

WINTER 2022-2023

Counseling Newsletter

HELLO HERDERS!

I HOPE EVERYONE HAD A WONDERFUL FALL. I CAN'T BELIEVE THE 2023 SCHOOL YEAR IS ALMOST UPON US!

THE END OF THE FIRST SEMESTER IS ON JANUARY 13TH, 2023. WE WILL BE RUNNING A BLOCK SCHEDULE ON JANUARY 12TH AND 13TH FOR FINAL TESTS.

SCGH WILL BE FACILITATING THE ACT TEST FOR ALL JUNIORS THE LAST WEEK OF MARCH. "SIGNS OF SUICIDE" WILL BE PRESENTED WITH THE MENTAL HEALTH UNIT TO THE SOPHOMORES THIS SPRING; THE FOCUS IS TO LEARN HOW TO RECOGNIZE THE SIGNS OF MENTAL HEALTH STRUGGLES AND WHERE TO REACH OUT FOR HELP.

THE COUNSELING OFFICE IS ALWAYS AVAILABLE TO HELP IF YOU HAVE ANY QUESTIONS OR CONCERNS.



Important Dates:

12/22: EARLY RELEASE

12/23 – 1/2: NO SCHOOL (CHRISTMAS BREAK)

1/13: SECOND QUARTER ENDS

1/16: NO SCHOOL

2/20: NO SCHOOL

3/16: THIRD QUARTER ENDS

3/17-3/20: NO SCHOOL

4/5: EARLY RELEASE

4/6-4/10: NO SCHOOL (SPRING BREAK)

5/21: GRADUATION

5/26: LAST DAY OF SCHOOL



TESTING DATES

3/28-3/30: ACT FOR ALL JUNIORS (SEE BELOW FOR DETAILS)



Semester Test Schedule

JANUARY 12, 2023

1ST PERIOD: 8:30 - 10:05

3RD PERIOD: 10:10 - 11:40

LUNCH: 11:40 - 12:20

5TH PERIOD: 12:25 - 1:55

7TH PERIOD: 2:00 - 3:30

JANUARY 13, 2023

2ND PERIOD: 8:30 - 10:05

4TH PERIOD: 10:10 - 11:40

LUNCH: 11:35 - 12:20

6TH PERIOD: 12:25 - 1:55

MAKE UP TIME: 2:00 - 3:30

SCHEDULING FOR 2023-2024

THE NEXT COUPLE OF MONTHS ARE BUSY IN THE COUNSELING OFFICE. 2023-2024 REGISTRATION WILL BEGIN AT THE END OF FEBRUARY. MEETINGS WILL BE SET UP WITH EACH STUDENT TO DISCUSS FUTURE PLANS AND NEXT YEAR'S CLASS SCHEDULES. REGISTRATION FORMS WILL BE SENT HOME WITH YOUR STUDENT'S CLASS SELECTIONS. PLEASE REMEMBER TO UPDATE REGISTRATION FORMS AND RETURN THEM AS SOON AS POSSIBLE.

ATTENDANCE MATTERS

Attendance is a priority for student success. Chronic absenteeism, excused or unexcused, negatively impacts students in reaching their potential and can affect their chances of graduating.



ALL JUNIORS WILL TAKE THE ACT MARCH 28TH - 30TH ACCORDING TO THE FIRST LETTER IN THEIR LAST NAME. THE ACT WILL TAKE PLACE IN THE HIGH SCHOOL CONFERENCE ROOM.

**MARCH 28TH: A-K
MARCH 29TH: L -S
MARCH 30TH: T-Z**

THE ACT IS COMPOSED OF 5 TESTS: ENGLISH, MATHEMATICS, READING, SCIENCE, AND WRITING.

VISIT ACT PREP FOR ONLINE LEARNING TOOLS AND TESTS TO HELP YOU GET THE BEST SCORE POSSIBLE ON THE ACT TEST.



High School "To Do" Lists

CLASS OF 2023

- CONTINUE TO WORK HARD, SEMESTER GRADES CAN AFFECT SCHOLARSHIP ELIGIBILITY.
- BROWSE COLLEGE MAJORS AND CAREERS THAT INTEREST YOU.
- ASK FOR LETTERS OF RECOMMENDATION FROM TEACHERS, SCHOOL COUNSELORS, OR EMPLOYERS. REMEMBER TO GIVE THEM A PERSONAL DATA SHEET OR RESUME THAT INCLUDES THE ACTIVITIES AND ORGANIZATIONS YOU ARE INVOLVED IN AND LET THEM KNOW WHEN IT NEEDS TO BE DONE.
- VISIT COLLEGES OR UNIVERSITIES AND MEET WITH ADMISSIONS AND FINANCIAL AID REPRESENTATIVES.
- FINISH AND SUBMIT YOUR FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA)
- COMPLETE SCHOLARSHIP APPLICATIONS AND KEEP LOOKING FOR MORE TO APPLY FOR. REVIEW THE BULLETIN BOARD IN THE SGHS HALLWAY AND THE SCHOOL WEBSITE FOR ADDITIONAL SCHOLARSHIPS.
- COMPLETE A HOUSING APPLICATION AND SEND IN A DEPOSIT TO THE COLLEGE YOU HAVE DECIDED ON.
- INFORM EVERY COLLEGE OF YOUR ACCEPTANCE OR REJECTION OF THE OFFER OF ADMISSION/FINANCIAL AID
- ASK YOUR HIGH SCHOOL COUNSELOR TO SEND A FINAL TRANSCRIPT TO YOUR COLLEGE
- REVIEW YOUR FINANCIAL AID AWARDS; IT'S IMPORTANT TO CHOOSE THE AID PACKAGE THAT IS BEST FOR YOU AND YOUR FAMILY.
- SCHEDULE YOUR ORIENTATION DATES AT THE COLLEGE YOU WILL BE ATTENDING IN THE FALL.

CLASS OF 2024

- JUNIORS** SHOULD BE LOOKING INTO CAREER/COLLEGE OPTIONS.
- START THINKING ABOUT FUTURE PLANS; COLLEGE, TECHNICAL SCHOOL, MILITARY, OR WORK FORCE.
 - THINK ABOUT A POSSIBLE MAJOR CONSISTENT WITH YOUR CAREER GOALS, STRENGTHS, AND INTERESTS.
 - ALL JUNIORS WILL TAKE THE ACT ON MARCH 29TH. FIND A PROGRAM TO HELP YOU STUDY.
 - SPEAK WITH COLLEGE REPRESENTATIVES ABOUT WHAT THEIR SCHOOL CAN OFFER; SCHEDULE A COLLEGE VISIT.
 - ONCE YOU RECEIVE YOUR ACT SCORE CONSIDER TAKING IT AGAIN. PREFERABLE THIS SUMMER OR EARLY NEXT YEAR.

CLASS OF 2025

- SOPHOMORES** NEED TO MAINTAIN PASSING GRADES TO PROGRESS TOWARDS GRADUATION.
- BEGIN RESEARCHING COLLEGES/CAREERS THAT INTEREST YOU.
 - GET INVOLVED IN SCHOOL SPONSORED ACTIVITIES AND VOLUNTEER.
 - MAKE A GOAL TO TAKE PRACTICE TESTS OF BOTH THE ACT AND SAT IN ORDER TO DETERMINE WHICH TEST IS THE BEST FIT FOR YOU.
 - START PLANNING FOR A CHALLENGING JUNIOR YEAR COURSE LOAD; MAKE A LIST OF THE CLASSES YOU NEED TO TAKE NEXT YEAR.

CLASS OF 2026

- FRESHMAN** YEAR TENDS TO BE A MAJOR TRANSITION FOR STUDENTS AND PARENTS ALIKE!
- BE SURE TO ACCESS POWERSCHOOL WHICH CONTAINS ATTENDANCE INFORMATION, GRADES, AND ASSIGNMENTS.
 - ENROLL IN THE APPROPRIATE COLLEGE-PREP OR TECH-PREP CLASSES.
 - CONSIDER A COLLEGE SAVINGS PLAN. CHECK OUT ACHIEVEMONTANA.COM
 - MEET WITH YOUR COUNSELOR TO DISCUSS YOUR SKILLS AND INTERESTS AND START THINKING ABOUT THE CLASSES YOU WANT TO TAKE NEXT YEAR.

Scholarships

LOCAL SCHOLARSHIPS WILL BE AVAILABLE MID-FEBRUARY; CHECK THE SCHOOL WEBSITE FOR UPDATES

DUE DATE:	SCHOLARSHIP:	CRITERIA:	APPLICATION
1/15/2023	REACH HIGHER MONTANA	MONTANA STUDENTS WHO HAVE AT LEAST A 2.5 CUMULATIVE GPA, COMPLETED THE FAFSA, AND PLAN ON ATTENDING A MONTANA COLLEGE ARE ELIGIBLE. AMOUNT: \$1,000	REACHHIGHERMONTANA.ORG
1/13/2023	YELLOWSTONE VALLEY CHAPTER OF PHEASANTS FOREVER	AVAILABLE TO GRADUATING SENIORS IN SWEET GRASS COUNTY WITH A 3.0 MINIMUM GPA. STUDENTS MUST BE PURSUING A CAREER IN CONSERVATION, NATURAL RESOURCES, ENVIRONMENTAL EDUCATION, CONSERVATION LAW ENFORCEMENT, BIOLOGY, OR RELATED FIELD IN THE STATE OF MONTANA. STUDENTS MUST SUBMIT A AUTOBIOGRAPHY, ESSAY, AND TWO LETTERS OF RECOMMENDATION. AWARD AMOUNTS VARY.	SEE MS. STEWART FOR APPLICATION
1/31/2023	YOUTH SERVEMONTANA	MONTANA STUDENTS WHO PLAN ON ATTENDING A MONTANA COLLEGE ARE ELIGIBLE TO APPLY. STUDENTS MUST HAVE COMPLETED AT LEAST 50 HOURS OF COMMUNITY SERVICE WITHIN THE LAST 12 MONTHS. AMOUNT: \$1,200	HTTPS://SERVE.MT.GOV/SERVEMONTANA/YOUTH-SERVE-MONTANA-SCHOLARSHIPS
3/15/2023	MONTANA UNIVERSITY SYSTEM HONORS SCHOLARSHIP	MONTANA STUDENTS WHO COMPLETE RIGOROUS CORE REQUIREMENTS, HAVE AT LEAST A 3.4 CUMULATIVE GPA, AND TAKE THE ACT OR SAT BY DEC. 31ST ARE ELIGIBLE.	WWW.AWARDMONTANA.MUS.EDU
3/15/2023	MONTANA'S STEM & HEALTHCARE SCHOLARSHIP	MONTANA STUDENTS WHO COMPLETE 4 YEARS OF MATH AND 3 YEARS OF SCIENCE WHILE IN HIGH SCHOOL, HAVE AT LEAST A 3.25 GPA, AND ARE PURSUING A STEM OR HEALTHCARE DEGREE FROM A MONTANA COLLEGE ARE ELIGIBLE TO APPLY. AWARDS HAVE AN OPPORTUNITY FOR RENEWAL.	WWW.AWARDMONTANA.MUS.EDU
3/15/2023	HORATIO ALGER DENNIS & PHYLLIS WASHINGTON FOUNDATION SCHOLARSHIP	MONTANA RESIDENTS WHO PLAN TO PURSUE A BACHELOR'S DEGREE AT A MONTANA STATE UNIVERSITY SYSTEM COLLEGE AND DEMONSTRATE FINANCIAL NEED ARE ELIGIBLE TO APPLY. MUST HAVE AT LEAST A 2.0 GPA AND BE INVOLVED IN CO-CURRICULAR AND COMMUNITY SERVICE ACTIVITIES. AWARD AMOUNT: \$15,000	WWW.AWARDMONTANA.MUS.EDU SCHOLARS.HORATIOALGER.ORG

Scholarships

LOCAL SCHOLARSHIPS WILL BE AVAILABLE MID-FEBRUARY; CHECK THE SCHOOL WEBSITE FOR UPDATES

DUE DATE:	SCHOLARSHIP:	CRITERIA:	APPLICATION
3/19/2023	MONTANA COMMUNITY FOUNDATION	SCHOLARSHIPS FOR MONTANA STUDENTS. SCHOLARSHIP AWARDS GENERALLY RANGE BETWEEN \$500 AND \$5,000, SOME OF WHICH ARE RENEWABLE FOR MULTIPLE YEARS.	WWW.MTCF.ORG/SCHOLARSHIPS
4/1/2023	TRIANGLE COMMUNICATIONS SCHOLARSHIP	TRIANGLE COMMUNICATIONS IS PROUD TO SUPPORT OUR AREA YOUTH BY PROVIDING UP TO 37 HIGH SCHOOL AND 3 COLLEGE SCHOLARSHIP OPPORTUNITIES. TO BE ELIGIBLE, APPLICANT MUST BE A SUBSCRIBER OR A DEPENDENT OF A SUBSCRIBER WHO RECEIVES LANDLINE TELEPHONE, BROADBAND OR MOBILE TELEPHONE SERVICE FROM US. ELIGIBLE APPLICANTS MUST BE PURSUING THEIR FIRST DEGREE OR CERTIFICATE AND MUST NOT HAVE BEEN A RECIPIENT OF A TRIANGLE SCHOLARSHIP IN THE PAST. AMOUNT: \$1,000	HTTPS://WWW.ITS-TRIANGLE.COM/EDUCATION-SUPPORT/SCHOLARSHIPS
4/14/2023	BLACK MOUNTAIN SOFTWARE	AVAILABLE TO ALL MONTANA HIGH SCHOOL SENIORS PLANNING TO ATTEND AN ACCREDITED INSTITUTION OF HIGHER EDUCATION, REGARDLESS OF THEIR FIELD OF STUDY. AMOUNT: \$1,000	HTTPS://SUPPORT.BLACKMOUNTAINSOFTWARE.COM/SCHOLARSHIP.HTML
1/13/2023	MONTANA JAYCEE FOUNDATION	AVAILABLE TO ANY HIGH SCHOOL SENIOR WHO IS A U.S. CITIZEN. APPLICANTS MUST SUBMIT APPLICATION MATERIALS INCLUDING A PERSONAL STATEMENT AND THREE LETTERS OF RECOMMENDATION. AMOUNT: \$1,000. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT JANET PRESCOTT AT FEDUPRED@HOTMAIL.COM	WWW.USJCISENATE.ORG
DUE DATE VARIES	REACH HIGHER MONTANA	A LIST OF STATE AND LOCAL SCHOLARSHIPS FOR MONTANA STUDENTS. YOU CAN SIGN UP TO HAVE SCHOLARSHIPS DELIVERED TO YOUR INBOX	HTTPS://WWW.REACHHIGHERMONTANA.ORG/PLAN-YOUR-FUTURE/SCHOLARSHIPS

Holiday Food Boxes



Available on Thursday, December 22nd!

Boxes will include a ham or turkey (cooked or raw), fresh fruits, vegetables, dairy, frozen boxed and canned goods

**Contact one of the following by
December 9, 2022 to sign up for a box:**

Tavin Stewart at Sweet Grass County High School 406-932-5993

**Mikayla Keller or Kristy McGillvray at Big Timber Grade School
406-932-5939**

Dan Tronrud at SGC Community Health Department 406-932-4135

Wendy Stene at SGC Community Health Department 406-390-4483

A big thank you to the following
organizations and individuals for their support:



- Blake Beef
- Catalyst for Change
- Montana on a Mission
- SGC Community Health Department
- Stillwater Mine
- Sweet Grass Community Foundation
- Tom and Patty Agnew
- BT Food Bank

- Earth Wise
- Pioneer Meats -SGHS SAVY, FFA, & volunteer students
- Suzanne Wilson
- Wheaton Precious Metals