



# READ ME

'GAMI GUIDANCE  
NEWS YOU CAN USE



JANUARY/  
FEBRUARY 2008

## Life is Coffee...

A group of alumni, all highly established in their respective careers, got together for a visit with their old university professor. The conversation soon turned to complaints about the endless stress of work and life in general.

Offering his guests coffee, the professor went into the kitchen and soon returned with a large pot of coffee and an eclectic assortment of cups: porcelain, plastic, glass, crystal - some plain, some expensive, some quite exquisite. Quietly, he told them to help themselves to some fresh coffee. When each of his former students had a cup of coffee in hand, the old professor quietly cleared his throat and began to patiently address the small gathering.

"You may have noticed that all of the nicer looking coffee cups were taken up first, leaving behind the plainer and cheaper ones. While it is only natural for you to want only the best for your-

selfes, that is actually the source of much of your stress-related problems." he continued, "Be assured that the cup itself adds no quality to the coffee. In fact, the cup merely disguises or dresses up what we drink. What each of you really wanted was coffee, not a cup, but you instinctively went for the best cups. Then, you began eyeing each other's cups. Now consider this: Life is coffee. Jobs, money, and position in society are merely cups. They are just tools to shape and contain Life, and the type of cup we have does not truly define nor change the quality of the Life we live. Often, by concentrating only on the cup, we fail to enjoy the coffee that Life has provided us. You brew the coffee with your spirit, your attitude, your effort, and your hope, but you can't always control your cup. Enjoy your coffee!"

The happiest people don't have the best of everything; they just make the best of everything they have.

So please remember:

Live simply.

Love generously.

Care deeply.

Speak kindly.

Leave the rest to your faith, your hope, your effort, and your attitude. And remember - the richest person is not the one who has the most, but the one who needs the least.

As we enter the New Year, be thankful for the special flavor others add to your coffee and have a Happy New Year!

## Do YOU KNOW?

Absegami Guidance Goodies...



**Do you know that there is a rack of "Student Tips" brochures available for you down in the Guidance Office?**

Directly across from where you swipe in to the Guidance Office you may have seen a wire rack on the wall. Located on that rack are over 30 different titles with helpful hints and great ideas for students and parents! Titles like *Ten Study Secrets of Great Students*

*How to Study More Effectively*

*How to Get Organized for Homework and Schoolwork*

*How to Do Better on Tests*

*How to Take Good Notes*

*Dealing with Peer Pressure*

*Dealing with Depression*

*Dealing with Bullies*

These titles and many more! Come down to Guidance and help yourself and a friend or parent today!

## What do you think...

The Greatest Discovery of my Generation is that a Human Being Can Alter his Life by Altering his Attitudes of Mind.

William James

## Jan/Feb'08 Guidance Calendar

**January 2 SENIORS** you can now start submitting the FAFSA– The Free Application for Federal Student Aid! *Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) or [www.hesaa.org](http://www.hesaa.org) for more good information!*

**January 15, 16, 17** Talent Show Auditions in Senior Café– You must register in advance for audition times, See any Peer Mediator, Ms Higgins or Mr Mont.

**January 21** No School– Celebrate Dr Martin Luther King Jr.

**January 22 Financial Aid Workshop- Tuesday 6pm in the Absegami Performing Arts Center.**

**January 23 Peer Mediation sponsored Talent Show**

Tickets go on sale in the cafeteria's Reserved Seating advanced sales only \$7.

**January 24 MID Term Exams start**– periods 1 & 2 abbreviated school day– dismissal at 12 noon.

**January 25 MID Term Exams day 2**– periods 3 & 4/5/6 Early dismissal at 12 noon.

**January 28 MID Term Exams day 3**– periods 6/7/8 & 8/9/10 Early dismissal at 12 noon.

**January 29 Last Day of Mid Term Exams**– periods 11 & 12 Early dismissal at 12 noon.

**February 1 8th Annual Talent Show! 7pm in the PAC** *Advanced ticket sales ONLY– NO tickets available the night of the show!*

**ACCC JumpStart Students Placement Test at Absegami date to be announced in February! Be Ready! Google “accuplacer practice” for free test prep!**

### PROGRAMS/OPPORTUNITIES

- Did you know that Stockton has a Full Tuition Dean's Scholarship if you are in the Top 20% of your class with an 1150 or better SAT (critical reading and math)???? Apply today!
- Our local Rotary International Club is looking for young people ages 15.5 through 18.5 who are interested in studying in a foreign country for a full year. Call Jack Kammer at 898-9134 for more details.
- LeadAmerica wants you! See your counselor today for Congressional Student Leadership Conference information today!
- “MANNA at the Shore” needs volunteers, call Susan Simon @641-3253 for more information.
- Medical Explorers are back at the AtlanticCare Regional Medical Center in Pomona and Atlantic City! Call Ed Kyle @441-8086 for the details.
- 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!
- Are you into animals? Join the Philadelphia Zoo's Junior Zoo Apprenticeship Program! See your counselor for details or go to [www.philadelphiazoo.org](http://www.philadelphiazoo.org) today.

- A career in travel? Go to [www.thetravelacademy.com](http://www.thetravelacademy.com)
- Help OUR School– Join the Absegami Parent-Teacher-Student Association TODAY– applications available in the Main Office Membership fee is \$6
- [www.questbridge.org](http://www.questbridge.org) has a National College Match Program which provides full four year college scholarships– check it out today!
- Interested in Service and Government? The Congressional Awards Program rewards the achievement and initiative of teenagers go to [www.congressionalaward.org](http://www.congressionalaward.org)
- Ithaca College in upstate NY has a Martin Luther King Junior Scholarship Program. Go to [Ithaca.edu/admission](http://Ithaca.edu/admission) for more details.
- Girls Only– Summer Programs in Science! Go to [www.smith.edu/summerprograms/ssep](http://www.smith.edu/summerprograms/ssep) for more info
- AES Engineers has a \$500 scholarship award! Go to [www.aesengineers.com/scholarships.php](http://www.aesengineers.com/scholarships.php) today!
- NJIT has summer paid internships! Go to [www.inroads.org](http://www.inroads.org) TODAY!
- Summer job? go to [www.recreationalmanagement.com](http://www.recreationalmanagement.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 Straughn or Greg Mayer at 645-7700 ext 4331 or ext 4334. Start feeling like yourself again Call TODAY!
- **Do you want to FIGHT someone?** Don't do it! Use Mediation– it's quick, CONFIDENTIAL, and it works! See any teacher, counselor, or mediator for a request form.
- Issues with eating or body image? Learn more at [www.renfrewcenter.com](http://www.renfrewcenter.com) and start helping yourself or a friend.

### 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 Tuesday and Wednesday for Math 4:30 to 6:30pm & Thursday for Math and Science 4:30 to 7:30pm in the 'Gami Library.** Also Egg Harbor City students can go to FD Rittenberg Mon through Fri from 5 to 8pm for English, Math, a & Science!
- Make sure your parents are on ParentConnect! Go to [www.absegami.net](http://www.absegami.net) for registration details!