

Test Dates for SAT & ACT:

SAT Test Dates:

May 7 (Register by April 8)

June 4 (Register by May 5)

www.collegeboard.org

ACT Test Dates:

April 9 (Register by March 4)

June 11 (Register by May 6)

www.actstudent.org

NPBS CEEB CODE: 333355

If you are eligible for Free/Reduced lunch you can get a Fee Waiver. See your counselor for a form.

If you are a student with a disability and have been approved for test accommodations by the College Board, please remember to enter your SSD code when registering for the SAT.



Check out the Guidance Website

- Scholarships
- Spring and Fall SAT and ACT Dates and Deadlines
- June Regents Exam Information and Teacher Review Schedules
- Information on community service, working papers, and much more

Please check-in with us as information is updated frequently.

www.newpaltz.k12.ny.us/highschool

Important Reminder for Seniors

In early July, we will send your final transcript to the college you will be attending. Please log into Naviance and update your admission status for your colleges and let us know if you need a final transcript sent to the NCAA.

Ulster County Office of Employment & Training

Want to make money? Do you need a summer job? Apply for the Summer Youth Employment Program. Applications are being accepted until 5/20/16.

To print an application visit

www.ulsterworks.com

- Serving youth ages 14-20 of Ulster County
- Income eligibility requirements must be met.

For more information please call Janet

Rigaux at 845-340-3120

www.facebook.com/UlsterWorksCareerCenter

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

~Dalai Lama

Many people are talking about “Mindfulness”. The UC Berkeley Greater Good website defines Mindfulness as “A means of maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.” This simple concept can offer numerous benefits. For the full article visit the website:

<http://greatergood.berkeley.edu/topic/mindfulness/definition>

Here are a few suggestions on how to cultivate mindfulness:

- Pay attention to your breathing
- Disconnect from Technology
- Explore Nature
- Practice Gratitude
- Do Random Acts of Kindness

School Counselors

Kathryn Flanagan

kflanagan@newpaltz.k12.ny.us

9th A-F

10th A-K

11th A-D

12th A-Khan

Stephanie Shoemaker

Director of Guidance

sshoemaker@newpaltz.k12.ny.us

9th G-N

10th L-O

11th E-M

12th Koch-L

Jessica Peterson

jpeterson@newpaltz.k12.ny.us

9th O-Z

10th P-Z

11th N-Z

12th M-Z

Comparing Financial Aid Award Letters

Before your high school seniors make their college choices, they should understand what is being offered in the financial aid package provided by the colleges to which they've been accepted, including how much of that aid must be repaid and the requirements for maintaining their aid.

HESC's Financial Aid Award Package Comparison Tool helps students determine the financial bottom line by highlighting:

- Which school is offering the most "free money," or grants and scholarships that don't have to be repaid
- What aid is recurring and the requirements that must be met to retain that aid.
- How much is comprised of federal student loans.
- How much they will still need to pay, commonly referred to as their unmet need.

Inform your students about HESC's Financial Aid Award Package Comparison Tool so that they can make a more informed college choice.

Article: NYS Higher Education Services Corporation

COLLEGE FAIR

New Paltz High School & Walkill Senior High School
Thursday, April 28, 2016

Colleges and Universities that have attended previously

New Paltz High School 9:30 am-11:00 am
**Students in Grades 9-11 are invited to attend this session during their second block classes.*

Walkill Senior High School 12:00 pm-1:30 pm

For questions or more information about the College Fair, please call: 845-256-4120



Now Accepting...STEM Incentive Program Applications

Top high school seniors who will be attending a SUNY or CUNY college in the fall may now apply for the NYS Science, Technology, Engineering and Mathematics (STEM) Incentive Program application. Please share this financial aid opportunity with seniors ranking in the top 10 percent of your 2016 graduating class.

More information, including complete eligibility requirements, approved STEM programs of study, the STEM application and STEM information flyer, is available at hesc.ny.gov/stem.

Article: NYS Higher Education Services Corporation

NY-AIMS Application Available in May

The NYS Achievement and Investment in Merit Scholarship (NY-AIMS) provides merit-based scholarships to NYS high school graduates who achieved academic excellence as a high school student.

Beginning in May, your top high school seniors who will be attending college in New York State may apply to receive a \$500 NY-AIMS award to offset their college costs.

Visit hesc.ny.gov/nyaims to learn more.

Article: NYS Higher Education Services Corporation