

School Counselor Updates & Supports

School of the Arts

May 7, 2020



AP Testing Updates

- **AP Exam Schedule** - Check SOTA website for most up to date information on AP Exams, contact your AP teacher or counselor with any questions.
 - <https://www.rcsdk12.org/domain/13163>

RCSD Career Pathways to Public Safety Program- For students interested in careers: Firefighting, Criminal Justice/Police, Emergency Medical Services and Emergency Communications 911.

- Accepting applications for current 10th and 11th graders in good standing to enter the program for the 2020-2021 school year.
- The program is from 7:30 am- 9:00 am, M-F, at the Rochester Educational Opportunity Center. Students are bused to SOTA after the program each day.
- For more information and to get an application, please email your counselor.

College/Post-Secondary Planning Supports:

Sophomores

- Please complete the Google Form to schedule a meeting with your counselor to discuss schedule for Junior year - <https://forms.gle/ajXCc62zTSFsgJnq7>
 - Upon form completion your counselor will reach out to schedule time for meeting

Juniors

- **Class of 2020 Google Classroom Code:Y3G6XQP**
- **The College Board has canceled the May and June SAT.**
 - Fall SAT Dates: August 29, September 26, October 3, November 7 and December 5.
 - SOTA is scheduled to be a test center for the September and November test dates
 - Register for exam - <https://www.collegeboard.org/>
- **State University of New York (SUNY) Virtual College Events**- Go to <https://www.suny.edu/attend/events/virtual-college-fair/>
- **Syracuse University Virtual Events**- Go to <https://www.syracuse.edu/admissions/undergraduate/contact/webinars/>
- **Video on the college search and application process**
<https://www.youtube.com/watch?v=yydL27uS2N4&feature=youtu.be>
- **College Board Opportunity Scholarship** - <https://opportunity.collegeboard.org/>
- **Alfred State Virtual Open House**- May 16th- Go to www.alfredstate.edu to register.
- **Canisius College Virtual Open House**- May 16th- Go to <https://admissions.canisius.edu/register/SpringOHMay2020> to register.
- **Clarkson Young Scholars Virtual Summer Program**- Go to <https://www.clarkson.edu/young-scholars> for more information.

Seniors

- **Scholarship Filing Cabinet** - Check the SOTA website for the most up to date scholarship applications. <https://www.rcsdk12.org/Page/35981>
- **Student Government Scholarship** - <https://forms.gle/XhmqNR7kL7yzgPi9> Deadline May 22, 2020
- **Financial Aid Comparison Tool** - Link to support tool from NYS Higher Education Services Corporation to compare financial aid packages
<https://www.hesc.ny.gov/prepare-for-college/applying-to-college/comparing-college-award-letters/financial-aid-comparison-tool.html>
- **Rochester College Access Network Virtual Assistance Available- [RCAN Virtual Assistance](#)**
Our team is available to assist students with anything they need on the path to college. This includes FAFSA, TAP applications, college applications, decoding their offer letters, ect. Current seniors are our priority but we will accept appointments from juniors with questions. By signing up, they receive a 1-on-1 virtual Zoom session. We start off with a one hour session that can be extended based on student need. We are flexible to schedule sessions by phone for anyone having challenges with technology.

All Grade Levels - Please continue to work on Naviance accounts and complete assigned tasks:

<https://student.naviance.com/sotarts> - Use the "Login with Clever" box to access account and use district Google Account

Regents Exam Update:

- The New York State Department of Education has canceled **June and August** Regents exams. If you are currently taking a course that ends in a Regents exam, you will need to earn credit for the course in order to be granted an exemption from the exam requirement. **If you have questions about how the Regents exam exemptions affect you, please contact your counselor.** Please see the links below from the NYS Department of Education for more information.
- <http://www.nysed.gov/common/nysed/files/programs/coronavirus/nysed-covid-19-memo-cancellation-june-2020-regents-exams.pdf>
- <http://www.nysed.gov/common/nysed/files/programs/coronavirus/nysed-covid-19-regents-grad-req-faq.pdf>

Summer of Opportunity & Work Permits:

- **Summer of Opportunity (SOOP) - STILL ACCEPTING APPLICATIONS!** Please refer directly to SOOP website for updates, changes in deadlines and options to submit documentation. - <https://www.cityofrochester.gov/soop/>
- **Work permits** - please visit the SOTA website for updated work permit instructions: www.sotarochester.org This information has been emailed to all 9-12 grade students.

Education Resources:

- **RCSD Learns** - Educational resources are now available at RCSD Learns, including links to Brain Pop, Zearn and online reading. If you do not know your student ID or password, please call our support hotline at 585-262-8700.
 - <https://sites.google.com/rcsd121.org/rcsdlearns/rcsd-learns>
- **School of the Arts Learning @ Home Information for Families** -
 - https://docs.google.com/document/d/e/2PACX-1vSS_wwCvp9N3jt5ax3_TXr9RTzBY1m-mRXtT_WXkglScshFMC0Prup2Az2M-qqFZ6zi92TNnO9ZjLAPo/pub


- **Khan Academy - Online learning options**
 - SAT Preparation Classes - Students can use CollegeBoard account and District Google account to link for individualized preparation
 - <https://www.khanacademy.org/>
- **SOTA Counselor Website** - Links and information many different resources
 - <https://www.rcsdk12.org/domain/13094>
- **Online Credit Recovery (OCR)** - Take advantage of OCR courses during school closure to recover credits.

PS4	<ul style="list-style-type: none"> ● Limited browser capabilities ● Read to you functions do not work in apps
myON	Can read books but does not read to you
Lexia/Core 5	Doesn't work - must have a regular browser (i.e. Google, Firefox, etc.)
Raz-Kids	Can read books but does not read to you; probably limited functionality in assessment for recording
Team	Can watch/hear the videos and input answers
BrainPop (Jr/El)	Can watch videos but does not read titles in Jr.
App: YouTube	Search for teacher's channel

Xbox One	<ul style="list-style-type: none"> ● Regular browser capabilities - Microsoft Edge (didn't try others)
myON	Can read books <u>and</u> does read to you
Lexia/Core 5	Works (didn't do much testing)
Raz-Kids	Can read books <u>and</u> does read to you; may have functionality in assessment for recording
Team	Can watch/hear the videos and input answers
BrainPop (Jr/El)	Can watch videos <u>and</u> does read titles in Jr.
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ROConnect - Video Game Systems (PS4 & Xbox One)

<ol style="list-style-type: none"> 1. Open web browser on game system 2. Go to roconnect.rcsdk12.org 3. Click "Sign in with Google" 4. Sign in with RCSI 121 email: 890____@rcsd121.org 5. Enter Password which is birth date formatted as MMDDYYYY (i.e. 08152012) 6. Next you will see a page with all the ROConnect apps that are available such as myOn, Lexia, Team, etc. 7. Select and click app, student will be automatically signed in 	 <p>SUGGESTION If possible, you may want to connect a keyboard (did not try)</p>
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Student and Family Support Information:

- **Monroe County Services:**
 - <https://www2.monroecounty.gov/mh-emergency-resources> -Please call numbers first; many services have been impacted by shutdowns related to COVID-19
 - COVID-19 Updates - <https://www2.monroecounty.gov/health-COVID-19>
 - Meal Distribution Sites - <https://www2.monroecounty.gov/youth-index.php>
- **Rochester Community Mobile Crisis Team through Strong Behavioral Health:** Call 529-3721, Comprehensive Psychiatric Emergency Program that offers on-site services for children, adolescents, and adults in Monroe County.
- **NATIONAL SUICIDE PREVENTION LIFELINE:** 1-800-273-TALK (8255)
- **Local:** 2-1-1 Crisis Live Chat ([click here](#)) 8am-11pm, 7 days a week
- **Crisis Intervention** (Thoughts of Suicide, Anxiety, Depression): Text HOME to 741741
- **The Trevor Project** (Crisis Intervention, Support for LGBTQ youth): 1-866-488-7386 or text START to 678678
- **National Drug Helpline** (Drug and Alcohol Education, Treatment, Referral): 1-844-289-0879

- **Coping with Emotional Well-Being During Covid-19**

With the adoption of social distancing and encouragement from federal, state and local governments to stay home, it's common to feel lonely or isolated. However, in today's technological society, it's easier than ever to connect with friends and family to maintain relationships virtually. Platforms like Facetime, Google Hangout and Skype are great for online interaction and activities!

During this time, it is helpful to establish a routine. Routines help us to cope with change, to form healthy habits and to reduce our stress levels. This includes meditating, stretching, working out regularly, sticking to a healthy sleep schedule and making time for activities that you enjoy.

Don't forget that your SOTA teachers, counselors, social workers, administrators and staff are here for you and thinking of you!

Stay safe and healthy everyone!

Mrs. Gillman, The Center for Youth Prevention Counselor
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- **SOTA Stream News - Please continue to check the SOTA Stream News for updates and to stay connected with SOTA.**
- **Join the SOTA Community Google Classroom page with the code: kfoad43.**