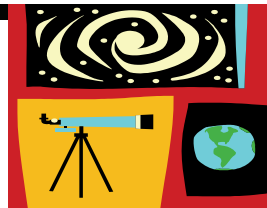




IRIEAD MIE

Gami Guidance News You Can Use online @ www.absegami.net



MAY/
JUNE 2009

What's in Your Bank Account?

How you feel about yourself is like a bank account. 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, demonstrating promiscuity, or getting into a gang.

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,

DO YOU KNOW?

Absegami Guidance Goodies...



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. Invest NOW in your tomorrow!

Thanks for your efforts and keep working hard!

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 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. Keeping promises. Showing loyalty. Saying your sorry when it is appropriate. Setting clear expectations of others.

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.**

What do you think...

**"One small act of love from someone-
Can cause a chain reaction."**

From "The Power of One" a song by the country group "Bomshel"

MAY/JUNE '09 GUIDANCE CALENDAR

May 20 Scholar Awards Night 6:30pm

May 25 Memorial Day

June 2 through June 9 SENIOR Final Exams

June 10 LAST Full Day of School

June 11 through June 16 Grades 9, 10, & 11 Final Exams

June 11 Senior Picnic, also Cap & Gown Distribution.

June 12 Senior Awards Night 7pm in the PAC

June 15 Last Day to purchase reduced rate tix and have outside guest approved for project graduation.

June 16 Graduation 6pm– Graduates need to report at 4pm

June 16 PROJECT Graduation 11pm to 5am, advanced ticket sales only and you must enter by 12 midnight.

June 17 Rain Date for Graduation

June 18 Credit Completion Starts– See your counselor with any concerns.

June 29 Final Report Cards put in mail.

PROGRAMS/OPPORTUNITIES

- Instant Decision days start at Ramapo College as early as August 20! Go to www.ramapo.edu/idd for details.
- Do you think the Military Academies are for you? Then be sure to also apply for ROTC Scholarships. For the Navy Reserve Officer Training Corp Scholarship go to www.nrotc.navy.mil
- The Rothman Institute at Farleigh Dickinson University has a summer Discover Business Teen Camp! Go to www.fdu.edu/rothman for more information.
- Lawrence Technological University in Michigan has several engineering related summer opportunities! Visit www.robofest.net/collegiate
- The Junior Statesman Summer School has great summer programs for leadership. Visit www.jsa.com/summer for more details.
- Rensselaer Polytechnic Institute has a summer residential program go to <http://summer.rpi.edu> or call Mike Gunther at (518) 276-8351
- Check out Robotics Summer Camp at TCNJ– Go to www.tcnj.edu/~summerprograms/roboticscamp to apply! Deadline is May 15.
- Ramapo College has 12 different PreCollege Programs for 10th, 11th, & 12th graders! Visit RamapoPreCollege.com/precollege4 today!
- Drexel's LeBow College of Business has summer business camps! Visit www.lebow.drexel.edu for more info.
- Syracuse University has 2 or 6 week summer programs. Go to www.summercollege.syr.edu
- Monster.com has Leadership Diversity Summer Programs with scholarships available! Go to www.monsterdp.com and apply today!
- **Last meeting of the year is May 12 in Galloway and May 19 in Atlantic City!** AtlanticCare Regional Medical Center Medical Explorers Group starts up soon! Call Ed Kyle @ 441-8086 for more info. Call Ed for Volunteer opportunities as well!
- Interested in a career in the Fashion? FIT has PreCollege Programs. Visit www.fitnyc.edu and learn about portfolio preparation NOW!
- 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 go to www.philadelphiazoo.org today.

- Online SAT prep is available check out collegeboard.com, princetonreview.com, number2.com, eprep.com, tutorvista.com, and my personal favorite methodtestprep.com
- Do you like to write? Over \$57,000 in prize money available in the Ayn Rand Essay contest! 2 Categories 8/9/10 and 11/12. Go to www.aynrand.org/contests for info.
- Are you a junior or senior looking for a job? The AtlanticCare Regional Medical Center needs Food Service aides– Call Dave Crider at 748-4025 for more information.
- Are you interested in Monmouth University? If so, you should investigate the Monmouth Leadership Grants! See your counselor today!
- Interested in a career in Aeronautics??? Check out the Teterboro School of Aeronautics- call 201-288-6300.
- Interested in a Mariner's Captains License??? Start an exciting career on the water go to www.seaschool.com today!
- Going "Green" in the construction world is one of the hottest tickets available! 10 Scholarships are available for careers in different Construction areas. Goto www.constructmyfuture.com for more information!
- 18 years old? You need to register with Selective service. Go to www.sss.gov today.

Personal Care...

- Are you or a friend struggling with substance use? It's not too late to get out... 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 and start helping yourself or a friend.
- Need to talk? Call 1-800-999-9999 Covenant House will listen. E-mail help@nineline.org

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 is on Thursdays in the Library– time is 4pm to 7pm!** Get there and get the help you need!
- 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!