



Springville High School  
Counseling Office

Volume 1, Issue 6

April/May 2017

# Lifelong Learning

## Pushing Your Limits

### Important Upcoming Dates

Concurrent Enrollment Day	3/30
Utah State University Lunch Visit	3/31
Spring Break	4/3-4/7
Honor's Breakfast	4/19
AP Tests	5/1-5/11
ACT Registration Deadline (June National Test)	5/5
For Seniors: All Credit from other programs due!	5/11
Senior Awards Ceremony	5/15 at 5PM
Spring Showcase	5/18
Graduation Practice at UVU	5/23 at 11AM
Graduation	5/24 at 6PM
Last Day of School	5/26

One of the great difficulties in life is finding the point where we are pushing ourselves to learn and grow. Stretching and expanding to fulfill our limitless potential is a goal we should all be working for. However there is a danger with this. If we push ourselves too much and too fast, we run the danger of becoming overwhelmed, discouraged and can even get to the point of depression. This is especially evident in education.

Students encounter this every year. They must select the classes that will prepare them for their future, but not overload themselves by trying to do too much too soon.

This can be a difficult



process to navigate as it requires a lot of self knowledge. Students who know themselves well and can recognize when things are truly pushing them to the edge and can back off, are the ones who can successfully navigate this balance.

More often, we encounter students who back down way

too soon. At the first sign of discomfort, they want to drop a class, or walk away from the challenge. Doing this severely limits opportunities for growth.

Students, learn your limits, so you can carefully push beyond them and overcome the difficulties that you will face down the road.

### Concurrent Enrollment Day



On March 30th, Utah Valley University will be hosting a Concurrent Enrollment day here at

Springville High School. Advisors from UVU's Concurrent

Enrollment Office will be available all day to help answer any questions that stu-

dents might have regarding taking college classes while in High School.

Please come by to learn how to register, which classes you can take and any other questions that you might have regarding earning credit through UVU for next year.

## SHS Counseling

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## Expert Advice: Classes that help prepare you for college level course work

Colleges recommend certain high school courses that have been shown to prepare students for college level work. Taking and doing well in these classes will help prepare students for the increased rigor of college courses.

1. 4 Years of English
2. 2 Consecutive Years of a World Language
3. 3-4 Years of Math
4. 3-4 Years of Science
5. 3 Years of Social Science

Students who do well in these classes, especially those that get to the point of taking Advanced Placement (AP) and Concurrent Enrollment (CE) classes, tend to be much more successful in making the transition to college.

## Especially for Seniors . . . What Do I Do Now?

As we begin spring, many seniors have received their acceptance letters to college and are wondering what their next steps should be. While every college is a little bit different and students need to contact the school they will be attending for specific details there are a many things they should work on now.

**Accept Scholarships and Commit to a school:** For students accepted to more than one school, you will need to choose which one you will attend and accept any Financial Aid that they have offered you. This commitment is usually required by the end of April.

**Course Schedule:** Between April and June new Freshman will be able to select their classes

for their first semester of college. Knowing when registration begins will allow students first choice in some areas. Waiting too long students could be stuck taking 7 AM or night classes. Visit with an academic counselor at your college for class suggestions.

**Housing:** Unless you are going to be living at home you will want to look into the housing situation at your college. Many schools begin assigning housing as early as May. Don't forget to look at both on campus and off campus housing. As with classes, the longer you wait, the fewer choices you will have.

As always, if you have questions please feel free to talk to your counselor, either the one here at SHS or at your college.

