



GUIDANCE GAZETTE  
NOVEMBER 2005

**Ms. Fretterd/Director of Guidance/Assistant Principal for Academics**

**GUIDANCE COUNSELORS:**

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

**Mrs. Campbell-Michaels**  
G - N Grades 9-12  
Extension: 1029

**Mrs. Gardner**  
O - Z Grades 9-12  
Extension: 1025

Students are assigned to counselors alphabetically by last name.

Consultant: **Elizabeth Johnson-Widlansky**, Ph.D, Licensed Psychologist Extension: 1031

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

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

Fax Number: (561) 640-5476

**TEST INFORMATION: ACT AND 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.
- Student must fill form out and mail to 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	November 5, 2005	<b>WALK IN ONLY</b>	
SAT I/SAT II	December 3, 2005	October 28, 2005	November 9, 2005
SAT I/SAT II	January 28, 2006	December 22, 2005	January 4, 2006
SAT I ONLY	April 1, 2006	February 24, 2006	March 8, 2006
SAT I/SAT II	May 6, 2005	April 3, 2006	April 12, 2006
SAT I/SAT II	June 3, 2006	April 28, 2006	May 10, 2006

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

**ACT TEST INFORMATION**

<u>Test Dates</u>	<u>Regular Registration</u>	<u>Late Registration</u>
December 10, 2005	November 4, 2005	November 17, 2005
* February 11, 2006	January 6, 2006	January 20, 2006
* April 8, 2006	March 3, 2006	March 17, 2006
June 10, 2006	May 5, 2006	May 19, 2006

\* Denotes Test held at Cardinal Newman High School. Students should pick up the registration forms for 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. **Students may register on line for the SAT or ACT.**

## IMPORTANT DATES FOR JUNIORS & SENIORS

- **College Funding JUNIOR/SENIOR Parents Tuesday, November 8, 2005 7:00-8:00 P.M. Cafeteria RSVP**
- Free Student Guide for Financial Aid -Free Technical Assistance 1-800-433-3243
- Web page [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)
- Free Sallie Mae Ed Financing - 1-888-888-3460 or Web site <http://www.salliemae.com>
- Profile (required) as an additional Financial aid by certain schools 1-800-778-6888 or on line [www.collegeboard.org](http://www.collegeboard.org)

**Note:** Financial Aid forms cannot be mailed before January 1, 2006. FAFSA forms will be available in guidance soon, we are still waiting for the delivery. There will be an announcement made when the FAFSA forms arrive. Financial Aid Workshop TBA - awaiting arrival of new forms (for 12<sup>th</sup> grade parents & FAFSA Form). This last financial workshop of the year will be held in late December or in January.



### **COLLEGE REPRESENTATIVES VISITS**

Late October and November are busy months for colleges to visit CNHS. Lists detailing visits by college representatives will be posted in every Junior and Senior homeroom and guidance office and they will be announced on the PA. You must sign up at least one day in advance in the guidance office. **Don't over book.** Remember, no more than 2 visits per day and 5 visits per 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. We hope all students took advantage of the three college fairs held in our area. All three were held in October.

### STATE COLLEGES

All students applying to a state college are urged to get their applications in by the end of November. This is because of funding costs and an increase in applications. The early application deadline is to help students in the acceptance procedure. Check each college for application deadlines.



### **SCHOLARSHIPS**

Seniors, please check your home room bulletin board, the Guidance Office and the Library for scholarships. Many fine scholarships are being missed. You must apply and meet deadlines. It is your responsibility.

\*New Community Foundation Scholarship Book has NOT arrived.

\*Check for scholarship scams.

### CONGRATULATIONS!

- 1) **Remy Capko** who has been nominated for the Principal's Leadership Award.
- 2) Wendy's High School Heisman Scholarship Athletic Citizenship School Nominees are: **Andrew Kelly and Alessandra Bollero**
- 3) Mt. Holyoke Voice of Diversity: **Daphne Jordan**
- 4) Crusaders of the Month for October were:  

<b>SENIOR</b>	<b>Krystal DeLoreto</b>
<b>JUNIOR</b>	<b>Angela Malinowski</b>
<b>SOPHOMORE</b>	<b>Andrew Alvarez</b>
<b>FRESHMAN</b>	<b>Gabrielle Case</b>
<b>FACULTY</b>	<b>Mr. Alan Botkin</b>

### TRANSCRIPTS

#### **SENIORS - YOU NEED TO WORK ON YOUR TRANSCRIPTS NOW !!!!!**

Seniors must request transcripts from their guidance counselors. **Same day service is not possible.** On transcript requests you must fill in the name of the college, the address, your counselor's name, supporting documents, and deadline information. You can request transcripts from your counselor when you have brought in your completed application. **SENIORS** are responsible for checking application deadlines. **You must give teachers and counselors 7 to 14 days notice to write recommendations.** **SENIORS** are asked to turn in applications, fees and other needed information to the correct counselor so all materials can be mailed at one time. Let the counselor know if any teacher is bringing in a letter to be mailed with the application packet. Remember, if you have a January 1 - 7, 2006 deadline - school closes December 22, 2005. All applications that need to be out should be mailed by **Friday**, December 16, 2005. **REQUESTS FOR TRANSCRIPTS MUST BE MADE BY MONDAY, DECEMBER 12<sup>TH</sup>.**

( If you are a senior and have not begun the college application process,

see your counselor as soon as possible.)

**\*Remember that even community colleges need applications and transcripts!!!**

## **GET NOTICED: 10 COLLEGE ESSAY TIPS**

1. **Don't "recycle" essays.** An essay that sounds like it has been used before will blend with everyone else's.
2. **Captivate your audience.** Make your essay engaging and memorable. Include a quick, enticing introduction, give a reason to finish reading it.
3. **Be yourself.** Choose a topic that is meaningful to you. Use your own voice. Show off a side of yourself that your application does not; don't simply write what you think an admissions office wants to hear.
4. **Accentuate the positive.** When writing about a personal experience, emphasize how the experience changed you for the better.
5. **Write in the active voice.** Doing so will make for a clearer, more concise essay.
6. **Don't overextend.** Your essay isn't a term paper. Stay focused on your topic.
7. **Ask people for input.** Whether it's a teacher, counselor, friend, or parent, ask someone you respect for some candid feedback. Is it confusing? Boring?
8. **Leave time for rewriting.** Look for weak or dull spots and spelling and grammatical errors. Never let your first draft be your final draft.
9. **Revise, reword.** Improve on your first draft through various rewrites. Read the essay aloud to find awkward sentences or problems.
10. **Pursue perfection.** Have someone else look it over. Quadruple check the spelling. Type your essay carefully.

### COLLEGE HELP - JUNIORS

As you begin 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:

1. Examine the characteristics of each institution, thinking of your own likes and dislikes.
2. Consider curriculum, academic level, tone, cost and geographic location.
3. Check for the Cum GPA requirements and SAT or ACT scores.
4. Use your PLAN & PSAT Test predictions to find colleges in your academic range.
5. See your counselor.

### SHOPPING FOR COLLEGE

College Videos on loan. **CNHS also has college videos available in the library FREE.** (You can check a video out overnight). Collegevideo 1-800-255-0384. Or web site [www.video.com](http://www.video.com).

Video's free to students and parents.

**Also check the individual colleges web sites for a virtual tour.**

### NEW ITEMS IN GUIDANCE

1. Video: College Application Process and Individual Colleges
2. 2005 College Explorer, Cost, College Planner on Computer
3. College Search/Career Search Computer program on Computers - Hobson.
4. Book: 2006 Edition of College Handbook, Sports Scholarships, 150 Most Popular Majors
5. Many new career books, college books, scholarship books updated for 2005-2006 School Year.
6. America's Best Colleges, U.S. News & World Report, 2400 N. Street, N.W., Washington, D.C. 20037
7. Common Application 2006
8. Many updated current books located in the Library.

### MEMO TO ALL STUDENTS

As you start the new quarter you need to concentrate on classes and grades. Work Hard! Some of you might need to work extra hard to bring up to help you! Don't give up. transcript. JUNIORS: THIS APPLY TO COLLEGES.



the first quarter grades. Remember, our teachers are there Good Luck! Remember Colleges look at your total IS THE LAST FULL YEAR OF GRADES BEFORE YOU

## SENIORITIS

Do you feel **RESTLESS? INDIFFERENT?** It's "Senior Slump!" Senioritis can disrupt your plans to graduate on time, to obtain scholarships, to further your education, to start a job. Warning signs are boredom, lack of concentration, impatience, lack of motivation, burnout and absenteeism.

## COMBAT SENIORITIS

- Strengthen your skills and qualities
- Get involved, be confident, be dependable, be enthusiastic, be productive, be a leader, have a positive attitude.
- Become involved in sports, start a hobby, join clubs.
- Take a positive attitude about yourself
- Be proud of your accomplishments - have a sense of humor.
- Take control. Get your college applications out **BEFORE** Christmas.

**YOU'VE GOT WHAT IT TAKES TO OUTCLASS SENIORITIS!!!**

### **Parents:**

**Thank you for your attendance at our Night Meetings held in September/ October. Only 2 more to go!!**

**COLLEGE FINANCIAL AID WORKSHOP to be announced sometime in December or January.**

### **COLLEGE FUNDING GROUP Junior & Senior Parents**

**Tuesday, November 8, 2005 7:00-8:00 P.M. Cafeteria  
RSVP NEEDED to guidance at 683-7606.**

### **Just a reminder:**

The entrance exam for Cardinal Newman will be given on December 3, 2005. Call admissions to register.

### **Just a reminder:**

Guidance has had senior Parent information sessions. Guidance also held a Junior/Senior parent night. There will be a College Funding Workshop on Tuesday, November 8, 2005. Please share the information in the *Gazette* with your student.

**\*DUAL ENROLLMENT:** If you plan on doing Dual Enrollment at Palm Beach Community College, remember you must have a 3.0 cumulative GPA and fill out some forms in guidance. See your counselor **ASAP**.

## WEB SITES

*A Virtual Reality* - Financial Aid - Web site update information

Take time to research options and follow-through with application requirements. Try some of these Web sites to get you started.

[Http://www.fafsa.ed.gov](http://www.fafsa.ed.gov)

(Technical Assistants (1-800-801-0576)

FAFSA on the Web (Free Application for Financial Student Aid) a free Internet application developed by the U.S. Department of Education.

[Http://www.fastweb.com](http://www.fastweb.com)

Free scholarship search

<http://www.finaid.org>

A guide to student financial aid.

<http://www.nasfaa.org>

TIPS: Timely Information for Parents & Students available free on the Web site of the National Association of Student Financial Aid

<a href="http://www.targetusa.com">http://www.targetusa.com</a>	Administrators. (NASFAA) Free needs analysis estimator(estimates your expected family contribution)
<a href="http://www.ed.gov">www.ed.gov</a>	The Student Guide and Funding Your Education (also available in hardcopy by calling 1-800-4FED-AID-free booklets published by the U.S. Department of Education.)
<a href="http://www.finaid.org">www.finaid.org</a>	The Financial Aid Information Page, a guide to student financial aid.
<a href="http://www.nasfaa.org">www.nasfaa.org</a>	TIPS: Timely Information for Parents & Students available free on the Web site of the National Association of Students Financial Aid Administrators (NASFAA)
<a href="http://www.fastweb.com">www.fastweb.com</a>	Free scholarship search
<a href="http://www.ed.gov/offices/OPE/students/hopegd.html">www.ed.gov/offices/OPE/students/hopegd.html</a>	
<a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a>	FAFSA on the Web (Free Application For Federal Student Aid) a free Internet application developed by the U.S. Department of Education.
<a href="http://www.finaid.org/finaid/scams.html">www.finaid.org/finaid/scams.html</a>	Information on how to identify potential scholarship scams
<a href="http://www.scholaraid.com">www.scholaraid.com</a>	Scholar Aid
<a href="http://www.finaid.org/finaid/scams.html">www.finaid.org/finaid/scams.html</a>	Information on how to identify
scams	
<a href="http://www.collegenet.com">www.collegenet.com</a> -	College search Apply and finances
<a href="http://www.wirescholar.com">www.wirescholar.com</a>	
<a href="http://www.usnews.com/usnews/edu/home.htm">www.usnews.com/usnews/edu/home.htm</a>	
<a href="http://www.collegeview.com">www.collegeview.com</a>	College and Career Search) Hobson located on school computer
<a href="http://www.collegeboard.com">www.collegeboard.com</a>	
<a href="http://www.schoolintheUSA.com">www.schoolintheUSA.com</a>	Career and Colleges



potential scholarship

**SPORTS** Clearing House: If you plan to play sports in college, you must register with the clearing house:  
[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

### COLLEGE PLANNING GLOSSARY

Following are some key terms used in college admissions.

**-Credit hour-** A unit of academic credit that often represents one hour of class time per week for a period of study (semester, quarter, etc.)

**-Open admissions-** The policy of some colleges of admitting virtually all high school graduates, regardless of their high school grades and admission test scores.

**-Selective admissions-** The policy of admitting only well-qualified applicants, based on high school grades, admission test scores and additional personal information often provided through essays, resumes, interviews and letters of recommendation.

**-Transcript-** The official record of high school or college courses and grades, generally required as part of the college application.

**-Wait list-** By placing a student on a wait list, a college does not offer or deny admission, but extends the possibility in the future, before the admission cycle is completed.

## **COLLEGE SEARCH CHECKLIST**

Use the following checklist to track your progress as you gather information

### **LOCATION/SIZE**

- Distance from home
- Enrollment
- Physical size of campus

### **ADMISSIONS REQUIREMENTS:**

- Tests required/accepted
- High school credits required
- Essays
- Resumes
- Interviews
- Letters of recommendation
- Deadlines
- Early action/early decision
- College credit for exam scores or high school courses
- Orientation program

### **ACADEMICS/MAJORS**

- Degrees/programs offered
- Majors
- Academic clubs/associations
- Academic advising services
- Academic tutoring services
- Career placement services
- Internship opportunities
- Opportunities to study abroad
- Other special programs and services

### **FINANCIAL AID**

- Costs of attending college
- Grants
- Loans
- Employment
- Academic and need-based scholarships
- Deadlines

### **CAMPUS LIFE**

- Who attends the college?
- Sports
- Music
- Theater
- Art
- Publications

- Extracurricular activities
- Housing
- Health services
- Counseling services
- Safety information
- Community information

## College Application Guide

### Application Checklist

Remember to ask about deadlines:

- The General Application:** Is all information accurate and legible? Don't leave questions blank unless the application allows it.
- Academic Transcripts:** Make sure they are sealed.
- Letters of Recommendation:** Do you have the number of recommendations required? Also, check with the admissions office if they need to be sealed.
- Work Samples/Portfolios:** Include your name, contact information and the project title on every item. Send copies, not originals.
- Application Essays:** Make sure your name, social security number, date of birth, contact information and essay title are on each page.
- Reply Cards:** Include these for your prospective college to mail back to you as receipt of delivery. They should be stamped and self-addressed.
- SAT/ACT Scores:** If you need to send test scores to additional schools, contact the testing company immediately. Scores are mailed about three weeks after your request.
- Signatures:** Before mailing, verify that all necessary forms have been signed.
- Keep Copies:** Create a file to hold copies of all documents in case you need to refer to them later.

### Common Application Errors

- “**I'll start the application next week.**” Don't run out of time to complete the application. Give yourself at least two weeks to find mistakes.
- “**I already ran a spell-check on my computer.**” Words can be spelled correctly but used incorrectly. Ask a counselor, teacher or family member to proofread the application to catch any errors or poor phrasing.
- “**One copy is enough.**” Print out any online forms and keep copies of all paperwork.
- “**I can send my application as soon as I'm finished.**” Before you seal the envelope or click “Send” on your computer, double-and triple-check that you have included all necessary materials.
- “**I assume this is right.**” If you're confused by a question or any part of the application, ask someone. A quick call to the admissions office can save you from making an embarrassing error.

**FREE** search of:  
-600,000 scholarships  
-4,000 colleges

**[www.fastweb.com](http://www.fastweb.com)**

**\*TEN TOP MOST POPULAR MAJORS**

- 1. Business Administration and Management**
- 2. Psychology**
- 3. Elementary Education**
- 4. Biology**
- 5. Nursing**
- 6. Education**
- 7. English**
- 8. Communications**



9. Computer Science

10. Political Science

\* Information provided by the Princeton Review.

**HINTS:**

**SAT:**

Changes March 2005. Each college has a different policy as to what SAT is required from the present Seniors. Some colleges require only the new format, others will take old format. Check with your colleges.

Please check with the individual colleges. For more information on the **New SAT** format go to [www.collegeboard.com](http://www.collegeboard.com)

Cost: **SAT I= \$41.50**  
**SAT Subject Test: \$18.00 + \$8.00 per test up to 3.**

**ACT:**

Cost: **ACT only= \$29.00**  
**ACT PLUS WRITING = \$43.00**

The new ACT PLUS Writing began in February 2005. Check with individual colleges about their requirements. ACT is still offering the regular ACT or the ACT PLUS Writing. For more information on the NEW ACT and Writing Assessment go to [www.actstudent.org](http://www.actstudent.org) .

**TAKE CHARGE - IT'S YOUR FUTURE**

- 1) Attend classes
- 2) Make priorities - keep a schedule
- 3) Explore your interests
- 4) Organize college planning information
- 5) Know and meet deadlines
- 6) Respect others who are helping you

**ATTENTION JUNIORS:**

College Board is offering a free service to all students who took the PSAT in 2005. Stay tuned for more information on a new program called My Road: online courses, majors and college planning - on line.

**AP:**

Students presently enrolled in an AP class, start thinking about signing up for the AP test in May. The cost is \$82.00 per test. Ms. Fretterd will be around in January with more information.

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Guidance Counselors are certified professionals employed by schools or academic institutions to assist and advise students about academic and personal decisions. They provide private counseling to students, assess the ability and potential in students, and coordinate with fellow professionals on student matters. Special Offer. Post a Guidance Counselor job to 100 job boards with one submission. Post Jobs for FREE. Post to over 100+ job boards. Reach over 150 million candidates. guidance counselor definition: The definition of a guidance counselor is a person who is employed, usually in a school, to offer advice on problems, help troubled students and assist students in making career or college plans. (noun) A professional at your school...Â The definition of a guidance counselor is a person who is employed, usually in a school, to offer advice on problems, help troubled students and assist students in making career or college plans.