

# WINDSOR LOCKS HIGH SCHOOL COUNSELING COMMENTARIES



**Windsor Locks High School  
Counseling Staff Members**

## IMPORTANT EVENTS AND DATES

\* April 7<sup>th</sup> – UConn information session for admitted seniors during Flex Block

\* April 11<sup>th</sup> -15<sup>th</sup> – Spring Recess – No School

\* April 27<sup>th</sup> – Make up testing for the SATs

\* May 2<sup>nd</sup> – 13<sup>th</sup> – Advanced Placement Exams

\* May 5<sup>th</sup> – Regular registration deadline for June 4<sup>th</sup> SATs which will be at WLHS

## Important Events in the School Counseling Department

### Important standardized testing for students in grades 10-12

On Wednesday, April 27th a few students in Grade 11 will sit for state wide Digital SAT make up testing day. The majority of our students took this exam on Wednesday, March 23<sup>rd</sup>. This testing assists in gaining a stronger picture of all students and how well prepared they are for success in college and careers; the test measures students' abilities and benchmarks in Evidence-based Reading and Writing, and in Mathematics. For any questions, please contact Deb Ramirez at [dramirez@wlps.org](mailto:dramirez@wlps.org). The first round of scores will be available April 15<sup>th</sup>, students can access their scores through their College Board Account.

On May 17<sup>th</sup> students in Grade 11 will sit for the Next Generation Science Standards exam. This is an online assessment designed to measure skills in reading comprehension, writing, mathematics, and real-world science questions that require students to demonstrate that they truly understand the content and provides us with benchmarks for graduation standards. If you have any questions, please contact Alyssa Krasnecky at [akrasnecky@wlps.org](mailto:akrasnecky@wlps.org) or Deb Ramirez at [dramirez@wlps.org](mailto:dramirez@wlps.org).

**Starting on May 2-13<sup>th</sup>** – students in Grades 10-12 enrolled in AP classes will take Advanced Placement Exams – The exam schedule is as follows:

**May 2<sup>nd</sup> – AP Research Paper due**

**May 3<sup>rd</sup> - Psychology – 12pm**

**May 4<sup>th</sup> – English Literature & Composition – 8am, Computer Science A – 12pm**

**May 5<sup>th</sup> – Human Geography 8 am, Seminar – 12pm**

**May 6<sup>th</sup> – US History – 8am, Studio Art – Portfolios due**

**May 9<sup>th</sup> – Calculus AB – 8am, Computer Science Principles – 12pm**

**May 10<sup>th</sup> – English Language & Composition – 8am**

**May 11<sup>th</sup> – Biology - 12pm**

**May 12<sup>th</sup> – Physic – 12pm**

**May 18<sup>th</sup> – Statistics – 8am**

## WINDSOR LOCKS HIGH SCHOOL

APRIL  
2022



### Attention Seniors

Please make sure that you are reviewing your 3<sup>rd</sup> quarter report card, checking in with your teachers and checking in with your school counselor to make sure that you are on target for graduation in June!!!

School Counselors have all your information on the credits you have completed and those you still need to meet your graduation requirements. This information has been shared with you but it is important that you maintain accountability for your academics.

**Additionally, if you DO NOT have 20 hours of community service you will not be eligible for graduation** so please make sure to check on this information and make sure to submit your hours.

**As May 1<sup>st</sup> approaches – those of you attending college next year – please let your counselors know where you will be attending so that we can send final transcripts**

## IMPORTANT EVENTS CONTINUED

### Course Recommendations & Selection

The school counselors have gone into each of the English classrooms for grades 9-11 and worked with all students on their course selection for the 2022-2023 school year. School Counselors will continue to meet with any student who has not filled out their course selections.

Teachers submitted their recommendations for each of their students based on *daily performance in class, habits of scholarship, MAP testing benchmarks, rigor of courses, reading/writing ability, and content of courses*. The teacher's recommendation is developed with the best interest of the student in mind. Experience has shown that these recommendations accurately reflect student success.

Students were asked to select courses in each of the core subject areas and then to choose a number of elective courses in the event that a course does not run the student would have a back-up course. The Master Schedule will be built within the next few weeks and schedule conflicts will be reviewed and students will be contacted to adjust if necessary.

If you have a question or concern regarding a course recommendation, it is important to have a discussion with the student's teacher and if at that point there is a request to override the recommendation, paper work must be filled out and submitted to your school counselor.

If you have any additional questions, please feel free to contact Deborrah Ramirez – School Counseling Director at [dramirez@wlps.org](mailto:dramirez@wlps.org).



***A PROFESSIONAL LEARNING COMMUNITY  
COMMITTED TO EXCELLENCE***



### 3 Simple Tips to Practice to Reduce Stress from our School Social Worker & Psychologist

- 1. Keep a Journal:** It can help to write things down. So, if you're experiencing a broad range of emotions and struggling to cope, buy a notebook to try journaling.
- 2. Exercise:** Don't discount the power of exercise. Physical activity causes your body to produce powerful endorphins. Whether hitting the gym or simply walking to work, try to incorporate regular exercise into your daily life.
- 3. Talk to Your Friends:** When you're stressed out, it can feel as though the whole world is against you, which is certainly not the case. Take the time to express how you feel to the people around you. Opening up about your struggles might mean you get some extra social support, clarity on the situation, and advice from the people who matter the most.

## pathways@Windsor Locks

*Make an appointment in the School Counseling Suite and let us help you discover what's next after you graduate from Windsor Locks!*

**If you are in need of community service hours so that you meet the 20 hour requirement for graduation or for additional hours to give your resume a boost and to gain eligibility for scholarships, see your counselors in the school counseling suite.**

### WINDSOR LOCKS HS COUNSELING DEPARTMENT

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***“It’s not what happens to you but how you react that matters”***

***Epictetus***

