



THE GUIDEPOST

Action Plan: Your Freshman

Freshman year is an exciting time for your child (and you!)—new school, new friends, and challenging new classes. Though your child has a lot going on, it's important that together you start to plan for the future. The phrase "college preparation" may

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More 7 Habits...

Questions???

Call your

Counselor

Mr. Banks

⇒ 404-2022

Mrs. Cardwell

⇒ 404-2013

Mrs. Higgins

⇒ 404-2022

Mr. Monteleone

⇒ 404-2023

Mrs. Sartorio

⇒ 404-2027

Mrs. Scarlett

⇒ 404-2014

Ms. Stant

⇒ 404-2024

Mrs. Wade

⇒ 404-2012

Mr. Quinn

Supervisor

⇒ 652-1485

bring to mind images of campus visits, college applications and the SAT. These days however, college prep involves much more, and it starts earlier than junior year. Talk about your child's college plans now. Learn what resources the high school has to offer and encourage your child to take advantage of them.

Fall

Your child should meet with her school counselor and be sure to learn about school and guidance offerings and services, the graduation requirements, and how the grading system works. Make sure they've enrolled in strong college preparatory classes. Make a 4 year plan. Learn what extracurricular activities are available. Learn about the tutoring and extra help opportunities for your child. Dates and times are always available @ www.absegami.net.

Just like the academic schedule, help your child plan a four-year extracurricular and athletic activity schedule. Encourage him or her to be true to their goals and stick with commitments.

Honors-level students may consider taking the Preliminary SAT/ National Merit Scholarship Qualifying Test. Though most students take the PSAT/NMSQT in the fall of their junior year, some students who are very academically focused and have excelled in honors programs may want to take the test as freshmen. Taking the test can help your child assess strengths and weaknesses, which will help when taking the test in the future.

Encourage your child to read, read, and read some more.

Reading develops interests, expands knowledge, and improves vocabulary and reading comprehension skills needed for college and for standardized tests. Get ideas from the online list: *101 Great Books Recommended for College-Bound Readers* available at www.collegeboard.com.

Winter

Together with your child, review how he's doing in each of his key subject areas. Encourage him to keep up the good work, and help him set goals for improvement in weaker subjects. Learn how you can help your child develop good homework skills—our guidance office has plenty of great resources. Motivate your child to keep up with independent reading. Get your child a subscription to the *New York Times* or another newspaper.

Spring

Now is the time for your child to start looking for a summer job, internship, or volunteer opportunity. The summer is a good time to learn more about an area in which he's interested. For example, being a camp counselor can give a student who's interested in teaching a taste of what to expect. Your child can check with his school counselor and search online for summer learning programs offered to high school students at colleges and other institutions. Absegami also has a great selection of **Summer Enrichment** Programs that are offered free of charge to AHS students! Options like *Shape Up with Geometry*, *Déjà Vu Algebra 2*, or *SAT Math Prep* are available. Go to www.absegami.net for info!

Summer

Have your child finalize his summer plans. Encourage your child to read great literature this summer. Ask teachers or the school

librarian for book suggestions.

Action Plan: Your Sophomore

Now that your sophomore is in the swing of things, it's time to put the pedal to the metal and get serious on building up academics. From taking challenging electives to discovering extracurricular activities, there are many important steps your child should take this year.

Fall

Your child should review his four-year academic schedule with his school counselor. He may want to ask questions such as: Am I fulfilling my minimum requirements for college admissions? Are the electives I'm enrolled in challenging enough? Help your child update his four-year extracurricular and athletic activity schedule. Encourage him to think about new sports, instruments, or other activities he may be interested in exploring. Register your child for the Preliminary SAT®/National Merit Scholarship Qualifying Test (PSAT/NMSQT®), given in October. Registration starts at Back-to-School Night on Thursday September 17. Taking this test can help your child assess strengths and weaknesses, which will help when taking this test next year as well as SATs in the future. Meet with your child's teachers for a brief chat at the beginning of the school year.

Winter

Read the latest news on today's college costs and how financial aid works. Visit www.hesaa.org for more information. Use the Expected Family Contribution (EFC) Calculator to estimate how much your family can reasonably be expected to pay toward college. Use the College Savings Calculator at collegeboard.com to see how much money your family will need for college, whether you're on track to save enough, and what you need to do to reach your goal. **Read! Read! Read!** Remember, reading helps prepare your child academically for college, while developing his interests, expanding his knowledge, and improving his vocabulary and reading comprehension skills needed for college and for college entrance exams like the SAT, and SAT Subject Tests.

Spring

Encourage your child to keep up the good work in subjects he's strong in, and help him set goals for improvement in weaker areas. Your child should meet with a school counselor to discuss possible AP® courses to take during junior year. Encourage your child to start making summer plans. Look into Absegami Summer Enrichment, consider jobs, internships, volunteer opportunities, or athletic programs. Your child can check with a school counselor and search online for summer learning programs offered to high school students at colleges and other institutions.

Summer

Your child should finalize summer plans. Review your child's summer reading list. Ask teachers for recommendations. **Continued on page 2 >>>>>>**

>>>>> from page 1... Encourage your child to read at least four books this summer. Also register at www.fastweb.com for more ideas!

Action Plan: Your Junior

Junior year is a whirlwind of activity, from studying for SAT® tests and AP® Exams to considering colleges to apply to and visiting campuses. On top of all that, it's important that your child keeps up good grades and continues to participate in extracurricular activities. Phew! To keep on track, follow the action items listed for each season below.

September

This year the PSAT/NMSQT® counts! Taking it can qualify your child to receive a National Merit Scholarship. Be sure your child is signed up to take the PSAT/NMSQT this October. Sign up at Back-to-School Night, Thursday Sept 17. Your child gets a copy of the PSAT/NMSQT Student Bulletin when you register at the school's guidance office, have him take the enclosed practice test. For further practice, your child should use the online PSAT/NMSQT Prep Center at collegeboard.com.

October

Your child takes the PSAT. Be sure he checks 'yes' for Student Search Service to hear from colleges and scholarships. Your child should visit the SAT Preparation Center to download a free diagnostic mini-SAT, and to get SAT PrepPacks to focus his practice where he needs it most. Take your child to college fairs in your area.

November

Fall is a good time to start the college search! Encourage your child to brainstorm a list of characteristics that are important to you both (e.g., location, size). By plugging criteria into College Search at collegeboard.com or coin3.com your child can find schools that suit his needs. Also keep your eyes and ears open for the latest technology in this field—the Naviance system—coming to AHS soon! Help your child identify test requirements for his target schools, including scores for the SAT, SAT Subject Tests, ACT, and others. His PSAT/NMSQT scores can give him an idea of what he would score on the SAT and help him focus his practice for it. Tap resources at your child's high school, in the community, and online to learn how your family can finance your child's target colleges. Learn about today's college costs and how financial aid works at www.hesaa.org and use the Expected Family Contribution (EFC) Calculator to estimate how much your family will be expected to pay.

December

Help your child register online for the SAT and SAT Subject Tests, which are offered several times during the year. Encourage your child to find out about college firsthand from friends who are home from college for the holidays.

January

Help your child organize a file for college brochures and information. Before you know it, they'll start pouring in. Use collegeboard.com and www.fastweb.com online Scholarship Search to find aid that matches your child's skills and interests. Talk to the school counselor with your child about local scholarship opportunities listed online at

www.absegami.net, although 99% of these are for Seniors, it is still a good idea to see what is out there.

February

Your child can visit the SAT Preparation Center at collegeboard.com to focus his practice for upcoming SAT tests. Plan to visit college campuses with your child this spring while classes are in session. Schedule interviews with admissions officers.

March

We want our students take the SAT 2X in the spring of the junior year. Help your child register online. Your child should meet with her counselor to discuss AP courses to take senior year. He may want to consider taking a course at a local college, especially if he's interested in a subject for which his school doesn't offer AP courses. Now is a great time for your child to start looking for a summer job, internship, or volunteer opportunity. Real-world experience can give your child a preview of careers in which he's interested. This may help him focus his studies in college and when he's selecting a major. Encourage your child to meet with his school counselor and search online for summer learning programs offered to high school students at colleges.

April

AP Exams are in May. Encourage your child to visit the AP Prep Center for tips and prep materials. Attend local college fairs with your child. If applicable, your child should prepare writing samples, portfolios, audition tapes, and other material for the fall application season.

May

Your child can take SAT Subject Tests when he has successfully completed the corresponding high school course (B+ average or better). Help your child make a resume of her accomplishments, activities, and work experience. Suggest to your child that he approach his favorite teachers now and request recommendation letters—be sure to supply a resume' and transcript with this request. Also have your child start a summer reading list. He may want to ask his teachers for ideas.

Summer

Visit college campuses with your high schooler. Look ahead for tour and open house schedules on-line. If your child is planning to take the SAT in the fall, he should register online now. Discuss different college majors with your child that relate to his interests and career goals. To help your child start thinking about life after high school, access MyRoad. Your child will take MyRoad's questionnaire to get a detailed report on his personality type. Then MyRoad will connect him to in-depth information on careers and majors that are right for him. Learn about MyRoad at www.collegeboard.com. By the end of summer, your child should narrow his college list to 5-8 schools. The list should include "safe" schools as well as "reach" and "realistic" schools.

Help your child prepare drafts of application essays for his target schools. If your child plans on competing in Division I or Division II college sports and wants to be eligible to be recruited by colleges, he must register with the NCAA Initial Eligibility Clearinghouse. Visit www.ncaaclearinghouse.org for more details. Together with your child, mark a calendar with important application and financial aid dates and deadlines for senior year. Start planning for dates and deadlines with the College Application Calendar and the Financial Aid Calendar available at www.collegeboard.com.

Homework for SENIORS Seniors and their Parents need to know all of the following and then some:

Be familiar with all of the following websites...

1. www.collegeboard.com, actstudent.org, for test registration, information, & prep.
2. www.fastweb.com for national and regional scholarships, www.absegami.net for local scholarships.
3. www.hesaa.org for financial aid information and help.
4. www.fafsa.ed.gov for the FREE application for Federal Student Aid. Don't be fooled by imposters like fafsa.com.
5. www.collegeboard.com for CSS/Financial Aide Profiles required at a limited number of schools so be sure to check.
6. www.coin3.com for college/career search information and look for NAVIANCE another search tool coming soon to Absegami!
7. www.commonapplication.com for college application information and an easy way to apply to hundreds of schools!
8. www.cappex.com a free site where you put in your profile and colleges search for you!

Remember ALL applications need to flow through your child's Guidance Counselor. COMMUNICATION is the key.

Summertime SAT Prep

From www.fastweb.com

It may be summer, but you know there's an SAT bubble sheet in your future. Whether it'll be your second attempt or first encounter with the SAT, summer is a great time to boost your test taking abilities. Here are some simple things you can do this summer that will serve you well on test day.

Read Whether it's a book by the pool or a magazine on your lunch break, reading regularly will help in several ways. Students need to read something every day says William Sullivan, an SAT tutor in Colorado Springs, Colorado. Simply reading a newspaper lets students "see a lot of words in context that will help them when they're reading on the SAT," he says. Reading will also help students with the SAT's writing component. Students will need evidence to support arguments they make in their essays says Ian Simpson, the owner and president of a Los Angeles-based tutoring company. "One way to have a lot of examples is to do a lot of reading. Any good book will have several themes that will be relevant," he says.

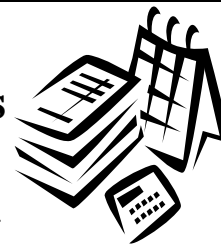
Try the Math Pick up a copy of *The Official SAT Study Guide* and try to crack one problem a day, or maybe even a few if you've got a long road trip or flight planned. You can also check out College Board's online SAT prep center. The majority of the math on the SAT consists of percentiles, fractions, algebra and geometry. Simpson says that the phrasing often confuses students more than the math concepts. "Students have to have constant exposure to the style of the test. In my opinion, the test is a language by itself," Simpson says. The more exposure a student has to the test's language, the more comfortable they'll be on test day.

Pack Some Flash Cards Whether you create your own or buy a deck, flash cards are a convenient way to put your downtime to good use. If you're stuck waiting for a ride, why

End-of-the-Year



Important Dates



- June 2 & 3- Senior Exams** for pds 1, 4/5/6, & 11.
- June 4 & 5- Senior Exams** for pds 2 & 6/7/8.
- June 8 & 9- Senior Exams** for pds 3, 8/9/10, & 12.
- June 10- Last Full Day of School!** Senior Class meeting
- June 11- Underclassmen Exams start**— periods 1 & 2— 12noon dismissal- **also Senior Picnic plus Cap & Gown distribution.**
- June 12- Underclassmen Exams**— periods 3 & 4/5/6— **also Senior Awards Night 7pm in the PAC-** Remember Seniors— you must apply for scholarships for a chance to get an award!
- June 15- Underclassmen Exams**— periods 6/7/8 & 8/9/10
- June 16- Underclassmen Exams**— periods 11 & 12— **also LAST Day of School! Plus Absegami Graduation is set for 6pm-** Seniors report at 4pm.
- Project Graduation goes from 11pm to 5am**
No admittance after 12 Midnight— advanced ticket sales only!
- June 18- Credit Completion Starts 8:00am Absegami Main Cafeteria**

not use the time to build your vocabulary or brush up on your math fundamentals? Good test takers "keep their studying grouped into small chunks so that they're never overwhelmed, and they're able to take their time to assimilate all the information," Sullivan says. Flash cards make the material portable and manageable.

Be Consistent Studying regularly now is more likely to benefit your score than trying to cram for the test. Sullivan says the best test takers are "always doing something but they're never doing too much." There are quick tricks and strategies that can boost a student's SAT score, but consistently studying some fundamentals will be more beneficial. "You can't do the SAT on strategies alone," Simpson says. Starting early on your test preparation has the added benefit of alleviating stress on test day. If you've built a good foundation and taken some sample tests, when the bubble sheet hits your desk you'll be ready for it.

Credit Completion!

As per school policy, any student who has accumulated more than 10 unexcused absences, or 12 unexcused lates, must attend credit completion to earn credit for the year. Failure to attend credit completion will result in a loss of all credits for this school year. Credit Completion starts on Thursday June 18th and ends on Wednesday July 1st. Two sessions of credit

completion are scheduled for each day. Session 1 begins promptly at 8:00AM and ends at 10:00AM. Session 2 begins at 10:10AM and ends at 12:10PM. One session of Credit Completion counts toward one unexcused absence. Transportation is NOT provided and is the responsibility of the student. **All students owing Credit Completion must start on Day 1, Thursday June 18 at 8:00AM sharp, and serve their time owed in consecutive sessions until their obligation has been met.**

Summer School Info???

Students that have not successfully completed a required class may choose to attend summer school to make up the credit. Absegami and Oakcrest High Schools do not offer summer school programs, so students must attend summer school elsewhere. In previous summers, Pleasantville, Atlantic City, Vineland, EHT, and Mainland Regional High Schools have

offered summer programs. Students enrolling in summer school must do so at their own expense. Prices last year ranged from \$150 to \$250 per 5 credit course and may also require a book deposit. Parents are reminded that you must provide your own transportation as well for these summer programs. Applications and information on these Summer School Programs will be available in the Guidance Office in June. Call 652-1485 or your counselor for more details.

Working Papers???

Students, ages 14 through 17, who need working papers may obtain these important forms from the AHS Guidance Office. Forms may be picked up during the school day or over the summer, Monday through Friday between the hours of 9AM and 12Noon. The paper-

work requires an Employer's signature, Parent's signature, Physician's Certification, and proof of age (birth certificate— **bring a copy from home!**) for processing. Mrs Cipaldo or Mrs Berret as well as other secretaries in the Guidance Area can process these forms for anyone in need.

The Absegami Parent's Guidance Newsletter

Available on-line @ www.absegami.net

Absegami High School
Guidance Department
201 South Wrangleboro Road
Galloway NJ 08205

NON-profit Organization
Bulk Rate
US Postage Paid
Absecon NJ
permit #74

SAT Dates for 2009-10

October 10, 2009 SAT & SAT Subject Tests– Deadline 9/9/09
November 7, 2009 SAT & SAT Subject Tests -- Deadline 10/1/09
December 5, 2009 SAT & SAT Subject Tests– Deadline 10/30/09
January 23, 2010 SAT & SAT Subject Tests– Deadline 12/15/09
March 13, 2010 **SAT Only- Deadline 2/4/10
May 1, 2010 SAT & SAT Subject Tests– Deadline 3/25/10
June 5, 2010 SAT & SAT Subject Tests– Deadline 4/29/10
Go to www.collegeboard.com or www.actstudent.org
for more information like on-line registration and test prep!

ACT Dates for 2009-10

September 12, 2009 Deadline August 7, 2009
October 24, 2009 Deadline September 18, 2009
December 12, 2009 Deadline November 6, 2009
February 6, 2010 Deadline January 5, 2010
April 10, 2010 Deadline March 5, 2010
June 12, 2010 Deadline May 7, 2010

How you feel about yourself is like a bank account. Sean Covey calls it your Personal Bank Account (PBA). Just like a checking or savings account at a bank, you can make deposits or withdrawals, into or out of your PBA by the things you think, say, or do. For example, when you stick to a commitment you've made to yourself, you feel more in control– it's a deposit– Cha-Ching! On the other hand, when you break a promise to yourself, you feel disappointed and make a withdrawal. So here's the question– How is your PBA? Are you loaded or do you need to file for bankruptcy? Here are some symptoms of a poor PBA: You cave into peer pressure easily. You're overly concerned about what other people think of you. You wrestle with feelings of depression or inferiority. You act arrogant to help hide your insecurities. You get jealous easily, especially when someone close to you succeeds. You self-destruct by using drugs, vandalizing, or demonstrating promiscuity. Here are some symptoms of a healthy PBA: You stand up for yourself and

resist peer pressure. You're not overly concerned about popularity. You see life as a positive experience. You trust yourself. You are goal driven. You find happiness in the success of others.

If you think your PBA is low, don't panic, just start making some deposits by doing the following: Keep promises to yourself. Do small acts of kindness. Be patient with yourself. Be honest. Renew yourself– exercise, rest, eat right. Tap into and develop your talents.

Hopefully, you understand the concept of the Personal Bank Account and just like you have a PBA, you also have a Relationship Bank Account (RBA) with everyone you meet. Strong and healthy relationships are the result of steady deposits made over time. Suppose you come across a new kid in the neighborhood. You smile and say hello, you've just opened an account with him. If you ignore him, you've just opened an account as well, although a negative one. There's no getting around it. Also, once you've opened an account with someone you can never close it. That's why you can run into a friend you haven't seen in

years and pick up right where you left off. It's also why people hang on to grudges for years. The tough thing about an RBA– Relationship Bank Account– is that you continually need to make small deposits into your most important relationships just to keep them in the positive. So how can you build a rich relationship or repair a broken one? One deposit at a time. Here are some potential deposits into an RBA with a friend or family member... Take the time to give a compliment "Great job!", a few words can go a long way. Make a banner for someone to celebrate a birthday or event. Brag about someone to others. When someone makes a mistake, forgive, show patience. Little things like a smile, kind words or gestures. Big things like keeping promises, showing loyalty or saying your sorry when it is appropriate. Also, setting clear expectations of others helps keep everyone on the same page.

So how are your RBA's? How about your RBA with your parents? Start today and build your PBA and RBAs with good choices, honesty, and patience.

This has been an edited excerpt from Sean Covey's *7 Habits of Highly Effective Teens*.



How is your Personal Bank Account?