2019-2020: Quarter 1

Ready… Set… Goals

Oh, hello!

This past Saturday (September 7th) was an exciting day for me as I raced the Dick Beardsley Half Marathon in Detroit Lakes. This was my first time participating in this race and I arrived with one goal: earn a personal best.

You see – I’ve had this goal for two or three years but never put in adequate training to achieve my goal. Every time I raced a half marathon, and failed, was another moment of defeat and frustration. When would I finally reassess my goal(s) and / or accept what I was (or wasn’t) doing to be successful? This time around, however, I had higher hopes. I put in the training, ate better, practiced nutrition during runs, and used positive self-talk to tell myself I was capable.

The results? I crushed my last PR. 😊

The feelings? It’s still hard to articulate what I am feeling but I promise it’s under the umbrella of excitement and happiness. #SoWorthIt

The point? To encourage all of you, especially students, to take time this month and really ponder what goals you’d like to achieve this year. How will you know when you’ve achieved your goals? How will you feel in that moment?

Try implementing the SMART goal guidelines:

- **S** – Is your goal specific?
- **M** – Is your goal measurable?
- **A** – Is your goal attainable?
- **R** – Is your goal relevant?
- **T** – Is your goal timely?

Pro Tip: Use the resources around you to help create, support, and celebrate your successes. When in doubt – ask your school counselor to help you out 😊 We work with students through a variety of topics. Highs or lows, we have your back. You got this and enjoy the journey!

Mr. Andres
SENIOR CONFERENCES

Seniors and their parent(s) have appointments scheduled to meet with their counselor to prepare for graduation. The first batch of letters with conferences scheduled in September have been sent out. The remaining letters will be sent within the next couple of weeks. **Should the date of this conference not work for you, please call Sylvia Gonzalez at 446-5617.**

Part of this conference will include completing a graduation application. This process is a formal method by which the student and the counselor will do the following:
- Verify legal name on the diploma; check for correct spelling.
- Count credits (required and elective) to make sure all credits are in place for graduation.
- Discuss post high school plans (school, work, and military).
- Determine needs (what hasn’t the student done yet that he/she needs to do in order to realize the post-high school plan).

Students will receive a personal copy of their transcript at this meeting. They should keep this copy as a reference when completing college applications and scholarship forms.

Seniors must complete all graduation requirements in order to participate in the graduation ceremony. Graduation requirements are listed in the Program of Studies and can be found on the Counseling Center webpage.

COLLEGE APPLICATION DAY

We are excited to offer a special event for Davies High School seniors. The Bank of North Dakota will cover one application fee per student to a ND College or University when the student applies during the College Application Day event on **Monday, September 30th.**

**Davies High School - Room F128  2:00 p.m. – 6:00 p.m.**

TRANSCRIPT REQUESTS

During the 2018-19 school year, we started a new system of requesting transcripts! Students, especially those with older siblings, might be familiar with Parchment. However, we are no longer using that service. Students may now access their transcript directly from PowerSchool. Full directions can be found on the Counseling Center website at: [https://www.fargo.k12.nd.us/Page/1055](https://www.fargo.k12.nd.us/Page/1055).
ADVANCED PLACEMENT EXAM REGISTRATION

CHANGES!!! CHANGES!!! CHANGES!!!

CollegeBoard has changed their ordering deadlines and process for registering for AP Exams take in May 2020. Davies High School will once again use Total Registration for registration and fee payment. The difference is that once the student has registered on Total Registration, a link will be provided that directs the student to the CollegeBoard website to finish the registration process.

This year each AP exam costs $100.00. Ronald N Davies High School desires that every student be able to take their AP exams. Students requiring financial assistance should contact Mrs. Debbi Osowski, osowskd@fargo.k12.nd.us, in the Counseling Department to learn more.

Online Exam registration will begin on Tue, Oct 1, 2019 at 8:00 AM and end on Mon, Nov 11, 2019 at 11:00 PM. In order to register, students should click on the link provide on the school website or visit www.TotalRegistration.net/AP/350569 to register. To complete registration, students must answer all the required questions. Registration is not complete until students have printed the pdf of the confirmation page that is provided at the end. We know that parents may desire to register their students for exams. We strongly recommend that parents and students are both present while registering to ensure that the correct exams are ordered.

Ronald N Davies High School is excited to offer families the convenience of paying exam fees online at the time of registration. Please be sure to have a credit card or debit card available before beginning registration. Paying online is a great way to make sure that payment has been made while avoiding mailing payment.

Here are the important dates for the registration process:

- **Tue, Oct 1, 2019 at 8:00 AM** - Registration Begins
- **Fri, Oct 25, 2019 at 11:00 PM** - Registrations and payments after this date will incur a $55 late fee per registration.
- **Mon, Nov 11, 2019 at 11:00 PM** - Registration Ends
- **Thu, Nov 14, 2019 at 11:00 PM** - Registrations that have not been paid for will be cancelled and exams will not be ordered.
- **Thu, Nov 14, 2019** - Last day to cancel an exam and receive a full refund.
- **Sun, Apr 5, 2020** - Last day to cancel an exam with a cancellation fee of $55.00.

Please contact Mrs. Debbi Osowski, osowskd@fargo.k12.nd.us, if you would like to register for an exam not listed or have any questions.

*****If you believe you are eligible for testing accommodations, please see your counselor by October 25, 2019 to discuss the process for applying to CollegeBoard for accommodations. ****
**EAGLES CUPBOARD**

The Eagles Cupboard is up and running. The cupboard supplies basic needs to students who could not otherwise afford them, including food items, personal hygiene products, clothing, and school supplies. If this is something your student needs, please have him/her contact a trusted Davies adult (counselor, teacher, principal, para, coach, maintenance staff, etc.). Help is **free**, **safe**, and **confidential**. We are here to support you.

If you are interested in donating to the Eagles Cupboard, please consider monetary items (gift cards for food, gas, etc.) as we have limited space to store clothing and grocery items. We greatly appreciate all the generous past, present, and future donations to support our students and families in need.

**WEBSITE INFORMATION**

Students and parents – Have you ever visited the Counseling Center website? If not, you are missing out on a plethora of information for students of all grade levels! We have a calendar of events, checklists for each grade, summer and community opportunities, scholarships, and much more. It is a one-stop shop for everything you need to know to get through high school, and to start planning for life beyond! Bookmark it: [www.fargo.k12.nd.us/daviescounseling](http://www.fargo.k12.nd.us/daviescounseling)!

**SCHOLARSHIPS**

It’s never too early to begin your scholarship search! Davies students and parents should be aware of the multitude of scholarship opportunities that exist and the variety of criteria used to award scholarships. The Counseling Center at Davies does its best to publicize those scholarships available to our students on our school web page. Students and parents are encouraged to sign up for an account on the Fargo Public Schools website. Then, you will receive an alert when the scholarship page is updated.

**STUDY SMART! PRESENTED BY DOORWAY TO COLLEGE**

**FRESHMEN! You can learn effective study skills for high school success!**

The transition to high school is challenging and frustrating for students who haven’t developed good study skills - but it doesn’t have to be! Doorway to College Foundation’s **Study Smart!** class provides high school students with powerful techniques to make studying effective, efficient, and even fun.
Learn helpful tips to —

- Understand your learning style
- Minimize distractions
- Set realistic and achievable goals
- Get organized
- Take effective notes
- Manage time and set boundaries on commitments
- Minimize school anxiety
- And much more!

Format: Interactive 2.5-hour class hosted at Davies High School on Monday, November 4th at 6:30 pm. To register, visit http://www.doorwaytocollege.com/study-smart and click on the “Register Now” tab at the top of the page. Seminar fee: $49.99

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**ZAPS ACT TEST PREP SEMINAR**

Students who are thinking of taking/retaking the ACT—we have an amazing test prep opportunity for you! Doorway to College offers the seminar “Zapping the ACT”, which is a five-hour seminar split up over two nights. Information provided during the seminar includes:

- 24 practice tests for the ACT and Zapping the ACT Study Guide
- Specific strategies for each type of question on the ACT
- General test-taking methods
- Test-specific time-management techniques
- Complete explanation of each question and answer on the practice tests
- Unique system for analyzing errors to identify strengths and weaknesses
- Instruction for writing a high-scoring essay

The seminar will be held at Davies High School on October 9th & 10th from 6:30-9:00 pm each night. The cost of the seminar is $95.00, and registration is online at www.doorwaytocollege.com. Click on the “Register Now” tab and type in your zip code to get to the registration page.
COLLEGE ENTRANCE EXAMS

JUNIORS: You will take the state-mandated ACT on Tuesday, March 3rd, 2020. This test is FREE to all juniors, and we will take care of all the registration activities at Davies. The test starts at 8 am, and it lasts approximately four and a half hours. More information will be given as the test date nears.

Some students ask if they should take the ACT before the state-mandated date. That is completely up to the individual and their family! Also, some may ask if they can take it again after the state-mandated test. The answer to that is YES, but you do not have to do so. The ACT is given on several national test dates at various locations in Fargo. If students do choose to test on a national test date, all registration activities are done on the website at www.actstudent.org.

2019-2020 ACT Test Dates

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Fee Required</th>
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<tbody>
<tr>
<td>October 26th</td>
<td>September 20th</td>
<td>Sept. 21-Oct. 4</td>
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<td>December 14th</td>
<td>November 8th</td>
<td>November 9-22</td>
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<td>February 8th</td>
<td>January 10th</td>
<td>January 11-17</td>
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<td>April 4th</td>
<td>February 28th</td>
<td>March 1-13</td>
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<tr>
<td>June 13th</td>
<td>May 8th</td>
<td>May 9-22</td>
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<td>July 18th</td>
<td>June 19th</td>
<td>June 20-26</td>
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Register online at www.actstudent.org

*See your counselor if you feel you require a fee waiver

All sophomores will take the PreACT!

This fall, all Fargo Public Schools sophomores will take the PreACT at no charge! Davies students will test on the morning of November 5th. Although this test is a practice test for the ACT, testing will not take as long as the actual ACT. All pre-testing and testing activities will take about four hours.
WHY TAKE THE PreACT?

- PreACT simulates the ACT testing experience, but with a shorter test window
- Students test in all four ACT subjects: English, math, reading and science.
- Results provide both current achievements and projected future ACT test scores on the familiar 1-36 ACT score scale.

To help all students achieve success, accommodations offered include locally assigned accommodations and available Braille, large print, reader script, and audio. Students will work with their case managers to determine if accommodations will be in their best interest.

If you have any questions regarding the PreACT, please contact your counselor.

Thank you,

Davies Counseling Center

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Counselors & Staff

<table>
<thead>
<tr>
<th>Joshua Andres</th>
<th>Jennifer Toso-Kenna</th>
<th>Debbi Osowski</th>
<th>Anita Mahnke</th>
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<tbody>
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<td>Last Names K-Q</td>
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<td>446-5615</td>
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<table>
<thead>
<tr>
<th>Dona Sabby</th>
<th>Sylvia Gonzalez</th>
<th>Alexis Rinas</th>
<th>Davies High School</th>
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<tbody>
<tr>
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<td>Career Coordinator</td>
<td>Student Wellness &amp; Family Facilitator</td>
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<td>446-5616</td>
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<td>446-5627</td>
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