Alert! Alert! Social Media Can Hurt...

Warm greetings from the Counseling Center! Like the changing seasons of weather, we also experience changing seasons of “hot topics”. These seasons and hot topics are influenced by several things – local politics, the news, new shows on Netflix, or perhaps something we aren’t even aware of that can be influencing teens. Do you ever feel that way? You’re not alone.

The current hot topic we are seeing a lot of may or may not surprise you – social media.

Social media is everywhere and inevitably playing a role in our lives, no matter how much we resist it. The American School Counseling Association published this article last fall, which summarizes the implications social media has on our teens. Allow us to highlight some important points with you.

1. Mental Health Implications – Although there is no research to indicate a direct cause-and-effect relationship with social media and mental health, symptoms of depression and other mental health disorders are likely to manifest, or reveal themselves, in one’s behavior on social media.

2. Appearance Obsession – With the filters and ability to post idealistic images of one’s self, it is easy for students to fall into the belief that everyone is living a perfect life. Then the question arises – why can’t I live a perfect life? This can lead to a heightened awareness of self and have a diminishing impact on self-esteem. Rather than focusing on the features we find unfavorable in ourselves, help your child identify their strengths and “form positive opinions of self that aren’t as dependent on external affirmation.”

3. Your Brain on Likes – Research around how receiving likes can impact the brain has been out for a while. Receiving likes really can be important – even if the positive feelings received lack substance and longevity. You may notice your child placing so much energy on photographing a fun experience that you may question if they’re even enjoying the experience! Providing structure around cell phone / social media usage may be helpful for your child. For example, having a family rule that no cell phones are allowed at the dinner table.

There can also be safety risks for teens on social media. Be aware of how and what social media apps your child is using. It can be easy for a student to vent on social media in the moment of hurt or anger without any real understanding of the impact it can have on themselves or others. Please help us prevent scary or hurtful cyber interactions by asking questions and helping your child learn appropriate ways to use technology.

We recognize that “everyone is doing it.” What needs to change is “everyone is doing it safely and appropriately.” If your child sees someone expressing help via social media, please help them intervene by contacting the student’s parent, calling the local police, connecting with the School Resource Officer, or notifying your student’s School Counselor.

Thank you,

Davies Counseling Center
Davies AP Scholar Roster - 2018

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:
- Katherine Andreachi
- Gabriel Bartunek
- Ibrahim Bukhari
- McKenzie Burian
- Rachel Burkman
- Hunter Christianson
- Sophia Frappier
- Joshua Gronneberg
- Nathan Horner
- Hannah Krier
- Annie Le
- Daniel Poynter
- Anaclaire Rue
- Dylan Sartwell
- Trey Waltz
- Emily Westrick

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:
- Astrid Axtman
- Abigail Brooks
- Lily Burkhart
- Irvin Chadraa
- Michelle Chadraa
- Matthewscott Dale
- Nishita Gaba
- Trevor Hagen
- Samuel Haggard
- Katie Hanson
- Isabel Kallmeyer
- Brendan Laliberte
- Caroline Osborne

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:
- Brooke Bergen
- Brennan Coslett
- Connor Dahlvang
- Duyti Dawn
- Nathan De La Garza
- Braden Ehlert
- Everett Glower
- Charles Graf
- Ishika Gupta
- William Hella
- Vanessa Hellner-Born
- Andrew Lundstrom
- Reilly Mach
- Nidhi Mahale
- Obarianasemi Owate-Chujor
- April Peterson
- Carter Razink
- Juliet Sampson
- Page Schoer
- Myckynzie Schroeder
- Junting Shen
- Parker Stenseth
- Saige Thurlow
- Maria Wanzek
- Allen Wu

State AP Scholar is granted to one male and one female student in each U.S. state and the District of Columbia with scores of 3 or higher on the greatest number of AP Exams, and then the highest average score (at least 3.5) on all AP Exams taken.
- Nidhi Mahale

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
- Nidhi Mahale
- Junting Shen
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). Our registration window will be earlier this year so that we are able to take advantage of Total Registration’s service to have answer sheets pre-printed. This will save students the requirement of attending a required pre-administration session to complete their own sheet.

Registration will be open from Wednesday, February 6, 2019 (8:00 am) - Wednesday, February 27, 2019 (11:00 pm). A late fee of $55 will be added to all registrations from February 27 - March 5. The site will complete close on Tuesday, March 5, 2019 (11:00 pm). No registrations will be accepted after this time. The fee for each exam will be $100 and will be paid directly to Total Registration by check or credit card.

If you have questions about this process, please contact Mrs. Osowski, Counselor.

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 13\textsuperscript{th} from 1:00pm-4:00pm
- Thursday, February 14\textsuperscript{th} from 1:00pm-4:00pm
- Thursday, April 25\textsuperscript{th} from 1:00pm-4:00pm

*Important* If a student does not take the WorkKeys Assessments at Davies by the April 25th 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.
Eagle Cupboard

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

Students are welcome to choose from a variety of grocery items including:

- Soups/chili
- Crackers
- Granola bars/fruit bars/fruit snacks
- Cereal/oatmeal
- Canned meats
- Rice and potato packets
- Assortment of hygiene products including shampoo/deodorant/tampons/soap, etc.
- Various school supplies including pens/pencils/paper/folders, etc.
- Peanut butter and jelly
- Pastas and sauce
- Juice
- Canned fruit/applesauce
- Canned vegetables

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.

If you have questions or would like additional information, please speak to any administrator, counselor, teacher, or staff member.
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 March 6th and 7th 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.

REGISTRATION

It’s time to start planning for registration for the 2019-2020 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.

Sophomore Conferences

Starting at the beginning of the second semester, all sophomores and their parents will be invited to attend an academic and career planning conference individually with their counselor. These conferences cover topics such as current classes, junior year classes, future career plans, and much more!

Things to keep in mind:
- Not all conferences will take place before registration. Please know that there is flexibility in registering, and classes CAN be changed during the conference!
- We work hard to schedule time with all 300+ sophomores and parents! The time you receive might not be the most convenient, but spring is a busy time with testing and registration, so it is not always easy to reschedule.
# ADVANCED PLACEMENT EXAM SCHEDULE - 2019

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Morning (8:00am – noon)</th>
<th>Afternoon (Noon – 4:00 pm)</th>
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</thead>
<tbody>
<tr>
<td>Monday, May 6</td>
<td>United States Government and Politics</td>
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<tr>
<td>Tuesday, May 7</td>
<td></td>
<td>Physics 1: Algebra-Based</td>
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<tr>
<td>Wednesday, May 8</td>
<td>English Literature and Composition</td>
<td>European History</td>
</tr>
<tr>
<td>Thursday, May 9</td>
<td>Chemistry</td>
<td>Psychology</td>
</tr>
<tr>
<td>Friday, May 10</td>
<td>United States History</td>
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<tr>
<th>Week 2</th>
<th>Morning (8:00 am – noon)</th>
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<tbody>
<tr>
<td>Monday, May 14</td>
<td>Biology</td>
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<tr>
<td>Tuesday, May 15</td>
<td>Calculus AB</td>
<td></td>
</tr>
<tr>
<td>Wednesday, May 16</td>
<td>English Language and Composition</td>
<td>Macroeconomics</td>
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<td>Thursday, May 17</td>
<td></td>
<td>Statistics</td>
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<tr>
<td>Friday, May 18</td>
<td>Microeconomics</td>
<td>Computer Science A</td>
</tr>
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</table>
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

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

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Fee Required</th>
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</thead>
<tbody>
<tr>
<td>December 8th</td>
<td>November 2nd</td>
<td>November 3-19</td>
</tr>
<tr>
<td>February 9th</td>
<td>January 11th</td>
<td>January 12-18</td>
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<tr>
<td>April 13th</td>
<td>March 8th</td>
<td>March 9-25</td>
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<tr>
<td>June 8th</td>
<td>May 3rd</td>
<td>May 4-20</td>
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</table>

Register online at www.actstudent.org

*See your counselor if you feel you require a fee waiver
2018-2019 SAT Test Dates

Davies High School Code 350-569

Fees: $47.50 for SAT without essay, $64.50 with essay
SAT Subject Test fees start at $26.

See https://collegereadiness.collegeboard.org/sat-subject-tests/register/fees-payments/fees for specific information

<table>
<thead>
<tr>
<th>Test Dates</th>
<th>Test</th>
<th>Registration Deadline</th>
<th>Late Registration</th>
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<tr>
<td>December 1st</td>
<td>SAT + Subject Tests</td>
<td>November 2nd</td>
<td>November 20th</td>
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<tr>
<td>March 9th</td>
<td>SAT only</td>
<td>February 8th</td>
<td>February 27th</td>
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<tr>
<td>May 4th</td>
<td>SAT + Subject Tests</td>
<td>April 5th</td>
<td>April 24th</td>
</tr>
<tr>
<td>June 1st</td>
<td>SAT + Subject Tests</td>
<td>May 3rd</td>
<td>May 22nd</td>
</tr>
</tbody>
</table>

Register online at www.collegboard.com/mysat

LOOKING FOR INFORMATION?

You will find a number of helpful links and resources at the Davies Student Services website, on our Twitter feed, and on our Pinterest page. Check us out!

- On the web: www.fargo.k12.nd.us/daviescounseling
- Twitter: @DaviesCounsel
- Pinterest: www.pinterest.com/davieshs

Thank you,

Davies Counseling Center

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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<tr>
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<td>Last Names E-J</td>
<td>Last Names K-Q</td>
<td>Last Names R-Z</td>
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<tr>
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<td>446-5614</td>
<td>446-5613</td>
<td>446-5615</td>
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<td><a href="mailto:tosokej@fargo.k12.nd.us">tosokej@fargo.k12.nd.us</a></td>
<td><a href="mailto:osowskd@fargo.k12.nd.us">osowskd@fargo.k12.nd.us</a></td>
<td><a href="mailto:mahnkea@fargo.k12.nd.us">mahnkea@fargo.k12.nd.us</a></td>
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<tr>
<th>Dona Sabby</th>
<th>TBD</th>
<th>Alexis Rinas</th>
<th>Davies High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registrar</td>
<td>Career Coordinator</td>
<td>Student Wellness &amp; Family Facilitator</td>
<td>7150 25th St S, Fargo, ND</td>
</tr>
<tr>
<td>446-5616</td>
<td>446-5617</td>
<td>446-5627</td>
<td>Phone: 446-5600</td>
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<tr>
<td><a href="mailto:sabbyd@fargo.k12.nd.us">sabbyd@fargo.k12.nd.us</a></td>
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<td>Fax: 446-5910</td>
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