next steps!
- Check your Naviance account and be sure it is up to date with your plans, including the Senior Survey
- Consider teachers who know you well for recommendation letters
- Attend Virtual College visits and Financial Aid planning
- Complete the FAFSA.gov now for financial support in college
- Consider a variety of campuses and post grad options!
- Scholarships! Log into Naviance and sort by local, state, national opportunities
- December 1st deadlines are around the corner



**EARLY ACTION VS EARLY DECISION?**

Early decision is a binding agreement, meaning students apply to only one school under this admission plan. Early decision is used by students who have identified their first-choice college. Since it's a binding agreement, the institution will require signatures from you, your family, and a school counselor. A nonbinding option, early action allows students to apply and potentially gain admission to one or more schools much earlier than regular applicants. Applicants usually have until early or mid-November to submit materials. Colleges typically arrive at admission decisions mid-December. If you are not applying EA or ED, be sure to check your college's application due dates.

**Go to the Student Support Website for...**

- Upcoming Events, Announcements and Reminders related to your academic career
- Information for Students with Disabilities
- Updated Testing schedules for PSAT, AP, SAT, ACT, Regents and Midterms
- Mental Health Resources

<p>Student Support Services 845-256-4120 845-256-4121</p>	<p>Student Support Coordinator, Alexandra MacKinnon 845-256-4113</p>	<p>New Paltz High School Main Office 845-256-4100</p>
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## BIG ANNOUNCEMENTS

- ◆ The October PSAT was taken by 10th and 11th graders
- ◆ NCAA scholar-athletes should consult with your School Counselor to confirm their eligibility
- ◆ Virtual College Fairs are happening! Check our announcement pages
- ◆ Virtual Financial Aid Night was hosted by Marist College, a recording is on the SSC webpage
- ◆ For info on SAT exams go to [Collegeboard.org](https://Collegeboard.org); if you are a student with a disability approved for testing accommodations by College Board, please enter your personal SSD code when registering for the SAT.
- ◆ For ACT exams go to [actstudent.org](https://actstudent.org)- SAT/ACT have become *test optional* in many institutions
- ◆ For info on registering for AP exams go to [user.totalregistration.net/AP/333355](https://user.totalregistration.net/AP/333355) or contact Mrs. Schneck in the main office
- ◆ If you are eligible for the Free/Reduced lunch program you can apply for a Fee Waiver for the above exams

## NEXT YEAR'S SCHEDULE

The 2022-23 Course Description book will be available online around December 1st. This is a good time for families to review available courses and plan a schedule for the next year. Your school counselor will set up virtual meetings with parents of 9th – 11th graders and invite your child in person. All your questions on courses, schedules and available programs can be pursued for the upcoming year.

Program offerings include BOCES Career and Tech classes, New Visions, Project Lead the Way pre-engineering courses, University in High School courses in World Languages, Science Research, Accounting, Entrepreneurship, and 20 Advanced Placement courses. NPHS offers a robust program in athletics, music and the arts for all students. Academic Intervention Services are available in several core subjects areas for students who require extra support. Teachers are available for extra help between 2:20-2:45pm.



## WELLNESS 101

Mental Health concerns have increased nation-wide during the pandemic. We have resources and supports available for students who may be facing difficulties. These may include drop in or regularly scheduled counseling services.

It's OK to have bad days, to not have it all figured out, to not be okay, and to talk about it. NYS offers a free, 24/7, confidential text line at 741-741 with trained counselors available. And, NPHS added two additional social workers this year.

The Astor clinic has two satellite offices in our high school and has begun to offer after school drop in activities from creative arts therapy to social action and awareness. See SSC announcements under Student Resources.

Parents frequently ask about other resources, please see the SSC announcements under Parent Resources for helpful information on a variety of topics.

Last year we implemented several student Wellness Days that included music, movement, the arts, and fun activities to build community amongst staff and students and take a wellness break! We hope to offer these again this year.

Federal funding allows for all students to be eligible for school lunches.

## GRADE LEVEL REMINDERS

9th-Ninth graders have a variety of choices in electives and classes. High School is a good time to try a new passion or interest--there are over 25 after school clubs to check out on the SSC website (see Student Resources).

10th-Consider a BOCES program to prepare for a career, or try an elective you've never considered. Don't put off taking your Health class this year and explore volunteer work to help others during a school break or summer.

11th-There is great programming available to 11th graders at NPHS. Visit college campuses, including SUNY New Paltz! Consider attending virtual college fairs and review the recording from Financial Aid night for answers to all your higher ed questions.

12th- Stay in close contact with your school counselor about the college application process and financial aid – complete the FAFSA and apply for scholarships. Students staying in NYS should review the Excelsior Scholarship. If you're considering an alternative to college, make a solid plan with input from your family, teachers and counselor.

—A very special thank you to our amazing support staff—

Samantha, Becky and Elisa