

GUIDANCE GAZETTE

FALL 2010

Director of Guidance: Mrs. Donna Campbell-Michaels

Guidance Counselors:

Mrs. Donna Campbell-Michaels

E - N Grades 9-12th

Extension: **1026**

Ms. Mary Murphy

A - D & O - Z Grades 9-12th

Extension: **1029**

Students are assigned to counselors alphabetically by last name.

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

College Placement Officer: Ms. Tania Baker : Extension: **1024**

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

Guidance Office Direct Phone Line: (561) 683-7606 FAX number is (561) 640-5476

WELCOME FRESHMEN!

WELCOME BACK SOPHOMORES!



SUGGESTION BOX

ACADEMICS

- Freshmen must pass all 7 subjects to return to Newman as Sophomores
- Sophomores - keep up your grade point average (GPA).
- Everyone should be doing at least 2 hours of homework each night. Homework includes review of class lesson, not just work that needs to be turned in the next day.
- **If you find any subject difficult, see your teacher for help. If that isn't enough, see your counselor for a list of tutors.**
- National Honor Society has a limited number of free student tutors, and the guidance office has a list of available tutors who charge a fee.
- Keep a calendar in your room and use an assignment book to keep track of when reports are due and tests are scheduled. Work on these a little each night so you are not cramming the night before.
- Remember each college has different academic requirements. Investigate these by making a career appointment in the guidance office.

APPOINTMENT

Each student should see his/her counselor **at least** once and make one high school planning appointment each semester. Appointments may be made before school, during 8-minute break or after school. No student may miss a test for an appointment. Counselors are available for personal, academic, career or college counseling.

TESTING

Guidance is in charge of standardized testing.

Freshmen will take the EXPLORE TEST in the Fall of their freshman year. Date is set for Wednesday, October 20, 2010.

Sophomores will take the PLAN on Wednesday, October 20, 2010. This is a shorter version of the College Board ACT.

Both of the above will help identify strengths and weaknesses, and help students prepare for their futures. The tests will be given during the school day. Students will not have to register for the EXPLORE and PLAN TESTS.

PARENTS

If you need help, advice or direction concerning your child or need to let guidance know about special needs, please contact your child's counselor **ASAP**.

IMPORTANT DATES:

**Wednesday, September 1, 2010 - Freshman/Sophomore Parent Information Night from 6:30-7:30 P.M. in School Cafeteria
Cost: \$1.00 for materials**

Wednesday, September 29, 2010 - College Financial Planning - ALL GRADE LEVELS- at 7:00 P.M. in the School Cafeteria

TO BE ANNOUNCED Palm Beach County College Fair

**Thursday, November 4, 2010 Ft Lauderdale College Fair at the Ft Lauderdale/Broward Convention Center
from 5:00 P.M. - 8:30 P.M.
& Friday, November 5, 2010 from 9:00 A.M. - 1:00 P.M.**

ABSENCES

If your son/daughter is going to be out sick for three days or more, contact the guidance office right away to arrange for homework assignments. We must give teachers at least 1 day's notice to gather work.

Please read the SUGGESTION BOX to help your student do better in school. Remember to check the school calendar online for Home & School meetings, mid-quarter reports, and report cards that you will find online only. Staying alert and on top of your student's progress helps avoid problems at the end of the grading period. Stay in contact with the teachers.

COUNSELORS ARE HERE TO HELP BOTH PARENTS AND STUDENTS!!!!

COLLEGES

Students are reminded to make sure they take classes that are needed for graduation and that also meet the requirements for the college they hope to attend. If student plans to attend a state university, he/she must be aware of the Florida Bright Futures Scholarship Program. The criteria are as follows:

FLORIDA BRIGHT FUTURES SCHOLARSHIP PROGRAMS:

There are three scholarship types with different criteria

Florida Academic Scholar

- ◆ \$126.00 per semester credit hour
- ◆ 15 College Prep Credits, 3.5 weighted GPA, 1270 SAT or 28 ACT
- ◆ 75 Hours of Community Service

Florida Medallion Scholarship Award

- ◆ \$95.00 per semester credit hour
- ◆ 15 College Prep Credits, 3.0 Overall weighted GPA 970 SAT or 20 ACT
- ◆ 100% tuition given to students attending State Community College

Florida Gold Seal Vocational Scholars

- ◆ \$95.00 per semester credit hour/ \$63.00 per quarter credit hour
- ◆ 15 Credits, 3.0 Overall weighted GPA, 4 English, 3 Math, 3 Science, 3 History, 1 Practical Art or Performing Art or ½ credit in either.
3 Vocational Credits minimum
3.5 Vocational Unweighted GPA in Vocational courses SAT verbal 440, math 440, ACT English 17, Reading 18, Math 19.
- ◆ Your best source of information is your Guidance Counselor. You also may obtain detailed information on <http://www.firn.edu/brfuture> or call 1-888-827-2004. The above criteria must be met by the 8th Semester.(This is 2nd semester senior year).
- ◆ Use www.mystudentedge.com for college planning, career information, scholarships, etc.

Be selective about joining clubs/organizations.

Budget your time. If you join, make sure you are an active member.

Many colleges and scholarships offer acceptance not only on academics but also on community/school service.

Above all, be aware that all teachers and staff are here to help you.

If you have questions or problems let them know!!

GOAL SETTING

GOALS ARE TARGETS TOWARD WHICH YOU AIM

1. Set realistic goals, within time lines (in writing).
2. Goals should be specific and clear.
3. Determine the purpose of your goals and their achievements benefits. Write them down next to your goal.
4. Set specific strategies for accomplishing each goal (in writing).
5. Set target dates for self-evaluation of progress.
6. Periodically visualize your goal-as well as your strategies for accomplishing the goal.
7. List potential obstacles to attaining the goal.
8. List strategies for overcoming obstacles.
9. Follow through on all strategies.

COLLEGE

START YOUR COLLEGE SEARCH

1. www.mystudentedge.com - free information website from Peterson's. Cardinal Newman's Access Code is DPJQWNBM
2. Easy site to use is www.collegeboard.com, and www.Facts.org
3. Many reference materials are located in the guidance department.
4. Career materials are located in the Media Center/Library.
5. Get to know your counselor and teachers.

*Troubled ? Advice from responsible caring adults. The site is run by Kids Peace. (20 year proven track Record - www.teencentral.net (Special Topics, Bullies, Alcohol/Drugs and also refer them to the school counselor.

IN THE CLASSROOM TAKING NOTES

• BASICS

1. Clear concise notes are more effective than copious notes.
2. Instead of using a spiral, use a loose-leaf notebook divided into class sections.
3. Make all notes on loose-leaf paper. In an upper corner title and date each sheet as you use it.
4. Rewrite and combine your old study and lecture notes into a new single set of notes or outline. Use them as a replacement for your old notes in the loose-leaf binder.

This gives you complete control of and fast access to a crucial part of the learning process- your course notes-their organization, additions, replacements and rewrites thereof!

• LECTURE NOTES:

1. Sit near the front of the class to avoid distractions.
2. **Be a good listener** - Focus and concentrate on the main points of the lecture. Get them down on paper. You'll put them into your own words later along with your study notes. Pay attention to the instructor's clues as to what is considered important.
3. If there is something you don't understand. **ASK!**
4. For fast classroom access to key information on major topics use a *Quick Study* chart if available.
5. **Immediately after a lecture**, without looking at your notes, try to recall on a separate paper as much as you can about what you have heard and learned. Then review your actual lecture notes to confirm and/or supplement your memory.
6. **During your next study session, quickly recall again** on paper what you learned. Then review and reorganize your lecture notes in your own words.
7. **Repeat the recall process several times** over several days to commit the new information to memory!

Your listening skills, note taking and ability to manage your sessions, will be the prime determinant of your success in high school and beyond.

*Parents:

Want to find out the latest slang for Drugs? Go to the website www.drugfree.org/Drug Resource (a Drug Slang translation)

Day one: The journey begins

The first day of school is always a pretty big event. This year, it's even bigger.

Are you **ready**?

You're about to start high school. This is a perfectly valid reason to feel nervous. But you can help yourself feel less nervous - and more confident - by preparing yourself the best you can. And it's really not hard. Check out our list of tips.

Top 5 ways to get set

Before your first day of high school:

5. Buy the right supplies

For the most part, high school teachers aren't going to tell you what you need. By now, you should know about pens, pencils, folders, notebooks, etc. A planner or assignment book is also more important in high school.

4. Check out your schedule

For example, do you not remember signing up for third-year Russian? Or requesting 2 gym periods? If there are errors, it's best to clear them up **ASAP**. Learn about any course requirements you may need to meet. Contact your school's main office or follow any instructions given.

3. Visit the school

The best way to prevent getting lost (OK, maybe not completely) is to check out the place beforehand. Go several times, if you can. If you know what classrooms you'll be going to, bring your schedule and do a practice walk through your day. (Make sure any visits are OK with the school. If your high school has an orientation program, it probably includes a visit.)

2. Talk to people

If you can, start with students who've been there, like brothers or sisters. They're sure to have plenty of advice about the school. (Don't let them scare you, though. Only ask about the basics.) Also, if possible, meet some of the teachers, coaches or other school staff before your first day. Even knowing 1 person beforehand can help you feel at ease.

1. Be at your best

This means getting a good night's sleep and eating a nutritious breakfast. You need to be on top of your game, and you can't do that if you have no energy. Help yourself to a good start -today and every day!