

Counseling Corner @raid.ersrise

November Dates to Remember:

- November 7th Progress Reports
- November 8th SAT
- November 19 College Application Workshop 1:30-2:30 in Raider cafe
- November Sign up for Dec SAT
- November Thanksgiving Break - No School

Daily Announcements



Inside Higher Education: Articles

[Giving Credit Where It's Overdue](#)
[Ask Your Students Why They Use AI](#)

PSAT SCORES ARE AVAILABLE for VIEWING. What's next? Check out the article in this newsletter!

Focus on ATTENDANCE

Good attendance is important because it leads to better academic performance, stronger social and emotional development, and a higher likelihood of long-term success in life. Regular attendance ensures you don't fall behind on lessons, build important skills, and develop habits that lead to high school and college graduation, and better career opportunities. Conversely, chronic absenteeism (missing 10% or more of school days) can cause gaps in learning and is a leading indicator of future academic trouble.

APPLICATION SEASON

Seniors - be sure to *wrap up* your college admission application before the holidays! Counselors and staff will not be available during Thanksgiving and Christmas Break. If you need Letters of Recommendation or have questions about courses, EOP, or other application assistance-make your appointments now! We will have our last College Application Workshop for Four year Colleges on November 19th in the Raider Cafe 1:30-2:30pm

UC Davis resources from College Info Night

- Our [Find My Advisor](#) tool will allow students to reach out to Josiah directly for any inquiries.
- This is our [digital viewbook](#) for the year.
- [Contact Undergraduate Admissions](#)
- [First-Year Admission](#)
- [Transfer Admission](#)
- [Events for Future Aggies](#)

SACRAMENTO CITY COLLEGE

[Why Sac City College? Why the Community College Option?](#)

[Power Point Presentation](#)



RISE CENTER Counselor of the Day - November				
Monday	Tuesday	Wednesday	Thursday	Friday
Mrs.Ozeroff	Mrs. Cramer	Ms. Straessler Ms. Alduenda	Ms. Price	Mrs. Clark



SAC CITY COLLEGE

Visits River City High

Dual Enrollment Spring 2026 Timeline

NOV

SCHEDULE TO MEET WITH YOUR HIGH SCHOOL COUNSELOR
DISCUSS WHAT CLASSES TO TAKE

**DEC
16TH**

DUAL ENROLLMENT APP SUPPORT W/

- COMPLETE YOUR SCC APPLICATION
- SUPPLEMENTAL FORM
- SPECIAL ADMIT FORM

*Drop-in visits
w/ See*



**** LOCATION: COUNSELING OFFICE DURING BOTH LUNCH ****

**DEC
18TH - 19TH**

STUDENT SELF-ENROLL INTO CLASSES

ENROLLMENT IS BASED OFF YOUR PRIORITY DATE.
DATE AND TIME FOUND IN YOUR STUDENT **ESERVICES** ACCOUNT

QUESTIONS? EMAIL ME AT: VANGS@SCC.LOSRIOS.EDU

****RACHEL WILL ALSO BE ON CAMPUS DURING LUNCH OCT 3, 17. NOV 14, DEC 5TH**

CSU SACRAMENTO What is the GE Honors Program?

The General Education Honors Program is an academic and social program that provides students with the opportunity to take special honors courses and engage in the honors community throughout their time in college.

While traditional general education courses are usually lecture and exam heavy, the ***courses in the GE Honors Program are dynamic, engaging, and encourage discussion, critical thinking, written communication, and community building.*** Because class sizes in the program are around 25 students, students develop close bonds with their classmates and receive more individual support from professors. The ***coursework is designed to give students of all majors the skills needed to succeed both professionally and personally.*** Students are also encouraged to research topics and ideas that are important to them and their major. Students in the GE Honors Program do not have to take additional coursework as all courses meet general education and graduation requirements - these are courses that Sac State requires students to take along with their major requirements.

First-time college students complete the GE Honors Program Certificate pathway and transfer students complete the minor in Global Engagement and Leadership.

In addition, to the academic experience, ***students in the program are able to participate in a variety of special events and socials.*** Past events include game nights, movie nights, coffee socials, and book clubs. ***The GE Honors Program also has its own social lounge with a kitchenette, library, and computer lab providing students with their own space.***

Frequently Asked Questions About Honors

Program Benefits

- A diverse, safe, and supportive academically focused community
- Priority registration – Honors students register for classes on the first day of registration
- Smaller class sizes and individualized attention from dedicated professors
- Individualized academic and personal advising including support with the transition to college, exploring majors, and navigating college
- Support with writing and job, internship, scholarship, and graduate school applications
- Honors-only events, socials, field trips, and study abroad opportunities
- Access to an Honors-only social lounge with kitchenette, library, and computer lab
- For students living on campus, Honors housing in Riverview Hall
- Access to Honors-only scholarships

WHY ATTENDANCE MATTERS

Good attendance is crucial because it directly impacts academic success and career advancement, while also helping to build essential life skills such as responsibility, reliability, and social skills.

Academic and professional benefits

- Higher grades: Students with high attendance rates are more likely to earn better grades. Attending school regularly ensures you don't miss critical lessons, discussions, and activities, which makes it easier to grasp concepts and perform well on tests.
- Skill development: Consistent attendance builds crucial academic and social skills through daily practice and interaction.
- Graduation and career: Good attendance is linked to a higher chance of graduating from high school and college, which can lead to greater earning potential later in life.

Social and emotional benefits

- Sense of belonging: Regularly attending school helps you feel more connected to classmates and teachers.
- Routine and responsibility: It fosters a sense of routine and responsibility that can increase motivation and engagement.
- Access to Resources: Consistent attendance ensures you have access to valuable support systems like tutoring, counseling, extracurricular activities, and mentorship opportunities that can help you overcome challenges and thrive.
- Reduced Stress: Staying on track with coursework by attending every day reduces the stress and frustration of having to catch up on missed material.

Long-term consequences of poor attendance

- Learning gaps: Every day missed is a lost opportunity for learning, and these gaps can make it harder to understand future material.
- Academic struggles: Chronic absenteeism can lead to lower test scores and a higher risk of being held back a grade.
- Higher dropout rates: By sixth grade, chronic absence is a major predictor of dropping out of high school.

RCHS ATTENDANCE INFORMATION

Taking SAT and PSAT/NMSQT practice tests with Bluebook™

In this article, we'll explore how to use College Board's Bluebook app to take practice SATs (and PSATs, if desired), how to view and interpret your practice test scores, and **how to pair these practice tests with Khan Academy's free SAT prep courses.**

What is College Board's Bluebook™ app?

College Board's Bluebook™ is a free digital testing application that allows students to take official practice SATs and PSATs. You can download and run the [Bluebook™ testing app](#) on a Windows or Mac device, an iPad, or a school-managed Chromebook.

How to use the Bluebook™ app

Using the Bluebook™ app is straightforward. Once you open the app, you'll see a "Practice and Prepare" section right on the homescreen. Here you can choose between a "Test Preview" or "Full-Length Practice".

Clicking "Test Preview" will allow you to preview the format of the SAT and PSAT/NMSQT, the directions, and the question types without being timed. It will also show you the in-app tools available during the test (including useful things like annotation, marking questions to come back to later, and crossing out choices, among other features). We recommend clicking through the Test Preview before taking a practice test.

"Full-Length Practice" is where you'll find all the official practice tests for the SAT and the PSAT/NMSQT (along with practice tests for the other PSAT-related assessments for younger grades, namely the PSAT 8/9 and the PSAT 10). When you take a practice test on the Bluebook™ app, the app will time you and simulate the actual testing environment.

Pairing the Bluebook™ app with Khan Academy's SAT prep courses

To get the most out of your SAT and/or PSAT/NMSQT prep, it's a good idea to use both the Bluebook™ app and Khan Academy's SAT prep courses together. While the Bluebook™ app is a great resource for taking practice tests and getting used to the digital format of the SAT and PSAT/NMSQT, it's not designed to teach students the content that is covered on those tests. This is where Khan Academy comes in!

Once you've taken a full practice test on Bluebook™, that practice test will become available under "[My Practice](#)" on CollegeBoard's website. Once you sign into your CollegeBoard account, you can click the arrow to the right of your practice test score to see your score details, including a question-by-question breakdown. At the top of the score details page, you'll see a link to "explore every question on Khan Academy." Click that link to get to Khan Academy's Official Practice Test Review for that practice test, which includes detailed explanations for every question, as well as links to our lessons for each question type (all completely free)!

Additionally, **you should use the results of your practice test to identify the areas where you need the most help.** Once you've identified these areas, you can use Khan Academy's [SAT prep lessons and exercises](#) to focus on those areas and improve your performance on test day! For more, check out our article about [how to prepare for the SAT or PSAT/NMSQT using Khan Academy.](#)

Happy prepping!