

December 2016

SAT/ACT

SAT Registration
www.collegeboard.org/sat

ACT Registration
www.act.org

SAT/ACT Prep Classes
www.theanswerclass.com

Scholarships

AHS Scholarship Blog
www.arundelscholarships.edublog.org
 (updated weekly)

Scholarship Bulletin Board

Located in A Hall in front of the Counseling Office
 (updated weekly)

Career Center Events

FAFSA Workshop; Career Experiences and Internships	12/2
Air Force Recruiter	12/13
Internship Lunch & Learn: Resume Writing	12/14

Sign up for information sessions and see a complete list of events in Naviance

#BeNiceChallenge

Have you been NICE today?

In November, Dr. George Arlotto, School Superintendent, encouraged all Anne Arundel County schools to participate in the Be Nice Campaign. In a letter to all AACPS staff, students and parents, Dr. Arlotto said the purpose of this campaign “is to instill



and enhance the notion that we need to think – and we need our students to think – about how we talk, interact, work alongside, communicate, and get along with each other. We need to think about others and appreciate their perspective and culture as we work to build meaningful relationships that will propel our children to the fulfillment of their true potential.”

The Arundel High School Counseling Department is thrilled to take on this challenge. We understand how a kind word or gesture can make a lasting impact on the lives of our students. According to an article

entitled “The Benefits of Kindness”, we experience fewer negative emotions and better overall health when we are kind to others¹. Additionally, performing acts of kindness “gives the brain a serotonin boost, the chemical that gives us that feeling of satisfaction and well-being”².

Here are some ways you can participate in the #BeNiceChallenge this month and every month:

- 1) Give someone a sincere compliment
- 2) Smile :-)
- 3) Make eye contact
- 4) Hold the door open for someone
- 5) Ask someone how they are doing—and listen to their answer
- 6) Write a hand-written thank you note
- 7) Volunteer at a local charity or homeless shelter
- 8) Say “Please” and “Thank You”
- 9) Talk about kindness with family and friends
- 10) Stand up for someone who is being treated wrong

¹ positivepsychlopedia.com/year-of-happy/the-benefits-of-kindness/
² www.psychologytoday.com/blog/the-gift-adhd/201108/being-nice-can-change-your-brain

Academic Planning: 2017-2018 Scheduling Process

The Counseling Office will begin scheduling students for the 2017-2018 school year starting in January. On January 5th, students will be given a copy of their course recommendations and important academic planning documents in CATS/Homeroom.

Please review your child’s course recommendations and course offerings carefully. Students are encouraged to consult with their current academic teachers so they can select courses that are both interesting

and appropriate for their future goals.

Beginning January 31st, Counselors will meet with students through their English classes to discuss course recommendation and conduct academic advisement sessions. Continue to visit our website (www.arundelhigh.org, Counseling Tab) for updated information about the academic planning and scheduling process for the 2017-2018 school year.

Course/Club Fair & Scheduling Night

January 5th Elective Course/Club Fair

Where: Gymnasium
 When: Pride Period
 *open to students

January 5th Scheduling Night and Elective Course/Club Fair

Where: Auditorium
 When: 6:30-8:30pm
 *open to students and parents

Naviance: Resource for Post-Secondary Planning

**Arundel High School
Counseling Office**

Phone: 410-672-4921
arundelhigh.org/counseling
Office Hours: 7:00am-3:00pm
School Code: 210570

A-Den – Mrs. Julie Cochran
(jcochran@aacps.org)

Deo-Joh – Mrs. Karol Muhammad
(kmuhammad@aacps.org)

Joi-McD & ESOL – Mr. Luke Wilhelm
(lwilhelm@aacps.org)

McE-R – Mr. Anthony Diggs
(asdiggs@aacps.org)

S-Z – Mrs. Rhonda Clifton Smith
(rcsmith2@aacps.org)

AVID – Mr. John Henderson
(jmhenderson@aacps.org)

Naviance Login Directions

- 1) Go to our school website
(www.arundelhigh.org)
- 2) Click on “Naviance” link
- 3) Log in to Naviance



Student Login Info

-Username (email)=
Student ID # or Email

Address

-Password= Student ID #

Parent Login Info

-Click “I need to register”
in the *are you new here?*
box

-Enter your Naviance
registration code*



*Email your students' school counselor if you need a registration code

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December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 FAFSA Work-shop (12-3)	3 SAT Exam
4	5	6	7 2hr Early Dismissal	8	9 Interims	10 ACT Exam
11	12	13 Career Center Event	14 Career Center Event	15	16	17
18	19	20	21	22 2hr Early Dismissal	23 School Closed	24
25	26 School Closed	27 School Closed	28 School Closed	29 School Closed	30 School Closed	31