



PHS College and Career Counseling Department Newsletter

November 1, 2021

College and Career Counseling Staff

Select Caseload EXT 3043 Tina Tanguay - Deputy Assistant Principal ttanguay@pelhamsd.org

(A-E) EXT 3021 - Laura Spaulding - Counselor LSpaulding@pelhamsd.org

(F-Mc) EXT 3028 - Heather Kress at - Counselor HKress@pelhamsd.org

(Md-Z) EXT 3022 - Sara-Jean Phillips - Counselor SPhillips@pelhamsd.org

Select Caseload EXT 3025 - Jill Leonard - Counselor Jleonard@pelhamd.org

Lisa Massahos EXT 3031 - School to Career Coordinator lmassahos@pelhamsd.org

Beth Koravos EXT 3023 - College and Career Counseling Secretary bkoravos@pelhamsd.org

Belinda Dowdle EXT 3048 - College and Career Counseling Secretary bdowdle@pelhamsd.org

- **Students should email their counselor directly to set up an appointment.**



I would like to thank the Class of 2023 for their flexibility and also all the hard work and effort which contributed to another successful undertaking of the PSAT testing. *Tina Tanguay – Deputy Assistant Principal*

Pelham High School hosted the Class of 2026, their family and friends last Thursday night. It was a fantastic evening showcasing all the amazing learning opportunities that are offered here at Pelham High School. The counseling team would like to thank everyone involved for making this night such a huge success.

Should you have any additional questions, please reach out directly to the Pelham High School College and Career Counseling Department at 603-635-2116.

**CLASS OF
2026**

Class of 2022 - Please see this link for information on how to link your Common Application with Naviance: [Common App Account Matching2021.mp4](#)

Teacher Recommendation Letters: Class of 2022 - Please be advised that teachers are happy to write a letter of recommendation for you. We ask that you allow them up to 30 days to submit these letters to your school counselor. You can also check your Naviance account to see if the letter has been received and uploaded. Please check with your school counselor if you have any questions.



Math Help is now Available: Math help is now available Tuesday through Friday during Advisory 8:00-8:43 a.m. in room 114. All are welcome!

Tutoring Help: Tutoring help will be available on Wednesdays and Thursdays from 2:30-3:30 p.m. in the PHS Library. Feel free to drop in as needed. No appointment is necessary!

We wish to remind you of the “**NO SCHOOL ANNOUNCEMENT**” procedures as we enter into the winter months. The decision to cancel school on a particular school day will usually be made by or around 5:30am depending upon the conditions. All delayed openings will be two-hour delays. Sometimes a delayed opening of two-hours may be called which then is changed to a full day closing. This call will be made before 7:30am. [Additional Information](#)



Daylight Savings Time - Sunday, November 7th



Daylight Saving Time can wreak more havoc than one might think. When we look at the impact on student learning that the movement of just one hour makes, it is rather astounding. The loss of sleep while our bodies adjust can lead to trouble with focusing and learning. The great news is that there are some tried and true tips on combating the effects of DST. Practicing good sleep habits by establishing a consistent sleep routine and gradually altering your bedtime by 15 minutes or so two to three days prior to the change should help. Spending some time outside in natural sunlight can also help alleviate feelings of tiredness that often accompanies the time change.

Hugh O'Brian Youth Leadership:

Each spring, 10,000 high school sophomores from across the country join one of HOBY's 70 State Leadership Seminars to hone their leadership talents and apply them to become effective, ethical leaders in their home, school, workplace, and community. The HOBY leadership programs are designed to prepare students to turn their ideas and goals into reality. Each program adheres to the five core HOBY values: Volunteerism, Integrity, Excellence, Diversity, and Community Partnership. The HOBY Leadership Seminar will take place June 17th-19th at St Anselm College in Manchester, NH. Applications are now available at the PHS Counseling Department. Contact Mrs. Koravos should you have any additional questions or to pick up an HOBY application. Applications are due back to the Counseling Department by **Wednesday, November 3rd.**



Class of 2022 community service hours are due by **March 15, 2022**. A reminder that community service hours are a Pelham High School graduation requirement. Please work with your counselor on meeting the required 40 hours. Seniors who have not completed their hours were emailed on October 20th with a list of local community service opportunities that will be available over the next two months.



- Booster Club Snack Shack - Friday Night Football (home) Games
- Cards and notes to our Troops - Pelham VFW - Due by November 15th
- Festival of Trees - Starting the end of November 23rd - many, many shifts available
- Good Neighbor Fund Food Drive - Sponsor a Child - December 11th & 12th, many shifts

Please sign up on the Google Sheets Mrs. Koravos has shared with you.



SAT/ACT Standardized Test Dates 2021-2022

Students and parents are reminded to watch for the registration deadlines for both the SAT and the ACT exams. Registration for either test can be accessed through the link in Naviance, or at www.collegeboard.org and www.actstudent.org.

Seniors College Planning

November to do list ... *DON'T MISS THE DEADLINE!*

- Early application deadline to colleges and universities may be **November 1st** or **15th**. Check individual school's early admission deadlines.
- Get your community service hours completed and turned into the College and Career Counseling Department.
- Reach out to your School Counselor should you need anything!



~ Always reach out to your School Counselor should you need help with anything! ~



Colleges Visiting PHS Class of 2022 & 2023:

Dates and times of college visits may change, sign up in Naviance to attend, pick up your pass in the Counseling Department the morning of the visit. Reach out to your school counselor should you need assistance with signing up for the college visits in Naviance.

Monday - 11/01	10:10 AM	University of South Carolina-Columbia (SC)	Scott Goldberg - goldbes@mailbox.sc.edu
Monday - 11/01	1:00 PM	Keene State College (NH)	Kevin Justice - kjustice@keene.edu
Wednesday - 11/03	8:00 AM	University of New Haven (CT)	Leigha Merwin - Lmerwin@newhaven.edu
Wednesday - 11/03	1:00 PM	Franklin Pierce University (NH)	Jacob Rogenski - rogenskij@franklinpierce.edu
Monday - 11/4	10:10 AM	Lasell University (MA)	Brian Cohen - bcohen@lasell.edu
Tuesday - 11/05	8:00 AM	Salem State University (MA)	Eliane Concepcion - econcepcion@salemstate.edu
Monday - 11/08	10:10 AM	University of Maine (ME)	Kayleigh Clark - kayleigh.daniels@maine.edu
Tuesday 11/9	8:00 AM	Lesley University (MA)	Erik Gullard - eullard@lesley.edu
Wednesday - 11/10	1:00 PM	Nashua Community College (NH)	Christopher Cox - ccox@ccsnh.edu
Thursday - 11/18	10:10 AM	Northern Essex Community College (MA)	Ariel Chicklis - achicklis@necc.mass.edu
Wednesday - 12/01	1:00 PM	University of New Hampshire (Durham)	Karoline Goulart - karoline.goulart@unh.edu



Scholarships in Naviance: There are currently 54 outside organizations scholarships open in Naviance. Deadlines vary, so please log in frequently to see the ever changing list. Should you have any questions, please reach out to your school counselor.

Working Permit Pelham High School - Pelham High School can issue working papers for any student (whether they live in Pelham or not) under the age of 16 who will be employed in the state of New Hampshire. The student must be accompanied by a parent or guardian. The student will need a "Request





for Child Labor" form completed by the company they will be working for as well as a copy of their birth certificate. Please contact Mrs. Garcia for further information. 603-635-2115 X3007



Community Service Opportunities:

There are many community service opportunities available, they are listed on the Pelham High School website under the College and Career Counseling Department tab. Make sure to check your emails from Mrs. Koravos or follow her on Twitter under @mrskoravos_PHS. Should you have any questions, please reach out to your School Counselor.

Job Opportunities:

Pelham School Age Child Care (PSACC) - Has employment opportunities. Please email for additional information. info@psacc-nh.org

Suppa's Pizza - Hiring delivery drivers, must be 16 years old, \$8.00 an hour plus (great) tips. Kitchen support, \$12.00-\$14.00 an hour, must be 17 years old. Suppa's is willing to provide training. Please apply in person at: 150 Bridge Street, Pelham.

Apprenticeship Opportunities: The NH Association of Insurance Agents (NHAIA) is about to launch a registered apprenticeship for the General Insurance Associate occupation. NHAIA, the apprenticeship sponsor, will work with insurance employers throughout the state who are interested in establishing an apprenticeship. We look forward to developing pre-apprenticeship agreements with interested high schools as well. Here are the details:

Occupation: General Insurance Associate

On-the-job training: Approx. 2,169 hours/ 1year; takes place at the employer

Related instruction: 146 hours delivered by NHAIA; takes place virtually or at NHAIA in Concord, NH
Apprentices will prepare to take their Property and Casualty Insurance license upon completion of the related instruction.

Age requirement: 16 years and older

Another exciting "earn while you learn" apprenticeship opportunity is available at Andover Corporation in Salem, NH for an Optical Manufacturing Technician. Here are the details:

Occupation: Optical Manufacturing Technician

On-the-job training: Approx. 6,000 hours/ 3 years

Related instruction: 345 hours provided by Advanced Manufacturing Technology Dept. at Manchester Community College (tuition reimbursement available)

Pre-Apprenticeship information details:

Age requirement: 17 years and older

Paid job shadowing (up to 72 hours)

Paid summer (rising seniors) internship