Rollercoasters are Fun! Unless they’re the emotional ones…

I volunteered to write this quarter’s introduction because I was inspired by a conference call in which I recently took part. To make a long story short, it led me to the theory of multiple intelligences. I am going to try to keep this brief, but I find this theory to be completely fascinating! Fun Fact: Howard Gardner proposed that there are SEVEN areas of intelligence: musical-rhythmic, visual-spatial, verbal-linguistic, logical-mathematical, bodily-kinesthetic, interpersonal, and intrapersonal. He later went on to add existential and moral intelligences as possible additions to the list.

Gardner’s theory has been widely challenged. However, isn’t it a wonderful thought that people aren’t just either smart or not, but that instead, maybe they’re just different? Maybe math and numbers are not your area of strength, but you are amazing at reading other people’s moods and emotions or are gifted musically. And, isn’t it interesting food for thought that if someone does not have musical abilities but they do have math or linguistic skills that they are still considered “smart”; however, if someone has lower math and linguistic skills, but is very talented musically, the same is not true for them?!? Hmmm…

But I digress… back to the conference call.

The call was with former NFL cheerleader-turned motivational speaker Shannon McKain (www.shannonmckain.com). She spoke about a completely different area of intelligence. Emotional Intelligence is the ability to identify and have control of your own emotions, and having empathy, or an understanding, of others’ emotions.

We probably all know the person (or, we are the person) who we could identify as constantly being on an emotional rollercoaster. It is one thing to be able to say, “I’m happy/sad/scared etc.,” but it is definitely a higher-level skill to be able to identify why we feel the way we do, and then figure out how to get those emotions under control – to get off the rollercoaster.

But, herein lies the problem: how does a person build their emotional intelligence? Well, just like anything else, it takes time and practice! Self-aware people aren’t always born that way; often, awareness comes through working with a counselor, meditation, journaling… And sometimes, it’s simply growing up and maturing.

Your path to self-awareness may differ vastly from those around you, but it is a journey well worth taking. Many jobs exist today where specific job skills can be taught on-site. So, “soft skills” are highly sought after by many employers.

In addition to the self-awareness piece of emotional intelligence, we have empathy, but now I’m running out of space! Being able to see and understand other people’s moods and emotions is almost as important as being able to identify and control our own. So, that is going to be a different topic for another day – stay tuned for the fourth quarter Counselor Corner!

Mrs. Toso-Kenna (E-K)
**ACT STATE-MANDATED TESTING**

*The ACT state-mandated test will be for all juniors on April 2nd. You will need to know...*

- All registration and pre-test administration activities will take place at Davies.
- State-mandated testing is free to all students.
- You MUST have a picture ID to take the test – a driver’s license or school ID are sufficient.
- **Testing will start promptly at 8:00** even if you do not have a period one class. Late arrivals will not be allowed to take the test on the 2nd.
- **No electronic devices, including smart watches** will be allowed in the testing rooms.
- Only permissible calculators will be allowed, and you must have your own – you may not share. A list of permissible and prohibited calculators can be found at [http://www.actstudent.org/faq/calculator.html](http://www.actstudent.org/faq/calculator.html).
- **Failure to follow the rules could cause your test to be invalidated, or worst-case scenario, the whole school’s tests.**
- Test time will take approximately four hours.

**What might help you on the test?**

Since this is the real ACT test, you should prepare just like you would for a national test date! FREE ACT test prep tools are available to you on the Testive program at RUReady.ND.gov. You have an account set up already from the career units you have done in the past. If you have forgotten your login information, Mrs. Gonzalez in the Career Center can help you.

We will also host a test-prep session called **“Zapping the ACT”** presented by Doorway to College. This will take place on Wednesday and Thursday, March 6-7 from 6:30-9 pm at Davies. The seminar fee is $95, and you can register online at [https://store.doorwaytocollege.com/seminars](https://store.doorwaytocollege.com/seminars). If the dates listed for Davies do not work in your schedule, there are other Zapping the ACT workshops offered at other high schools in Fargo prior to the April ACT.

**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 Math, 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.

Students **MUST** attend one of the following testing dates:

- Thursday, December 13th from 1:00pm-4:00pm
- Thursday, February 14th from 1:00pm-4:00pm
- Thursday, April 25th from 1:00pm-4:00pm

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.

**SCHOLARSHIPS**

Have you signed up for the Davies website yet? Once you do, you can subscribe to the Scholarships page on the Counseling Center website, and you will receive an e-mail each time the scholarships are updated. There are many scholarships available, and several have due dates coming throughout February and March. Take a look at [www.fargo.k12.nd.us/daviescounseling](http://www.fargo.k12.nd.us/daviescounseling) and click on the **Scholarships and Financial Aid** link.
COLLEGE ENTRANCE EXAMS

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: $50.50 without writing, $67 with writing*

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<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Fee Required</th>
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<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

2018-19 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

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<th>Test Dates</th>
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<th>Late Registration</th>
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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>
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Register online at www.collegboard.com/mysat
SOPHOMORE CONFERENCES

Starting second semester, all sophomores and parent(s)/guardians will have the opportunity to meet with their counselor. The following topics will be discussed…

- Current classes and grades
- 4-year plan and transcript review
- Registration for 11th grade
- Review of PreACT
- Stress Management
- Post-secondary Plans
- Choice Ready
- …and more!

Due to the large volume of students, we cannot meet with everyone prior to registration. However, during the conference, we will review the classes that students chose, and we can make changes at that time.

We also plan to have conferences completed prior to spring break. After the break, we will have too many other activities to reschedule conferences. If your scheduled time does not work for you, call Sylvia Gonzalez at 446-5617, and we will do our best to reschedule.

If you have any additional questions, do not hesitate to reach out to Mrs. Gonzalez, or to your student’s counselor.

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<tr>
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<td>A-D</td>
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<td>446-5612</td>
<td>446-5614</td>
<td>446-5613</td>
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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 330+ 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.

CLASS REGISTRATION FOR NEXT YEAR

Registration for the 2019-2020 school year began on Thursday, January 16th. We realize there are several changes this year but are hopeful this will help streamline the process with our growing student population. Please see the schedule below to know when and how your student will be completing this process. If you have any questions, please do not hesitate to contact your student’s counselor. Also check out the Davies Counseling Center’s website here: https://www.fargo.k12.nd.us/daviescounseling

Current 9th:
January 30 – registration info presented in English classes
February 13 – input course requests in English classes
Students will need to arrive at school on February 13th with their decisions made. This day is not the time to visit with counselors or teachers regarding course options. Those types of conversations need to take place prior to the actual registration process.
Students who are absent the day that course selections are entered should stop in the Counseling Center as soon as they return to input their choices. Students should bring their PLD to complete this process.
Verification sheets will be mailed home the beginning of March.
2018-2019: Quarter 3

**Current 10th:**
January 16 – registration info presented in English classes
January 17 – February 15 – window to independently register
This year, after receiving registration information from the counselors, our sophomores will be given the opportunity to independently register for next year’s classes. We ask that all sophomores complete this process by the time the registration window closes on February 15th. It would be ideal if a student would complete the process prior to his/her sophomore conference.

Verification sheets will not be mailed for sophomores as we will review this information and make any necessary changes with families at sophomore conferences.

**Current 11th:**
January 23 – registration info presented in English
January 23 – February 15 – window to independently register
January 25 - Counselors available 8:30-3:30 for walk-in registration questions
This year, after receiving registration information from the counselors, our juniors will be given the opportunity to independently register for next year’s classes. We ask that all juniors complete this process by the time the registration window closes on February 15th.

Verification sheets will be mailed home the beginning of March.

*For all sophomores and juniors, in addition to the directions on how to input course requests being provided during our classroom visits, directions will also be sent to student emails. Directions will be available hard copy as well should a student choose to take a sheet outlining the process. The procedure to input course requests will be the same as the one we have used in previous years.

EL students:
January 24 - registration info presented in English classes
February 14 - input course requests
Verification sheets will be mailed home the beginning of March

For all students: Any student who is absent the day information is presented in class should stop in the Counseling Center upon return to pick up registration information.

**ONLINE REGISTRATION FOR AP EXAMS STARTING IN FEBRUARY**

**Dates:**
February 6 (8:00 a.m.) – February 27 (11:00 p.m.)
Late fee registration closes on March 5 (11:00 p.m.)

**Cost:**
$100 per exam ($55 late fee after 11:00 pm. on February 27)
Unpaid exam orders as of March 8 at 8:00 am will be cancelled.

**Where:**
Online: www.TotalRegistration.net/AP/350569

For the 2019 AP exams, 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. 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 Wednesday, February 6, 2019 at 8:00 AM and end on Tuesday, March 5 at 11:00 PM. In order to register, students should click on the link provided on the Counseling Center website or visit www.TotalRegistration.net/AP/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. 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:

- Wednesday, February 6, 2019 at 8:00 AM - Registration Begins
- Wednesday, February 27, 2019 at 11:00 PM -Registrations and payments after this date will incur a $55 late fee per registration. Late fees will also be assessed for unpaid exams registered for prior to this date.
- Tuesday, March 5, 2019 at 11:00 PM - Registrations and payments after this date will incur a $55 late fee per registration.
- Friday, March 8, 2019 at 8:00 AM - Registrations that have not been paid for will be cancelled and exams will not be ordered.

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.

**NORTH DAKOTA STATE ASSESSMENT(S)**

In previous years, students would take the ELA and Math North Dakota State Assessments in the spring. However, due to recent legislative changes, this MAY NOT be happening. We are waiting to hear if the NDSA will be required or not this spring. If NDSA will be required, sophomores will be required to take this assessment this spring.

**SERVICES FROM THE RAPE AND ABUSE CRISIS CENTER**

Jana, counselor from the Rape and Abuse Crisis Center, will be at Davies to offer services to our students. She will cover dating violence sexual assault, gender issues, healthy relationships, and a number of other topics. If interested, parents or students should contact their school counselor or RACC at 293-7273.

**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 is in need of accessing, 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.

~Counseling Center Staff

**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
SUMMER OPPORTUNITIES

Are you looking for great summer opportunities to gain experience or knowledge? Check out the following links to learn more about the opportunity, dates, deadlines, and other applicable information:

- Medora
  - [http://Medora.com/employment](http://Medora.com/employment)
- Camp Ryla
  - [http://district5580ryla.org/](http://district5580ryla.org/)
- Crack The Code Day Camp for Girls
  - [https://www.ancodegirl.org/#home](https://www.ancodegirl.org/#home)
- North Dakota Girls State
  - [http://ndgirlsstate.org/](http://ndgirlsstate.org/)
- North Dakota Boys State
  - [https://ndboysstate.org/](https://ndboysstate.org/)
- North Dakota Governor’s School
  - [https://www.ndsu.edu/govschool/](https://www.ndsu.edu/govschool/)
- North Dakota Leadership Seminar (NDLS)
  - [http://www.ndleadership.net/](http://www.ndleadership.net/)
- Hugh O'Brien Youth Leadership (HOBY)
  - [http://www.ndhoby.org/](http://www.ndhoby.org/)
- PICNICS
  - [https://www.ndsu.edu/news/view/detail/3454/](https://www.ndsu.edu/news/view/detail/3454/)
- AIM
  - [https://www.uscga.edu/aim/](https://www.uscga.edu/aim/)

TRANSCRIPT REQUESTS

Once you know where you need to send your transcript, please send a “Final Transcript” as soon as you can. You can select this option when requesting a transcript. Follow instructions below and see the Counseling Center with questions.

Step 1: Click on the icon pictured below

Step 2: Select “Education Portal” link
Step 3: Select the “Send Transcript” tab
## 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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<tbody>
<tr>
<td>Monday, May 6</td>
<td>United States Government and Politics</td>
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<td>Tuesday, May 7</td>
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<td>Physics 1: Algebra-Based</td>
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<td>Wednesday, May 8</td>
<td>English Literature and Composition</td>
<td>European History</td>
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<td>Thursday, May 9</td>
<td>Chemistry</td>
<td>Psychology</td>
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<td>Friday, May 10</td>
<td>United States History</td>
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<th>Morning (8:00 am – noon)</th>
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<tr>
<td>Monday, May 13</td>
<td>Biology</td>
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<tr>
<td>Tuesday, May 14</td>
<td>Calculus AB</td>
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<tr>
<td>Wednesday, May 15</td>
<td>English Language and Composition</td>
<td>Macroeconomics</td>
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<tr>
<td>Thursday, May 16</td>
<td></td>
<td>Statistics</td>
</tr>
<tr>
<td>Friday, May 17</td>
<td>Microeconomics</td>
<td>Computer Science A</td>
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Thank you,
Davies Counseling Center

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### Counselors & Staff

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<thead>
<tr>
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<tr>
<th>Dona Sabby</th>
<th>Sylvia Gonzales</th>
<th>Alexis Rinas</th>
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</tr>
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<tr>
<td>Registrar</td>
<td>Career Coordinator</td>
<td>Student Wellness &amp; Family Facilitator</td>
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<tr>
<td>446-5616</td>
<td>446-5617</td>
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<td>7150 25th St S, Fargo, ND</td>
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<td></td>
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Davies Counseling Center Newsletter