

November Counseling and FRC Update

Hello Hellgate Parents/Students:

We are getting ready to wrap up our first round/ of class rotations. We are officially halfway through all 6 periods for this semester. This is a great time of year for students to be checking Q regularly and making sure they're staying on top of assignments. If there are any missing assignments for periods 1-6, we encourage students to talk to their teachers to make a plan to make up that work (if possible). Seniors are busy with college applications. Seniors, please make sure to read the Senior section at the bottom of the update, there is a lot of important information.

-HHS Counselors

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SOS Prevention Program **November 10th and 12th**

Students in Health Enhancement 1 (mostly 9th graders) will be taught the Signs of Suicide (SOS) Prevention Program curriculum on Tuesday, November 10th and Thursday, November 12th. A letter was sent home explaining the process and providing resources. For any parent searching for additional resources, we have added them at the bottom of the Update. If you have concerns about your student or other HHS students, contact their Counselor directly.

PSAT **Tuesday January 26th 2021**

HHS will test the PSAT on Tuesday January 26th this year. Registration is now open on a first-come, first-served basis. See Jeanie Hughes with your \$18 registration fee to secure your spot. Juniors will still be able to use this test date to qualify for the National Merit Scholarship Program. For more test prep information, visit College Board at: <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/taking-the-tests>

How do I see my counselor?

This year, we are asking students to email their Counselor directly to schedule an appointment. We will be scheduling most appointments over Google Meet. On their

scheduled class days, students are welcome to drop into counseling. At this time, all parent appointments will be through Google Meet. We are also still making phone calls as well.

Counseling Curriculum Lessons

Counselors are exploring new and different avenues to deliver some of our lessons and general updates to students. Each grade level has a Counseling Google Classroom where we will post general updates and lessons. We recently created a video lesson that we shared with all students.

Are you interested in playing sports at a NCAA school?

Our local contact at UM, Jean Gee, is a fountain of knowledge and information about playing sports at the college level. In years past she has been able to present to students in groups about their aspirations, but you can reach out to her directly if you need specific questions: <https://gogrizz.com/staff-directory/jean-gee/21>

Are you interested in taking college classes in high school?

The University of Montana and Missoula College offer numerous opportunities for students to earn college credit while still in high school. Participate in 1-2-Free! During the entire course of a student's high school career, they will get tuition for two classes (up to 6 credits) free. After that the cost is holding steady at \$55/credit.

Dual Enrollment – The broad term used for various ways students can receive college credits while in high school or in a home school program. Students are eligible for reduced tuition and no mandatory fees rate as well as the 1-2-Free program as long as they are registered for 100 or 200 level courses.

Early College – The program that was formerly called the High School Pilot Program. It is when high school or home school students take classes on the college or university campus either in person or online.

Concurrent Enrollment/Dual Credit – High School students are taking courses taught by our wonderful faculty affiliates at their high school for both high school and college credit.

Upcoming Opportunities

We are offering a 3 week winter session this year that offers online courses and runs from November 30 – December 18. The last day to apply for that is 11/30/20

Our Spring session begins January 11th and runs through April 30, 2021. The last day to apply is January 4th.

For More Information

Jordan Patterson is the Director of Dual Enrollment. She is offering Information Sessions scheduled via Zoom for the following dates:

- 11/11 6 pm
- 11/12 5 pm
- 11/16 11am
- 11/19 6:30pm

Here is the link for people to access the zoom sessions:

<https://umontana.zoom.us/j/9849906323>

If you would like to schedule an advising appointment to discuss classes you can visit this link: <https://calendly.com/umpatterson/advising-appointment>

Dual Enrollment Application link:

<https://apply.umt.edu/register/?id=91bec6d2-526b-4264-b644-b75d6321143f>

We also still have the hardship available to students who participates or whose household participates in one of the following government assistance programs: Free or Reduced Lunch, MT Healthy Kids/Medicaid, TANF, SNAP, WIC, SSI, McKinney-Vento, section 8 housing, or Head Start. The application is online, here is the link:

<https://umdualenrollment.submittable.com/submit/172760/university-of-montana-dual-enrollment-hardship-application>

Important Dates at a glance

November 23- Virtual Learning

November 24-27- Thanksgiving Break No School

December 21-January 1 - Winter Break (Jan 4 return)

January 26- PSAT

Counseling Website: <http://www.mcpsmt.org//Domain/334>

FRC/Social Worker Update

New Role: This semester, I will be taking a step back from my FRC role to take on some extra duties with students L-Q. I am partnering with Ms Kolczak as she works as the high school counselor part time with the MCPS Online Academy. I may be contacting you or your student about schedules, grades, and other support as needed. Don't be alarmed if you hear from me!

Community Support: Check out the link about Kids Study Club happening at Burns St. Bistro on the North Side [Kids Study Club!](#) . I highly recommend signing up your student if they need access to computers and/or internet for remote work and some great food and socialization.

Holiday Help: We are collecting **monetary donations** to purchase Wal-Mart and Target gift cards to give to students for the winter holiday. We have a tradition at Hellgate to have staff nominate any students that they want give a little extra holiday cheer to. We had 190 students on our list last year. If you are interested, donations are tax-deductible. Please drop off to our book keeper, Jeanie Hughes.

Resources

As winter approaches, we understand that mental health can decline. Here are resources if you are concerned about your child and their mental health or safety.

- In a crisis, always dial 911 or go to a hospital emergency room
 - St. Patrick's Hospital
 - 500 W. Broadway Street
 - (406) 543-7271
 - Community Medical Center
 - 2827 Fort Missoula Road
 - (406) 728-4100
- If you feel someone you know is thinking of suicide:
 - Question-Ask the person directly if they are thinking of suicide (research shows this does not increase the likelihood that someone will commit suicide)
 - Persuade-the person to get help
 - Refer-the person to an appropriate resource and make sure to tell a mental health professional.
- Suicide Prevention Hotline 1-800-273-TALK (8255) or Text "MT" to 741-741
- First Call for Help—Montana 211
 - Dial: 211
 - Hours: 24 hours/7 days a week
- Western Montana Mental Health Center
 - (406) 532-9710 or toll free 1-888-820-0083
 - Hours: 24 Hour crisis line
- Providence Urgent Mental Health Clinic
 - (406) 327-3034
 - Hours: Mon-Fri 8:30am-5:00pm

- If you are in need of mental health support for your student the Youth Diversion Project helps identify your student's needs and connect you to resources. They can also provide short term counseling for free.
 - <http://www.missoulayouthcrisis.org/>
- Some family insurance programs utilize an EAP Employee Assistance Program which can provide some free resources like therapy, be sure to check yours out!

For more information on Suicide Prevention & Ed., check out Project Tomorrow Montana <http://projecttomorrowmt.org/>

Senior Section

ACT Scores

Your ACT scores will be available at act.org once they have been scored. You must create an account to access your scores. Here is the link to the login page, make sure to read the options carefully:

<https://my.act.org/account/signin?location=https://my.act.org> For more information on ACT scores, visit:

<https://www.act.org/content/act/en/products-and-services/the-act/scores.html>

FAFSA Help Sessions

UM Virtual Sessions

November

The University of Montana Financial Aid Office is offering more help sessions during the month of November. This is NOT just for U of M bound students. This service is open to all Missoula area seniors and parents/guardians regardless of their school of choice.

The FAFSA application opened on October 1 and many Montana colleges have a priority deadline of December 1. Take advantage of this amazing opportunity if you have questions or need help completing the application. Please see the attached flyer for dates and times. We have also posted the dates and times to the Counseling Events Calendar: <http://www.mcpsmt.org/Page/10549>

MUS Application portal

The Montana University System has created a Montana College Application Portal. Students can apply to multiple colleges in one application for free. This can be used at any time so apply today!

<https://applymt2021.liaisoncas.com/applicant-ux/#/login>

Scholarships

The MCPS Scholarship website is a collaboration between the high schools as one resource. There are tools, tips, websites, and databases that students and parent/guardians can utilize. Updates for the 2020-2021 year are just getting started, but many scholarships return annually. Please check it often.

<https://www.mcpsmt.org/Domain/2739>

College Application Deadlines/Common Application & Coalition Application Questions

Many colleges and universities are utilizing Common Application or SendEdu for their application process. This is convenient for students and recommenders because applications can be completed online and students can complete one application for multiple schools. Counselors will receive a request for a recommendation through email. Your student should check with their Counselor to ensure they received the request. Each counselor has a different email address. Requestors also need to provide their Counselor with a current Resume at least 2 weeks prior so that we can write a comprehensive letter of recommendation.

Be mindful of deadlines over the holiday breaks. Hellgate staff are not available over the break to help with, or complete applications. Thanksgiving Break runs November 24-November 29. Winter break runs December 19-January 3.

Letters Of Recommendation

College Applications have already begun! If the college you are applying to requires a Letter of Recommendation, please ask your teacher and/or counselor at least 2 weeks prior to your deadline. Some may require a current Resume. More information about Requesting Letters of Recommendation can be found at:

<http://www.mcpsmt.org/Page/6192>

Transcript Requests

Official Transcripts can be ordered through the HHS Registrar, Lori Willumsen. Students and parents can either complete a Transcript Request Form or submit a request to Lori through email at lwillumsen@mcpsmt.org. Students who are 18 must make the request for themselves. Transcript Request Forms can be picked up at Lori's desk. If making a request through email, please be sure to provide your student's name as well as the name and address of the institution it will be sent to. Please provide your request at least 48 hours before you need your transcript. Unofficial transcripts can be viewed on student and parent Q.