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NOVEMBER/
DECEMBER 2008

Gami Guidance news you can use

never become your center for if you base your identity on having friends or being popular,

How are You Centered?

a slice from **The 7 Habits of Highly Effective Teens** by Sean Covey

Your "center" is your paradigm or perception. A paradigm is the way you see something, your point of view, frame of reference or belief. Paradigms are like glasses. When you have incomplete paradigms about yourself or life in general, it's like wearing glasses that are dirty. The lens affects how you see everything else. As a result, what you see is what you get. Ask yourself this: Are your paradigms of yourself helping or hindering you? Negative self paradigms can put limitations on us and positive self paradigms can bring out the best in us. One way to fix a contorted paradigm is to spend time with someone who believes in you and builds you up. If you need to be affirmed, spend time with that person and get your glasses cleaned. We have paradigms about other people as well. They can also be out of whack. Seeing things from a different point of view can help us understand why other people act the way they do. We also have paradigms about the world in general. You can usually tell what your paradigm is by asking yourself, "What is the driving force of my life?" or "What do I spend my time thinking about?" Whatever is most important to you Covey calls your paradigm, your glasses, or your life-center. Some popular life-centers for teens are Friends, Stuff, School, Boy/Girl friend, Parents, Sports, Heroes, Enemies, Work, and Self. They each have their good points but they will mess you up if you center your life on any one of them. There is one that works, I'll share it at the end. First let's examine the pitfalls of some. **Friend Centered** There's nothing better than belonging to a great group of friends and nothing worse than feeling like an outcast. Friends are important but should

you may find yourself compromising your standards or changing them to accommodate your friends. **Stuff Centered** Sometimes we see the world through the lens of possessions or stuff. We live in a world that teaches us that he who dies with the most toys wins. There is nothing wrong with accomplishing and enjoying our stuff, but we should never center our lives on things. Our confidence needs to come from within, not from without, after all, he who dies with the most stuff still dies. **Boy/Girl Friend Centered** This may be the easiest trap of all to fall into, of course, who hasn't been centered on a boyfriend or girlfriend at some point? The ironic thing is that the more you center your life on someone, the more unattractive you become to that person. How's that? First of all, if you're centered on someone you're no longer hard to get. 2nd, it's irritating when someone builds their entire emotional life around you. Since their security comes from you and not from within themselves, they always need to have those sickening "where do we stand" talks. Other centers include **School Centered**, **Parent Centered**, how about **Sports Centered**, How many times have we seen a sports centered jock build his identity around being a great athlete only to suffer a career ending injury? It happens, and then the poor guy is left to rebuild from scratch. Don't forget about **Self Centered**, who likes those who think the world revolves around them and their problems? **There is one center that actually works... Principle Centered.** We are all familiar with the effects of gravity. Throw a ball up and it comes down. It's a natural law or principle. Just as there are principles that rule the physical world, there are principles that rule the human world. Principles aren't religious. They aren't American or Chinese. They aren't mine or yours. They aren't up for discussion. They apply equally to everyone, rich or poor, male or female, superstar or rookie. They can't be bought or sold. If you live by them you will excel. If you break them you will fail. Here are some examples: Honesty is a principle. Hard work is a principle. Respect, gratitude, moderation, fairness, integrity, loyalty, and responsibility are principles. They are not hard to identify. Just as a compass always points to true north, your heart will recognize true principles. It takes faith to live by principles, especially when you see people get ahead by cheating or manipulating. What you don't see is that breaking principles *always* catches up with them in the end. Putting principles first is the key to doing better in all other centers. If you live the principles of service, respect, and love for example, you're likely to pick up more friends and be a more stable boy/girlfriend. Putting principles first is also the key to becoming a person of character. Decide today to make principles your life center. In whatever situation you find yourself, ask "What is the principle in play here?" For every problem, search for the principle that will solve it. For example if you feel worn out by life try the principle of *balance*. If no one trusts you, try *honesty*. Apply the appropriate principle and start being the best you can be.

Do YOU KNOW?

Absegami Guidance Goodies...

Do you know YOU can still win an iPod???

The Peer Mediators are still giving out 2 more iPods randomly to young people who are living the pledge of Red Ribbon Week. We hope that you are living the pledge. That is choosing to live a life without drugs, alcohol, or tobacco. Of course the most important thing you can do is to make the choice to do the right thing for you and hopefully your efforts will ripple out to those around you and you will become a positive leader for you friends and family. Remember the motto of Red Ribbon Week... One Person can make a Difference! You can make a difference certainly for you and most likely for those around you. Drugs destroy dreams, don't destroy yours. Wear your Red Ribbon Week Bracelet and give yourself a chance to win the next iPod! **If you need a Red Ribbon Week "Nope2Dope" Bracelet see your favorite Peer Mediator today! (Limited # available)**

NOV/DEC'08 GUIDANCE CALENDAR

- November 19-** York College 1pm, sign up in Guidance!
- November 21-** Kean University 1pm!
- December 5-** ACCC JumpStart Applications due to your counselor.
- December 11-** Georgian Court College 10:30am
- December 18-** ACCC JumpStart Initial Meeting 8:30am
- December 23-** Last Day of School before Christmas Break! **Enjoy the Holiday Season!**
- December 26-** Deadline to Register for January 24 SAT with no late fee.
- January 5-** Back to School! Happy New Year!
- January 20, 21, 22-** 9th Annual Peer Mediation **Talent Show Auditions** sign up in Guidance for your time slot with Mrs Wade or Mr Mont.
- February 6-** 9th Annual Peer Mediation sponsored **Talent Show** advanced ticket sales only!

PROGRAMS/OPPORTUNITIES

- 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 go to 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
- 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 777-1653.
- **Win BIG \$\$\$** AXA Achievement Scholarship go to www.axa-achievement.com
- Are you an athlete? Apply for the Big Sun Scholarship at www.bigsunathletics.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 more info.
- Are you a junior or senior looking for a job? The AtlantiCare Regional Medical Center needs Food Service aides- Call Dave Crider at 748-4025 for more information.
- The South Jersey Field of Dreams is looking for a volunteer to serve as a Data Entry Intern- Build your resume' today for a great cause! See Mr Mont in Guidance asap!
- 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 Teteboro School of Aeronautics by calling 201-288-6300 today!
- Interested in a Mariner's Captains License??? Goto www.seaschool.com and start an exciting career on the water 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!
- The Fashion Institute of Design and Merchandising has 4 campuses in California and over \$300,000 of scholarship money available! Goto www.FIDM.edu for details!
- Interested in Farleigh Dickinson University? Attend a local Instant Decision Day on Sunday December 7 at the Clarion Hotel. E-mail Janice Recca at jrecca@fdu.edu today!
- Smith College Summer science and engineering Program for girls is now seeking applicants for Summer 2009 goto www.smith.edu/ssep for the details!
- TD bank has several American Dream Scholarships available! Interested students should apply on-line at www.TDBank.com/AmericanDream deadline is Dec 15.
- Berkeley College of New York and New Jersey has an Open House set for Saturday December 13! Learn more today at www.berkeleycollege.edu or call 1-800-446-5400 ext.OFA
- The New Jersey Scholars Program is seeking qualified juniors for a very prestigious summer program. Goto www.lawrenceville.org/njsp to learn more today!

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 and start helping yourself or a friend.

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!