

**GUIDANCE GAZETTE  
DECEMBER 2009 - JANUARY 2010**

**GUIDANCE COUNSELORS:**

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**

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**.

**Student must fill form out and mail to company**. It is the student's responsibility to register or register on line.

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</u>
SAT I/SAT II	December 5, 2009	<b>WALK IN ONLY</b>	
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.collegeboard.com](http://www.collegeboard.com)

**● ACT TEST INFORMATION**

<u>Test Dates</u>	<u>Regular Registration</u>	<u>Late Registration</u>
December 12, 2009	<b>WALK IN ONLY</b>	
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](http://www.actstudent.org)

\* Denotes Test held at Cardinal Newman High School. Students should pick up the registration forms for the SAT I & II and/or ACT in the Guidance Office. The student is responsible for filling out the form and mailing it with the appropriate fee to the testing company by the registration deadline. ***A picture ID must be shown at all test centers on the day of the test.*** Newman is a test center for SAT during March and for ACT in April. **We suggest that Juniors begin taking the ACT and SAT tests at this time.** Students may register on line for the SAT ([www.collegeboard.com](http://www.collegeboard.com)) and/or ACT ([www.actstudent.org](http://www.actstudent.org)).

## ▲ IMPORTANT DATES FOR JUNIORS & SENIORS

● The Federal Free online worksheet forms (FAFSA) for financial aid have arrived. If you prefer to apply by paper you must request a paper application from FAFSA. Check to see what the college of your choice requires for a financial aid form. **Note: These forms cannot be sent before January 1, 2010. PROFILE forms (if needed) will be mailed from individual colleges or check in guidance. Also you can call 1-800-284-2788 and order a Free Student Guide.** Both financial forms can be done online. You can apply for Federal Aid on line at [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)

▲ **ALL SENIORS:** The **deadline** for requesting transcripts before Christmas Break is **December 14, 2009**. Remember, we break for Christmas on December 19, 2008. If you need college applications mailed before Break, you need to see your counselor immediately. **NOTE: If you have a Jan. 1- 15 deadline, you need to work on getting them out before Christmas.**

● **SENIOR BOYS:** If you are about to turn 18, you can register for Selective Service with Ms. Fretterd. If you are not registered, you may affect your financial aid application.  
**IT IS THE LAW!!!**

### ▲ **STATE COLLEGES:**

**All students applying to a state college are urged to get their applications in before the Christmas Break. Hopefully, it is already completed.**

This is because of an increase in applications. The early application deadline is to help students in the acceptance procedure. Check the requirements of all colleges. State colleges mandate a student apply on line. Check the individual web site to see essay requirements and recommendation forms.

### ▲ **COLLEGE REPRESENTATIVE VISITS.**

Lists detailing visits by college representatives will be posted in every Junior and Senior home room, on line and in the guidance office. **(You must sign up at least one day in advance)** Don't overbook. Remember, no more than 2 per day or 5 in a week. Be selective. Choose colleges you are REALLY interested in. To abuse the privilege is to lose the privilege. Do not make appointments on days you have tests.

### ▲ **SCHOLARSHIPS**

- Seniors, please check your home room bulletin board, the Guidance Office for scholarships and the guidance website. Many fine scholarships are being missed. You must apply and meet deadlines. It is your responsibility.
- New Community Foundation Scholarship book is in Guidance and Library for student use at school
- [www.fastweb.com/](http://www.fastweb.com/)
- [www.findtuition.com](http://www.findtuition.com)
- [www.collegeplanningnelnet.net](http://www.collegeplanningnelnet.net)
- avoid scams Go to [www.nacac.com/presenscam.html](http://www.nacac.com/presenscam.html)
- [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)
- Check guidance web page for more scholarship information

### ▲ **FLORIDA BRIGHT FUTURES SCHOLARSHIP**

- Check with your counselor to see if you are eligible for Florida Bright Futures. You must:
- Have a 3.5 (weighted) GPA in subjects for graduation and 1270 on the SAT or 28 on the ACT, + 75 Hours Community Service
- Have a 3.0 (weighted) and 970 SAT or 20 ACT.
- **Seniors who have a 2.75 GPA after 1<sup>st</sup> semester will be called to the computer lab to fill out form for Bright Futures through Religion classes. This will take place in February.**
- Students were given an information bulletin in reference to Bright Futures. You may check out this State Scholarship by going on line to [www.MyFloridaEducation.com/brfuture](http://www.MyFloridaEducation.com/brfuture)

**(If you are a senior and have not begun the college application process,  
SEE YOUR COUNSELOR AS SOON AS POSSIBLE)**

▲ **SENIORS:**

● The seniors should have selected their colleges and begun the application process by now. Some seniors have already been notified of acceptance by the colleges. Let the Guidance Office know! **Seniors should notify the Guidance Office if their colleges need mid-year reports.** Any senior who has not applied to a college by now should see his/her Guidance counselor **IMMEDIATELY**. Deadlines are approaching, including Palm Beach Community College.

● During the last part of April and the beginning of May, Guidance will contact seniors for their final choice of college. This is the information we will use to compile the list for final transcripts to be sent during the summer. It is important to fill this form out completely and correctly. If the final choice is changed **BEFORE YOU GRADUATE**, let your Guidance counselor know so the proper college receives the final transcript. **Seniors still need to pass their second semester courses!**

● AP Exams are given in May. If you are planning to take an advance placement exam, you must see Mrs. Donna Campbell-Michaels to register. Ask Santa Claus for a stocking stuffer, the cost is \$86.00 per test.

● Seniors still have time to fill out the financial aid form needed for their college. Pick up the forms in the Guidance Office. Remember, to get prompt attention, parents should include their tax form.

▲ **COLLEGE SELECTION HELP:** When looking for a college that will best meet your needs you are probably overwhelmed at the number of choices available to you. There are over 3,000 colleges, and you have to pick just one! Here are some hints: Examine the characteristics of each institution, thinking of your own likes and dislikes. Consider curriculum, academic level, tone, cost and geographic location.

▲ **EXAMS:**

● Juniors, your 11<sup>th</sup> grade transcript is extremely important for college evaluation.

● Study for semester exams. Exam grades affect your semester average.

● **Seniors: all colleges must see your final transcript. Don't let your study habits slack!**

▲ **SENIORS:**

**Let your counselor know if you need any mid-year reports sent to your college. Check to see if any colleges you are applying to have Mid Year Report/Forms - if they do, give the report/form to your guidance counselor.**

**CONGRATULATIONS!**

1) **Lauren Dobry** who has been nominated for the **Principal's Leadership Award**.

2) **Wendy's High School Heisman Scholarship Athletic Citizenship School Nominees** are **Shane Fisher and Nicolette Shaffer**.

3) **Prudential Spirit of Community Award** - the school's nominee is **Lauren Dobry**.

4) **Hugh O'Brien Youth Leadership (HOBY)** - **Matthew Moraguez and Kelly Higgins** are our school candidates.



▲ **JUNIORS:** You need to take at least one SAT and one ACT in the Spring. Pick up registration forms in the Guidance Office. **You can take the test more than once.. Start registration NOW! You are in control of your college applications, financial aid forms, tests and scholarship information. If you forget deadlines, the colleges/ testing services don't give you a second chance.**

- Be sure to make career appointments in the Guidance Office to explore all the career materials and college materials available. You need to see your counselor about college and what you should be preparing for college visits. **We ask that students make at least one career appointment per semester.**
- Juniors will receive the results of their PSAT test in January. This test is a fairly accurate measure of how well the student will do on a regular SAT. Semester exams begin December 14<sup>th</sup> and continue until December 17<sup>th</sup>.
- Juniors applying to a service academy should see his/her guidance counselor early second semester. The application process must begin in the Junior Year.
- Various colleges throughout the United States offer summer enrichment programs for **Juniors who are moving into their Senior year. Check with Guidance and your homeroom for posted summer programs and additional information.** College credit may be earned! Also check on Guidance Web Page.
- Juniors will receive publications of college information during home room. Please keep them for future reference. They are a good guide on how to apply for college and also give financial aid advice to parents.

#### **Recommendations for preparing for an admission test....**

- Obtain and study the current and official descriptive materials for the test.
- Take at least 1 practice test with the same time limits.
- Review areas of knowledge where the practice test showed a weakness.
- Explore the help and support that may be available to you from the test sponsor, the test developer, your school community and other organizations.
- Be careful that methods of test preparation are worth the time and money they require.
- Be skeptical of any class tutor book or other means that claim you will have drastic improvement.
- If, after taking the test the first time, you found you were not familiar or comfortable with the test procedure, or if your score was lower than your reasonable expectations, you may be a good candidate for additional preparation and re-testing.
- Read the test directions before the test date.

**TIPS FOR SAT**  
**Total time for Test: 3 hours 45 minutes**

SAT I

<b>Critical Reading:</b>	70 Minutes	2 - 25 minute Sections plus 1 - 20 minute section	Score: 200-800 <b>No analogies</b> <b>Add short reading passages</b>
<b>Math:</b>	70 Minutes	2 - 25-minute Sections plus 1 - 20 minute section	Score: 200-800 <b>Add Algebra II</b> <b>No quantitative comparisons</b>
<b>Writing:</b>	60 Minutes	1 - 25 minute essay plus 1 - 25 minute multiple choice and 1 - 10 minute multiple choice	Score: 200-800

Calculator permitted for math. Includes questions requiring students to produce their own responses. A scientific/graphing calculator is recommended.

**Plus** 1 - 25 Minute Section of verbal or math that doesn't count toward your score. It is called the variable section.

**Total Testing Time** 3 hours 45 minutes

**IMPORTANT HINT - Read the directions before the test so you are familiar with the test procedure (Both Tests).**

**TIPS ON PREPARING FOR THE ACT**

The ACT measures the knowledge, understanding and skills you've gained during your education. You can't cram for the test, so how can you prepare?

There are three steps you can take to get ready.

First, get familiar with the content on the ACT. Use the free booklet "Preparing for the ACT Assessment", which you receive in your registration packet. You also can check out the sample test questions on [www.act.org](http://www.act.org), use ACTive Prep, (ACT's test prep CD program) or purchase a sample test for \$5.00 on ACT's website.

Pay attention to what content areas make up a large proportion of the tests, and realize that topics in each content area are examples of possible topics. They don't include all of the possibilities.

Second, refresh your knowledge and skills in the content areas. Review the content areas you have studied in high school, but which are not fresh in your mind. For example, review grammar rules or math from classes you took early in your high school career.

Third, identify content areas you have not studied. If major portions of the test include content you haven't studied, for example advanced algebra, consider taking course work to help you gain knowledge in these areas before you take the ACT. But since the ACT measures knowledge acquired over a period of time, it's unlikely that a "cram" course covering unfamiliar material will help you improve your scores. A longer-term course that builds on your knowledge will be most helpful to you.

For more information, check out "Preparing for the ACT Assessment" in the ACT registration packet.

- 1) ACT Assessment - 4 Tests: English, Math, Science, Reading Composition **OR**  
2) ACT Plus Writing: 4 regular sections Plus a writing section.  
Check with [www.act.org](http://www.act.org) to see if your college requires the new ACT Plus.

## *Where the money will come from*

**Some parents believe they can't afford to send a child to college. Though college can cost a lot, help is available.**

Don't let the cost of a college keep your child from applying. Financial aid programs are set up to help students who can't pay the full cost. Help your child concentrate on being admitted, and then on finding financial aid. Most students get some sort of financial aid. Aid is not a handout - it's an investment in your child's future.

**Remember: You should never have to pay for financial aid services or scholarship searches. There are plenty of scams out there, so if you have any doubts about a program, talk to your child's counselor,**

The federal and state governments offer many loans, grants, and scholarships. Colleges have scholarships, other sorts of aid packages, and work-study programs. Community groups, churches, and enrichment programs offer scholarships, too.

Start reading and asking questions about financial aid. Talk to your child's high school guidance counselor and with the admissions offices of the colleges you're interested in as soon as your child begins applying for admission.

Be sure you understand the terms of any loan before you sign.

## *Here are some websites that can help you learn about paying for college:*

[www.studentjobs.gov/e-scholar.asp](http://www.studentjobs.gov/e-scholar.asp)

A list of federally funded scholarships, fellowships, grants, and internships geared to high school, undergraduate, and graduate students.

[www.fafsa.edu.gov](http://www.fafsa.edu.gov) - The Free Application for Federal Student Aid website. This is where you start when you are ready to apply for financial aid.

[www.finaid.org](http://www.finaid.org) - Features a free scholarship search as well as information on loans, savings programs, and military aid.

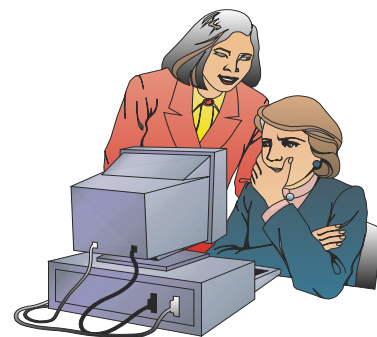
[www.act.org/fane](http://www.act.org/fane) - A financial aid need estimator.

*If you don't have a computer at home, use one at your public library or your child's school.*

*For more information, visit the ACT website at [www.act.org](http://www.act.org) Published by ACT, 500 ACT Drive, P.O. Box 168, Iowa City, Iowa, 52243-0168*

[www.hsf.net](http://www.hsf.net) - A Hispanic Scholarship Fund website that features scholarships for Hispanic students and research reports on the education of Hispanic students.

[www.studentaidalliance.org](http://www.studentaidalliance.org) - Student success stories and descriptions of need-based financial aid programs



## Establishing homework strategies

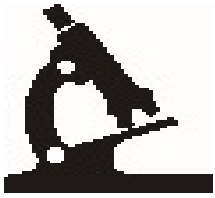
Homework is a valuable part of learning. Though you probably think it's a pain, homework does help to cement lessons taught in class.

- Assume that you will have homework every night. Even if you completed your assignments, take time to review them. It's easier to see any errors the second time around. Don't forget to look ahead to long-term assignments like research papers or science projects. And if you're fortunate enough to have time during the school day to finish all homework assignments, use your scheduled homework time to develop solid studying habits.
- Don't be intimidated by homework. It's like a sporting event, but for your mind. Homework is part of your learning process. If you're having problems with an assignment, check with your teacher or look for free homework help that might be available in your area. Many public libraries offer either a live or online homework service. Tutors are another option.
- Make it a routine. Find a place and set a consistent time for doing homework. The adage states that it takes three weeks to develop a habit. Practice your homework routine and it should become second nature before long.

Homework is one aspect of your study skills. While homework focuses on a specific assignment, studying goes beyond that to enhance understanding of the concepts and topics taught in class. You can find ideas for enhancing your studying skills elsewhere in this newsletter.

### Homework tips for parents

Parents can help students establish good homework skills. The National Education Association has valuable homework tips for parents at <http://www.nea.org/parents/homework.html>. And homework motivation ideas for parents are at <http://www.act.org/path/parent/motivate/homework.html>.



# Check It Out

# ACT

## Improving study skills

You can always improve your study skills. Developing good skills and habits in high school will help you make learning the material more effective and ease the transition to college classes. In college, learning is a much more individual effort so going the extra mile in high school will pay off later on.

Some good study skills to develop:

- Questioning. If a concept doesn't make sense to you, ask someone to explain it. Talk with a teacher or even a classmate who gets it. Ask questions until you feel like you have a grasp on the topic.
- Make studying a regular habit. And don't just focus on getting homework done. Really put effort into learning, understanding and applying the concepts learned in class to your daily activities.
- Take notes every day in class. Then review those notes. Highlight key points. Write down questions you want to ask and points to study further.
- Go beyond the assignment. Writing helps many people retain information, so take advantage of that and write down key points from reading assignments, make flash cards or create your own practice tests.
- Schedule it. Don't let studying become just another item on the to-do list that remains undone. Schedule a regular time and place. Keep distractions to a minimum.

Studying is really about developing a set of habits and skills that work best for you. Like any habit, it can be difficult to get into a routine, but stick with it and you'll find it gets easier.