



# Counselor's Newsletter

## Counselor's Newsletter

### Important Dates to Remember:

- Nov. 2—Federal Impact Aid Forms sent home
- Nov. 2—Sophomores begin registering for the PLAN
- Nov. 3—Olympic College Fair—7:30 p.m.
- Nov. 4—Portland State University—10:00 a.m.
- Nov. 9—Pacific Lutheran College Visit at CKHS
- Nov. 10—Whitworth University Visit at CKHS
- Nov. 10—Olympic College—9:00 a.m.
- Nov. 11—Veteran’s Day—No School
- Nov. 12—Northwest Christian University—8:00 a.m.
- Nov. 17—Seattle Pacific University—10:00 a.m.
- Nov. 18—PLAN Test—7:30 a.m. CKHS Library
- Nov. 18—University of Washington—12:40 p.m.
- Nov. 26—27—Thanksgiving Holiday—No School
- Dec. 1—Financial Aid Night—CKHS 7:00 p.m.
- Dec. 21—Jan. 3—Winter Break—No School

### FEDERAL IMPACT AID FORMS

The Blue 874 forms were distributed to all students at CKHS on Monday, Nov. 2. A signed form must be returned for every student enrolled in the district—there are no exceptions. If you have not returned your form, **please do so tomorrow.** We appreciate your cooperation in this important study.

### Message from the Counseling Staff

This is the second in a series of quarterly CKHS Counseling Center newsletters. 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 (A-F)  
Michelle Sotelo (G-N)  
Scott McMinds (O-Z)  
and

Tim Mahaney, Career Coordinator  
@ 662-2435.

### SOPHOMORES GET A HEAD START

Sophomores can get a head start by taking ACT’s “PLAN” **Nov. 18.** 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 13th.

### PSAT SCORE REPORT INTERPRETATION

Students who took the PSAT October 14th at CKHS will 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.

**PLAN TEST**  
**Wed. Nov. 18, 2009**  
**7:30 a.m.**  
**CKHS Library**

### SAT/ACT TEST DATES

Seniors planning to attend a four-year college in the fall of 2010 are strongly encouraged to have their testing completed by December 2009. 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.

#### SAT Test Dates/Deadlines 2009/2010

Test Date	Reg. Deadline
Nov. 7, 2009	Oct 1, 2009
Dec. 5, 2009	Oct. 30, 2009
Jan. 23, 2010	Dec. 15, 2009
Mar. 13, 2010	Feb. 4, 2010
May 1, 2010	Mar. 25, 2010
June 5, 2010	Apr. 29, 2010

#### ACT Test Dates/Deadlines 2009/2010

Test Date	Reg. Deadline
Dec. 12, 2009	Nov. 6, 2009
Feb. 6, 2010	Jan. 5, 2010
Apr. 10, 2010	Mar. 5, 2010
June 12, 2010	May 7, 2010

For information about late registration fees and deadlines, visit the SAT website at [www.collegeboard.com](http://www.collegeboard.com).

For information about late registration, visit the ACT website at [www.act.org](http://www.act.org)

## COLLEGE ADMISSION NOTES

Winter 2009

### On the Web:

- [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- [www.finaid.org](http://www.finaid.org)
- [www.fastweb.com](http://www.fastweb.com)
- [www.collegeboard.com](http://www.collegeboard.com)

### **FAFSA—FREE APPLICATION FOR STUDENT AID**

The 2010-2011 FAFSA forms will soon be available in the Counseling Office or online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). When possible, FAFSA Forms should be submitted online.

#### 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](http://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 Visitations

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:

- Whitman University
- University of Portland
- Seattle University
- Central Washington University
- Gonzaga University
- Pacific Oregon University
- Western Washington University
- Evergreen State College
- Washington State University
- Eastern Washington University
- Oregon State University
- Bucknell University
- University of Washington, Bothell
- Marymount Manhattan University
- Montana State University
- Portland State University

And coming up:

- Pacific Lutheran College
- Whitworth University
- Olympic College
- Seattle Pacific University
- Northwest Christian
- University of Washington

## Need Scholarship Information?

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

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 behind Mrs. Jones' desk. 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.fastweb.com](http://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](mailto: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.

## College Financial Aid Forum

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 Forum" on December 1, 2009 @ 7:00 pm, at CKHS.** Financial Aid Representatives 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 2009/2010" (U.S. Dept of Education booklet)
- "The Student Guide, Financial Aid 2008/2009" (U.S. Dept of Education Booklet)
- "College Cost & Financial Aid Handbook 2009" (The College Board)



## 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 with Mrs. Jones in the Counseling Office. Transcripts will be mailed directly to the college.

**Note: Transcripts should not be sent to the University of Washington!**

- If you are submitting the paper version of a school report, please include three stamps for each school and a letter of recommendation form or personal resume. Transcripts will be sent automatically.
- If you are using the Common Application, please supply a list of schools you are applying to along with a letter of recommendation form. Please allow at least 3 weeks for processing.
- 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.

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

### Central Washington University

Phone 1 (866) CWU-4YOU

[www.cwu.edu](http://www.cwu.edu)

Application deadline: April 1, 2010

Scholarship application deadline: Feb. 1, 2010

### Eastern Washington University

Phone Toll Free: (888) 740-1914

[www.ewu.edu](http://www.ewu.edu)

Apply for admission by March 1, 2010

Scholarship application deadline is Feb. 1, 2010

### The Evergreen State College

Phone (360) 867-6170

[www.evergreen.edu](http://www.evergreen.edu)

Admission deadline: March 1, 2010

Contact housing and financial aid directly

### University of Washington

Phone (206) 543-9686

[www.washington.edu](http://www.washington.edu)

Admission deadline: Jan. 15, 2010. For scholarship and priority honors program consideration, apply by Dec. 1, 2009

### Washington State University

Phone: (509) 335-5586

[www.wsu.edu](http://www.wsu.edu)

Admissions deadline: January 31, 2010

### Western Washington University

Phone (360) 650-3440

[www.wvu.edu](http://www.wvu.edu)

Admissions deadline: March 1, 2010

\*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 2010 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.

### Counseling Groups Available

As time permits, group workshops are held through the CKHS Counseling Center. Grief and Loss, Self Esteem, Alcohol/Drug Abuse, Anger Management, Sexual Assault and Tobacco Cessation are some of the groups which are formed. Please see your counselor if you are interested in one or more of these groups.

### FINANCIAL AID NIGHT

December 1, 2009

7:00 p.m.

Central Kitsap High School



### 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. 9, 2009
- Mar. 17, 2010
- May 12, 2010

**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. 19, 2009
- Feb. 16, 2010
- Apr. 28, 2010
- June 25, 2010  
(June 25 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](http://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 test. (Sample college entrance tests are available online.) That will help her guide her study time. Seeing that she already knows some of what's on the test will also give her confidence to focus on the rest.
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 plan will help your high schooler make sure she covers everything she needs to learn before the exam.
4. **Set a schedule.** Get out a calendar and create a study schedule. She should post it over her desk so she can see it.

Source: Lee Wherry Brainerd and Ricki Winegardner, *10 Secrets to Acing Any High School Test*, ISBN: 1-576-85437X (Learning Express, [www.LearnATest.com](http://www.LearnATest.com)).

## IT MATTERS: RESPONSIBILITY

### After-school activities can help your teen become more responsible

It's the beginning of the school year and your teen may be thinking about signing up for a few after-school activities. These can be a great way to build responsibility, but not if they're all fun and games.

Researchers at Wake Forest University have learned that teens can use after-school clubs to become more responsible adults. Sometimes in life, we all have to do things we don't want to do. After-school clubs can be a great way to learn that lesson. A student who writes for the school paper must meet his deadlines, even when he has a big test. A young actor who is cast in a play can't miss a rehearsal or everyone's performance will suffer.

Talk about this issue with your teen. If she starts a project for a club, she needs to finish it. If she signs up for a team, she commits to go to every practice. When she makes that early morning workout, it will get easier the next time.

Tell your teen she's building "responsibility muscles." They'll get stronger each time she follows through.

Source: "Wake Forest University Study Shows How Youth Programs Foster Responsibility in Teens," Wake forest university, [www.wfu.edu/news/release/2009.02.06.t.php](http://www.wfu.edu/news/release/2009.02.06.t.php)

## QUESTIONS & ANSWERS

**Q: How can I tell if my son has a drinking problem?** He has stopped spending time with his old friends and now hangs around with an older crowd. They are poor students, and I suspect they drink. I work during the day, but lately I have the feeling that he and his friends may be in the house during school hours when I'm away. His grades are dropping and he doesn't want to go to school in the morning.

**A: Your instincts are probably right.** The description of your son includes many of the warning signs that he may in fact have a problem with alcohol or drugs. In order to know for sure, you can:

- **Talk with your son.** Be sure he knows that drug and alcohol use are unacceptable in your family. Help him see that continuing to use alcohol or drugs will prevent him from achieving his goals—whether they are to go to college, join the military or get a good job.
- **Supervise him more closely.** Insist that he tell you where he's going and who he'll be with. Don't be afraid to tell him he can't associate with certain kids.
- **Talk to your neighbors** if you can't be home during the day. Ask them to contact you if they ever see your teen at home when he should be at school.
- **Talk to the school.** Ask them to call you at work (so you are sure to get the message) if your son skips class.
- **Consider getting help for yourself.** Groups like Al-Anon can help you learn ways to deal with your son's alcohol problems.

The Counselors' Newsletter  
Central Kitsap High School  
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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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