

Counselor's Newsletter

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September 2009



Important Dates to Remember:

- Sept. 28 Juniors begin registering for the PSAT/NMSQT—\$17
- Oct. 10 SAT Test
- Oct. 5 Sophomores begin registering for the PSAT/NMSQT—\$17
- Oct. 12 Columbus Day / No School
- Oct. 7 College and Career Night 6:00 p.m. at CKHS
- Oct. 9 PSAT registration deadline for Juniors and Sophomores \$17
- Oct. 14 PSAT Test
- Oct. 15 Progress Reports Distributed
- Oct. 22 ASVAB Test 8:00 a.m.
- Nov. 2 Sophomore Registration begins for PLAN—\$12
- Nov. 11 Veteran's Day—No School
- Nov. 13 Last day to register for the PLAN
- Nov. 18 PLAN Test
- Nov. 19 Report Cards Distributed
- Nov. 26-27 Thanksgiving Break
- Dec. 1 CKHS Financial Aid Night - 7 p.m.
- Dec. 9 Progress Reports Distributed
- Dec. 21-Jan. 4 Winter Break

COLLEGE AND CAREER NIGHT

All parents and students are welcome to attend the College and Career Night on **October 7, 2009 at 6:00 p.m. at Central Kitsap High School.** The evening will begin with a general session. Parents and students will then attend breakout sessions offered throughout the evening. The following topics will be offered:

- College Life
- Career Trends
- Financial Aid
- Vocational and Tech School
- Scholarships
- ROTC / Academy
- Essay Writing for College
- College Applications
- College Admission Testing
- NCAA
- Career Portfolio and Resume
- Choosing a college

The evening is coordinated and presented by CKHS, OHS and KSS Counseling staffs. Plan to attend with your student and ask questions.

MEET THE COUNSELING STAFF

We know that many excellent opportunities and rewarding experiences await you at CKHS. Our teachers are highly committed to providing you the best education possible and all of us are here to help ensure your success. Your personal motivation, self-discipline, and common sense are key elements in your educational experience.

As counselors, we look forward to three wonderful years of helping you to learn, grow and move forward in pursuit of your goals and dreams.



Mr. Templeton
A—F



Mrs. Sotelo
G—N



Mr. McMinds
O-Z



Tim Mahaney
Career Center
Coordinator

Phone: (360) 662-2442 Fax: (360) 662-2401
Career Center (360) 662-2435

Beth Roy, Registrar
Deb Cohn, Counseling Secretary
Allison Jones, Counseling Technician

CUT & SAVE!

Progress Reports and Report Cards will be distributed to students on the following dates:

PROGRESS REPORT DATES

- October 15, 2009
- December 9, 2009
- March 17, 2010
- May 12, 2010

REPORT CARD DATES

- November 19, 2009
- February 16, 2010
- Apr. 24, 2010
- June 26, 2010 (final is mailed home)

Contact your students' teachers or counselor for more information on your student's progress.

HELP YOUR TEENAGER START THE HIGH SCHOOL YEARS OFF RIGHT

Your teen is entering the last phase of their childhood and both of you want it to be a success. Share these tips with your teen, so they can build a good foundation for high school and beyond.

Take school seriously. Pay attention in class, stay on top of assignments and study for tests.

Pick friends carefully. Fair or not, people judge us by the company we keep. Kids who care about school, who respect each other and adults, and who don't get into serious trouble are usually the best kind of friends to have.

Stay away from drugs, alcohol and anything else people might be using to get high.

Limit the screen time. You are preparing for adulthood, and most adults have to work before they play. Finish homework before turning on the TV or chatting on the computer.

Get some exercise or have a favorite hobby. Make a deal with a friend that you can call each other anytime you need some cheering up. High school can be stressful. Teens who don't have a healthy outlet for stress too often turn to unhealthy habits.

Have supportive adults in your life. Parents are most important of all, but teens who can also rely on a teacher, a coach, or another trusted adult have the best chance of success.

Source: "Parents still make the difference!" , Parent Institute 2002



ATTENDING CLASS IS PART OF BEING A GOOD STUDENT

Attendance matters!

Class work and participation are key parts of your teen's courses. Some teachers even place higher value on these than on tests. Maintaining regular attendance will always help.

Yes, school is your teen's job. But you as a parent can be held accountable for him not being in class. Having your teen in school is the right decision for the whole family.

- Make clear to your teen that he must be in school unless he is ill or there is a family emergency. A death in the family, for example, is a true emergency.
- Avoid making appointments for your teen during school hours. Sometimes it is tempting to skip the whole day just because of a one-hour doctor's appointment.
- Ask other adults in your teen's life to reinforce his need to be at school.
- Avoid having your teen baby sit younger children during school.
- Forbid your teen from skipping even an hour of school for errands such as shopping trips or haircuts.

If your teen skips school without your permission you should:

- Cooperate with the teachers' plans for dealing with this.
- Make clear he has broken an important rule, both at home and at school.
- Require him to do extra work, either assigned by teachers or independently, to make up for the class time he missed.

Source: Randall S. Sprick, *Discipline in the Secondary Classroom: A Problem-by-Problem Survival Guide*, ISBN: 0-87628-248-6 (The Center for Applied Research in Education, a division of Simon & Schuster, 1-800-223-2336, www.simonsays.com).

REGISTER FOR THE SAT OR ACT

Have you taken the SAT yet? An important part of your college application includes an admission test score from either the SAT or ACT. Most colleges don't have a preference for which test you take and many students will benefit from trying each test at least once. Now is the time to check out registration procedures.

To register for the SAT, go to the Collegeboard website:

www.collegeboard.com.

Writing is a required section on the SAT.

To register for the ACT, go to :

www.actstudent.org.

Students are advised to also register for the optional writing portion of the test.

SAT Test Dates/Deadlines 2009/2010

<u>Test Date</u>	<u>Reg. Deadline</u>
<i>Oct. 10, 2009</i>	<i>Sept. 9, 2009</i>
<i>Nov. 7, 2009</i>	<i>Oct. 1, 2009</i>
<i>Dec. 5, 2009</i>	<i>Oct. 30, 2009</i>
<i>Jan. 23, 2010</i>	<i>Dec. 15, 2009</i>
<i>Mar. 13, 2010</i>	<i>Feb. 4, 2010</i>
<i>May 1, 2010</i>	<i>Mar. 25, 2010</i>
<i>June 5, 2010</i>	<i>April 29, 2010</i>

ACT Test Dates/Deadlines 2009/2010

<u>Test Date</u>	<u>Reg. Deadline</u>
<i>Sept. 12, 2009</i>	<i>Aug. 7, 2009</i>
<i>Oct. 24, 2009</i>	<i>Sept. 18, 2009</i>
<i>Dec. 12, 2009</i>	<i>Nov. 6, 2009</i>
<i>Feb. 6, 2010</i>	<i>Jan. 5, 2010</i>
<i>April 10, 2010</i>	<i>Mar. 5, 2010</i>
<i>June 12, 2010</i>	<i>May 7, 2010</i>



ASVAB TEST

(Armed Services Vocational Aptitude Battery Test)

October 22, 2009

8:00—11:15 a.m.

CKHS Theatre

No Testing Fee

This multi-aptitude battery test helps students identify their strengths in different skills and competencies, and measures aptitudes that are related to success in various kinds of jobs. This is a required test if you are enlisting in the military, however, there is no military obligation if you take the test. Visit the Career Center for information or to sign up. There is no testing fee.

PLAN Test

Nov. 18, 2009

7:30—11:30 a.m.—CKHS Library

\$12 Testing Fee

(Registration dates: Nov. 3-14)

SOPHOMORES! Mark your calendar to take the PLAN test Nov. 18th. The PLAN measures skills developed through early high school in four curriculum areas:

- English
- Mathematics
- Reading
- Science reasoning

It also provides feedback to students on education and career plans they might be considering.

The PLAN test (also known as the pre-ACT) is designed and administered for 10th graders only.

Registration begins Nov. 2nc by paying the test fee of \$12 at the ASB Office. The deadline is Nov. 13th.

PSAT/NMSQT TEST

October 14, 2009

7:30—11:30 a.m.

Juniors—Gym / Sophomores—Library

\$17 Testing Fee

Registration dates:

Juniors: Sept. 28-Oct. 2

Sophomores: Oct. 5-Oct. 9

The PSAT (Preliminary SAT) measures verbal and mathematical reasoning abilities that are important for academic success in college. It is also the qualifying test for **Juniors** for the National Merit Scholarship (NMSQT) program. The test is designed for college-bound Juniors, however, Sophomores may take it for a practice experience.

Space is limited, therefore, Juniors will be given first priority to register beginning Sept 28. Registration deadline is Oct. 9 and spaces may sell out sooner. Students from schools are other than Central Kitsap High School will be put on a waiting list and notified if space becomes available by Oct. 7. A PSAT Test Bulletin providing detailed information on the test will be given to each student when they pay their fee. Students should pay particular attention to page 3 of the booklet.

To register for the PSAT/NMSQT, students are charged a \$17 test fee payable at the ASB Office at CKHS. Checks should be made out to CKHS. Deadline for registration is Oct. 7, 2009.

Students should come prepared. Get plenty of sleep and eat a good breakfast. Be sure to bring the following:

- Two sharpened #2 pencils
- A calculator with NEW batteries
- Social Security Number (if available)
- Water is okay in the testing center, but food is prohibited.

You are invited to join us for

FINANCIAL AID NIGHT

Attend a Financial Aid Forum

December 1, 2009

7:00 p.m.

Central Kitsap High School Library

- A FAFSA (a free application for student aid) worksheet will be provided to prepare you for the online application process.
- A college representative will be present to speak about the application process, payment options, common mistakes, and more!
- Following the presentation, there will be a brief "Question & Answer" session to address your individual concerns.

2009 COLLEGE VISITATIONS

The following is a list of colleges coming to CKHS this year during the school day. Representatives spend an hour talking with students about their institution, life on campus, admission requirements and procedures, and offer a time for questions and answers. College representatives visiting our school are announced in the morning bulletin and posted outside of the Counseling Office. Students should visit the Counseling Office to sign up one week before visits. Visits are limited to 3 per student. Students are excused from class during the visit.



College	Day	Date	Time	Representative
Whitman University	Monday	Sept. 21	9:50	Joshua Smith
University of Portland	Monday	Sept. 21	1:30	Carrie Donnelan
Seattle University	Tuesday	Sept. 29	10:00	Katie O'Brien
Central Washington University	Thursday	October 1	10:00	
Gonzaga University	Friday	October 2	10:00	Claire Davis
Pacific Oregon University	Tuesday	October 6	1:40	
Western Washington University	Wednesday	October 7	11:00	
Evergreen State College	Friday	October 9	9:00	
Washington State University	Tuesday	October 13	9:00	Kara Lindberg
Eastern Washington University	Friday	October 16	8:00	Seth Miller
Oregon State University	Tuesday	October 20	9:00	Matt Ogawa
Bucknell University	Tuesday	October 20	10:00	Elizabeth Cavalerri
University of Washington—Bothell	Wednesday	October 21	10:00	David Brown
Marymount Manhattan College	Thursday	October 22	8:00	Thomas David
Olympic College	Tuesday	November 10	9:00	Sue Tolefson



The Counselors' Newsletter
Central Kitsap High School
P.O. Box 8
Silverdale, WA
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The Counselors Newsletter
Is published by
Central Kitsap High School
Counseling Department
Edited by Deb Cohn & Randy Templeton
Email: debbiec@cksd.wednet.edu
debbiec@cksd.wednet.edu
randyt@cksd.wednet.edu
Phone: (360) 662-2442
Fax: (360) 662-2441
Counseling Staff:
A-F Randy Templeton
G-N Michelle Sotelo
O-Z Scott McMinds
Tim Mahaney , Career Counselor
Susan Johnson, Special Ed Specialist
Counseling Secretary: Deb Cohn
Registrar: Beth Roy
Counseling Tech: Allison Jones