



Universities have been on the minds of all our students this past month with all the university visits we had at DHS as well as the US Educational Group University Fair early in November. Seniors met with representatives for universities they had applied to and some seniors even added a few more universities to their list from their conversations at the University Fair. Juniors learned about what the application process entails as well as about programs and what makes each university unique. Freshmen and Sophomores also met with university representatives and learned about the importance of researching universities and programs.

As we move into the next few weeks, students will be busy completing assessments and gearing up for a well-deserved two-week winter break. The Guidance Office wishes you safe travels, if you are traveling, and a wonderful and restful time with family and friends.

## GENERAL NEWS

### *Academic Plans*

Sophomores are now working on their academic plans on **Maialearning** with their counselors. Parents are encouraged to review the plans with their high school students. Academic plans help students map out their courses over their high school years so that they can plan to complete all graduation requirements while planning for courses that interest students in each subject/department area.

Freshmen will start meeting with their counselors after returning from winter break. Students will receive information on how to register and login to their new Maia accounts before the winter break so they have time to explore Maialearning as a general tool to help high school students with academic, career, and college planning.

### *Scorpion Time*

Scorpion Time is a non-academic advisory period where students meet with an advisor twice a week, on Sundays and Wednesdays. The program aims to foster positive relationships and support social-emotional growth of students while helping them balance the academic rigors within a support network of peers and staff members.

Some of the topics that have been covered, thus far, in Scorpion Time include: Getting to Know DHS, Personality Types and Learning Types, Getting Ready for University, DHS and Its Culture and they even fit in a Halloween door decorating contest. They are now busy celebrating all the nationalities that DHS boasts among the student population by designing flags in preparation for the upcoming International Day. Students have also attended grade level assemblies with counselors addressing time management, bullying, PSAT information, academic planning and college application timelines

### *Students Withdrawing over Winter Break*

Students withdrawing from DHS are required to submit written notification from parents to the DHS registrar office with a minimum of two weeks' notice for a withdrawal packet to be processed. Please contact the DHS registrar, Ms. Daisy Soutanian, with any questions at [solta.d.04@isg.edu.sa](mailto:solta.d.04@isg.edu.sa) or at 13-330-0555 ext. 2410.

## COLLEGE ADMISSIONS TESTS

### *ACT*

Please find the test schedule and registration deadlines below. We have added a new test administration on April 14<sup>th</sup>, 2018. This is a great date for juniors to think about taking the ACT on.

Test Date	International Registration Deadline	DHS Test Center Code
Dec. 9, 2017	Nov. 3, 2017	DHS (871050)
April 14, 2018	Mar. 9, 2018	DHS (871050)

CEEB School Code: 692103

## SAT I / SAT II

Please find the test schedule and registration deadlines below. Juniors are encouraged to register for the SAT in May. Juniors enrolled in an AP course are encouraged to consider taking the SAT II Subject test in June for the subject test that is in the same discipline as their AP course. Since the students are already studying for their AP exams in May, their knowledge would be at its peak and this in turn will help students in their SAT II Subject test. IB Year 1 students should seek advice from their teachers to ascertain how much of the subject area will be covered by the time they sit for the SAT II Subject test in June. IB students might find that a later test date such as Oct, Nov. or Dec. to be more suitable as they will have covered more content by the Fall of their senior year. Students can register to take up to three SAT II Subject tests on one test date.

**REGISTER ASAP AS SEATS FILL UP QUICKLY!** Register online at [www.collegeboard.com](http://www.collegeboard.com)

Test Date	SAT I or SAT II	International Registration Deadline	DHS Test Center Code
May 5, 2018	SAT I & SAT II	April 6, 2018	DHS (52-708)
June 2, 2018	SAT II <b>Only</b>	May 3, 2018	DHS (52-708)

CEEB School Code: 692103

## UNIVERSITY VISITS



US Educational Group University Fair



University of Loughborough, UK



University of Durham, UK



University of Greenwich, UK



University of British Columbia, Canada



Memorial University of New Foundland

## INFORMATION FOR SENIORS

### *Mailings of Transcripts Packets*

School documents to support students' university applications must be mailed by DHS directly to the students' university choices provided they have submitted a Release form (**Blue Form**) per above. The transcript packets include, but are not limited to:

- the student's official transcript;
- a copy of the student's transfer transcript (if applicable);
- a DHS school profile;
- and any teacher/counselor recommendation(s) as requested by the student.

All requests for transcript packets which have been submitted to the DHS Registrar's Office to date have already either been processed or are being processed to meet student application deadlines. Per above, all transcript requests with Blue Forms submitted by **December 12<sup>th</sup>** will be processed and mailed by before Winter Break. All other requests submitted after this date will be processed after the winter break.



## College Clinic

The College Clinic is held every Sunday afterschool as a way for Seniors to come and meet with Mrs. Lewars for college advice without having to wait for an appointment. Please drop by the DHS Conference Room from 2:40 – 3:20. See you there!



## Graduation

The Graduation ceremony for Class of 2018 has been scheduled for May 24th, 2018 at 4:00 pm – 5:30 pm and will be held in the auditorium on the Dhahran campus. More information will be forthcoming next semester.

## Graduation Night (Grad Nite) Celebration

Grad Nite is an after-graduation celebration for the graduates. This celebration is traditionally organized by parent volunteers of graduating students and has always proved to be a very memorable event for the graduates.

The meeting will take place on **Sunday, December 3 at 4:30 - 6:00 pm.** in room B-104 located on the first floor of the main high school building.

If you are interested in volunteering to help organize this celebratory event, please RSVP to [salam.v.04@isg.edu.sa](mailto:salam.v.04@isg.edu.sa) so that your name can be posted at the walk-in gate for entry onto campus. This is a celebration that is dependent on parent volunteers. Mrs. Lewars will meet with parents to share with them how this celebration has been planned and executed in past years to help serve as a reference point for parents.

We look forward to seeing you there!

The Grad Night Committee

## Help Beyond the Classroom

Teachers are available to help students outside of normal classroom instruction time. Unless they are sponsoring a club, coaching, or attending a faculty meeting, the following times are available for students to seek extra help from their teachers:

7:35 – 7:55 a.m., Sunday through Thursday

2:40 – 3:20 p.m., Sunday through Tuesday

Students should always check with their teachers as well since most teachers teach more than one subject and certain days of the week might be reserved for certain courses.



## Self-Care

Counselors talk quite a bit to students about **self-care**. Self-care is taking the time to take care of you. Liken it to your life battery; all the activities in our day require some of that energy, and if we don't ever give ourselves time to fill up that tank, we will eventually run out of gas. That's when anxiety and depression like to make their unwanted appearance. Constantly having to listen (to our friends, teachers, and parents) uses up energy, as does work, sports, talking, worrying, dreaming, getting to and from school, doing chores. Yet we never sit back and think "hey what about ME?" And this is where self-care comes in.

Self-care is positive, and it is about filling up your life battery by doing things you love. It might also mean that you ask yourself some questions to rid yourself of some of the bigger, and unnecessary, energy sucks in your daily life. Ask yourself "What do I need right now?" "How is my body feeling?" "What boundaries do I need to enforce?" "Is there anything upsetting or bothering me?" and use the answers to guide you into making more positive choices for you. It might mean writing your thoughts and dreams in a journal, or creating something (art, coloring, baking or cooking are some favorites). Getting sleep, fueling your body with nutritious food, and getting exercise are the most overlooked, yet most critical, aspects of self-care. Go to bed 10 mins earlier and allow yourself some mind-clearing meditation time. Think about things you are grateful for today. Avoid sugar. Drink more water than you think you need. Listen to your body for what kind of physical activity it needs. When your life battery is full, you will be amazed at the potential you will reach in academics, relationships, and all-round happiness levels.

