Do you know what I take very seriously? School lunch. **I. Love. School. Lunch.** (For real, ask my team!) Some days bring great difficulty in deciding exactly which lunch to choose. The Chicken and Rice Bowl? Or perhaps an Italian Dunker? The choice is not always easy but it must be made. Then, with great excitement, I enjoy my lunch and all the fixings. The bread with jelly is a sweet treat and the orange sorbet is THE BEST. I look forward to eating lunch every day.

Why am I sharing my passion for school lunch with you? Because it symbolizes something important, which is simply finding joy in our everyday adventures. We understand that school isn’t always fun – homework, tests, navigating relationships with your peers, etc – but it’s important. So you go to school.

If school isn’t always fun for you, what is one thing you can do every day to bring more joy to school? How about work? And home? I like to think of this as practicing positive self-care. Self-care “describes the actions that an individual might take in order to reach optimal physical and mental health” (goodtherapy.org). If you aren’t already, take some time and think about ways you can intentionally bring more joy to your day. We all experience joy differently but the feeling is the same. So begin developing positive self-care habits to help you get through the highs and lows of life.

Although the counseling department has no control over what happens outside of school, we want to help all of our students feel positive, hopeful, safe, and successful while at Davies High. If there is something we can help you with this year, please stop by and visit with your counselor.

All the best,

Mr. Andres (A-D)
PSAT REGISTRATION

The PSAT will be administered at Davies High School on Wednesday, October 10, 2018 beginning at 8:00 a.m. The fee for testing will be $18.00.

The Preliminary SAT/National Merit Scholarship Qualifying Test is a great tool for students considering college. The PSAT/NMSQT measures critical reading skills, math problem-solving skills and writing skills. Ronald N Davies High School recommends that students take the PSAT/NMSQT in order to receive feedback about strengths and weaknesses, enter the competition for National Merit Scholar scholarships (11th graders) and to help prepare for the SAT.

For the 2018 PSAT/NMSQT, students at Ronald N Davies High School will be registering online. This registration will take a few minutes and can be completed from any computer with internet access.

Online Exam registration will begin on Thursday, Aug 23, 2018 at 8:00 AM and end on Tuesday, September 11, 2018 at 11:00 PM. In order to register, students should click on the link provided on the school website or visit www.TotalRegistration.net/PSAT/350569 to register. To complete registration, students must answer all of the required questions. Registration is not complete until students have printed the pdf of the confirmation page that is provided at the end.

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 debit or credit 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:

- Thursday, August 23, 2018 at 8:00 AM - Registration Begins
- Tuesday, September 11, 2018 at 11:00 PM - Registration Ends
- Wednesday, September 12, 2018 at 9:00 AM - Registrations that have not been paid for will be canceled and exams will not be ordered.

Please contact Mrs. Debbi Osowski, osowskd@fargo.k12.nd.us, if you have questions or require financial assistance.

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, October 1st.

- Davies High School - Room F128  2:00 p.m. – 6:00 p.m.
Planning Your Future

Please join us
Monday, October 1, 2018
5:00 p.m. — 7:00 p.m.
Davies High School Commons

All Students grades 9-12 and Parents are invited to stop by anytime to attend the
Planning Your Future event. This event will include the following activities to help students
and their parents navigate the sometimes confusing world of

“Life after High School”

AGENDA

2:00 p.m. - 6:00 p.m. College Application Day
Again THIS YEAR...Application fee paid for if seniors attend this session. Seniors may stop by
room F128 if they have open campus period 7. 8. or after school and complete the application for
admission and be eligible to have the application fee Paid for by Bank of ND to 1 of the ND colleges
and/or MSUM’s application fee waived.

5:00 p.m. - 7:00 p.m. College/Military Fair
Over 20 local colleges and military representatives will be available in the Commons to visit with
families about their organization and answer your questions.

6:00 p.m. - 6:30 p.m. Scholarship & Financial Aid Presentation
Paying for a college education is no small undertaking. There are many things to consider. A
representative from the Financial Aide office at North Dakota State University will present the
latest information about paying for college and answer your questions.

Feel free to stop by any time throughout the evening. We have a variety of experts
here to help students/parents who are planning for their life after high school.
Questions...please call 446-5617
We look forward to seeing you at this event.
**NORTH DAKOTA STATE ASSESSMENTS**

**Juniors:** NDSA (North Dakota State Assessments) is required by state and federal (the No Child Left Behind Act of 2001) law. NDSA is designed to assess students in their knowledge and skills in reading/language arts, mathematics, and science for the purpose of comparing student performance against content and achievement standards for that grade level. **Juniors take the science portion.** Only the science portion of the test is administered in the fall; mathematics and language arts are no longer required due to legislature allowing the state-mandated ACT exam to count. The science testing will be given via paper/pencil method as has been done in past years. **Testing will take place for all juniors on Tuesday, October 30th. The class period(s) are still TBD.** We would ask that you please make every effort to have your student at school on this date as state law also requires that any student who is absent must make-up the test they miss.

Some tips for students to keep in mind prior to and during testing:

- Come to school well-rested
- Make sure to have a good lunch and stay hydrated
- Come prepared for the test
- Pay attention to directions
- Maintain focus during the test
- Use good test taking skills
- Be on time and be present for the duration of testing

If you have any questions regarding participation in NDSA, please contact the Counseling Center and talk with your student’s counselor. Best of luck to all juniors as they complete the science tests on October 30th!

**WEB SITE 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/davescounseling](http://www.fargo.k12.nd.us/davescounseling)!
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 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 Services webpage.

TRANSCRIPT REQUESTS

We have a new system of requesting transcripts! Students might be familiar with Parchment, but unfortunately, 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.

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 either sign up for an account for the Fargo Public Schools website, or just make sure you sign in when you visit. Then, you can subscribe to receive updates to the scholarship page! To subscribe, visit our website at www.fargo.k12.nd.us/daviescounseling and click on the “Financial Aid and Scholarships” link on the left side of the page. If you are signed in, the “Subscribe” button will appear directly below the scholarship list.

Once you have subscribed, you will receive an e-mail notification every time a new scholarship is added. Most applications can be found online, but there are some available in the Counseling Center.
COLLEGE ENTRANCE EXAMS AND TEST PREP

JUNIORS: You will take the state-mandated ACT on Tuesday, April 2nd, 2019. 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.

2018-2019 ACT Test Dates

Davies High School Code 350-569
Fees: $46 without writing, $62.50 with writing*

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Fee Required</th>
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<tr>
<td>October 27th</td>
<td>September 28th</td>
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<td>December 8th</td>
<td>November 2nd</td>
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<td>April 13th</td>
<td>March 8th</td>
<td>March 9-25</td>
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<td>June 8th</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*
2018-2019: Quarter 1

2018-19 SAT Test Dates

Davies High School Code 350-569
Fees: $46 for SAT without essay, $60 with essay
SAT Subject Test fees start at $26.
See https://collegereadiness.collegeboard.org/sat-subject-tests/register/fees-payments/fees for specific information

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<td>May 4th</td>
<td>SAT + Subject Tests</td>
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<td>June 1st</td>
<td>SAT + Subject Tests</td>
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Register online at www.collegboard.com/mysat

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 October 30th. 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 achievement 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.
**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 15th & 16th from 6:30-9:00 pm each night. The cost of the seminar is $95.00, and registration is online at [www.doorwaytocollege.com](http://www.doorwaytocollege.com). Click on the “Register Now” tab and type in your zip code to get to the registration page.

**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 **Tuesday, November 6th at 6:30 pm**. To register, visit [http://www.doorwaytocollege.com/study-smart](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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<td><strong>Debbi Osowski</strong></td>
<td><strong>Anita Mahnke</strong></td>
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<tr>
<td><strong>Dona Sabby</strong></td>
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<td><strong>Alexis Rinas</strong></td>
<td><strong>Davies High School</strong></td>
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<tr>
<td>Registrar</td>
<td>Career Coordinator</td>
<td>Student Wellness &amp; Family Facilitator</td>
<td>7150 25th St S, Fargo, ND</td>
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<tr>
<td>446-5616</td>
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