

GUIDANCE GAZETTE
October 2009

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

GUIDANCE COUNSELORS:

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

Mrs. Boyce
A - C 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**

College Placement Officer: **Miss Tania Baker** Extension: **1024**

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

Guidance Office Direct Phone Line: (561)683-7606

Fax Number is (561) 640-5476

TEST INFORMATION

(ACT & SAT)

- 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 registration forms can be picked up in the Guidance Office.
- Students must fill form out and mail to the company. It is your responsibility.
- If you have documentation and need special testing, you must see your counselor. Special forms need to be filled out and mailed.



SAT I/SAT II TEST INFORMATION

<u>Test</u>	<u>Test Dates</u>	<u>Registration Dates</u>	<u>Late Registration Dates</u>
*SAT I/SAT II	October 10, 2009	WALK ON ONLY	
SAT I/SAT II	November 7, 2009	October 1, 2009	October 15, 2009
SAT I/SAT II	December 5, 2009	October 30, 2009	November 12, 2009
SAT I/SAT II	January 23, 2010	December 15, 2009	December 30, 2009
*SAT I ONLY	March 13, 2010	February 4, 2010	February 18, 2010
SAT I/SAT II	May 1, 2010	March 25, 2010	April 8, 2010
SAT I/SAT II	June 5, 2010	April 29, 2010	May 13, 2010

SAT I OR SAT II: WALK-INS ON A FIRST COME, FIRST SERVED BASIS

Register on line at www.college.board.com

ACT TEST INFORMATION

<u>Test Dates</u>	<u>Regular Registration</u>	<u>Late Registration</u>
*October 24, 2009	September 18, 2009	September 19 - October 2, 2009
December 12, 2009	November 6, 2009	November 7 - November 20, 2009
February 6, 2010	January 5, 2010	January 6 - January 15, 2010
*April 10, 2010	March 5, 2010	March 6 - March 19, 2009
June 12, 2010	May 7, 2010	May 8 - May 21, 2010

Register on line at www.actstudent.org

* **To be held at Cardinal Newman High School** Check registration booklet for other tests

◆ **October 14, 2009: Senior Day** Seniors will report to school at the regular time. Seniors will meet in the 300's and 400's. Seniors will meet in Home room sections. Campus Ministry, Mr. Steffes, Mrs. Gibson, and Deacon Sherman are in charge.

◆ **October 14, 2009**, Juniors will take the PSAT/NMSQT. Juniors will report to home rooms assigned in the 200's and 100's. Juniors will wear uniforms and bring two #2 pencils.

◆ **October 21, 2009**, Freshmen will take EXPLORE and Sophomores will take PLAN.

Juniors and Seniors will be off from school and only Freshmen and Sophomores will report.

◆ **A limited number of Sophomores who have signed up to take the PSAT/NMSQT will report on October 14, 2009, also.**

GENERAL INFORMATION:

◆ Seniors are reminded to request transcripts when they bring their completed application and fees to counselor. Please print the name of the college and address, including zip code.

◆ Seniors are responsible for checking the deadlines for their college applications.

◆ Seniors are asked to give the applications, fees and any other needed materials to the counselors, who will then fill out their section, and all materials will be mailed to the college/or university.

If you are adding additional materials (such as teacher's recommendations), let your counselor know so all materials can be mailed together.

◆ Seniors who their applications on line have to let their counselor know and request transcripts and other needed information.

◆ **COLLEGE FAIRS:** All students are invited to attend!

◆ **Thursday, November 5, 2009 from 5:00 P.M. - 8:30 P.M., and Friday, November 6, 2009 from 9:00 A.M. to 1:00 P.M.** in Fort Lauderdale, FL at Convention Center

◆ **Wednesday, October 14, 2009 Palm Beach County Fair at Palm Beach Central High School. Time: 6:00 P.M.**

◆ FINANCIAL AID \$\$\$\$ FAFSA FORM

* **October 7, 2009, Wednesday College Financial Planning for Parents,**

"Helping Parents Understand their COLLEGE FUNDING OPTIONS." Speaker from Ameriprise Financial (formerly American Express Financial Advisors)

ALL Grades 9 through 12 in the Cafeteria 7:00-8:00 PM

◆ COUNSELING:

Individual and group counseling are available in the guidance office for students and their families. Consultant, Elizabeth Johnson-Widlansky, Ph.D, a licensed psychologist, is in the guidance office. Referrals are made through the guidance counselors.

SCHOLARSHIP INFORMATION:

◆ Check your Home room bulletin board, the guidance office and bulletin boards, as well as the guidance website for a list of scholarships and college visits. Information for scholarships and College visits are updated weekly or as needed.

◆ Listen to PA announcements.

◆ Check scholarship lists in guidance for local scholarships.

◆ The deadline for Coca Cola scholarship is October 31, 2009. You **MUST** apply on line.

◆ Prudential Spirit of Community Awards Scholarship Open to all students grade 9 - 12 who are involved extensively in service to the community. Go on line at www.prudential.com/spirit **COMPLETE APPLICATION, SIGN, HAVE PARENT SIGN and return application to Mrs. Campbell-Michaels by November 2, 2009.**

(One student is selected to represent the school - We are only allowed to nominate **ONE** student.)

VIDEO TAPES & DVD'S AVAILABLE IN LIBRARY
Library has videos from colleges across the country. Check them out over night..*Best source is Individual college website.



**SENIORS:
IF YOU HAVEN'T
SEEN YOUR
COUNSELOR,
YOU ARE
ALREADY LATE!
MAKE AN
APPOINTMENT
TODAY!**

◆ **COMPUTER PROGRAMS:**

College Explorer: (All updated for present School Year.) Guidance has many updated books for career and college exploration. Please make your career appointment. Students can go on line to Individual College sites.

◆ **ROTC/SERVICE ACADEMY:**

- ◆ Senior deadline for military academies is October 2009. Make sure you are on time!
- ◆ Juniors should begin process in the Spring of their Junior year.

◆ **COLLEGE REPRESENTATIVES VISITS:**

Lists detailing visits by college representatives **for the upcoming Month** will be posted in every Junior/Senior Home room, announced on the PA and listed on the guidance web page. **You must sign up at least one day in advance. Failure to sign up will result in your NOT being allowed to attend - even if there appears to be room available. Passes are done the day before the college is visiting.** Do not make a reservation on days you have tests. **Students may sign up for 2 colleges per day and NO more than 5 colleges per week.** Be selective!

Check the P.A. announcements, Guidance Bulletin Board and the scholarship lists for various college programs at night.

- ◆ **ATTENTION:** All state schools will take an essay for marginal students. Check your college catalogue or website to check for deadlines, new programs etc.

University of Florida (UF) has one regular decision deadline of **November 1, 2009.**

Florida Gulf Coast University (FGCU) has a priority deadline of **February 15th** and after that space available.

Florida International University (FIU) has a priority deadline of **December 1st** and after that space available.

Florida State University (FSU) has 2 deadlines: Apply by **October 14th** hear by December 9th and apply by **January 20th** and hear by March 17th.

University of North Florida (UNF) : Apply by **November 13th** **Priority deadline. Rolling admissions following.**

◆ **IMPORTANT UPDATE:**

University of Florida Applicants: **ONE DEADLINE ONLY: NOVEMBER 1, 2009.**

- **ELECTRONIC APPLICATION:** Students can pull up most applications on computer, fill them out and print them. On line applications are required by the State University System. Univ of Florida, FSU, New College of Florida, FAU Honors, and Florida A&M require 2 essays. Univ. of Central Florida strongly recommends 2 essays. Several schools either require 2 essays or recommend 2 essays.
- Also check Application Fees - each university may have a different fee this year.

◆ **ATTENTION ATHLETES:**

Any senior athlete planning on playing sports in a Division I or Division II college you must register for NCAA Clearinghouse. Registration is done on-line at <http://www.ncaa.org/eligibility/cbsa> , also a transcript is required. The transcript must be requested by the student with their counselor.

- ◆ **JUNIORS:** Start seeing your counselors, using college catalogs, read college magazine, go to www.mystudentedge.com and attend College fairs and speakers! Think about your future.

BRIGHT FUTURES:

NEWS: Test requirement for Bright Futures 2009 - 2010: SAT I or ACT

Florida Academic Scholar: FAS 3.5 GPA 1270 SAT or 28 ACT 75 hours of community service

Florida Medallion Scholarship: FMS 3.0 GPA 970 SAT or 20 ACT No requirement of community service

*The writing section will not be used in the composite.

CHECK THE GUIDANCE WEBSITE: UPDATE ON FLORIDA BRIGHT FUTURES SCHOLARSHIP AWARD AMOUNTS PER CREDIT HOUR 2009-2010

GREAT COLLEGE RELATED INTERNET SITES

1. General College Sites
www.collegeispossible.org
Help in planning, preparing & choosing the right college.
2. Campus Tour
www.canpustours.com. Links you to virtual tours.
3. NCAA Guide for College Bound Student - Athlete
www.ncaa.org/eligibility/cbsa/
Information on academic eligibility.
4. Minority online information
[Http://sciencewise.com/molis/](http://sciencewise.com/molis/)
Facts on minority Institute and opportunities.
5. Alumni:NET
www.alumni.net/
e-mail address of recent college graduates you can ask questions about a particular college.
6. U.S. Department of Education: Financial Aid
www.ed.gov/offices/OSFAP/students/
Information on federal student financial aid programs
7. FAFSA on the Web
www.fafsa.ed.gov/
Forms to complete for federal aid
8. College Board on Line
www.collegeboard.com
One stop gives information on planning for college, A.P. courses, search for scholarships and majors. Test practice for SAT/SAT II. Apply: gives advice on application. Pay: gives information on college cost etc. Every college has its own web-site. Check them out.
9. Department of Education. Student Financial Assistance
www.Fastweb.com
10. Scholarship Resource Network.
www.srnexpress.com
11. Free Virtual Campus Tour
Www e.CampusTours.com
12. [www.ed.gov/prog_info/SFA/StudentGuide/..](http://www.ed.gov/prog_info/SFA/StudentGuide/)
(Free paper copy - 1800-4-Fed-Aid)
13. www.FACTS.org

COLLEGE SEARCH GUIDES:

- GO College <http://www.gocollege.com>
- CollegeGuide www.pioneerplanet.com/archive/colleges/index.htm
- CollegeNet <http://www.collegenet.com/>
- CollegeView <http://www.collegeview.com>
- CollegeEdge <http://www.CollegeEdge.com/>
- CollegeExpress <http://collegeexpress.com>
- US News on Line www.usnews.com/usnews/edu/college/cohome.htm

MORE COOL SITES TO BOOKMARK:

***taken** from www.FloridaNEXT.com

- www.AAA.com/teens
- www.buyatoyota.com
- www.cfelectricalajtc.org
- www.dillard.com
- www.directconnectouc.com
- www.dot.state.fl.us
- www.employflorida.com/youth.asp
- www.FACTS.org
- www.FAPSC.org
- www.fhba.com
- www.floridastudentfinancialaid.org/SSFAD/bf/
- www.fldoe.org
- www.fldoe.org/family/dropout/
- www.floridastudentfinancialaid.org
- www.GoUSFSP.org
- www.icuf.org
- www.madeinflorida.org
- www.marines.com
- www.nelnet.com
- www.publix.com/careers
- www.suntrustededucation.com
- www.TeenTrendsetters.org
- www.VolunteerFloridaFoundation.org

9 WAYS

to jumpstart college planning

1 GET INVOLVED

2 TAKE CHALLENGING COURSES

3 GET HELP

4 READ

5 DO NOT DELAY

6 GET THE COLLEGE-BOUND FACTS

7 INVOLVE YOUR FAMILY

8 LOOK FOR A MENTOR

9 CONFRONT PERSONAL ROADBLOCKS

COLLEGE PLANNING GLOSSARY

Following are some key terms used in college admissions.

- Early Action The application process in which students make application to an institution of preference and receive a decision well in advance of the institution's regular response date. Students who are admitted under Early Action are not obligated to accept the institution's offer of admission or to submit a deposit until the regular reply date (not prior to May 1).

- Early Admission Admitting students of superior ability into college courses and programs before they have completed the standard high school program.

- Early Decision The application process in which students make a commitment to a first-choice institution where, if admitted, they definitely will enroll. Should a student who applies for financial aid not be offered an award that makes attendance possible, the student may decline the offer of admission and be released from the early decision commitment.

- Regular Decision The application process in which a student submits an application to an institution by a specified date and receives a decision within a reasonable and clearly stated period of time, but not later than April 15.

IT'S YOUR FUTURE - TAKE CHARGE

The best way to make things happen the way you want them to is to take charge. That seems obvious, but sometimes when it comes to college planning, it's easy to put things off or to expect others to do things because you don't know what to do.

Here are some tips to help you get started this school year.

1. Make priorities and keep a schedule - It's a challenge to juggle school, activities and work. Time is like money. You only have so much, so spend it wisely.

2. Explore your interests and make plans - Research and experience career directions that interest you. Listen to others' opinions, but make plans that fit you and your interests.

3. Organize college planning information - You will take many steps in applying to college. Even if you only apply to one college, you have a college entrance exam to take and applications and additional forms for admission, financial aid, scholarships and housing.

4. Know and meet deadlines - You will soon be on your own and expected to be responsible for yourself. Responsibility includes completing school work on time and delivering applications on time with complete information.

5. Respect others who are helping you - Listen to adults who are guiding you. If you need to request college recommendations from your guidance counselor or teachers, give them plenty of time to complete the recommendations.



Cardinal Newman High School

Invites you to a Special Workshop

“Helping Parents Understand Their College Funding Options”

**Presented by
James Lanahan**

College Planning Specialist from Ameriprise Financial

This fast paced 60-minute workshop will include critical information to help you understand the options available for funding a student’s college education. Topics include:

The 5 myths about paying for college

Understanding financial aid calculations

Evaluating appropriate investments for college

Tax and gifting implications that work against you

How the Tax Payer Relief Reconciliation Act of 2003 helps in planning for college

Creative tax savings strategies

How you can make realistic plans for sending your children to college

**The workshop is scheduled for
Wednesday, October 7, 2009
at 7:00 PM in the School Cafeteria**