Coping & Self-Care(ing) Through Winter

I captured the picture to the right while running through Gooseberry Park in Moorhead, MN. This was on October 12th when the first snowflake of the winter fell. I felt conflicted between excitement and dread… where did fall go?

Getting through the winter season can feel like a drag so we are taking this opportunity to remind you about coping skills and positive self-care strategies.

**Coping Skills:** Used day-to-day to help get through a difficult situation or event. Typically, brief and used as needed.

**Self-Care:** Intentional rituals, habits, or moments to help maintain better mental health – during ups and downs.

Through my work with students, I’ve noticed students typically have AWESOME coping skills: Deep breathing, journaling, listening to music, talking to someone, or taking a nap.

However, when talking about positive self-care habits, students are often at a loss when asked to brainstorm what works for them. It’s important that we all make time for ourselves to be reflective, decompress, and rejuvenate our spirits – particularly during winter when the sun just doesn’t shine as much. For me, this is a peaceful run through the park or alone time in a coffee shop with my earbuds in.

Whatever you do, make sure it’s positive, intentional, and leads to you feeling better. Over time, this will hopefully become a habit so practicing self-care strategies will be part of your daily routine.

Mr. Andres
Davies AP Scholar Roster - 2019

The following awards have been received by current and recently graduated students of Davies High School:

**AP Scholars** are students who have received scores of 3 or higher on three or more AP Exams:

- Amelia Adank
- John Anderson
- Abagail Berg
- Jack Boub
- Rachel Burkman
- Clara Conner
- Alexya Eberhardt
- Tyler Erickson
- Emily Gao
- Benjamin Hoefs
- Paloma Johnson
- Hannah Khan
- Megan Lundstrom
- Austin Nelson
- Marlene Paulik
- Mark Rohleder
- Zachary Rohleder
- Enoch Satrom
- Sunjeev Shaik
- Hope Simon
- Andrew Thomas
- Kathryn Thompson
- Logan West
- John Wuitschick

**AP Scholars with Honor** are those students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more of these exams:

- Abigail Brooks
- Jennifer Chao
- Sejla Dervisic
- Hannah Krier
- Annie Le
- Hannah Oberg
- Kinzie Thomas
- Hanna Zastoupil

**AP Scholars with Distinction** are those students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams:

- Astrid Axtman
- McKenzie Burian
- Irvin Chadraa
- Connor Dahlvang
- Dyuti Dawn
- Sophia Frappier
- Nishita Gaba
- Everett Glower
- Charles Graf
- Joshua Gronneberg
- Ishika Gupta
- Vanessa Hellner-Born
- Habiba Heshmat
- Joanna Lin
- Caroline Osborne
- Obarianasemi Owate-Chujor
- Juliet Sampson
- Elijah Satrom
- Myckynzie Schroeder
- Junting Shen
- Madelynn Sturma
- Marvin Tian
- Forrest Weintraub
- Emily Westrick
- Allen Wu

**National AP Scholar** are those students in the United States who receive an average score of at least 4 on all AP Exams taken, and scores of 4 or higher on eight or more of these exams:

- Dyuti Dawn
- Everrett Glower
- Charles Graf
- Vanessa Hellner-Born
- Juliet Sampson
- Junting Shen
- Allen Wu
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.

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

REGISTRATION

It’s time to start planning for registration for the 2020-2021 school year. Counselors will be visiting classrooms to disperse registration materials in January. In February, students will input their course selections. Additional information will be provided in the quarter 3 newsletter.

WORKKEYS INFORMATION

Students and parents have likely heard much discussion about qualifying for the ND Scholarship over the course of high school. Students who meet specific course requirements for the ND Career and Technical Education track of this scholarship are also required to either have a 24 composite on the ACT or a score of at least “5” on all 3 WorkKeys assessments. These 3 assessments measure students’ ability in: Applied Mathematics, Graphic Literacy, and Workplace Documents. Davies High School offers a computer-based version of these assessments to provide students with an opportunity to qualify for this scholarship.

The WorkKeys will be offered at Davies on the following dates:

- Thursday, December 12th from 1:00pm-4:00pm
- Thursday, February 13th from 1:00pm-4:00pm
- Thursday, April 23rd from 1:00pm-4:00pm

*Important* If a student does not take the WorkKeys Assessments at Davies by the April 23rd date, it is the student’s responsibility to find an alternative location to test.

The cost is $36 (or $12 per test should a student need to retake only one assessment). To register, please bring your registration fee (cash or check to Davies High School) and sign up in the Counseling Center.
2019-2020: Quarter 2

**Study Smart! Seminar**

Doorway to College Foundation’s Study Smart! class is for high school students who want to learn powerful techniques to make studying effective, efficient, and - yes- even fun!

You'll learn helpful tips on how to:

- Better understand your individual learning style - and what works best for you
- Minimize distractions while studying
- Set realistic and achievable goals to grow your confidence
- Get - and stay - organized
- Take efficient notes that will be helpful later
- Memorize effectively so that information stays with you
- Manage time and set boundaries on commitments
- Deal with feelings of anxiety when it comes to studying and test-taking

Registration Details:

- Date: Monday, November 4th
- Location: Davies High School - Room H101
- Cost: $49
- Registration: Online @ [https://www.doorwaytocollege.com/study-smart](https://www.doorwaytocollege.com/study-smart)

**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 for the Fargo Public Schools website. Then, you will receive an alert when the scholarship page is updated.

**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)!
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 two evenings in February (exact dates TBD) 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.

*ZAPS is being offered at Fargo North and Fargo South on different dates if the times at Davies will not work for you. These dates can be found in the Davies Counseling Center.

Academic Planning

Parents and students can request to meet with a school counselor annually to review, discuss, and revise four-year academic plans for graduation. Parents can call the counseling office at 446-5616 for an appointment, or students can come to the counseling center to set up a time.

Counselors periodically review all students' four-year plans:

- 8th Grade Conferences in January/February of 8th grade
- 10th Grade Conferences, which may look differently this year
- Senior Conferences in the fall of senior year
- As requested by a student / family throughout high school

In addition, students will fill out a four-year plan in Health class as freshmen.

Each year, students will also receive their transcripts and a credit count form during the registration process, giving them the opportunity to track their own progress.
Eagle Cupboard

Providing emergency assistance to Davies students in need. Help is free and confidential.

There is no charge to participate in this program.

Students who need assistance should contact any adult in the building they trust. This adult will then take them to the Eagle Cupboard. The cupboard is open school days: 7:45am – 3:45pm. Bags are available for students to transport items. These items range from basic hygiene, feminine products, food items, and other items as needed.

If you have questions or would like additional information, please speak to any administrator, counselor, teacher, or staff member.

If you are interested in contributing to the cupboard, please contact Mr. Andres as specific needs are always changing.

Thank you to those who have previously and/or currently support our mission in helping all students achieve!
ADVANCED PLACEMENT EXAM REGISTRATION

Davies High School will once again be using Total Registration for our Advanced Placement Exam registration. This is an online system and will be available through the Counseling Services website (https://www.fargo.k12.nd.us/Page/1096).

Regular registration is now closed. Students are still able to register (with a $55 per exam late fee) until Monday, November 11, 2019 at 11:00 pm. Unpaid exams, at this point in time, will also be assessed the late fee. Exam registrations not paid by Thursday, November 14, 2019 will be cancelled, and no exam will be ordered. Thursday, November 14, 2019 is the last day to cancel an exam and receive a full refund.

Please contact Debbi Osowski (osowskd@fargo.k12.nd.us / 701-446-5613) if you have any questions.

ADVANCED PLACEMENT EXAM SCHEDULE - 2020

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<thead>
<tr>
<th>Week 1</th>
<th>Morning</th>
<th>Afternoon</th>
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<tbody>
<tr>
<td></td>
<td>(8:00am – noon)</td>
<td>(Noon – 4:00 pm)</td>
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<tr>
<td>Monday, May 4</td>
<td>United States Government and Politics</td>
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<tr>
<td>Tuesday, May 5</td>
<td>Calculus AB</td>
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<tr>
<td>Wednesday, May 6</td>
<td>English Literature and Composition</td>
<td>European History</td>
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<tr>
<td>Thursday, May 7</td>
<td>Chemistry</td>
<td>Physics 1</td>
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<tr>
<td>Friday, May 8</td>
<td>United States History</td>
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<tr>
<td>Week 2</td>
<td>Morning (8:00 am – noon)</td>
<td>Afternoon (Noon-4:00 pm)</td>
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<tr>
<td>Monday, May 11</td>
<td>Biology</td>
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<tr>
<td>Tuesday, May 12</td>
<td>Calculus</td>
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<tr>
<td>Wednesday, May 13</td>
<td>English Language and Composition</td>
<td>Microeconomics</td>
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<tr>
<td>Thursday, May 14</td>
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<td>Macroeconomics</td>
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<tr>
<td>Friday, May 17</td>
<td>Statistics</td>
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**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](http://www.actstudent.org).

*Dates on next page*
2019-2020: Quarter 2

2019-2020 ACT Test Dates

Davies High School Code 350-569
Fees: $52 without writing, $68 with writing*

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Fee Required</th>
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<tbody>
<tr>
<td>December 14th</td>
<td>November 8th</td>
<td>November 9-22</td>
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<tr>
<td>February 8th</td>
<td>January 10th</td>
<td>January 11-17</td>
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<tr>
<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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<tr>
<td>July 18th</td>
<td>June 19th</td>
<td>June 20-26</td>
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Register online at [www.actstudent.org](http://www.actstudent.org)

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

ASVAB

For any students interested in completing The Armed Services Vocational Aptitude Battery (ASVAB) can do so at Davies High School! We are offering on Tuesday, December 10th at 8:30am in H101. This is a paper-pencil format, so students do not need to bring anything.

Please register in the Counseling Center if you’d like to take this for military purposes and / or another comprehensive career aptitude assessment.

Counselors & Staff

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