

VESTAL HIGH SCHOOL COUNSELING AND GUIDANCE NEWSLETTER

AUGUST 2023 ISSUE 1

Junior Class 2025

2025
Class of

WELCOME BACK!

FASTEN THOSE SEATBELTS

Wow! What a quick summer break and now we are back to Junior year! Where does the time go? These next two years will fly by and we want families to be informed about all that will be coming up. We found that our Google Classroom was a very successful tool last year. While we plan on continuing using that platform to begin with, we will be transitioning to SchoolLinks to get messages out regarding college and career information, scholarships, financial aid and much, much more. Look for more information to come soon.

The Counseling and Guidance Office is excited to announce some staffing changes for this school year. Ms. Merryll Wallach has officially retired after 30+ countless devoted years to Vestal School District. She is truly an irreplaceable member of our department. We wish her all the best in her retirement and thank her for her service to the 1000's of students she has worked with over the years.

We also want to recognize Mr. Malvasio for his four years of service to our Counseling team. Mr. Malvasio returned to his alma mater as a Union-

Endicott Tiger serving as an Assistant Principal at Jennie F. Snapp. We wish him all the best.

We are pleased to announce the arrival of Mrs. Kathryn Yezzi who will be joining our counseling team. Mrs. Yezzi grew up in Binghamton, NY. She graduated from Binghamton High School and St. Bonaventure University. Mrs. Yezzi holds a B.S in Elementary/Special Education and a M.S.Ed in School Counseling. Mrs. Yezzi spent this past year working with Vestal Middle School students. Prior to her work in Vestal, she worked at Binghamton High School as a special education teacher and school counselor for many years. While in her previous district, she was a senior class advisor, club advisor and coach. She was a member of the school's leadership team and worked with local community resources to help assist students in various capacities. Mrs. Yezzi worked with all students to ensure their social/emotional, academic and career needs were met. She is very excited to start her new chapter at VHS!

Counselors are excited to welcome students back to a new school year. We will guide seniors through the many questions and concerns that arise during the year. The counselors are committed to helping each student with their post-graduation plans. Please feel free to reach out if you have any questions or concerns that arise during this school year. We are all here to help.



Mrs. Yezzi

Your Junior Year Counselor

Students are assigned to their School Counselor based on the first letter of their last name.

A - D will have [Mrs. Schneider](#)

E - K will have [Mrs. Yezzi](#)

L - O and AIM will have [Mrs. Smith](#)

P - R will have [Mrs. Jablonowski](#)

S - Z will have [Ms. Martino](#)

Juniors in full-day alternative education programs will have Ms. Martino.

Assist in dealing with a crisis. Help you to apply interpersonal skills. Help you to learn academic achievement strategies.

SCHOOL Counselors

Provide academic planning and goal setting. Listen and provide support. Teach you to manage your emotions. Advocate for student needs.

Heart and Mind Teaching



PRELIMINARY SCHOLASTIC APTITUDE TEST/NATIONAL MERIT SCHOLARSHIP

WHEN: Saturday, October 14, 2023 @ 7:45 am The new Digital Test is approximately 2 hours in length. More time will be needed for breaks.

WHERE: Vestal High School

MORE INFORMATION: The PSAT will be offering a new digital test for the first time this year. Students will need to have their chromebooks charged the night before. It will need to stay on for roughly 3 hours. Students will be able to sign into the Blue Book Exam App to practice and prepare before the test.

SECTIONS: Reading and Writing Section and Math Section

REGISTERING: More information will be coming soon on registration

Students should bring a pencil or pen. Students will have access to an approved calculator on their device but may bring an approved calculator as well.

For more information, check out www.psat.org/digital

MORE ON THE PSAT...ITS PURPOSE AND IMPORTANCE

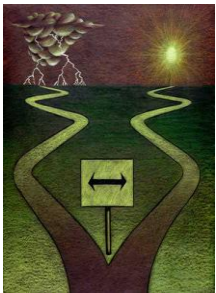
- You can look at the PSAT as a preview of the SAT Reasoning Test, which is used as a basis for admission to many colleges. Taking the PSAT is the best way to practice for the SAT since the questions, format, and time constraints are similar.
- You can use the PSAT to estimate your probable performance on the SAT Reasoning Test.
- The PSAT/NMSQT is the qualifying test for juniors who wish to participate in the National Merit Scholarship Program. In addition, a wide variety of corporate and school-specific scholarships are based on the results of the PSAT.
- You also have the chance to participate in the Student Search Service of the College Board. Many students who participated in this service in past years received materials from colleges or other post-secondary institutions giving them information about educational and financial aid opportunities that they might have otherwise overlooked.
- Finally, you will get your answers and a key to the correct responses on the PSAT. This will help target your preparation for the SAT Reasoning Test.

Note: *Students who need testing accommodations must have authorization from the College Board prior to test day. Letters and request forms were sent home last spring. Please contact your Resource Room teacher to confirm that your accommodations have been approved. You must have been approved by early September to take the October PSAT with accommodations! Students that are approved for extra time must wait out the total time.*

COLLEGE PLANNING TIPS...IT'S DEFINITELY NOT TOO SOON TO:

It is never too early to start thinking about your future plans. Below are listed some ideas to get you thinking of how to take the next steps

- Create a College Board account <http://www.collegeboard.org> and investigate the Big Future program.
- Create an account at <http://www.actstudent.org> and explore their resources.
- Take the most challenging academic schedule that you can while still maintaining a balance in your life.
- Research prospective colleges by completing an online college search. These are available on many websites, including <http://www.collegeboard.org> and www.actstudent.org.
- Register, prepare for, and take the PSAT/NMSQT.
- Get involved in school and extra-curricular activities. Seek out leadership roles in school and in the community. Make a difference!
- Begin to study for the SAT and/or ACT tests that will be given next spring. Studying over a period of months will be of more benefit than cramming at the last minute. Consider registering for the SAT and ACT Questions of the Day, which are free of charge and are great preparation tools.
- Begin to consider which teachers or other adults you might ask for college recommendation letters.
- Talk to older friends and adults about their college choices and find out what was important to them.



Thinking about your future...

Now is a good time to start reflecting on your college and career goals. Where do you want to end up? Do you want to go to college, the military, or straight to work? What type of college are you hoping to attend? Are you thinking about graduate school after college? By deciding what is important to you, you can make plans for the next two years that will support your long-term goals. If you are thinking about college, be sure to review the planning tips above so you will put yourself in the best position to navigate the college admissions process.



The Counseling and Guidance Office in conjunction with the Vestal School District will be moving towards using the SchoolLinks platform. We are excited to offer this opportunity for college/career searching, tracking activities and scholarship information. Please look for more information soon. This will replace our Google Classroom in the future.



IMPORTANT DATES FOR JUNIORS

September 7th 2023 is the date that Declaration of Interest forms for **National Honor Society** will be available in the Main Office. They are due no later than Friday, September, 25th to the Counseling and Guidance Office.

October 14th, 2023 PSAT's

October 18th, 2023 College Day Field Trip

November 1, 2023 is the deadline for registering for International Baccalaureate (IB) and Advanced Placement (AP) exams. The exams are given in May. The fee for IB exams is \$119 per exam. The fee for AP exams is \$98 per exam. Detailed registration information will be sent to your home in October.



Greater Binghamton College Day

at the Arena

On Wednesday, October 18, 2023, local School Counselors and Binghamton High School are sponsoring a College Information Day at the Visions Veterans Memorial Arena.

In previous years over 180 colleges and universities were represented, giving students and parents a chance to talk to people with firsthand knowledge of each school's requirements for admission and financial aid and what makes that school unique. We strongly encourage students to attend this event either during the school day with the counselors or in the evening with their families.

Permission slips will be attached to this newsletter. Transportation will be provided during the school day. Feel free to check out the website at www.binghamtoncollegeday.com

ANXIETY MIGHT LOOK LIKE...

@POSITIVELYPRESENT



Anxiety and stress look different in every person. These are some examples of how anxiety and stress can affect your student throughout the year. School Counselors are available to assist students during difficult times. Feel free to reach out if you or someone you know needs help. Contact us by emailing your counselor or call the Counseling and Guidance Office or call 757-2214.

**VESTAL CENTRAL SCHOOL DISTRICT
2023-2024 TESTING CALENDAR**

❖ **SCHOLASTIC APTITUDE (SAT) REASONING TESTS - \$60**

Register online at www.collegeboard.org

EXAM DATE	REGULAR	<i>Registration Closes</i> LATE (\$30 add'l)		LOCATION
Aug. 26, 2023	July 28, 2023	Aug 15, 2023		Area Schools
Oct. 7, 2023	Sept. 7, 2023	Sept. 26, 2023		Vestal High School
Nov. 4, 2023	Oct. 5, 2023	Oct. 24, 2023		Vestal High School
Dec. 2, 2023	Nov. 2, 2023	Nov. 21, 2023		Vestal High School
March 9, 2024	Feb. 23, 2024		Digital	Area Schools
May 4, 2024	April 19, 2024		Digital	Vestal High School
June 1, 2024	May 17, 2024		Digital	Area Schools

❖ **PRELIMINARY SCHOLASTIC APTITUDE TEST / NATIONAL MERIT SCHOLARSHIP QUALIFYING TEST (PSAT/NMSQT) –**

Exam Date: Saturday, October 14, 2023.....Vestal High School

❖ **AMERICAN COLLEGE TEST (ACT) –** *Register online at www.act.org*

Cost: ACT (no writing).....\$66.00 ACT with writing.....\$91.00

EXAM DATE	REGULAR	<i>Registration Closes</i> LATE (\$36.00 add'l)	LOCATION
Sept. 9, 2023	Aug. 4, 2023	Aug. 18, 2023	Area Schools
Oct. 28, 2023	Sept. 22, 2023	Oct. 6, 2023	Area Schools
Dec. 9, 2023	Nov. 3, 2023	Nov. 17, 2023	Area Schools
Feb 10, 2024	Jan. 5, 2024	Jan. 19, 2024	Area Schools
April 13, 2024	Mar. 8, 2024	Mar. 22 2024	Area Schools
June 8, 2024	May 3, 2024	May 17, 2024	Area Schools

❖ **INTERNATIONAL BACCALAUREATE (IB)**

April 25 – May 17, 2024.....Registration fee \$119

❖ **ADVANCED PLACEMENT EXAMINATIONS (AP)**

May 6 – May 17, 2024.....Approximately \$98.00

VESTAL CENTRAL SCHOOLS
VESTAL, NY 13850

JUNIOR CLASS
DUE: October 13,
2023 to the
Counseling and

A trip to **Broome County Arena – College Day** will be held on **October 18, 2023**. This trip is being conducted in connection with the work of the **Counseling and Guidance Department**.

The group will leave on **Wednesday, October 18, 2023 at 10:25 am** and return at approximately at **12:35 pm**. The chaperones and supervisor who will accompany the group will be **All Counselors and 1 paraprofessional**. Please sign below if you grant permission for

_____ to go.
(Student Name)

(Parent Signature)

Home # _____

Work # _____

(Parent Address)

FIELD TRIP NOTIFICATION FORM

Students who are participating in a field trip must complete this form and present it to the teacher of each class missed one week prior to the trip. Each teacher must sign the form. The teacher's signature indicates that the teacher is aware of the trip.

I will be attending a field trip with the **Counseling and Guidance Dept** on the dated indicated below. I agree to make up all assignments missed as a result of this trip.

Wednesday, October 18, 2023 _____
(Student's Signature)

Period	Class	Teacher	Conditions (if any)
4			
5			
6			
7			



VESTAL CENTRAL SCHOOLS

VESTAL, NY 13850

Emergency Medical Authorization

(Student Name)

(Address)

(Phone)

College Day

Vestal High School

(Grade/Age)

PURPOSE: to enable parents and guardians to authorize emergency treatment for children who become ill or injured while under school supervision, when parents or guardians cannot be reached.

(Parent/Guardian)

(Physician)

(Phone)

(Phone)

CONSENT OF PARENT OR GUARDIAN EMERGENCY TREATMENT: in the event that reasonable attempts to contact me have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by the above listed doctors or, in the event the designated preferred doctor is not available, by another licensed physician or dentist and be transferred to:

PREFERRED HOSPITAL: _____

(or any reasonably accessible hospital)

THIS AUTHORIZATION DOES NOT COVER MAJOR SURGERY UNLESS THE MEDICAL OPINIONS OF TWO OTHER LICENSED PHYSICIANS OR DENTISTS CONCURRING IN THE NECESSITY FOR SUCH SURGERY ARE OBTAINED PRIOR TO THE PERFORMANCE OF SUCH SURGERY

Facts concerning the child's medical history including allergies, medications being taken and any physical impairments to which a physician should be alerted:

DATE: _____

SIGNATURE: _____

REFUSAL TO CONSENT: I do not give my consent for emergency medical treatment of my child. In the event of illness or injury requiring emergency treatment, I wish the school district authorities to take no action or to:

DATE: _____

SIGNATURE: _____