



# WOOD MEMORIAL HIGH SCHOOL

## Guidance Department Newsletter October 2023

### College & Financial Aid Assistance Night

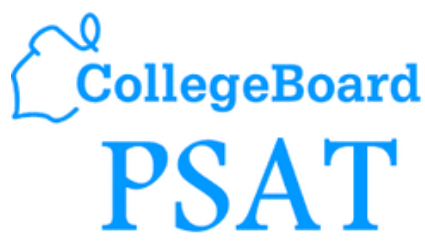
We will be hosting a College and Financial Aid Night on October 11th at 5:30pm in the Wood Memorial High School Lecture Hall. This is a valuable meeting for seniors and their parents planning to apply to college.



### PSAT Info Freshmen, Sophomores, and Juniors!

**Freshmen:** You will be taking the PSAT on the morning of **OCTOBER 18th!** This year's test will be digital, please make sure your iPad is FULLY CHARGED and ready to go first thing that morning.

**Sophomores & Juniors:** You will be taking the PSAT on the morning of **OCTOBER 19th!** This year's test will be digital, please make sure your iPad is FULLY CHARGED and ready to go first thing that morning.



**Be sure you have an established College Board account:**

**Visit [collegeboard.org](https://collegeboard.org)**

On the College Board website, you are able to see all applicable test scores as well as utilize practice test materials to better prepare for your PSAT.

#### Be prepared:

In the weeks leading up:

- Check out collegeboard.org
  - Watch videos about the digital test so you can know what to expect
  - Take some practice questions
  - Follow along any study guides available
  - Have good sleep hygiene (8+ hours every night, no interruptions, comfortable environment, limit screens and artificial light after 8pm, etc.)

The night before:

- Plug in your iPad to fully charge
- Eat a healthy dinner
- Take some time for self care (journaling, decompressing, etc,) especially if you have testing anxiety
- Get plenty of sleep (at least 8 hours)

The morning of:

- Make sure your iPad is at 100% battery
- Eat a healthy, balanced breakfast
- Take a deep breath if you are feeling anxious - you're going to do great!
- Get to school early to have plenty of time to settle in, you don't want to feel rushed!
- Just do your best. Remember, this is the PRACTICE SAT!



Your College Connection Coach, Kayley Conway, is available to help you with college resources, from applying, to scholarships, and much more!

[kayley.conway@sgsc.k12.in.us](mailto:kayley.conway@sgsc.k12.in.us)  
(317) 721-6089

### Scholarship Opportunities

Seniors! Don't forget to check the Google Sheet that lists all the available scholarships! Contact Mrs. Reinhart for the link! New scholarships are added often.



### Awesome turn out for the College and Career Fair!

