



# Fairfield Ludlowe High School Counseling Newsletter

[Check out our department's website here!](#)

November is officially here! For counselors, this means transcripts, letters of recommendations, and beyond, have been sent to schools to meet student's early college application deadlines. As the seniors continue applying to colleges and exploring post-secondary plans, the counselors will now begin lessons with juniors. Juniors will be shown how to "Navigate Naviance" and explore the next steps towards their future. All students will be receiving their term grades this month. Receiving this snap shot is a great reminder to use the resources at FLHS to improve grades, if needed. See your school counselor for help navigating the process of seeking extra help. For seniors, please be sure to fill out the first term grade request form (found in Google Classroom or School Counseling Offices) if you would like any colleges to receive your first term grades. They are not automatically sent. We hope everyone enjoys the start of the holiday season!

## Superhero Department Photo



## A Snapshot of College Applications Already Submitted for the Class of 2020

### Total # of applications sent: 2392

- # of Early Decision applications: 74
- # of Early Action applications: 1098
- # of Rolling applications: 78
- # of Priority applications: 133
- # of Regular Decision applications: 907
- # of colleges submitted to: 361

## Financial Aid & High School 101 Documents

Were you unable to attend Financial Aid Night or High School 101? Are you interested to learn more information about the above mentioned topics? If so, please click the following links to view handouts from both events.

**Financial Aid Night:** [Financial Aid Resources](#)

**High School 101:** [Presentation](#)

## NEW! Monthly Mindful Moment



Keep your eyes open throughout the day for reasons to say "thanks". Try to recognize the small actions people do everyday that might be overlooked.

## Dates to Remember:

\*SAT at FLHS – 11/2

\*Freshman Forum- 11/6

\*Alumni Day- 11/27

\*Career Day- 12/6

## Counselor's Bookshelf:

*Option B: Facing Adversity, Building Resilience, and Finding Joy*, by S. Sandberg and A. Grant. **Option B** illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Many of these lessons can be applied to everyday struggles, allowing us to brave whatever lies ahead.

*The only person you should strive to be better than, is the person you were yesterday." Unknown*

# ***Greater Bridgeport St. Patrick's Day Parade Committee's 2020 Mr. & Ms. Shamrock Scholarship Contest***

The judging will take place on Dec. 14, 2019.

All high school seniors of Irish descent may apply.

Click [here](#) for the application.

Questions: Colleen Murphy at [shamrockct@yahoo.com](mailto:shamrockct@yahoo.com).

**Film Theater Dance Music**

Are you considering a degree in  
the performing arts?

**4th Annual  
Mid-Hudson  
Performing Arts  
College Fair**

Sunday, November 10, 2019  
11:30 am - 2:00 pm

Arlington High School,  
Rt 55, LaGrangeville, NY

11:30 am - 12:00 pm & 1:00 pm - 1:30 pm  
**Panel Discussion with Admissions Representatives**  
Submit your questions and suggested topics when registering

12:00 pm - 2:00 pm College Fair  
Collect information from attending exhibitors.  
Check the website for an updated listing of exhibitors

3:00 pm Stringendo Season Opening Concert  
Featuring the Vivace & Chaconne Orchestras  
and the Raspberries and Strawberry Hill Fiddlers

Register online by 11/3  
to be entered in a drawing  
for an Amazon Gift Card.

**FREE ADMISSION**  
Pre-register at: [www.MHPACF.com](http://www.MHPACF.com)  
(845) 264-1206

Check us out on facebook Mid-Hudson Performing Arts College Fair

## Youth Advisory Council Application

Representative Cristin McCarthy Vahey's Youth Advisory Council provides an opportunity for students to serve their community, learn about the legislative process, and provide their input and suggestions to the Representative to aid her in representing the youth and town of Fairfield at the Capitol. The Council aims to give students the knowledge, tools and experience needed to address issues in their communities through state policy.

Click [here](#) for the application.

For questions, please contact Ben Dwyer at 860-240-8569 and return applications by November 6, 2019 to [Benjamin.Dwyer@cga.ct.gov](mailto:Benjamin.Dwyer@cga.ct.gov).



Special  
Event

Fairfield  
Public  
Library

*You belong here!*



## How to be an Ally for LGBTQ Youth

**Tuesday, November 12, 2019**

**Memorial Room, Main Library**

**6:30 PM**

Are you a parent, family member, caregiver, teacher, service-provider or friend of an LGBTQ youth? Did you know having at least one accepting adult in their life reduces the chance of a suicide attempt by 40 percent? Join us for this informal panel discussion led by members of the Norwalk Chapter of PFLAG and Anna Burns, Community Educator from the Triangle Community Center. Panelists will be taking questions, discussing their own experiences, and offering advice on how adults can become supportive and accepting allies for LGBTQ youth. Registration is required.

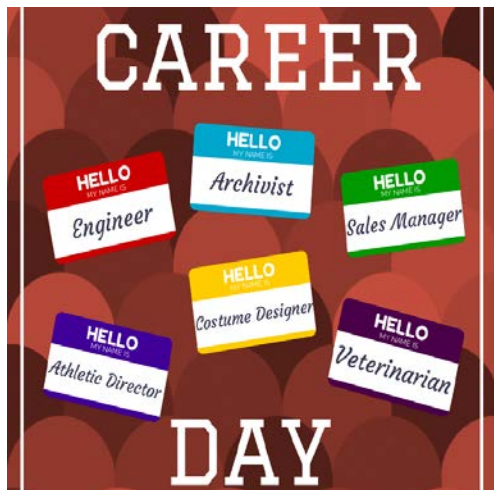
All programs are free and open to the public. Limited seating.  
Register online at [fairfieldpubliclibrary.org](http://fairfieldpubliclibrary.org), or call 203-256-3160.

**Main Library**  
1080 Old Post Road  
Fairfield, CT 06824

**Fairfield Woods Branch**  
1147 Fairfield Woods Road  
Fairfield, CT 06825

**Presenters:**  
**PFLAG**  
*is the nation's largest family and ally organization, uniting people who are lesbian, gay, bisexual, transgender and queer (LGBTQ) with families, friends and allies. PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy.*  
**Triangle Community Center**  
*is Fairfield County's leading provider of programming and resources to nurture growth and connection within the LGBTQ community.*





VOLUNTEERS  
NEEDED!

December 6, 2019

We are looking for professionals (**that's YOU!**) to speak to students on Career Day about your job, your career path, your education and training, your industry, the future of your industry, related careers, earning potential, etc. (**Don't worry...we'll coach you!**).

If you would like to participate in Career Day, please [REGISTER HERE](#) by Wednesday, November 6th.

Alice Gorman

College & Career Center Coordinator

203.255.7230

[agorman@fairfieldschools.org](mailto:agorman@fairfieldschools.org)

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## Virtual College Tours

Peterson's, the "educational services company," has teamed up with YouVisit, an interactive media company that has created more than 500 virtual reality tours of campuses around the world and has conducted more than 5 million digital tours.

Click [here](#) to start a tour!

