

THE 4.0 BULLETIN

DELANO HIGH SCHOOL COUNSELING OFFICE

Hello and welcome to a new school year! I wanted to write and introduce myself. My name is Sarah Rothstein and I am the new guidance counselor at Delano High School. I will primarily be working with 9th grade and special education students, but look forward to getting to know all students and their families.

I am currently starting my fourth year as a guidance counselor. Previously, I was a counselor in Fulton, MO. I went to the College of St. Benedict for my Bachelor's degree in Psychology and Communication, and earned my Master's degree in Counseling from Marquette University. My husband, Dave, and I grew up in the Twin Cities and we are very excited to have moved back home after he spent the last six years in the military.

In addition to my love for working with students, I enjoy running (I am running in my first marathon in October!), shopping, watching movies, baking, cheering for the MN Wild and MN Twins, and spending time with my family and friends. I also love doing craft projects, making homemade cards, and browsing Pinterest for new ideas! As a guidance counselor, my hope is to challenge students to create and meet their goals both in and out of school, as well as to make high school a fun and safe place to be. My door is always open to both parents and students to talk about any academic, career, or personal/social concern that you may have.

I am excited to be a part of the DHS family and look forward to working with you and your child!

Sarah Rothstein

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DHS junior students have an opportunity to take the Preliminary Scholastic Aptitude Test (PSAT) on **Wednesday, October 15**. A student bulletin describing the PSAT is available in the HS office. The fee for the PSAT is \$15.00. Students enrolled in advanced courses are encouraged to register for the test. There is no make-up date.

As part of the school counseling curriculum, the DHS guidance counselors will meet with students individually in scheduled meetings. Senior meetings will begin the end of Sept. as students are finalizing their plans for post high school. Freshmen meetings will begin at the end of Sept. and will focus on the student's transition to HS, as well as the four year career plan.

REMINDERS

Senior Timeline

Well, it's finally your turn - senior year! Have you thought about what you will be doing next year after graduation? Perhaps that means you will be working, preparing for a career or continuing your education in college. The great news is that you won't be alone in this process. We are here to help you at every turn. The first meeting will be an all-senior meeting on Thursday, September 25. Transcripts will be distributed, college information, testing, and the app process will be discussed.

Junior Timeline

- *Explore interests in subjects, colleges, and careers
- *PSAT exam (recommended to students in the top 25% of class)
- *Collect college brochures, view books, and program information
- *Attend meetings with college representatives in the IMC. Many colleges come on campus to meet with students to discuss their academic programs, campus life, scholarships and more.
- * Check out the MCIS webpage - www.mncis.intocareers.org for college and occupation information.
- *Look at the daily bulletin for dates & info!**

Dates to Remember

September

9 Dollars for Scholars/ Rose order forms will be avail
22 *Homecoming Week*
25 Meet with seniors during Advisory time
26 Mid Quarter
29 HS Conferences and Honor Roll Recognition, Program at 7 p.m.—cafeteria

October

6 Dollars For Scholars Rose Order Forms due
7-8 **National College Fair-Minneapolis Convention Ctr.**
15 PSAT test / \$15.00 pre register in HS office
16-17 MEA—No school

DELANO HIGH SCHOOL COUNSELING

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Delano Mission:

A community committed to achieving academic excellence, responsible leadership, and consistent integrity.



Raise your hand if you love
Delano High School!

- Congresswoman Michele Bachmann's office will be hosting representatives from the various **U.S. Military Academies** such as the Naval Academy, West Point and the Air Force Academy. The student informational night will be held Tuesday, September 16, 2014 from 7 – 8:30 p.m. at the Ramsey City Hall.
* **The Delano Area Scholarship Association** is a local organization made up of volunteers from Delano. Its purpose is to raise scholarship funds that aid high school graduates in the pursuit of higher education. We invite your student to participate in fundraising for this worthwhile cause. Various Delano Scholarship fundraisers are held throughout the year. Students will be notified through school announcements about these fundraisers. Sign-up sheets for student participation are posted in the high school office prior to each fundraiser. What is the criteria for applying for a scholarship?
- Participation in **three Delano Scholarship fundraisers:**
 - +The fall Rose Sale and Omelet Breakfast ticket sale are required.
 - +Participation in volunteer activities, extra-curriculars & academics
 - +Completion of the app form, which includes a description of your post-secondary plans, a short essay, and signatures from two teachers.

After they have completed their required fundraising activities, the formal application process will begin. Applications for the Delano Area Scholarship Association scholarship will be available in the high school office **February 13, 2015**. The completed application forms must be postmarked no later than March 14, 2015. No LATE or INCOMPLETE applications will be accepted. Information regarding the fundraisers and applications will also be available on the Delano Area Scholarship Association link located on the Delano High School Web page.

Rose Sale (participation is required): Minimum of 10 dozen sold. \$100 will be awarded to the top seller. Rose order forms will be available 9/19/14 in DHS office. Rose order forms due 10/6. Rose delivery 10/22/14 or 10/29/14.

All other scholarships are available on the website of Delano High School/

KEEP CALM AND GRADUATE

SCHOLARSHIPS

Wendy's High School Heisman

12th graders: Amount varies;
Applicants must be a high school senior; athletes who exhibit excellence in the classroom, on the playing field and within their communities; minimum 3.0 GPA; be a leader in school/community and serve as a role model for underclassman; and, participate in at least one of 27 sports. Deadline: October 4. <http://www.wendyshighschoolheisman.com/applicants/how-to-apply/>

CLASS OF 2014

DHS seniors outperformed the Minnesota and nationwide class of 2014 on the ACT. DHS seniors posted an average score of 24.2 compared to the Minnesota average of 22.9 and nationwide average of 21. 66% of class—attending 4 year college. 19% of class—attending 2 year college.

Top colleges attending: 1. University of MN—TC 2. NDSU 3. University of St. Thomas 4. Mankato State 5. University of MN—Duluth