

# Seton Guidance Newsletter

October 2017

## A Message from Mrs. Montavon:

Dear Seton Community,

Thank you for your warm welcome. I have enjoyed getting out and meeting many of our students and I look forward to getting to know each of their families in the near future as well.

As your school counselor, my goal is to partner with teachers and parents to assist students to be successful in their academics as well as to help them learn life skills that will support their social and emotional success now and in the future. I will do my best to use my past experience as school counselor in both public and private schools and my professional training in various mental health issues to address the many different needs at Seton.

Mrs. Guyant and I are working together to better understand how to best serve our students, teachers and families. We are grateful to all of you who were able to attend the Back to School nights and who filled out the Guidance Feedback form!

I am on the "go", in and out of my office all day, so email is usually the best way to reach me, [emontavon@setonschool.net](mailto:emontavon@setonschool.net). Last, but not least, please know I need and value your prayers as I work to develop relationships with the students and guide them during these important middle and high school years.

God bless,  
Mrs. Montavon

## Back to School Tips for a Successful Year:

❖ **Hang and use a wall calendar in your room to record important dates.**  
- Your school planner is your go-to source for all your homework, projects and tests, but consider also using a wall calendar to record important dates, especially dates for tests, projects and research papers. This will help you to see upcoming important deadlines at a single glance.

### Contact Information:

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SETON SCHOOL CODE:  
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### SAT NATIONAL TEST SCHEDULE 2017

October 7, 2017  
November 4, 2017  
December 2, 2017

Register at least one month  
prior at  
[www.collegeboard.org](http://www.collegeboard.org)

### ACT NATIONAL TEST SCHEDULE 2017

October 28, 2017  
December 9, 2017

Register at least one month  
prior at [www.act.org](http://www.act.org)

*(Back to School Tips continued...)*

❖ **Make a To Do List** – Even though you have information in your school planner and on your wall calendar, take a few minutes when you get home to make a To Do list and jot down your evening work. You will be able to stay more organized and check off items from the list as you go, enabling you to see progress!

❖ **Schedule consistent study times.** – Set aside time every day for study and make it consistent. Stage your studying over two to three days before a test and avoid last minute studying and cramming.

❖ **Start with the hardest homework first.** – Consider doing homework for your most difficult subjects first. Afterwards, everything else will be more enjoyable knowing those harder subjects are completed and out of the way.

❖ **Write the current date on the upper corner of your notes.** – This process helps you stay organized as well as know what to study when the teacher gives specific notes to review. This also comes in handy when a friend needs to borrow notes.

❖ **Have an effective study area.** Designate a quiet, well lit, area for studying. Do not study in an area of your home where you are bound to be distracted (i.e. in front of a television). If you cannot find a quiet spot in your home, see if you can go to the library.

❖ **Don't rush in the a.m.** – Wake up early enough to arrive at school ahead of time. If you need 30 minutes to get up, shower and dress, pad that time by waking up at least 45 minutes prior to

your departure. Being on time, and even ahead of time, is a great habit that will carry you well in life!

❖ **Avoid overload.** – While you may sign up for extra school activities, such as sports or clubs, do not take on too much. First determine how much study time you will need, then choose one or two recreational activities that you enjoy.

❖ **Get assistance.** – If you do not understand a lesson, immediately ask for help. A sibling, friend, parent or teacher can be a lifesaver. If you think you need a tutor, please contact Mrs. Montavon. The National Honor Society has students available to tutor, and she can help set you up with one.

❖ **Get enough sleep.** – Try to keep a good sleep schedule. Avoid late night use of smartphones and computers which can throw off your sleep schedule. Being well rested will ensure you are alert and ready to learn the following day.

❖ **Avoid too much sugar.** – Try to maintain a healthy diet and avoid eating too much sugar which can leave you feeling tired and sluggish.

❖ **Keep moving.** – Make sure you are getting plenty of exercise each day. This will help you stay healthy, focused, and has also been known to help with brain function and concentration.

❖ **Reward yourself.** – Designate enticing rewards for each goal you set, such as ice cream, a movie, or going out with your friends. As you achieve each of your goals, reap your rewards! This will keep you motivated throughout the year!



## Maximizing College Fairs

College fairs are an extremely effective way to gain more information about a variety of colleges and universities. Here are some helpful hints to make the college fair experience productive and informative:

- Before the fair, print out labels that include your contact information, high school name, and graduation year, as well as any academic or athletic interests. These labels can be handed to each college representative in lieu of filling out a “request for information” card. Doing this will allow you to spend your time asking questions rather than writing.
- Provide a label or fill out a card for colleges even if you are already on their mailing list. Many colleges keep track of a student’s contacts with them over time as an indication of his or her level of interest.
- Check when you arrive at the fair to see if there is a listing of the schools in attendance and identify the schools on which you want to focus.
- Stay open-minded about other colleges. This is a great opportunity to pick up more information and learn about unfamiliar institutions that may be a good match for you.
- Once you are at a table, feel free to pick up copies of brochures available to you.
- Think ahead about specific questions you would like to ask the college representative, who may be an admissions officer or an alumnus of the university. You will often gain information beyond what is found in brochures and/or the website.
- Keep in mind that many selective universities cannot provide minimum or preferred test scores or grade-point averages since their selection process is based on many other factors as well.

*(Counselor’s Canvas, Washington University, St. Louis, Fall 2010)*

### Questions for Students to Ask a College Representative

1. What is the composition of the student body (e.g. from what states, male/female ratio, how many undergraduates/graduates)?
2. What percentage of students live on campus? Is on-campus housing guaranteed for freshman?
3. Do you offer a wide variety of majors? Can students easily change their course of study?
4. What is the academic advising system like?
5. Do faculty members teach courses or are they taught mostly by graduate students?
6. What is the average class size?
7. What courses are required? Can I get credit for AP classes?
8. Are there opportunities for research, independent study, internships, and study abroad?
9. What choices are there for extra-curricular activities?
10. Is there a public transportation system, making it easy for students to get around without a car?
11. What is the neighborhood surrounding the campus like? How do students get involved in the local community?
12. Do you offer academic scholarships? What is the application process for scholarships?
13. What are the characteristics of this school that make it distinctive?

*(Counselor’s Canvas, Washington University, St. Louis, Fall 2010)*

## Upcoming College Fairs:

### Catholic College Fair

Wednesday, Oct. 11,  
Holy Spirit Catholic Church,  
Annandale, 7:00 p.m.

### PWCS Regional College Fair

Thursday, Oct. 12,  
Freedom High School,  
South Riding, 6:00 p.m.

### FCPS College Fair

Sunday, Oct. 15,  
Fair Oaks Mall, 7:30 p.m.

To register, visit

<https://www.fcps.edu/index.php/node/31960>.

### The National Association for College Admission Counseling (NACAC) National College Fair

Sunday, Nov. 4,  
12:30 to 4:00 p.m.

Walter E. Washington  
Convention Center  
Washington, D.C.

For more information and to register, visit

<https://www.nacacfairs.org/attend/national-college-fairs/greater-washington-dc/>

### Upcoming College Visit at Seton during Lunch

Thomas Aquinas College, CA, will be visiting Friday, Oct. 27.

Please take a moment during your lunch to stop by and visit with the representatives.

## An Invite by SWE

The Society of Women Engineers (SWE) at the University of Virginia invites students to apply for the High School Visitation Program taking place November 18, 2017. The program gives young women a comprehensive look at engineering fields as well as at UVA's engineering curriculum. The program is designed to benefit participants with all levels of engineering experience. The fall session of the program is for high school seniors, however, sophomores and juniors may apply. For more information and to apply, visit <https://www.virginiaswe.org/hsv>.

## Voice of Democracy Audio Essay Competition

Since 1947, the Voice of Democracy has been the Veterans of Foreign Wars' (VFW's) premier scholarship program. Students (grades 9-12) compete by writing and recording an audio essay on an annual patriotic theme. This year's theme is "American History: Our Hope for the Future". Student entry deadline is October 31, 2017. For more information and to apply, visit <https://vfw-cdn.azureedge.net/-/media/VFWSite/Files/Community/Youth-and-Education/Voice-of-Democracy-Student-Entry-Form-and-Brochure.pdf?la=en>.

## Looking for SAT Prep Classes?

Hunt Programs offers classes year-round at Bishop Ireton, John Paul the Great, and Bishop O'Connell High Schools. Visit [www.huntprograms.com](http://www.huntprograms.com) for course schedule and pricing.

## Financial Aid Night

### PWCS Financial Aid Night

Wednesday, Oct. 18,  
Patriot High School, 6:30 p.m.



## College Workshop for Seton Juniors!

Wednesday, Oct. 25, from  
7:00 p.m. to 8:30 p.m. in  
Faustina

Guest speakers include  
Lauren Wagner from  
GMU and Sam Phillips  
from Christendom  
College.

All juniors and at least  
one parent are strongly  
encouraged to attend.