

# Montour High School Counseling Department

## NOVEMBER E-Newsletter

Welcome to the November edition of the Montour High School Counseling Department E-Newsletter! As we quickly end the first nine weeks, it is important that we keep you up to speed on the resources and services available to you through the current month.

### CLASSROOM LESSONS:

The counselors will visit the sophomore and junior social studies classes to review post-secondary planning activities. Here is a list of some of the information to be covered this nine weeks:

- PSAT score results
- Khan Academy
- Introduction to Naviance
- National College Fair (juniors only)

### PERSONAL WELLNESS GROUPS

Every Tuesday the school counseling department offers Personal Wellness groups during PLT time. The topics covered include Stress Management, Grief/Loss, Personal Growth, and Study Skills. Interested students should sign up in flex time manager. All groups are held in room 337.

### ACADEMIC ASSISTANCE

Need help with math, science, history, English or any other subject? National Honor Society students are offering a peer to peer tutoring program during PLT. Any student that needs help can sign up and will be assigned to a peer to assist them in the specific content area. Also, students should sign up for their teacher's PLT for academic support as well.

### PSAT/NMSQT TEST RESULTS

All sophomores and juniors took the PSAT/NSMQT on October 19. The results will be returned to students in December/January. Students will receive a detailed score report and will sign up or log into their current College Board account. This will link their scores electronically and allow for free, personalized SAT prep. Counselors will be distributing the score reports to students in their social studies classrooms.

### FEE WAIVERS AND/OR ACCOMMODATIONS FOR SAT OR ACT TESTING

If students qualify for participation in the free/reduced lunch program, they are eligible for fee waivers for the SAT and ACT. These waivers are good for 2 separate test administrations. Students with IEP's and/or 504 plans are eligible for accommodations when taking the SAT and/or ACT. ***These students must provide documentation of need to SAT and/or ACT well in advance of testing.*** Please contact **Cindy Caliguire** at 412-492-6500, ext. 1606.

### NEXT SAT AND ACT TEST DATES

The next SAT is **Saturday, December 3**. Registration deadline is November 3.  
The next ACT is **Saturday, December 10**. Registration deadline is November 4

**Please contact your child's counselor with any questions/concerns.**

**Dr. Sparkenbaugh** – Student's last name A-Go  
412-490-6500, X1620  
[sparkenbaughe@montourschools.com](mailto:sparkenbaughe@montourschools.com)

**Mr. Kerr** – Students last name Gr-Pe  
412-490-6500, X1601  
[kerrd@montourschools.com](mailto:kerrd@montourschools.com)

**Mrs. Kolbert** – Student's last name Pf-Z  
412-490-6500, X1602  
[kolbertc@montourschools.com](mailto:kolbertc@montourschools.com)

