

TIPS & TOOLS

CAP AND GOWN ORDER DEADLINE **APRIL 24, 2022**



Graduating seniors must order a cap and gown in order to participate in our graduation ceremony. To order, click <https://cns.shoakhalli.com>. The cost of a cap and gown is \$36 and extra tassels are \$6 each.

This is a strict deadline for caps and gowns.
We will not have extras available.

ACT/SAT I Test Dates for 2022

*SAT and ACT scores **ARE NOT** listed on your transcript.*

*When you register for the exams, please use the **4 FREE SCORE REPORTS** to send your scores to colleges.*

ACT			SAT		
Test Date	Registration Deadline	Late Registration Deadline (addl. fee)	Test Date	Registration Deadline	Late Registration Deadline (addl fee)
04/2/2022	02/25/2022	03/11/2022	05/07/2022	04/08/2022	04/26/2022
06/11/2022	05/06/2022	05/20/2022	06/04/2022	05/05/2022	05/25/2022
			08/27/2022	TBD	TBD

SAT II's are subject tests. Other ACT and SAT dates available at other test sites. Register online at: ACT www.actstudent.org or SAT www.sat.collegeboard.com. See your counseling office for more information.

DATES TO REMEMBER

- May 20 Junior Prom
C-NS
7:00 pm to 11:00 pm
- Jun 2 Awards Ceremony
- Jun 7 Dollars for Scholars Awards Ceremony
- Jun 13 Elementary School Drive-by for Graduates 9:15 am
- Jun 10 Senior Ball
Marriott Downtown Hotel Syracuse
7:00 pm-11:00 pm
- Jun 14 Senior Picnic
Last day of classes!
- Jun 24 **Graduation**
6:00 pm
NYS Fair Grounds, Exposition Center

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COLLEGE FAIRS

College Night at SUNY Oswego Wednesday, April 20, 2022 6:30-8PM. 75 college admissions counselors will be available to answer questions! More information at www.oswego.edu/collegenight. Arrive early for an Admissions and Financial Aid Presentation at 5:45PM.

In-Person College Fair at Le Moyne College Wednesday, May 25, 2022 from 5-8PM
The in-person fair will be open only for local school districts from 10AM to 1PM. The general public is invited from 5 to 8PM. Registration will open shortly, and will be found by following this link. Please feel free to contact college.fairs@nysacac.org for any additional information!

PREPARE BEFORE THE FAIR ~

Ask yourself the following questions to help you determine what type of school would best suit you:

1. Do you want to attend a two-year or four-year college?
2. Do you want to attend a two-year college and then transfer to a four-year school?
3. What size school do you want to attend?
4. What programs of study are you considering?
5. How far from home do you want to go?
6. How do students spend their free time?

Research your colleges of interest on Naviance and in the Career Center prior to attending the fair. This research may lead to new and more specific questions about these schools.

Discuss your college plans with your counselor, your family, your teachers and your friends to get their feedback and any recommendations they might have.

QUESTIONS TO ASK ON A CAMPUS TOUR

- Is there a core curriculum? How restrictive or broad is it?
- What is the placement record for jobs and/or graduate school in my chosen field?
- How accessible are the faculty and staff? How well do they know the students?
- What are the most popular majors?
- Is study abroad encouraged?
- How do students spend their leisure time?
- What is the average financial aid package for a freshman? For other years?
- Is public transportation available? How easy is it to get to places off-campus?
- Is the campus network adequate? Do dorm rooms have Internet access?
- Is the main dining facility inviting, clean and well-maintained? What are the hours and food choices?
- Do students go home on weekends, leaving the campus deserted?
- Where is the campus clinic located? Is it well-staffed and well-equipped?
- How appealing are the residence halls? Are there safety features like fire escapes and secured entrances? Is campus safe?
- How well are the campus buildings and grounds maintained?
- How accessible are the athletic and recreational facilities for non-intercollegiate athletics?



Dollars for Scholars gives out about 150 scholarships to our graduates each year!

DOLLARS FOR SCHOLARS ONLINE

For the instructions on applying for Dollars for Scholars Scholarships, go to the CNS High School web page, Career Center and then to Scholarships. Last year the program gave out over \$50,000 to CNS seniors. Some scholarships are based on career choice, club affiliation, grades, military branch and even where you went to elementary school.

Each scholarship has its own qualifications, but you can apply for all of them with just one application available at: <http://northsyracuse.dollarsforscholars.org>.

Remember, you can't qualify if you don't apply! **Don't wait! Apply today!**

APPLICATION DEADLINE: March 31, 2022 (TODAY!)

2022 Advanced Placement Exam Schedule	
Testing Date	AP Course Name
Monday, May 2	US Government & Politics 7:30 am
Tuesday, May 3	Psychology 11:30 am
Wednesday, May 4	English Literature 7:30 am (online; in school) Computer Science A 11:30 am
Thursday, May 5	Macroeconomics 7:30 am Statistics 11:30 am
Friday, May 6	US History 7:30 am
Monday, May 9	Calculus AB 7:30 am Calculus BC 7:30 am
Tuesday, May 10	English Language & Composition 7:30 am
Wednesday, May 11	Biology 11:30 am
Thursday, May 12	World History (online; in-school) 7:30 am Physics I: Algebra Based 11:30 am
Friday, May 13	

Three Simple Words Your Adolescent Wants To Hear

In these times, parents can find themselves in positions of having fewer “answers” for questions raised by their children. Adolescence—already a time of rapidly-shifting moods and behaviors in normal times—can provide even more challenges for parents to provide stability and reassurance to children—especially when faced with their own adult and parental responsibilities.

Especially when it seems adolescent eye-rolling, sighs, and not-so-subtle criticisms are infinite, parents have a powerful antidote—and by that I refer to the title of this essay: *The Three Simple Words Your Adolescent Wants to Hear from You*. The words are not, “I love you”—but rather, “tell me more.”

When your child criticizes the hastily assembled distance learning offered by their high school or college—now to be completed at home with a completely different format and style of instruction—ask them to tell you more. Beyond venting frustration (which is in itself a healthy initial response), ask them to help you understand what they are missing. Don’t offer advice, or attempt to “fix” or minimize the problem. Don’t use this time to relate problems you’re currently facing, or faced at their age. Focus your complete attention on what they are feeling and experiencing.

Meet them where they are—and by that I mean accept what they are saying as reflections of what they feel—not whether the content of their message is right or wrong. In these troubled times, do everything you can to let your teen know (in a way that makes sense for your style of interaction) that they can tell you anything—no topic is off-limits.

“Tell me more.” “Help me understand.” “I hadn’t thought of that before.” “Wow, you’re right.” “What would you do?”

Ideally, your teen should be doing most of the talking, while you, the parent(s), is/are listening closely—but not too intently. Turn off the television, and if you’re making dinner, provide meaningful pauses where you establish eye contact and express an engaged interest.

Express respect and grant credibility to the courage your children are taking to tell you about things you might not be comfortable hearing. Don’t worry about providing answers right away—and you might not know the answers off the top of your head.

As a parent, or grandparent, you have the unique ability to grant your child the understanding that what they have to say is the most important thing in the world to you right now. Ask your teen to explain (in a non-defensive way) their situation or perspective—and let them show you their truth.

Encouragement from you in the form of “Gosh, I want to think about that,” and “You’ve got a really good understanding,” and for tough questions that are posed to you, “I’m so glad you brought that up—where should we start?” can build bridges of open communication.

What will help: adjusted expectations on your part with a celebration of small victories, and a humble patience to realize it can take several tries for that initial opening. Accept criticism with an open mind and heart—a little humor can diffuse an awkward moment. Remind your son or daughter that you’re proud of them—and that it takes courage to speak their minds.

Three simple words can speak volumes. “Tell me more.”

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The bad news is, *time flies*;
The good news is, *you’re the pilot.*

-Michael Altshuler

THE STUDENT AID REPORT (SAR) & EXPECTED FAMILY CONTRIBUTION (EFC)

What is the Student Aid Report (SAR)?

The SAR is a summary of the information you entered on the Free Application for Federal Student Aid (FAFSA). It tells you how much federal student aid you are eligible to receive and how much the government thinks you and your family can pay for your school expenses. The SAR also notifies you if you are eligible for a Pell Grant. You will receive a SAR in 1-3 days after you filed an Electronic FAFSA or 2-3 weeks after you filed a paper version. Check immediately for your EFC and any mistakes or errors.

What is the Expected Family Contribution (EFC)?

The EFC is the amount your family will be expected to pay for the coming economic year based on your financial situation.

How is the EFC calculated?

The U.S. Department of Education uses the Federal Methodology (FM) to calculate your aid eligibility. The FM takes into account your family's income, the number of family members (in college or not), net value of assets and your enrollment status, among other factors. To estimate your EFC, click on the "Expected Family Contribution Calculator" at <http://www.finaid.org/calculators/finaidestimate.phtml>.

What happens after I receive my SAR or updated figures?

Look for any mistakes or errors. Any colleges you listed on your FAFSA will also receive an electronic copy of your SAR. If you do find an error, notify your school's financial aid office immediately to let them know. Errors can also be corrected online.

What if I find mistakes on my SAR?

Make sure to let your college know.

Then using your FSA ID #: go to www.fafsa.gov and under "FAFSA Follow-Up," click "Make Corrections to a Processed FAFSA." You will be able to check off the items you want to change and make corrections accordingly.

On paper, flip to the last pages of the SAR and find your original FAFSA Info. Make changes in the spaces provided. Only fill in the areas that need to be changed and/or corrected. Once finished, you must mail it to a central processor or send to each school applying to for admission.

Highlights of each page in your SAR:

- Page 1 Intro: Tracks the aid process for you. If there is an asterisk next to your EFC, you have been selected for verification (see below)*.
- Page 2 Confidentiality information: Includes other reminders
- Page 3 EFC, other info: EFC is listed at the top, along with other information, such as any issues with aid eligibility.
- Page 4 Summary of loans: Refer to your records and make sure your totals are accurate
- Pages 5-8 FAFSA Summary: Review the summary. Make corrections or changes in the spaces provided. You can also make changes online at www.fafsa.ed.gov.

SAR Information Acknowledgment: If any information is wrong, you can correct it on pages 5-8 of the SAR or online.

When do I receive my financial aid?

Once your college reviews your SAR and verifies your eligibility, it will assemble an aid package and send an award letter. You do not need to accept all of the aid that's offered to you; accept only the aid you want. Rejecting one form of aid, however, will not result in increases in the other forms of aid.

Federal aid will first be applied to certain school charges, such as tuition, fees, room and board. Any excess will then be disbursed to the student.

Why is there as an asterisk next to my EFC?

An asterisk means you have been selected for verification. You must provide documents to your college to verify that information submitted on the FAFSA is correct. Even if there is no asterisk next to your EFC, your school may still select your FAFSA for verification. If your college asks for verification documents, send them as soon as possible to avoid a delay in the aid process. All colleges are required to verify at least 30% of the FAFSAs. Some colleges verify 100% because they find that this increases the accuracy of the information used to award financial aid.

What if I don't receive my SAR?

Call 1-800-4-FED-AID (1-800-433-3243) if you do not receive your SAR in 3-4 weeks.

Content of this article was obtained from www.fastweb.com.

STUDENT LOAN INFORMATION

Always borrow federal loans before pursuing private/alternative loans.

Federal Stafford Loan

Subsidized

Interest accrues starting 6 months after graduation. Fixed interest rate is 3.73% if loan disbursed on/after Oct. 1, 2021 and before Sept. 30, 2022 for undergraduate students. 1.057% origination fee.

Unsubsidized

Interest accrues during school. Fixed interest rate is 3.73% if loan disbursed on/after Oct. 1, 2021 and before Sept. 30, 2022. 1.057% fees.

REPAYMENT begins 6 months after graduation or after dropping below half-time enrollment status.

Federal Parent PLUS Loan

If loan disbursed on/after Oct. 1, 2021 and before Sept. 30, 2022: Direct PLUS fixed interest rate is 6.28% with 4.228% origination fee.

REPAYMENT begins 60 days after loan is fully disbursed, or 6 months after student graduates or drops below half-time. Interest continues to accrue during deferment.

Federal Consolidation Loan

Combine loans to one lender. Fixed interest rate is the weighted average of the interest rates of the loans rounded up to the nearest 1/8 of 1%. For more information visit: <http://loanconsolidation.ed.gov>.

Private/Alternative Loan

Eligibility, interest rate, and fees based on better of borrower and cosigner credit scores. More expensive than Federal student loans.

Loan Limits for Dependent Students

Subsidized Stafford

Freshman Year	\$ 3,500
Sophomore Year	4,500
Junior Year	5,500
Senior Year	5,500
Aggregate Limit	23,000

Unsubsidized Stafford**

Freshman Year	\$ 5,500
Sophomore Year	6,500
Junior Year	7,500
Senior Year	7,500
Aggregate Limit	31,000

Parent PLUS Loan

Annual Limit	***
Aggregate Limit	None

** Annual limits reduced by amount of subsidized Stafford loans.
 ***Cost of Attendance minus other aid received.

The content of this article was obtained from www.studentaid.ed.gov.

STUDENT LOAN WEB RESOURCES

Direct Loans

<https://studentaid.ed.gov>

Direct Loan Servicing

www.myfedloan.org

Student Loan Borrower Assistance

www.studentloanborrowerassistance.org

Federal Student Loans

<http://studentloans.gov>



CLASS ALERTS!

Freshmen:

- Second semester began on February 1st.
- 25-week progress reports are available to be viewed online thru SchoolTool beginning on March 11th.
- The counselors have completed meeting with their students to choose classes for next school year. Please keep in mind that the elective choices made are tentative; please have back-up choices ready.
- Warning letters are mailed out in late March for students in danger of failing this year.
- 3rd marking period ends on April 8th. Report cards will be available to be viewed online thru SchoolTool on April 22nd.

Sophomores:

- Scheduling for next year's courses has been completed.
- View courses chosen for next year starting April 8th on SchoolTool: Log in to SchoolTool > click on your student > Schedule tab > View: (drop-down menu) change from schedule to course selections > change school year to 2022-23. Do not make changes on this screen. You must contact your counselor to have a change made.
- Any schedule changes for next year should be done by June 3rd. Contact your counselor if you have a change.
- Counselors will be training sophomores on Scoir, our new career and college search program soon.

Juniors:

- Scheduling for next year's courses been completed.
- View courses chosen for next year starting April 8th on SchoolTool: Log in to SchoolTool > click on your student > Schedule tab > View: (drop-down menu) change from schedule to course selections > change school year to 2022-23. Do not make changes on this screen. You must contact your counselor to have a change made.
- Any schedule changes for next year should be done by June 3rd. Contact your counselor if you have a change.
- Start making a list of colleges to visit during April break and weekends.
- Meet virtually & in-person with college reps. The schedule is on the Naviance [website](#), under the Colleges tab.
- Register online to take the ACT and/or SAT this spring. Juniors planning to attend four-year colleges should take both exams. See page 1 for registration information and deadlines.
- Juniors will be trained on how to use Scoir, our new career and college search program soon. Students can continue to use Naviance through the end of the school year to research careers and colleges.
- Register and attend at least one college fair. See page 2 for details.

Seniors:

- Apply for your Federal Student Aid ID (www.fsaaid.ed.gov) before filing the FAFSA (Free Application for Federal Student Aid).
- Make sure your FAFSA has been filed. Colleges prefer to have the FAFSA done on the website by February, but it will still be accepted after that. The later you file, the less likely you are to receive financial aid. Go to www.fafsa.gov to apply.
- Check [scholarships](#) listed on the Career Center webpage at the CNS website.
- Please let your counselor know the results from each college where you applied. **Input results of all college applications on Naviance.** List the college you are attending on Naviance.
- Remember, you have to commit to the college of your choice by May 1.
- Make an appointment with your physician for your **college physical**. **All colleges require one.** If your physician does not have a copy of your immunizations, you can obtain this from the school health office.