



**GUIDANCE GAZETTE  
MARCH/APRIL 2008**

Director of Guidance: **Mrs. Donna Campbell-Michaels**

**GUIDANCE COUNSELORS:**

**Mr. Thomas Slayter**  
A - F Grades 9-12  
Extension: **1024**

**Mrs. Donna Campbell-Michaels**  
G - N Grades 9-12  
Extension: **1026**

**Mrs. Sherri Boyce**  
O - Z Grades 9-12  
Extension: **1029**

Students are assigned to counselors alphabetically by last names.

Consultant: **Elizabeth Johnson-Widlansky, Ph.D:** Licensed Psychologist Extension:**1025**

Secretary: **Mrs. Catherine Holland** Extension: **1028**

Guidance Office Direct Phone Line: (561)683-7606 Fax Number is (561) 640-5476

**TEST INFORMATION**

- √ The High School Code for both tests is 101-835.
- √ It is important to bring a picture ID to the test center & two #2 pencils.
- √ Both Test (**SAT and ACT**) registration forms can be picked up in the Guidance Office.
- √ Student must fill form out and mail to company. It is **your** responsibility.

SAT coach on line <http://www.palmbeach.k12.fl.us/SATcoach>

**SAT I/SAT II TEST INFORMATION**

<u>Test</u>	<u>Test Date</u>	<u>Registration Date</u>	<u>Late Registration</u>
SAT I /Only	March 1, 2008	<b>WALK IN ONLY</b>	
SAT I/II	May 3, 2008	April 1, 2008	April 10, 2008
SAT I/II	June 7, 2008	May 6, 2008	May 15, 2008

**Newman is NOT a test center for SAT second semester.**

**SAT I or SAT II: WALK INS ON A FIRST COME, FIRST SERVED BASIS**

**ACT TEST INFORMATION**

<u>Test Date</u>	<u>Registration Date</u>	<u>Late Registration</u>
*April 12, 2008	March 7, 2008	March 21, 2008
June 14, 2008	May 9, 2008	May 23, 2008

\*To be held at Cardinal Newman

Students should pick up the registration forms for the SAT I & II and/or the ACT in the Guidance Office. The student is responsible for filling out the form and mailing appropriate fee to the testing company by the registration deadline. Juniors should begin taking the college boards second semester. **A picture ID must be shown at all test centers on the day of the test.**

**ADDICTION:**

**April is Alcohol Awareness Month!!** Addictive Behaviors are defined as a “compulsive need to continue to drink or do drugs, or any behavior that results in loss of control (obsessions) and continued use of the drug or behavior despite negative consequences”. Don’t leave students guessing where you stand on risky behavior. Be clear. Tell them you don’t want them using drugs or alcohol.

Alcohol abuse leads the treatment list! (National Treatment Episode Data Set). Alcohol is the leading cause of death among young people. 6 - 8 million young people (12-20 years old) Binge Drink. 8% - 8<sup>th</sup> grade, 24% - 10<sup>th</sup> grade, and 32% of 12<sup>th</sup> grade report being drunk during the previous month. [www.ncadd.org](http://www.ncadd.org)

**Parents communicate your expectations.**

**Good News: 67% of Teenagers Volunteer (the highest rate in 50 Years)**

### √ IMPORTANT INFORMATION: SENIORS

- ★ You should have applied to the college of your choice by this time. If you have not, see your Guidance Counselor immediately.
- ★ Seniors are reminded that they need ACT or SAT test scores for placement at Palm Beach Community College. The ACT test results must be 19 (440 SAT) or above in Math and 17 (440 SAT) or above in English. If you score below the requirement, you must take a developmental Math or English course for which you do not receive college credit.
- ★ **Check your application deadlines! If you have already been accepted by a college, remember they must see your final grades, so continue to work! Also, check to see if your college requires mid-year grades. See your Counselor about mid-year reports, if you have not already done this. If you have seen your counselor, all mid-year reports were mailed out on January 30, 2008.**
- ★ Guidance will contact Seniors beginning in March and April to fill out a form telling us exactly which college or trade school should receive your final transcript. Be accurate.
- ★ Seniors who need to take SAT II for placement need to do as ASAP.

### √ SCHOLARSHIPS

★ Scholarships are still arriving in Guidance. Check them out! Florida State Scholarships such as: Bright Futures, Jose Marti, Chappie James, Rosewood, Robert C Byrd, are all done on line. Seniors who have input the information on the computer should receive a pin #. Seniors interested in scholarships need to apply to individual ones on line.

√ FINANCIAL AID: There is still time for financial aid. Check if your college requires additional forms. The free Federal form is available in Guidance. (FAFSA is the Free Federal Form.) Some schools require the Profile form which is also available in Guidance. Both forms can be picked up in Guidance.

## JUNIORS : IMPORTANT INFORMATION

- ★ Juniors should be taking the college boards second semester. Remember, if the school to which you are applying requires SAT II Tests, you should take these at the completion of the highest level course in the area of the test.
- ★ Please take at least one SAT and one ACT test this semester. You do not have to have the results sent to any college during your Junior year.
- ★ Start investigating colleges. Use the computer in the Computer Lab/Library. Ask your counselor for advice.
- ★ If you are interested in a service academy, you must begin the process now. Recognize that your Senior year is the ideal time to strengthen skills and qualities you will need for future success. These include: Involvement, Dependability, Leadership, Enthusiasm, Confidence, and Productivity.
- ★ Guidance will be visiting Juniors second semester to go over preparation for the college application process.

### √ Career Information

- ★ The month of March is Career month. Various career speakers are scheduled. All students may sign up for two speakers a day. Come to Guidance and sign up. A list of speakers, dates and times should be posted in Guidance, on the Guidance Bulletin Board, on our website, as well as in all home rooms. The career speakers will be coming on Thursdays.
- ★ **PLEASE CALL MR. SLAYTER IF YOU HAVE ANY QUESTIONS REGARDING CAREER MONTH OR YOU WANT TO VOLUNTEER AS A SPEAKER.**



**THE 10 FASTEST NATIONALLY GROWING OCCUPATIONS,  
1998-2008**

**Computer and Technology  
Health Care and Allied Science  
Education and Social Services  
Arts and Communication  
Trades and Transportation  
Management and Business Finance  
Architecture and Civil Engineering  
Science  
Hospitality, Tourism and Services Industry  
Law and Enforcement**

Source: Careers & Colleges

**5 SUPER STRESSFUL JOBS:**

- 1) **Air Traffic Controller**
- 2) **CEO**
- 3) **Firefighter**
- 4) **Police Officer**
- 5) **Taxi Driver**

Source: [www.Careers.msol.com](http://www.Careers.msol.com)

**10 HEALTHIEST JOBS:**

- 1) **Activity Specialist**
- 2) **Chiropractor**
- 3) **Choreographer**
- 4) **Florist**
- 5) **Massage Therapist**
- 6) **Nutritionist**
- 7) **Personal Trainer**
- 8) **Professor**
- 9) **Running Coach**
- 10) **Yoga Instructor**



## Florida Bright Futures Scholarship



### Florida Medallion Scholars (FMS)

3.0 weighted  
15 select courses (academic)  
970 SAT or 20 ACT  
75% of Public Instruction cost.  
Lab Fees up to \$300 per semester

### Florida Academic Scholars Award(FAS)

3.5 weighted GPA  
15 select courses (academic)  
1270 SAT or 28 ACT  
75 hours of community service  
100 % of Tuition and Fees & \$600 per year for college related expenses.

Keep in mind that the state can change this at any time.

**Attention: Seniors with a 2.75 cumulative or higher: If you haven't registered with the State through Guidance you must see your counselor ASAP. We have had 5 sessions.**

✓ **AP Exams** - are being given May 5-9 and May 12-16. You should have signed up with Mrs. Campbell-Michaels in the Guidance office. The cost is \$84 per test. Checks should be made out to Cardinal Newman High School. See Mrs. Campbell-Michaels ASAP! Deadline to sign up was Wednesday , February 20, 2008. Students were notified in January.

✓ **Summer School:** There are many interesting ! fun ! exciting ! programs being offered for the eligible Juniors and limited sophomores. Please check in Guidance for application requirements and deadlines.

✓ **Dual Enrollment:** If you have completed your sophomore year AND have a B average Check out the Palm Beach Community College Dual Enrollment Program. See Mrs. Campbell-Michaels ASAP.

### \*\*\*Important Dates for Juniors and Seniors\*\*\*

Friday, March 28, 2008	Prom PGA Marriott 7:00 P.M. - 11:00 P.M.
Monday, March 31, 2008	Senior Holiday
Saturday, April 12, 2008	ACT to be held at Cardinal Newman High School
Friday, April 25, 2008	Grad Night - Disney World (Srs). \$100.00 per student <b>Tickets sold in March.</b>
Monday, April 28, 2008	Pathfinder Award Ceremony 7:00 P.M. at Kravis Center
Wednesday, April 30, 2008	Senior Parent Appreciation Mass & Dinner @ 6:00 P.M. Parents are Free. \$10.00 cost per student. Limited to parents & students only.
May 2008	IB Exams. Students registered for exams in October 2007.
May 12 - 15, 2008	Senior Exams
May 5- 9, 12 -16, 2008	AP Exams <b>Checks were due to Mrs. Campbell-Michaels by February 20, 2008.</b>
Thursday, May 22, 2008	Baccalaureate Mass & Honors 7:00 P.M. @Cardinal Newman High School Gym
Friday, May 23, 2008	Graduation 7:00 P.M. at the Kravis Center. Each senior student receives 8 tickets. Graduating Senior does not need a ticket. Tickets distributed in April.

## YOUR COLLEGE AND FINANCIAL AID SEARCH ... WHERE TO BEGIN

The Internet is the fastest way for prospective students and families to explore the many colleges and financial aid funding opportunities in the college and financial aid search. The secret? It takes time and attention to detail to make the most of the Internet experience. The virtual campus tour has brought the campus into the homes of prospective students to enable them a first look at programs, facilities, and services including those of scholarships and financial aid.

**Where should you begin your college search?** You can explore a variety of sites to narrow your college choices. These sites will allow you to search by type of institution, church affiliation, location, major, sports programs, or other key factors to fit your college prospect profile. The following sites offer a place to begin:

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<a href="http://www.collegenet.com">www.collegenet.com</a>	<a href="http://www.collegeboard.org">www.collegeboard.org</a>
<a href="http://www.collegeview.com">www.collegeview.com</a>	<a href="http://www.mapping-your-future.org">www.mapping-your-future.org</a>
<a href="http://www.fastweb.comforcollege">www.fastweb.comforcollege</a>	<a href="http://www.collegeexpress.com">www.collegeexpress.com</a>
<a href="http://www.educhoices.org">www.educhoices.org</a>	<a href="http://www.Facts.org">www.Facts.org</a>
<a href="http://www.thecollegePlace.com">www.thecollegePlace.com</a>	

In some instances these sites may not maintain the most current data available such as actual charges for tuition, room and board. Consult with an individual college or its website for clarification.

Some New Sites: Technology Programs:



<http://www.collegeview.com/marketing/ceclink.jsp> Page =Tech  
<http://www.collegeview.com/marketing/ceclink.jsp> Page =Design  
<http://www.collegeview.com/marketing/ceclink.jsp> Page=Business

**Are finances a concern for you and your family?** If so, there is unlimited information available at your fingertips related to scholarships and financial aid. For example, you can learn about the Federal financial aid process, Federal and state-sponsored financial aid programs, and opportunities for scholarships and other financial assistance programs sponsored by colleges. Additionally, a number of sites allow you to conduct free scholarship searches based on your unique academic and personal profile. To assist you in locating and securing financial assistance to fund your college education, try these:

<a href="http://www.ed.gov">www.ed.gov</a>	<a href="http://www.nasfaa.org">www.nasfaa.org</a>
<a href="http://www.finaid.org">www.finaid.org</a>	<a href="http://www.cashe.com">www.cashe.com</a>
<a href="http://www.fastweb.com">www.fastweb.com</a>	<a href="http://www.suntrust.com/pers/loans">www.suntrust.com/pers/loans</a>

The Federal Government is the single largest provider of student financial aid. To apply for Federal financial aid, you can electronically complete and submit the Free Application for Federal Student Aid (FAFSA) at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). The FAFSA is the Federal application used by colleges to determine a financial aid package which represents your unique financial profile.

**Are you getting the idea?** Just a few Internet sites have been identified here but the list goes on. Don't forget to access the site of your home state's educational agency for more information on scholarship and grant programs. Many of these state agencies also provide a link to the websites of colleges located within their own states.

**When should you begin?**

**Now is the time!**

**STRESSED?**

**7 WAYS TO STOP STRESS (www.Msn.com )**

- 1) Breathe
- 2) Set Boundaries
- 3) Clarify goals
- 4) Put Yourself First - Take time to relax - so you can work at peak.
- 5) Give yourself a break
- 6) Get Spiritual
- 7) Take Five

## 2008 AP Exam Schedule

<b>Week 1</b>		<b>Morning Session</b>		<b>Afternoon Session</b>			
		<b>8 a.m.*</b>		<b>12 noon*</b>			
Monday, May 5		United States Government and Politics		Comparative Government and Politics <b>French Language</b>			
Tuesday, May 6		Computer Science A Computer Science AB Spanish Language		Statistics			
Wednesday, May 7		Calculus AB Calculus BC		Chinese Language and Culture			
Thursday, May 8		English Literature German Language		French Literature Japanese Language and Culture			
Friday, May 9		United States History		European History Studio Art (portfolios due)			
<b>Week 2</b>		<b>Morning Session</b>		<b>Afternoon Session</b>			
		<b>8 a.m.*</b>		<b>12 noon*</b>		<b>2 p.m.</b>	
Monday, May 12		Biology Music Theory		Physics B Physics C: Mechanics		Physics C: Electricity & Magnetism	
Tuesday, May 13		Chemistry Environmental Science		Psychology			
Wednesday, May 14		English Language Italian Language and Culture		Art History			
Thursday, May 15		Macroeconomics World History		Microeconomics			
Friday, May 16		Human Geography Spanish Literature		Latin Literature Latin: Vergil			

Students wishing to take exams that are scheduled for the same time slot should ask their AP Coordinator to contact AP Services for information about taking one of the exams during the late-testing period.