



READ ME

'GAMI GUIDANCE

SEPTEMBER/
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Hard Way or Easy Way?

High School is a lot like brushing your teeth when you are 2 years old. Let me explain, each night before my daughter goes to bed, part of our evening routine is to brush her teeth. She can't really do it on her own yet, although she is getting better. This is a task most parents will do for their 2 year old. My daughter has a choice however, she can choose to cooperate or not. Thus the question I ask her on nights when she is fussing... "Hard way or Easy way?" Her teeth will be brushed one way or the other- the choice again is hers.

The *hard way* consists of me holding her down jamming a toothbrush into her mouth and scrubbing those pearly whites. This can be rather uncomfortable if the teeth are clenched and the child is squirming. The *hard way* usually involves added force, extra discomfort, crying, and is generally an unpleasant situation for all involved. This leads to frustration, ill will, tears, plus a later-than-normal "head-hits-the-pillow" time. We have even lost the joy of the bedtime story because of the *hard way*.

The *easy way* on the other hand is a breeze, resulting in cleaner teeth, warm fuzzy feelings, better checkups at the dentist, a big hug and kiss goodnight, even extra bedtime stories. The *easy way* makes all involved feel good, everyone contributes, my daughter gets an extra sip of water, and she gets a little extra practice brushing. The evening routine is golden, life in general is wonderful, courtesy of the *easy way*.

The consequences of this simple decision ripple into our evening, affecting our entire family for the better or the worse. It amazes me how much one little choice weighs on your chances for a good nights sleep, a productive morning, positive outlook on the day ahead.

Do YOU KNOW?

Do you know how to sign up to meet and spend time with College Representatives?



They come from all over including many of the area's top universities, colleges, and technical schools! You can do this almost everyday in the fall right here at 'Gami! The Guidance Office hosts College Reps almost every day- check the calendar on the reverse of this sheet or go down to guidance and look on our easel for the schedule. Most reps meet in the Guidance Conference Room or Career Lab, large groups may meet in the PAC or Library. All you need to do to make a personal connection is sign up in the "College Rep Book" next to where you swipe in down in Guidance. Passes are available to get you to the presentation, you just need to mark in your agenda the day and time- then show your classroom teacher your pass to come down. You do need your classroom teacher's permission to attend- so be sure to take care of your responsibilities on a daily basis!

Go to Guidance, meet a College Rep, make a connection!

Back to the original idea ... High School for a teenager is a lot like brushing your teeth for a 2 year old because you can choose to do it the *hard way* or the *easy way*. The *hard way* in high school is when you choose to not get involved, to not do your homework, to not pay attention. You might argue that this is easier because you don't work at anything like homework or study. You choose to not arrive on time or even show up to a meeting or practice. The *hard way* results in you not building a connection to anyone or anything at Absegami. The *hard way* means failing grades, failing classes, and failing feelings like loneliness, low self-esteem, and frustration. The *hard way* means summer school, credit completion, and fewer opportunities. The *hard way* results in "retained" grade status which means you don't get promoted from freshman to sophomore, or sophomore to junior, etc. The *hard way* results in you being forced to do summer remediation or not being able to take the HSPA on time. The *hard way* makes it hard for you to graduate with your classmates or to graduate at all. The *hard way* means limited opportunities, lost youth, and shallow prospects. This *hard way* beats you up in ways even the worst root canal or tooth extraction ever could.

The *easy way* in high school certainly isn't always easy, but it most definitely makes life easier. Being here and paying attention makes it easier for you to get more connected to your teachers and your peers. Doing your homework makes class easier the next day and the quiz and test are easier the day or two after that. The *easy way* results in feelings of accomplishment, the sense of pride for a job well done. The *easy way* is an investment in you that pays big dividends like a trusting coach, a caring advisor, or a teacher who becomes a life long mentor. The *easy way* connects you to people and ideas. The *easy way* develops interests and opportunities. The *easy way* means a high school diploma, more possibilities after graduation, plus greater earning and career potential. The *easy way* is that great smile at the end of a job well done, even if it takes "braces" (or some hard work) to see it through.

And so it is with you, the choices are clear- *hard way* or *easy way*, the decision is yours. I'd take a healthy smile (and a bright future) over rotten teeth (and no prospects) any day of the week.

What do you think...

"It's much easier to make a good first impression-than it is to repair a bad one."

Anonymous

SEPT/OCT'08 GUIDANCE CALENDAR

- September 18-** Back to School Night 7pm
- September 19-** No School for Students– Teacher In-Service
- September 24-** Gettysburg College Rep 8am sign up for all college reps in the guidance office!
- September 28-** Phila National College Fair www.nationalcollegefairs.org
- September 29-** HSPA for Seniors starts! Washington Coll. MD 11:15am
- September 30-** No School– Enjoy your Holiday!
- October 1-** Drew University 10am and Marietta College 11:30am
- October 2-** HSPA Day 2 for Seniors Also Widener University 8:25am and American University at 1pm.
- October 3-** HSPA Day 3 for Seniors Also University of Tampa 12:30pm
- October 5-** ACCC College Fair 1 to 3pm
- October 6-** Arcadia @ 10:15am, Georgian Court @ 11am, and Ramapo @ 1pm. Sign up in Guidance!
- October 7-** Farleigh Dickinson 8:30am, College of St Elizabeth @ 11am
- October 8-** Eastern University 8:30am, Northwood U @ 10am
- October 9-** Rutgers University @ 1pm
- October 10-** Cabrini College 8:30am
- October 13-** Columbus Day– No School
- October 15-** St Joe’s University @ 10am,
Also 7 Habits Parents Workshop 6:30pm in the PAC
- October 16-** Alvernia College @ 8:30am, Vanderbilt University @ 10am
- October 17-** U of Hartford 8:30am, Monmouth U 10:30am, Temple U @1
- October 18-** PSAT @ Absegami \$13 pre-Registration ONLY, Sign up in the guidance office prior to test day! Doors open at 7:15am
- October 20– Red Ribbon Week Starts! Motivational Media Presentation All Day in the PAC! Sign the PLEDGE!** Also Franklin and Marshall College @ 1pm.
- October 22-** Dress in RED Day! Win Prizes!
- October 23-** College Fair @ Mainland Regional, Juniors and Seniors ONLY first 100 to submit parental permission slips get to go!
- October 24-** No School– Teacher In Service
- October 27-** Delaware Valley College 8:30am, Salisbury University 1pm
- October 28– Richard Stockton College of NJ 9:15am**
- October 29-** Manhattan College 10am

PROGRAMS/OPPORTUNITIES

- SAT Prep is available at Absegami this fall– starts Thursday Sept 25- Sign up by calling Mrs Fran Campbell at 652-2473 ext 2445 and sign up TODAY! Math and Verbal Prep available!
- AtlanticCare Regional Medical Center Medical Explorers Group starts up soon! Call Ed Kyle @ 441-8086 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!
- Are you into animals? Join the Philadelphia Zoo’s Junior Zoo Apprenticeship Program! See your counselor for details or goto www.philadelphiazoo.org today.

- Help OUR School– Join the Absegami Parent-Teacher-Student Association TODAY– applications available in the Main Office. Membership fee is \$6
- www.questbridge.org has a National College Match Program which provides full four year college scholarships– check it out today!
- The Society of Automobile Engineers– SAE– Annual scholarship is available in Guidance or on-line at www.sae.org/students/engschlr.htm
- Interested in Service and Government? The Congressional Awards Program rewards the achievement and initiative of teenagers go to www.congressionalaward.org
- The Malcolm Bernard Historically Black Colleges and Universities College Fair Week is set for November 15–21. The closest location to ‘Gami is Burlington Community College in Pemberton on November 17, For more info call Lori Howard at 777-0800.
- **SENIOR Portraits** “Final Opportunity”, See Mr Morris, Mr Friend, or call Davor @ 1-800-OUR– YEAR our code is #196
- The YouthWorks Job Club starts Sept 25, meets every Thursday! Call Ms Woody @ 407-5042 for a JOB!
- **Win BIG \$\$\$** AXA Achievement Scholarship go to www.axa-achievement.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

ACADEMIC Help is AVAILABLE...

- Use the Activity period to meet with Teachers! Check the schedule at www.absegami.net for teachers and classroom locations for every subject area! These teacher tutors are available on Tuesdays, Wednesdays, and Thursdays!
- **Math Late Study is Tues and Wed 4:30 to 6:30 in the ‘Gami Library! Get there!**
- **Late Study for Science starts on Thursday September 25 in the Library– new time is 4pm to 7pm!**
- Also available Mon through Fri at Rittenberg in EHC from 5 to 8pm– 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!