Juniors \* Information for you! \* 2022-2023

**Career & College
Industry and College Tours:**

* College Fair @ UND- September 19- Grand Forks
* NDSCS, Northland, NDSU visits- Dates TBA

**Job Shadowing**

* 2 job shadows allowed during the year-more with approval
	+ Absences do not count toward maximum absences
	+ Make sure you let your teachers know in advance!
	+ See Mrs. Berg for scheduling
	+ Refer to my website for placement options

**Career Outlook**

* Lots of good information
* Located on shelf outside counselor’s office & in library
* Check online programs for additional career planning if needed (ruready.nd.gov)

**College**

* College Visits-See Mrs. Berg to schedule
	+ You can schedule with your parents as well
	+ If a few students want to see the same school, we can schedule a group visit (already planning group tours for UND, Northland, and NDSCS)
* College reps visiting Midway
	+ Scheduled throughout the Fall semester
	+ Look for further info in announcements/on board by office

**Testing**

**PSAT**—October 12, 2021 (8:30 am to 12:15 pm)

* Pre-SAT (SAT test is used at east/west coast colleges for admission)
* Voluntary, small fee $18 due by Mon Sept 12 (fee waivers available)
* Scholarship qualifier if you score very well on PSAT and SAT (top 1-5% in the nation)
* Access to free career exploration program
* Study guides (soon to be) available on bookshelf outside my office

**ASVAB**—November 16, 2021 8:30-10:30 a.m.

* **Required for all juniors**
* Computer format
* Information/study packet available
* No cost
* Career Exploration Program
* Online career portion to follow (2 weeks after test) with our National Guard rep(s)

**ACT Testing**—March 7-9, 2023

* District testing date—**Required for all juniors—registration during class time**
* We will pick one day out of the testing window for standard time testers. Students on IEPs get more flexibility with time allowed/days of testing
* 8:00 am-12:15 pm
* Location TBA
* No cost on this date (state funded)
* Use the Testive application through RUReady.nd.gov for test prep-FREE

**Resources**

**Mental Health and Additional Resources:**

 Need help asap?

\* 24/7 Suicide Lifeline: 1-800-273-8255

\* 24/7 FirstLink Helpline: Dial 211 or 701-235-SEEK (7335)

\* Text your Zip Code to 898-211

\* Your Life Your Voice- call/chat/email/text

 \*Tips to help with tough situations
 [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

\* First Link: <https://myfirstlink.org/>

 \*24 hour helpline, suicide lifeline, community/family resources

**My website,** [**www.midwaycounselor.weebly.com**](http://www.midwaycounselor.weebly.com)**, has many more resources for you!**

* Events/activity info
* My schedule
* Guidance Lesson Schedules/monthly topics
* Career Planning links
* Academic help links
* Scholarship links
* Testing Info and links
* Student/Community resources