Attention Juniors:

On Saturday, December 7, from 8:00am-12:00pm, Bishop will offer a Mock ACT Exam for interested Juniors. Students must RSVP no later than Friday, November 22\textsuperscript{nd}. The test is free. The sign-up sheet is outside Ms. Gonzalez’ office. Interested Sophomores may inquire if there is a spot available, but priority is reserved for Juniors.

Students will be given their PSAT scores and Mock ACT scores (if they take the December Mock ACT test) in person at the Scores Back Night, on Monday, January 13 at 5:00pm in the Bishop Library. \textbf{Sophomore and Junior Parents}, please save the date for this event.

Parents of 9th Graders:

Please join us on \textbf{Wednesday, November 13th at 6:00pm} in the Library for an informative evening covering the following topics:

\begin{itemize}
\item Graduation and college entrance requirements
\item Bishop’s 4 Year Academic Plan
\item Christian Service Hours Requirement & Opportunities
\item Advanced Placement (AP) program & courses
\end{itemize}

Parents of 9th, 10th and 11th graders:

Mrs. Carpenter will lead a discussion about the Highly Selective College admission process. You are invited to join this meeting from 7:05pm-7:35pm on Wednesday, November 13 in the College and Career Center.

Parents of 10th and 11th graders:

Mrs. Carpenter will lead a discussion about NCAA and NAIA – the recruiting and college application process for high school athletes. Join us at 6:00pm in the College and Career Center on Wednesday, November 13.
Parents of 11th Graders:

Please visit Bishop’s Counseling webpage in BD Classroom for detailed information regarding the SAT, ACT and SAT Subject Tests.

Save the date for a College Information Night on Monday, January 13 in the Library at 6:00pm. Presenters will be from UC, CSU and a Private College, speaking about the educational opportunities and application requirements for each system of education.

Seniors & College Applications:

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<th>College/Scholarship App Deadline</th>
<th>Deadline to Request a Letter of Recommendation</th>
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<tbody>
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<td>December 1</td>
<td>November 11</td>
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<tr>
<td>December 15</td>
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Remember to log into the ACT.org or Collegeboard.org websites to order and pay for your test scores. You must send your official test scores to colleges on your application list, by their individual required deadlines. Contact Mrs. Carpenter if you have questions about this process.

If a student has assigned Mrs. Carpenter as the Counselor in Common App (and verified with Mrs. Carpenter that his/her name has appeared in her account by asking her directly), she will submit her letter of rec, secondary school report and your student’s transcript by the required deadline. Students do not submit Bishop transcripts to common app schools; however, they should submit official SBCC, other high school or college transcripts to the Common App schools.

Remember that the UC and CSU Application deadline is November 30. Do not wait until the last minute to apply! Transcripts and letters of recommendation are not required for these schools.
For all other colleges, if your student needs an official transcript sent to a college, make sure they complete a transcript request form in the Registrar’s Office (Ms. Gonzalez). A pre-addressed envelope to the corresponding college is required. Return address should be: Bishop HS, 4000 La Colina, Santa Barbara CA 93110. 24 hour notice is required. Official transcripts from other high schools or colleges attended should also be submitted to these schools.

Scholarships:

Remember to complete either the FAFSA or the Dream Act application by March 2nd. The deadline might be earlier for particular colleges or scholarship programs, so completing these forms sooner rather than later is recommended.

The Scholarship Foundation of Santa Barbara presented to seniors in class last month. While the main application deadline is January 15, the early deadline for the Honors & Art Scholarships is November 15. For more information visit: www.sbscholarship.org. Very important note: The main application requires completion of the FAFSA and a letter of recommendation. Those things need to be handled before you are able to hit the submit button on January 15. So, be sure and get ahead of those requirements.

MENTAL HEALTH FIRST AID:

Many of us would know how to help if we saw someone having a heart attack—we’d start CPR, or at the least, call 911. But few of us would know how to respond if we saw someone having a panic attack or if we were concerned that someone might be struggling with substance use.

The YOUTH MENTAL HEALTH FIRST AID program teaches participants to recognize warning signs and understand the risk factors for mental health and substance use; providing strategies for how to help someone in crisis and non-crisis situations, and how to connect youth to appropriate care.

Students in our community need all of us! Join the movement in Santa Barbara County to support students by becoming more aware, informed and empowered to help.
Family Service Agency, the Mental Wellness Center, and the YouthWell Coalition have partnered to bring YOUTH MENTAL HEALTH FIRST AID a certification class to Bishop.

Participants will be charged a $10.00 fee; however, if this fee is cost prohibitive, please reach out to rcarpenter@bishopdiego.org for a fee waiver.

Space is limited. Please register at: https://www.eventbrite.com/e/youth-mental-health-first-aid-training-registration-79743696543.

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