



# COUNSELING AND GUIDANCE NEWS

October/November 2023  
Class of 2024



## Financial Aid Information

Financial Aid is a method of providing college students with scholarships, loans, part-time work, and grants to help with college living costs. Financial Aid can be used to pay for living expenses such as food, housing and transportation in addition to tuition costs.

Financial Aid is also available to pay for occupational education, such as vocational or trade programs. *To be eligible for aid, it is critical that students fill out the necessary forms accurately and within the given time frames.*

Listed here are types of aid and ways to apply for them:

- The *FAFSA* (Free Application for Federal Aid) is now required for all financial aid applications. Will be available in December and will ask you to enter financial data from your 2022 taxes. Families will be directed to **[www.studentaid.gov](http://www.studentaid.gov)** to fill out this information.
- *TAP* is a New York State grant program. To apply for TAP, you must be a NYS resident applying to a school in NY and you must complete the FAFSA. The FAFSA confirmation page provides a link to apply for TAP.
- *CSS Profile* may be required depending on where the student is applying. Check the Admissions/Financial Aid website for each specific college regarding information on whether or not this is required. To get started with the Profile, go to [www.collegeboard.org](http://www.collegeboard.org) and click on CSS Profile.

Colleges typically have early due dates for the Profile. There is a fee to register and complete the Profile, but fee waivers are available from the College Board.

Check the Financial Aid Offices where you are applying to see if they require any supplemental forms to be filled out.

IB and AP Exam Registration will take place in October. The fee for IB Exams is \$119 per exam. The fee for AP exams is \$98 per exam. Detailed registration information will be mailed home from the IB/Honors Office, but you should be aware that fees for both exams are due no later than November 1st.

## COLLEGE & CAREER DAY

College and Career Day will be held at the Veteran's Arena on Wednesday, October 18th from 10 am - 2 pm and then from 6-8pm. Students may go with the us on the field trip or can attend with families in the evening. Permission Slips are due by Oct. 13th.



# Seniors 2024

## Senior Meetings with your Counselor

Counselors are conducting their senior interviews with each of their students. The counselors meet individually with all of their seniors to review graduation requirements, diploma types and college or career plans. By December, we will be sending home a graduation Status Letter: outlining all of this for families. If you have questions or concerns, please contact your student's counselor at 757-2214

## The Vestal Scholar Certificate

Students who successfully complete six or more courses at the IB or AP level may be eligible to receive the Vestal Scholar Certificate upon graduation in June. Courses taken during any year of high school count and students do not need to have taken the associated exam in order to receive the Scholar Certificate credit. Students may check with their School Counselor or Mr. Dunham, IB/AP Coordinator to verify their candidacy.

## More Information on College Applications

If you have not already done so, please turn in:

- ◆ Reflection and Activities Summary Sheets
- ◆ SAT/ACT Score Reporting forms (permission to put SAT/ACT scores on the transcript)

*Copies are available in our Google Classroom*

### **LETTERS OF RECOMMENDATION**

Seniors, it is important for you to remember to include stamped, addressed envelopes with all paper requests for teacher recommendations. If you are requesting the recommendation online, be sure to double-check with the teacher to see that they received the request and know the deadline for submission.

### **APPLICATION DEADLINE**

Due to the December recess, it is VERY important that your college applications be in the Counseling and Guidance Office no later than December 15, 2023. This will give counselors time to process and mail or upload all materials before the break. This is especially important for applications with due dates in early January. While we will do our best, we cannot guarantee that applications submitted after December 15 will be sent out before January 3, 2024.

### **SUNY BROOME – Save Some Money**

Students who are applying to SUNY Broome should apply online on the SUNY Broome website at [www.sunybroome.edu](http://www.sunybroome.edu) rather than applying through the SUNY system. There is no application fee if you apply directly to SUNY Broome. Please be sure to have your Social Security number handy.



### **POPULAR FINANCIAL AID WEBSITES**

[www.studentaid.gov](http://www.studentaid.gov)  
[www.hesc.com](http://www.hesc.com)  
[www.fastweb.com](http://www.fastweb.com)  
[www.nysfaaa.org](http://www.nysfaaa.org)  
[www.collegeboard.org](http://www.collegeboard.org)



# Scholarships



There are hundreds of scholarships available to graduating seniors, but you need to know how to find them. Be sure to check our Google Classroom, the school website, and the Counseling and Guidance Office for the most up to date listing.

Additionally, students can consult the numerous reference materials here in the Counseling and Guidance Resource Center. Many scholarships can be found online at individual colleges as well as through <http://www.collegeboard.org/bigfuture> along with the websites listed on the previous page.

The School Counselors have developed a booklet which summarizes all of the scholarships we advertised last year. Scholarships are grouped by category and also by the month they were announced. This was distributed in English classes in late September. Please ask your student for their copy.

Anyone wanting further information should contact their School Counselor.

## Upcoming Scheduled College Visits

Penn State-Scranton	10/4/23	11:00 AM	5th
University of Scranton	10/5/23	11:30 AM	5th
Colgate University	10/5/23	12:30 PM	7th
SUNY Oswego	10/10/23	08:30am	1 <sup>st</sup>
Le Moyne College	10/10/23	12:00 PM	6 <sup>th</sup>
RIT	10/19/23	10:00 AM	5th
D'Youville University	10/19/23	12:00 PM	3rd
University at Albany	10/24/23	8:30 AM	6th
University of Rochester	10/24/23	11:00 AM	5th
Clarkson University	10/24/23	12:00 PM	6th
SUNY Geneseo	10/25/23	12:30 PM	7th
SUNY New Paltz	10/27/23	10:00 AM	3rd



## **The Vestal High School PTO is looking for members!**

We don't actively fundraise... Our main source of funding is the membership fees and we need members to be able to meet our 2023/2024 goals of providing support to our students and staff at the High School. Unlike the clubs and teams at the high school, we don't actively fundraise and rely on the membership fee of \$10 and any extra donations throughout the school year.

What do we do? The PTO provides up to \$1000 in mini grants to our staff. These grants are used to directly benefit our students in the classroom. We donate \$1500 to the Vestal Dollars for Scholars which provide scholarships to our graduating seniors. We also do Staff Appreciation events and provide refreshments for our student Honors and Academic awards nights. In a normal school year, we help put on a welcome breakfast, unfortunately that was not able to occur this year.

If you would like to become a member please complete the form and return to the school with your \$10 membership.

Thank you

Vestal High School PTO



## 2023-2024 Vestal High School PTO Parent/Staff Membership Form

*We communicate primarily via Email.*

I/We would like to join the VHS PTO and support our students and teachers with \$10 dues.  
(please print clearly)

Parent/guardian 1: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Parent/guardian 2: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Name(s) of student(s) attending VHS:    Grade:

\_\_\_\_\_

**I/We would like to help the PTO and VHS in the following way(s)(please check all that apply):**

**PTO Hospitality**-Provide desserts/drinks/etc. for Student welcome breakfast, Teacher Appreciation events, Academic and Honors night receptions, blood drives, and any other events. Chairperson coordinates members to donate items, members donate/assist during events.

**PTO Sr. Prom All-Nighter Committee**-Meets as needed throughout the year to plan for this June's event. There are many subcommittees and you do not have to be a senior parent to volunteer. Chair needs to coordinate with All-nighter treasurer and PTO treasurer at the end of the school year to review/audit books.

**PTO Grant Review Committee**-Meets as needed to review mini-grant applications and present them to membership for vote.

**VHS Blood Drive-(December/April)** Help sign up students in advance or at the drive with check in and canteen.

Please return this form with your payment to VHS main office or mail to: VHS ATTN: PTO, 205 Woodlawn Drive, Vestal, NY 13850.

Yearly Dues                    \$        10

Additional (tax deductible) donation to PTO    \$ \_\_\_\_\_ Thank you!

Total Enclosed                \$ \_\_\_\_\_ (checks payable to VHS PTO)

CHK \_\_\_\_\_ /CASH \_\_\_\_\_

# VHS Chem-Free All Nighter

Dear Parent or Guardian,

A long-standing tradition for Senior Class students is the opportunity to attend the Vestal High School Chem-Free All-Nighter. Although it is an after-the-prom event, attendance is not limited to VHS Senior Prom goers. Any Vestal Senior student and their date may attend, provided they sign a contract with their parent or guardian stating that they will not consume any alcohol or drugs before or during the events (The Prom Promise). This is a FREE event for the students. Alumni have declared this a wonderful send-off as their Senior year concludes.

The prom is **Saturday, June 8, 2024** at the Cornerstone at W&W. It is directly followed by the Chem-Free All-Nighter at Vestal High School, scheduled to run **12AM – 5:30 AM**. The cost to host such an event can aggregate to well over \$15,000. The evening consists of entertainment such as games and a hypnotist, raffle prizes, and a variety of food. To make this party a reality, we need VHS parents/guardians and the Vestal community to contribute their time, talents, and gifts.

**What we need from you to help make this fun evening for our Seniors a great success:**

- **Financial donations**
- **Volunteers to plan and run the event**

Please let us know below what you can contribute by completing this form and bringing it to the VHS Main Office or mail to: Vestal High School, 205 Woodlawn Dr, Vestal, NY 13850, Attn: Chem Free All Nighter.

The first planning meeting will take place on 10/3/23 at California Grill at 6:30 PM.  
Thank you for your time and attention to this very worthwhile event for our departing Seniors!

~PTO Chem-Free All-Nighter Committee

MY NAME

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STUDENT NAME

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EMAIL

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### **Monetary Donations**

*(make checks payable to: Vestal PTO Chem-Free All-Nighter. Donations are tax-deductible)*

\$10 \$20 \$30 \$40 \$50 \$75 \$100 Other \$ \_\_\_\_\_ Yes!

I would like to help plan or volunteer for the event! I can help with (please circle):

**Fundraising   Soliciting Prize Donations   Decorating   Games/Activities   Food**