

Counselor's Newsletter

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Fall 2011

Important Dates to Remember

- Oct. 18—**Olympic College Fall College Fair**
- Oct. 31—Sophomores begin registering for the **PLAN**.
- Nov. 1—**Federal Impact Aid** Forms sent home
- Nov. 2—**ASVAB** test
- Nov. 4 & 5 —National College Fair Seattle
- Nov. 11—**Veteran's Day**—No School
- Nov. 16—**PLAN** Test—7:30 a.m. CKHS Library
- Nov. 18—**1st Quarter Report Cards** distributed
- Nov. 25—26—**Thanksgiving Holiday**—No School
- Dec. 1—**Financial Aid Night**—6:30 p.m. CKHS
- Dec. 15—**Progress Reports** sent home
- Dec. 16—Jan. 2—**Winter Break**—No School
- Jan. 3—**School resumes**
- Jan. 16—**Martin Luther King Day**- No School
- Jan. 27—**End of first semester**

SOPHOMORES GET A HEAD START

Sophomores can get a head start by taking ACT's "**PLAN**" **Wed. Nov. 16, 2011**. The PLAN is great preparation for the ACT. The test measures skills developed through early high school in four curriculum areas: English, Mathematics, Reading and Science reasoning. It also provides feedback to students on education and career plans they are considering.

The PLAN test is designed and administered for **10th graders only**. Students may now register at the ASB office. Test fee is \$12.00. Make checks payable to CKHS. **Registration deadline is November 10th.**

PSAT SCORE REPORT INTERPRETATION

Students who took the PSAT October 12th at CKHS will later be requested to attend an interpretation session. Test booklets and score reports will be passed out as well as information about what the scores mean and future planning ideas. We have not been given a date when the scores will be returned but we hope to see them in mid December or early January. Students will be informed in the morning announcements when the scores have arrived, or contact the counseling department mid-December for a date scheduled for test score interpretation.

A Message from the Counseling Staff

We are pleased to bring you information about what is happening at CKHS at this busy time of year! We hope you find its contents informative and interesting.

At CKHS we work to provide both guidance and counseling services to assist students to work toward their potential. Academic guidance and post-secondary planning is provided to all students in a variety of settings throughout the year. Individual and group counseling is also available to help students deal with typical adolescent challenges.

Counselors are available for parent concerns and conferencing on an appointment basis. Please call 662-2442 if you would like to meet with your student's counselor.

*Randy Templeton
Michelle Sotelo
Scott McMinds
Niki Orando
and
Tim Mahaney, Career Coordinator*



PLAN TEST
Wed. Nov. 16, 2011
7:30 a.m.
CKHS Library

SAT/ACT TEST DATES

Seniors planning to attend a four-year college in the fall of 2012 are strongly encouraged to have their testing completed by December 2011. Students may register online or mail-in registration booklets are available in the Counseling Office. Many study aids are available in the Counseling Office as well to help prepare for the SAT or ACT tests.

Remaining SAT Test Dates/Deadlines

<u>Test Date</u>	<u>Reg. Deadline</u>
Oct. 1, 2011	Sept. 9, 2011
Nov. 5, 2011	Oct. 7, 2011
Dec. 3, 2011	Nov. 8, 2011
Jan 28, 2012	Dec. 30, 2011
Mar. 10, 2012	Feb. 10, 2012
May 5, 2012	April 6, 2012
June 2, 2012	May 8, 2012

<http://www.collegeboard.com>

Remaining ACT Test Dates/Deadlines

<u>Test Date</u>	<u>Reg. Deadline</u>
Sept. 10, 2011	Aug. 12, 2011
Oct. 22, 2011	Sept. 16, 2011
Dec. 10, 2011	Nov. 4, 2011
Feb. 11, 2012	Jan. 13, 2012
Apr. 14, 2012	Mar. 9, 2012
June 9, 2012	May 4, 2012

<http://www.actstudent.org>

Attention Parents! 874 Federal Impact Aid Forms

Federal Impact Aid Study forms will be distributed (or mailed) to all students on Tuesday Nov. 1. A signed form **must be collected for every student—no exceptions. Please return your form with your student on the next school day.**



THE COLLEGE CORNER

Need Scholarship Information?

Is post-secondary education in your child's future? If so, would you like more information about financial aid or scholarships to assist you in funding that education?

Our Counseling Technician publishes a Scholarship Newsletter with all the latest scholarship information. The newsletter is updated regularly as new scholarships become available. It can be found in the hallway box right outside the Counseling Center door and inside the Counseling Center. It is also available on our website under Counseling.

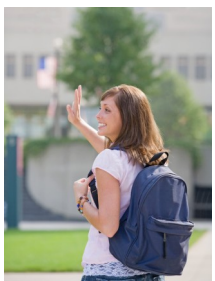
Portfolios and resumes with student activities, accomplishments, awards and other pertinent data are also helpful when applying for scholarships. Our Portfolio Specialist in the Career Center will assist students with putting together these important tools.

Other resources available include websites such as www.thewashboard.com or www.fastweb.com, and "The Scholarship Handbook," (a scholarship resource book published by the College Board). These resources are available for check out and can be found in the Counseling Office. If you would like to receive the Scholarship Newsletter via email, contact Jo Conner at Joc@cksd.wednet.edu and request to be added to Enews.

College Admission

Hopefully, seniors have been busy gathering information on college choices and are now working on their applications. Juniors and Sophomores should be starting the research process by now. The Counseling Office has the latest edition of most college guides.

Students are able to check these out overnight, or come in on Friday and check them out for the weekend.



Students may also pick up a copy of CKHS's College Handbook in the Counseling Office.

The internet is a tremendous source of information. Most colleges have their own web page so you can learn useful information about each college. In addition, there are many other useful websites where you can find information on all aspects of college admission. Check in the counseling office for a handout called "College Information on the Internet."

College Financial Aid Night

Financing a college education is one of the most important aspects of the college admission process. Some families mistakenly assume they cannot afford the cost or that they would not qualify. Filling out the right forms can be confusing and intimidating. Relax! Help is on the way.

To find out more about financial aid and college funding options, students and parents are invited to attend a **Financial Aid Night on December 1, 2011 @ 6:30 pm, in the CKHS Theatre.** A financial aid expert will discuss what kind of financial aid is available, how to apply, payment options and more. A question and answer session will follow to address your more pointed questions and concerns. Please join us for a very informative evening.

For your convenience, other credible financial aid resources are available in the counseling office or on the web.

Some resources include:

- "Funding Your Education 2011/2012" (U.S. Dept of Education booklet)
- "The Student Guide, Financial Aid 2010/2011" (U.S. Dept of Education Booklet)
- "College Cost & Financial Aid Handbook 2011" (The College Board)

On the Web:

- www.fafsa.ed.gov
- www.finaid.org
- www.fastweb.com
- www.collegeboard.com



FAFSA Free Application for Student Aid

The 2012-2013 FAFSA form will be available online in December at www.fafsa.ed.gov. Students entering college in the fall of 2012 should access only the 2012-2013 FAFSA.

Tips for completing the FAFSA

- Get a PIN. Although it takes some time to get the PIN number, your FAFSA will be processed faster if you sign using a PIN. Apply now at www.pin.ed.gov.
- Submit your FAFSA as soon as possible after January 1. Early submission maximizes your chances of receiving financial aid.
- Submit the FAFSA even if you don't think you will qualify for aid. Sometimes being rejected for federal aid is a prerequisite for receiving private awards.
- Contact the financial aid office of your prospective college for FAFSA submission deadline.

College Visits at CKHS

Every year admissions representatives schedule visitations on our campus to provide students the opportunity to hear what the different colleges and institutes have to offer. **The following colleges and universities have visited CKHS so far this year:**

- Oct. 14—**Gonzaga University** 9:00
- Oct 18—**UW Bothell** 9:00 a.m.
- Oct. 19—**Corbin College** 1:00
- Oct. 20—**USC** 10:00
- Oct. 20—**Montana Tech** 11:00
- Oct. 21—**Washington State** 10:00
- Oct. 24—**Pacific University** 1:40
- Oct. 26—**Bucknell University** 10:00
- Oct. 27—**Scripps College** 10:00
- Oct. 28—**University of Washington** 11:00
- Nov. 1—**Seattle Pacific** 9;15
- Nov. 1—**Whitworth Univ.** 12:40
- Nov. 2—**University of Puget Sound** 11:00
- Nov. 4—**Cornish College of the Arts** 9:00
- Nov. 8—**University of Oregon** 11:00
- Nov. 8—**Seattle University** 12:40

College Applications

In most cases, students will need assistance from the Counseling Office to process their college application. Please follow these steps depending on the type of application:

- For applications requiring only official transcripts and test scores, submit a transcript request form to Mrs. Jones in the Counseling Office. Transcripts will be mailed directly to the college.

Note: Official transcripts should not be sent to the University of Washington upon time of application.

- If you are using the Common Application, please supply a list of schools you are applying to along with a letter of recommendation form to your counselor. Please allow at least 3 weeks for processing.
- If you are submitting the paper version of a school report for the Common Application, please include three stamps for each school and a letter of recommendation form or personal resume. Transcripts will be sent automatically.
- If your application requires a mid-year report, make sure you submit one after 1st semester to Mrs. Jones. If you used the Common Application, one will be submitted automatically.

At the end of the year, colleges require a final transcript if you will be attending. Students need to make sure to fill this information out on their Senior Clearance Sheet before graduation, otherwise a final transcript will not be sent and registration may be delayed. These transcripts are not sent automatically.

COLLEGE FAIR—Over 13 colleges in one place!

Washington Council for High School College Relations
Olympic College—Bremerton Campus
October 18—5:30—7:30 p.m.

Learn about admission requirements, costs and financial aid programs, academic programs and degrees, location, housing, and campus facilities, campus resources and services for students, activities, sports and clubs. For more information, call (360) 475-6718.

Washington State Public Universities *Admissions Deadlines* and Contact Numbers*

Central Washington University

Phone 1 (866) CWU-4YOU / (509) 963-1211
www.cwu.edu

Application deadline: April 1, 2012
Scholarship application deadline: Feb. 1, 2012

Eastern Washington University

(509) 359-2397
www.ewu.edu

Apply for admission by March 1, 2012
Scholarship application deadline is Feb. 15, 2012

The Evergreen State College

Phone (360) 867-6170
www.evergreen.edu

Admission deadline: March 1, 2012
Contact housing and financial aid directly

University of Washington

Phone (206) 543-9686
www.washington.edu

Admission deadline: Dec. 1, 2011. For scholarship and priority honors program consideration, apply by Dec. 1, 2011

Washington State University

Phone: (509) 335-5586
www.wsu.edu

Admissions deadline: January 31, 2012
Scholarship deadline: 1/31/12

Western Washington University

Phone (360) 650-3440
www.wvu.edu

Admissions deadline: Jan. 31, 2012
Scholarship deadline Jan. 31, 2012

*Note: Check websites for most current deadline dates.

TIPS FOR COMPLETING YOUR APPLICATION

Online or paper application? Most colleges prefer the electronic application if possible. If not, type your application or fill out in ink very carefully and legibly. Retain a copy for your records. Colleges and the U.S. mail can sometimes lose documents.

Thank those who assisted in the application process or wrote letters of recommendation for you. A note of appreciation is appropriate.

Operation Graduation

Seniors who have a full schedule but are in need of additional credits to graduate in June 2011 may be eligible to take online courses through Operation Graduation. Contact your counselor for tuition cost and registration forms.

Western Undergraduate Exchange

Students expecting to attend college outside Washington state may be eligible for a tuition break in one of several western states. The WUE program is a reciprocal tuition agreement among 14 states that allows students to pay a reduced tuition rate for certain colleges and programs. See your counselor for more information on the Western Undergraduate Exchange Program.

National College Fair Seattle

Friday Nov. 4, 2011

9:00 a.m.—12:00 p.m.

(CKHS Fieldtrip for 40 Seniors)

Or visit Saturday Nov. 5, 2011

12:00 p.m.—4:00 p.m. on your own

*Washington State Convention Center
Hall 4E*

Is your Junior or Senior undecided on what college they would like to attend? Would your student like to talk to college admissions officers about what colleges have to offer? On Friday, Nov. 4, the National College Fair will be taking place at the Washington State Convention Center from 9 a.m. to noon. Interested students should see Mrs. Cohn in the Counseling Center for more information and a permission slip. The first 40 seniors to sign up will be allowed to go. If there is still space available next week, Juniors will be allowed to sign up.

Interested in the performing or visual arts? Visit:

www.nacacnet.org/pvstudent.

Concerned about Student Progress?

CKHS staff members understand the importance of good student-parent-teacher communications. Parents who want to remain updated regarding their student's current progress can do so in a variety of ways:

Progress Reports: Progress Reports will be sent home on the following dates, or can be requested by calling 662-2442.

- Dec. 15, 2011
- Mar. 15, 2012
- May 17, 2012

Parent/Teacher Conferences: Conferences with one or more teachers can be arranged by calling the Guidance Office @ 662-2442.

Quarterly Report Cards will be sent home with students on the following dates:

- Nov. 18, 2011
- Feb. 10, 2012
- Apr. 26, 2012
- June 29, 2012
(June 29 is mailed)

E-Mail/Phone Contact: Direct contact with a teacher can easily be made by phoning the main number 662-2400 and leaving a voice mail message requesting a return call. Email may provide even greater access.
(E-mail addresses are available online).

10 Study Tips for Successful Students

1. **Set your academic goals.** Determine the steps you need to take to reach your goal. Start today!
2. **Plan your time.** Use a daily planner every class period. Check your planner every night to make sure you know what is due.
3. **Study every day.** Review vocabulary, math concepts and facts, and reread important sections of your textbooks.
4. **Take notes in class.** It's not a secret. The teacher tells you the important information that will be on tests later. Write it down!
5. **Review your notes each night.** This is called studying! A quick review of important information commits it to the brain's long term memory.
6. **Make sure you have the materials you need.** Be sure your parents know what you need for each class. Ask your counselor for help if your parents can't get you the materials.
7. **Check your work!** Proofread and check for accuracy on all of your work. Losing a few points because of silly errors adds up over the quarter.
8. **Prepare the night before.** Make sure you have your assignments organized and the materials you'll need for the next day.
9. **In group work, do more than your share.** Make your group more successful by showing your willingness to make it the best group possible.
10. **Commit yourself to these steps.** It takes time to develop good habits. Be patient and work at it every day.

What is a High School and Beyond Plan?

The High School and Beyond Plan (HS&B) is a graduation requirement that requires all students to complete six requirements: Career Interest Inventory (CIA), Personal Education Plan (PEP), resume, cover letter, personal statement and a sample of their Best Works. These documents are stored within the WOIS/The Career Information System website (www.wois.org) and are meant to be a resource to help plan for life beyond high school. They can also be accessed after graduation from any computer with internet access. The WOIS/The Career Information System website also contains additional tools/assessments for determining students' career goals and interests, detailed information about more than 500 civilian occupations, the educational programs and schools that offer the related training, as well as information about apprenticeships and military occupations.

For more information regarding the HS&B Plan graduation requirements, please contact the CKHS Career Center at (360) 662-2436.

IT MATTERS: HOMEWORK

Have your teen make a study plan before tests

Whether she has two months until she takes her college entrance tests or four days until her math quiz, your teen needs a study plan. It's a way to help her organize her time and her studying so she covers everything she needs to review. Here are the steps to follow:

1. **Learn about the exam.** The more details your teen has, the better her preparation will be. Is it all multiple-choice? Will she need to write an essay? What will be covered?
2. **Figure out what she knows and what she needs to learn.** If possible, have her take a practice exam for any major college entrance tests online.) That will help her guide her study time. Seeing that she already knows some of what 's on the test will allow her to focus on the rest. So give her confidence
3. **Break the study tasks into smaller chunks.** Studying a shorter amount each day works better than cramming everything in the night before. Writing down her

Attention Parents! 874 Federal Impact Aid Forms
Goldenrod Impact Aid Study forms were distributed (or mailed) to all students on Monday Nov. 1. A signed form **must be collected for every student—no exceptions.** If you have not returned yours yet, please do today. Thank you for your cooperation with this important task.

ATTENDANCE IS THE KEY TO SCHOOL SUCCESS

School success is impossible without one factor: attendance. Your teen's attendance is the single most important element for school success, this year and every year.

Research shows how important attendance really is. In one study, 75 percent of students who missed school regularly did not earn a high school diploma. That means a teen who is frequently absent only has a 25 percent chance of graduating.

So this year, make attendance your entire family's priority:

- Never let your teen stay home to miss a big test or to rest up for a big game.
- Don't use your teen as backup child care. Make other plans before your younger children get sick.
- Don't make it a treat to stay home. Any teen who is too sick to go to school is also too sick to watch TV, play video games or use the computer.
- Don't schedule appointments during school hours.

Source: J. Dekalb, "Student Truancy," *ERIC Digests*, www.ericfacility.net/databases/ERIC_Digests/ed429334.html.

RESEARCH HIGHLIGHTS FIVE KEY TASKS OF PARENTING TEENAGERS

There's no question—being the parent of a teen can be hard work! But according to researchers at the Harvard School of Public Health, there are five key tasks for parents:

1. **Love and connect.** Teens feel like everything in their world is changing, from their bodies to their friends at school. Your love and support should provide your teen with a firm foundation.
2. **Monitor and observe.** Stay tuned in to what your teen is doing, and with whom. Just as important, be sure she knows you're tuned in!
3. **Guide and limit.** If there is a single message for parents, it might be this: Loosen up, but don't let go. Teens still need limits, and you're the one to provide them.
4. **Model and consult.** Your example is even more important now. Show your teen what a loving parent, a responsible citizen or a good neighbor do. And answer her questions in ways that are truthful, but still recognize her level of maturity.
5. **Provide and advocate.** Teens need a network of supporting adults. So work with other parents to provide the opportunities teens need to thrive. If your teen needs preventive care or treatment—for medical or mental health issues—be a strong advocate.

6.
Source: Winnie Hu, "Studying Engineering Before They Can Spell It," *The New York Times*, June 13, 2010, www.nytimes.com/2010/06/14/education/14engineering.html?pagewanted=1

The Counselors' Newsletter

Central Kitsap High School
P.O. Box 8
Silverdale, WA 98383-0008



Non Profit Organization
US Postage Paid
Silverdale, WA
Olympic Presort

Would you like to receive this newsletter online? We are always looking for ways to save dollars for our schools—and reducing the amount of mailers such as this newsletter is one way.

If you are interested, please let us know your email address. We'll be happy to place you on our e-mailing list!

Thank you.

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