

## News from the WFHS Counseling Department February 2021

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The WFHS Counseling Department continues to support students in their transition back to school and recognizes students may be feeling both excited and nervous. Students may make appointments to see their school counselor during their in-person learning days or virtually on days when they are learning from home.

- In-person appointments may be made in the counseling office.
- If you would like to set up a virtual counseling appointment, please email your school counselor or send them a message on Schoology. Your school counselor will get back to you with available appointment times and instructions on using Microsoft Teams.

Students and families are encouraged to check our website often for important information and updates: <https://www.west-fargo.k12.nd.us/Page/1049>.

### Social/Emotional Support

- Students may make appointments to see their school counselor during their in-person learning days or virtually on Teams for days when they are learning from home. Students can either stop by the counseling office or email their counselor to make an appointment.
- We also have a social worker at West Fargo High who is a great resource for students and their families if they are looking to connect with community supports. Her name is Stacey King and her contact information is: (701) 499-1868 or [sking@west-fargo.k12.nd.us](mailto:sking@west-fargo.k12.nd.us)

### Academic Support

- We encourage students to reach out early and often if they are struggling in a class. Communication will be very important this year. Students may email/Schoology message their teachers or attend Teams office hours on Wednesdays to get additional help.
- Khan Academy is another resource recommended by our teachers for further support at home: <https://www.khanacademy.org/>
- We strongly encourage students to have a consistent schedule during their days when learning from home. Working at the same time and in the same place helps with focus.

<b><u>WFHS Academic Support/Homework Help – Semester Two</u></b>				
	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Homework Room 108E</b>	3:40-4:40  Bussing Provided	3:40-4:40 w/ EL Support  Bussing Provided	3:40-4:40 w/ EL Support  Bussing Provided	3:40-4:40  No Bussing
<b>Math Help: Room 200J</b>	Period 8	Period 8	Period 8	Period 8
<b>Writing Workshop: Library</b>	Periods 2-5A and Periods 7-8	Periods 2-5A and Periods 7-8	Periods 2-5A and Periods 7-8	Periods 2-5A and Periods 7-8
<b>Content Teachers: Social Studies &amp; Science in library</b>  *These specific dates toward the end of Q3 and Q4		3:40-4:40  March 16 March 23 May 11 May 18 May 25	3:40-4:40  March 18 March 25 May 13 May 20	

## Career Counseling

Did you know Career Counseling is a **process** that will help students know and understand themselves and the world of work in order to make career, educational, and life decisions. Career development is more than just deciding on a major and what job you want to get when you graduate. The career counselor can assist with mock interviews, resume writing, scholarship applications, applying for financial aid and just talking with students about career goals. If you have questions and would like to explore opportunities, please contact Hannalee Shaw at 701-499-1855. Mrs. Shaw is available Monday through Friday from 8:00 am – 4:00 pm in the main office.

## Counseling Information in Schoology Courses

New this year! Counselors are utilizing Schoology to share SEL, Academic, and Post-High School information with students. Your student should have automatically been enrolled in their grade level Schoology Course! Course titles are below:

- Grade 9: Class of 2024 - Counseling Information and More!
- Grade 10: Class of 2023 - Counseling Information and More!
- Grade 11: Class of 2022 - Counseling Information and More!
- Grade 12: Class of 2021 - Counseling Information and More!

## PSAT 2020

Students who participated in the PSAT exam on October 14, 2020 should receive their score report in early December. If students have questions regarding their PSAT exam score report or would like to discuss their results, contact Ms. Rosendahl or Ms. Fehl to make an appointment.

## North Dakota Academic and CTE Scholarship

All seniors who graduate from a high school in North Dakota and receive a composite score of 24 or higher on the ACT or a score of 5 on each of the three [WorkKeys](#) assessments and who meet a number of other requirements, may qualify for up to a \$6,000 scholarship to a North Dakota post-secondary institution offering at least a 2-year degree. This includes ND state universities, ND private colleges, and ND two-year technical and community colleges. The amount of each scholarship is \$750 per semester or \$1,500 for the academic year based on full-time enrollment. The scholarships are renewable provided the student maintains a 2.75 grade point average while in college. Review other requirements in the scholarship brochure. Brochures are available in the counseling office. Students or parents may contact the counseling office with further questions.

## Transcript Requests

Students and past graduates can request their transcript be sent to colleges and universities by accessing the school website: <http://www.west-fargo.k12.nd.us/Page/1773>. This link will direct you to Parchment where you can request your transcript online and it will be sent electronically to the school of your choice. All WFHS transcripts are sent via Parchment. First, you will need to sign up for a free account.

### **Here are some Parchment Tips:**

- When creating your account, make sure to use a personal email address (NOT your school email address) and double check that your first and last name in Parchment are spelled exactly as they appear in PowerSchool.
- If you already have a Parchment account, simply sign in and order your transcript using the email and password you chose when you created your account.
- During the last step of ordering a transcript, there is a box that is already checked which authorizes Parchment to store your transcript. Leave this box checked.
- Check that your transcript is accurate before placing an order.
- If you took a dual-credit course, you are required to send an official transcript directly from NDSCS to the college(s) to which you apply. To request a transcript form NDSCS go to: <https://www.ndscs.edu/current-students/request-transcripts>.

## College Entrance Exam – ACT

Some institutions and scholarship applications require an entrance exam for admission or consideration. There are two tests that will usually satisfy this requirement. Most four-year colleges in our area use the ACT but will accept the SAT as well. The ACT exam can predict how well a student will do in college. The ACT exam measures skills in English, mathematics, reading, and science reasoning. These areas are tested because they include the major areas of instruction in most high schools and college programs.

**Class of 2022:** West Fargo High School will organize and provide the ACT exam to juniors free of charge. **The current junior class is scheduled to take the ACT exam on March 2, 2021. Juniors – ACT Prep** – Would you like the opportunity to learn a variety of ACT tips and to get comfortable taking the ACT? On every Wednesday in February, you will have the opportunity to come to school and attend FREE ACT practice sessions, which will run from 1:00-2:00 PM. If you are interested in this opportunity, please see the message and registration link on the junior's Schoology page: Class of 2022 - Counseling Information and More!

**ZAPS ACT Preparation Seminar** - In addition to the free Wednesday practice sessions in February, WFHS will also host a two-night ZAPS ACT preparation seminar on February 24 & 25 from 4:15-6:45 PM. Go to the [Doorway to College](http://www.doorwaytocollege.org) website to register or call 877-927-8378. This seminar is currently scheduled to be held live at WFHS.



**UNLOCK YOUR STUDENT'S POTENTIAL**  
WITH  
**ZAPS**  
FOCUSSED TEST PREP

Doorway to College Foundation™ (D2CF) is the exclusive provider of ZAPS® Focused Test Prep.

In this five-hour seminar, your student will get to:

- Learn tips to improve scores in all subtests
- Practice strategies to eliminate wrong choices
- Take short practice tests that mirror the real test experience
- Reduce test anxiety and gain confidence
- Receive extensive materials for home practice

And much, much more!

**Spots will fill up quickly, so sign up today!**  
**West Fargo High School is partnering with us to bring ZAPS ACT Test Prep to your student!**  
**Students will be taking the ACT on March 2, 2021**

Receive the Nation's Best Test Strategy Prep at a special price of only **\$95.00!**

We are excited to be back in-person in your school this Spring!  
But don't worry, should your school go on-line, so will we.

**ACT Test Prep Seminar/West Fargo High School**  
Wednesday & Thursday, February 24 & 25, 2021  
Time: 4:15 PM–6:45 PM

**Standard Seminar: ~~\$129.99~~**  
**Your Seminar: \$95.00**

Have a conflict with that time? No problem, we offer the exact same training via our virtual seminars with timeslots available every week!

 **Doorway to College**  
Foundation

**Register at:**  
[www.doorwaytocollege.org](http://www.doorwaytocollege.org)  
or call 877-927-8378

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### College Entrance Exam – ACT (continued)

**Class of 2021:** To receive the results in time to meet application deadlines, we encourage seniors to retake the test early in the school year. Seniors should test no later than **February** to have test scores available for consideration for most scholarships and some applications. Listed below are the test dates and registration deadlines for the ACT. The registration fee is \$55 or \$70 with the Writing Test. Go to [www.act.org](http://www.act.org) to find local testing sites, test dates and to register for the exam. Students with documented economic need may be eligible for a fee waiver. Students can visit with their school counselor for more information.