



# READ ME.

'GAMI GUIDANCE  
NEWS YOU CAN USE

Jan/Feb 2007



## It's All About Attitude. . .

Happy New Year! The new year- 2 0 0 7! How many times in the next few weeks will you write "06"? Believe me when I tell you that the older you get the quicker the years fly by! That being said the time is now! Make the most of today. This is the time to think of new beginnings, new goals and big plans. We've heard them all... lose ten pounds, get in shape, spend more time on this or that, give up that nasty habit, make something better in your life or the life of those around you. The "resolution", what is your's? The challenge is to realize that it starts with YOU. From the business self help book titled *FISH* understand clearly that YOU "choose your attitude". The book goes on to explain that "There is always a choice about the way you do your work, even if there is not a choice about the work itself".

The following is a short essay on attitude credited to an anonymous author.

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break

a company; a church; a home. The remarkable thing is that you have a choice every day regarding the attitude you will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our own attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you- you are in charge of your attitudes!

In life you are going to come up against many obstacles, many of which you will have to hurdle. Most of these hurdles you will have to overcome on your own, with some you may have help, but in the end it will be **your decision** and the outcome will be what **you** make it.

So what about your resolution?

Resolve to understand that you have a great power.

Take charge of your attitude. There may be very little else in your life that you have control of, but you do have control of your attitude.

## Message from Mr. Quinn...

Absegami Guidance Department Supervisor

I hope you had a peaceful and joyous holiday season. Happy New Year as well, we hope you are as excited about it as we are down in guidance. Make this the best year of your life by planning your work and then working your plan! Remember that [www.coin3.com](http://www.coin3.com) can help! If you're not sure of your log-in information see your counselor today.

Our focus now is on course selection for next year! This is a two way street. Use your course selection information, Juniors got it prior to the break, Sophs and Frosh will get it soon! Be sure to review it and do your homework so you can put yourself in position for a great 2007!

Also, remember that "It's All About Your Attitude!"

## The FAFSA- 8 Easy Steps...

**Step 1-** Get a Social Security Number! Goto [www.ssa.gov](http://www.ssa.gov)

**Step 2-** Request a PIN. Go to [www.ed.gov](http://www.ed.gov) today!

**Step 3-** Be sure to note State and College Deadlines! Play it safe submit EARLY!

**Step 4-** Get the FAFSA on the Web Worksheet! Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and get this done!

**Step 5-** Complete the FAFSA on the internet- this improves turn around time and remember funding may be awarded on a first come, first serve basis!

**Step 6-** Review your Student Aid Report- **SAR**. Check carefully and make any corrections. When complete, your Expected Family Contribution- **EFC**- will be listed in the upper right hand corner.

**Step 7-** Determine if you need to verify your FAFSA information- if you've been selected, an asterisk will appear after your EFC number. Be sure to follow all verification instructions carefully.

**Step 8-** Compare your college Award Letters and make the choice that is best for YOU!

## NEWS YOU CAN USE!

### Jan/Feb'07 Guidance Calendar

**January 1**– This is the earliest you can submit your FAFSA– The Free Application for Federal Student Aid– you'll need your parents' help with this so get started! Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and [www.hesaa.org](http://www.hesaa.org) for help and questions. Also, be aware that different states have different deadlines. **HESAA**– The Higher Education Student Assistance Authority has a toll free hotline at (800) 792-8670.

**January 3- Annual College Panel** 1:30pm in the Senior Cafe

**January 4- Financial Aid Workshop** 6pm in the Absegami PAC

**January 12**– Deadline to submit ACCC JumpStart applications with required \$35 fee to your counselor- If you are applying to ACCC as a first choice or as a back-up, JumpStart is the only way to go! It gives you priority testing and priority scheduling one-on-one right here @ Absegami!

**January 12**– Centenary College of NJ representative @ 9:15am– sign up in guidance today!

**January 16, 17, 18- 7th Annual Talent Show audition dates**– sign up for your audition slot during lunches starting on **January 5th!**

**January 22 through 25**– Mid Term Exams with 1/2 day schedule– check with your teachers for specifics!

**February 2, 2007**– Talent Show Date is set! Get your act together! Auditions will take place near the end of January!

**NOW- Seniors should be submitting college applications!** Remember that even if you apply on-line, YOU need to complete your application by sitting with your counselor and sending out all of the important paperwork– official transcript, rec letters, resume', etc.

**NOW**– Seniors should be scouring [www.absegami.net](http://www.absegami.net) for local scholarship info! Go to the Guidance Link then click on scholarships! Hard copy listing and all applications are available in the guidance office! You should be registered at [www.fastweb.com](http://www.fastweb.com) for national scholarship opportunities!

**Juniors**– Remember that you need to plan to take the SAT's two times in your this year! Go to [www.collegeboard.com](http://www.collegeboard.com) deadlines and sign up for a free SAT Q of the Day to be e-mailed to you daily! **For FREE effective test prep go to <http://number2.com>**

- Go to [www.nyu.edu/summer](http://www.nyu.edu/summer) today for info on New York University's summer preCollege program! Deadline is in Jan!
- U of The Arts in Phila has great preCollege opportunities! Go to

### PROGRAMS/OPPORTUNITIES

[www.uarts.edu/precollege](http://www.uarts.edu/precollege) for Saturday School info!

- Are you a leader? Go to [www.lead-america.org](http://www.lead-america.org)
- **Women in Science Career Exploration Day** @ Rutgers University's Douglass College is set for Saturday February 10– the application deadline is Monday January 8. Call (732) 932-9197 or visit [www.rci.rutgers.edu/~dougproj/dp\\_precollege\\_programs.html](http://www.rci.rutgers.edu/~dougproj/dp_precollege_programs.html) for more information!
- **Juniors** check out the Discover Card Tribute Award Scholarship Program– deadline is January 31– go to [www.discovercard.com/tribute](http://www.discovercard.com/tribute) today!
- Interested in a Military Academy? Check out the Summer Leaders Seminar– go to <http://admissions.usma.edu> for an application today! Deadline is April 1.

### PROGRAMS/OPPORTUNITIES

- Check out the Summer Session at Northeastern University in Boston! Goto [www.spcs.neu.edu/summerschool](http://www.spcs.neu.edu/summerschool)
- Are you a Senior without a real plan? Check out the opportunities The Allied Health Advancement Program @ ACCC has to offer... Free training, get paid to go to class, get a job with a future! Check out [www.atlantic.ed/conted](http://www.atlantic.ed/conted) or see your counselor today!
- Fairleigh Dickinson University sponsors the **2007 NJ Business ideas Competition** open to all high school students in grades 9 through 12! Go to [www.fdu.edu/rothman](http://www.fdu.edu/rothman) and submit your idea prior to the February 16 deadline! Good Luck!
- Are you interested in studying abroad in 2007-08 through the Rotary Youth Exchange Program??? Contact Jack Kammer e-mail [JTKammer@aol.com](mailto:JTKammer@aol.com) or Bob Saghirian e-mail [RYE7640@aol.com](mailto:RYE7640@aol.com)
- Considering a career in CONSTRUCTION? Go to [www.cicdnj.org](http://www.cicdnj.org) for info! April 20 is Construction Industry Career Day!
- Do you want to learn more about careers in the medical field??? Join the **Medical Explorers** at ACMC on Jimmie Leeds Road! Call Mandy McLaughlin @ 441-8085 for more info today! Next Meeting Wednesday November 29 and then December 19 and 20!
- A career in travel? Go to [www.thetravelacademy.com](http://www.thetravelacademy.com)
- Talented musician? Sign up for the NJ Shouts Down Drugs Music Competition! Go to [www.drugfreenj.org](http://www.drugfreenj.org)
- Business Majors should look into the National Co-Op Scholarship– Go to [www.co-op.edu](http://www.co-op.edu) today!

## Personal Care???

1. Substance use troubling you? How about a friend? See your counselor today and deal with your issues! We care and we want to help!
2. Conflict keeping you down? Let Peer Mediation help– See any teacher or mediator to request mediation and let communication make things better!
3. Do you care enough to do the right thing? Do your part to eliminate disrespect and fear. Report wrong doing and threats to CRIMESTOPPERS or see Officers Calimer or Tennant today!

## Academic Help

- **TUTORS Available in the Guidance Office...** Submit a National Honor Society Tutor Request Form TODAY!
- **WEEKLY Progress Reports are available in the Guidance Office and offer great teacher feedback.**
- **Late Study TH at 'Gami 4:30 to 7:30pm in the senior café! Mon through Fri at Rittenberg in EHC– See your counselor for more details and an application packet!**
- Make sure your parents are on ParentConnect! Go to [www.absegami.net](http://www.absegami.net) for registration details!