

News from the Counseling Department at Jenison High School



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Counseling Office Staff:

Mrs. Dyke – Registrar

Mr. Maas – Last names A-F

Mrs. Riha – Last names G-L

Mrs. Koole-McCurdy – Last Names M-Se

Mr. Dykstra – Last names Sf-Z

Exam Tips

- Study for exams the weeks leading up to exams rather than cramming the night before the test
- Get adequate sleep! Teens need 8-10 hours of sleep each night for peak performance.
- Eat healthy foods before the test.

Juniors - PSAT/NMSQT

Juniors will receive their PSAT/NMSQT scores early this month.

Students should log into Khan Academy (satpractice.org) and “send” their College Board PSAT results to their Khan Academy account. This will allow students to access free, personalized SAT practice that will focus on the questions that were incorrect on the PSAT.

Students can also check out the AP Potential tab in their College Board accounts to see which classes they have been identified as having potential success in. This is helpful as we get ready to schedule for next year’s classes!

Seniors - College Updates

Our goals:

- 100% FAFSA completion by March 1 (State of Michigan FAFSA deadline)– we are currently at 35% completion!
- Every JHS senior complete a college application

Colleges will typically send financial award letters after the start of 2019 (assuming that the student has applied AND completed the FAFSA). This is an important document that will outline your student’s cost to attend.

