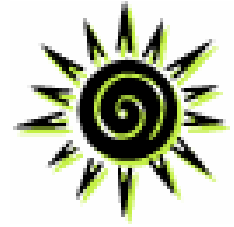




READ ME.

'GAMI GUIDANCE
NEWS YOU CAN

May &
June 2007



What is Your TRUST Factor?

What is TRUST? Trust between you and your parents, you and your siblings, and you and your friends can make or break a relationship. Read on to learn and focus in on exactly what trust is, then read more on ways to build TRUST and improve your *Trust Factor!* **TRUST is...**

- Letting others know your feelings, emotions and reactions, and having the confidence in them to respect you and to not take advantage of you.
- Placing confidence in others so that they will be supportive and reinforcing of you, even if you let down your "strong" mask and show your weaknesses.
- Assuming that others will not intentionally hurt or abuse you if you should make an error or a mistake.
- The inner sense of acceptance you have of others with whom you are able to share secrets, knowing they are safe.
- The sense that things are fine; that nothing can disrupt the bond between you and the other.
- The ability to let others into your life so that you and they can create a relationship built on an understanding of mutual respect, caring, and concern to assist one another in growing and maturing independently.
- Opening yourself up to let others in on your background, problems, concerns, and mistakes with the assurance that they will not ostracize you because of these things.
- The act of placing yourself in the vulnerable position of relying on others to treat you in a fair, open, and honest way.

Hopefully you have several trusting relationships in your life! Read on to identify ways to develop even more trust with those important people in your life as well as new friends.

Ways to Develop TRUST...

Letting go of fear: Fear restricts your actions with others. Letting go frees you of behavioral constraints that can immobilize your emotional development. Fear of rejection, fear of failure, fear of

impede relationship growth if not given appropriate attention and remedial action.

Self-acceptance: Accepting who you are, and what your potential is, is an important step in letting down your guard enough to develop a trusting relationship with others. If you are so insecure in your identity that you are unable to accept yourself first, how can you achieve the self-revelation necessary to develop trust? Self-acceptance through an active program of self-affirmation. Self love, without selfishness, is key to the development of trust.

A healing environment: This is the creating of a trust bond with the significant others in your personal life where blaming, accusing, and acrimony do not exist. In the healing mode the participants actively use forgiveness, understanding, and healthy communication to resolve problems and issues. The participants are then willing to forget, to let go, and to release themselves of the past hurts, wounds, and pain, opening themselves to trust one another.

Reduction of a sense of competition: This reducing of competition, jealousy, and defensiveness with significant others in your life is a way to reduce the barriers between you and them. The lowering of these psychological barriers is essential to the movement toward the development of mutual trust.

Trust is critical to the relationship you have with your parents, remember that you may feel that it is a difficult time to be a high school student—acknowledge that it is also a tough time to be a parent! Help your parents help and trust you and make this a great end of the school year- Remember

A Thought to think about...

"A true friend is someone who encourages you to be the best you can be!"

END-of-the-Year School Calendar

Tuesday May 22..... Senior Exams Pds 1 & 2 (regular bell schedule)
 Wednesday May 23..... Senior Exams Pds 1 & 2
 Thursday May 24..... Senior Exams Pds 3 & 4/5/6
 Friday May 25..... Senior Exams Pds 3 & 4/5/6
 Tuesday May 29..... Senior Exams Pds 6/7/8 & 8/9/10
 Wednesday May 30..... Senior Exams Pds 6/7/8 & 8/9/10
 Thursday May 31..... Senior Exams Pds 11 & 12
 Friday June 1..... Senior Exams Pds 11 & 12
 Monday June 4..... Senior Make Up Exams/Last FULL Day
Tuesday June 5..... Underclass exams 1 & 2 noon dismissal
also on Tuesday June 5— Class Picture, Senior Picnic, plus cap & gown distribution.
Wednesday June 6... Exams 3 & 4/5/6 plus Senior Awards 7:00pm PAC
Thursday June 7... Exams 6/7/8 & 8/9/10 (Last Day to purchase PROJ Grad Tickets at reduced rate and get outside guest approved!)
Friday June 8... Exams 11 & 12 4pm Graduates report to PAC
6pm GRADUATION
+ PROJECT Graduation starts at 11pm!



Message from Mr. Quinn...

Absegami Guidance Department Supervisor

We are in the home stretch students! Remember however, that the race isn't over yet. Five weeks is plenty of time to make or break your school year. Underclassmen should be working for their future goals, be it improved GPA, more involvement, or figuring out what those goals are- the time is now. Seniors, you are getting ready for commencement, the beginning of the rest of your life.

The Guidance Staff stands ready to assist you with your ongoing plans.

Thanks for your efforts and keep working hard!

May/June '07 Guidance Calendar

May 7- Career Exploration Program in the PAC for sophomores all periods of the day out of PE classes!

May 8- Grambling State University College Rep 1pm in Guidance

May 14- 4th Marking Period Interim reports mailed out!

May 22- Senior Exams start! See reverse for complete schedule.

June 4- Last Full Day of School!

June 5- Underclassmen Exams start- 12 noon dismissal

June 6- Senior Awards Night 7pm in the PAC- Remember Seniors- you must apply for scholarships for a chance for an award!

June 8- Graduation 6pm- Project Graduation 11pm

NOW- FAFSA should be done!!! It still may not be too late depending on the state where you will be attending college, however this needs to be done ASAP! Goto www.hesaa.org or www.fafsa.ed.gov for more info!

NOW- Seniors should be submitting college responses- admits or denials plus any financial award or scholarship award letters!

- **NOW-** Seniors should be scouring 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 for national scholarship opportunities!
- **Juniors-** Remember that you need to plan to take the SAT's two times this year- you may also want to plan for the October Test next year! Go to www.collegeboard.com Check deadlines and sign up for a free SAT Q of the Day to be e-mailed to you daily!
- Are you a junior with college aspirations? Are you concerned about your family financial situation? www.questbridge.org might have the answer- college prep conferences and admissions counseling is free for those who qualify!
- SAT Prep is available at Absegami this summer (in August) Sign up

PROGRAMS/OPPORTUNITIES

by calling Mrs Fran Campbell at 652-2473 ext 2445 and sign up TODAY! Math and Verbal Prep available!

- Summer Reading Skills Programs are available in Egg Harbor Township through Rutgers University- all age groups available! Call 1-800-978-9596 for more info!
- Shore Memorial Hospital in Somers Point has an active Medical Explorer's Group! Call Miss Jennifer Qualitieri at 653-3724 and start attending this month!
- Shore Memorial Hospital also has a Junior Volunteer Program- Call the Volunteer/Auxiliary Office at 653-3543 and get set up for the summer NOW!
- East Coast Orthopaedics and Sports Medicine is looking for student volunteers to work in their office! Call Kim Rullis at 748-2922 Today!
- Check out Marist College in NY Summer Institutes including Video Gaming and Sports Communication goto www.marist.edu/summerinstitutes for more info!
- Stockton has a Summer Forensics Camp! Goto www.stockton.edu/stocktoncsi/ for more info!
- Drexel University has a summer Photography Workshop- Call (215) 895-1834 for details!

- William Paterson University has a Summer Jazz Workshop! Call (973) 720-2354 for ore information!
- Looking for a Summer Experience like no other? Check out the St Thomas More School's Summer Academic Camp in Oakdale CT- e-mail stmadmit@stthomasmoreschool.com for more info!
- Looking for a Leadership Program? Check out the American Management Association's JumpStart your Career Summer Seminar- apply online @ www.amanet.org/oe today! Also try www.leadamerica.org today!
- Lebanon Valley College has a Youth Scholars Institute! Goto www.lvc.edu/youth-scholars today!!!
- TCNJ has a Summer Engineering Camp www.tcnj.edu
- Are you into animals? Join the Philadelphia Zoo's Junior Zoo Apprenticeship Program! See your counselor for details or goto www.philadelphiazoo.org today.
- Business major? Check out FDU's Rothman Institute Discover Busine\$\$ Teen Camp! Call 973-443-8842 for info!
- U of The Arts in Phila has great preCollege opportunities! Go to www.uarts.edu/precollege for Sat. School info!
- More summer art programs can be found in Ocean City www.oceancityartscenter.org in EHT www.cygnusarts.org also check out Moore College of Art in Philadelphia, NYU PreCollege, and MICA- The Maryland Institute College of Art!
- Check out the Summer Session at Northeastern University in Boston! Goto www.spcs.neu.edu/summerschool
- A career in travel? Go to www.thetravelacademy.com

Personal Care???

Are you or a friend struggling with substance use? It's not too late to get out... Identifying a weakness and dealing with it in a positive way is a sign of strength! You can do this, you need to do this, and deep down you know that you want to be better- you can get out of the ugly cycle that is addiction! Here is one place for confidential and free help... Atlantic County's **TRYIT- Treating Recovering Youth In Transition**. Call Jake Sttaughn or Greg Mayer at 645-7700 ext 4331 or ext 4334. Start feeling like yourself again Call TODAY!

ACADEMIC Help is AVAILABLE...

- **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 "Gami Library! Mon through Fri at Rittenberg in EHC- See your counselor for more details and an application packet for EHC!**
- Make sure your parents are on ParentConnect! Go to www.absegami.net for registration details!