

The Counseling Connection

January 2009 Newsletter

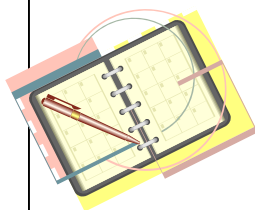


HAPPY NEW YEAR TO ALL!!!



SEMESTER FINALS

The end of the first semester is nearing. Please make efforts to study! Get plenty of sleep, eat a good breakfast and arrive on time! Remember that your semester grades go onto your transcript!!



Monday, January 19, 2009

NO SCHOOL

Tuesday, January 20, 2009

Period 0 6:49-7:43

Period 1 7:50-10:00

Break 10:00-10:15

Period 4 10:15-12:25

Wednesday, January 21, 2009

Period 0 6:49-7:43

Period 2 7:50-10:00

Break 10:00-10:15

Period 5 10:15-12:25

Thursday, January 22, 2009

Period 3 7:50-10:00

Break 10:00-10:15

Period 6 10:15-12:25

Friday, January 23, 2009

NO SCHOOL

GET PLENTY OF SLEEP, STUDY HARD, AND GOOD LUCK!!!



SCHEDULE CHANGES

"Request for Class Change" forms are available in the guidance office. This form must be filled out and signed by your parents before any class change will be considered. **Counselors will not make teacher changes! Deadline to turn them in is Tuesday, January 14, 2009. NO EXCEPTIONS!!**



SENIORS:

FAFSA- APPLY NOW!!! The Free Application for Federal Student Aid is available on-line at www.fafsa.ed.gov for you to fill out and submit electronically. Encourage your parents to file their taxes early. Remember that you can submit an estimate application based on 2007 tax information.

CAL Grant- The Cal Grant GPA will be submitted electronically from Martin Luther King High School as long as students have turned in the Cal Grant GPA verification form. Turn your Cal Grant form in to Mrs. Burkes in the Career Center.

CSS/ Financial Aid Profile- Some Private colleges and universities, as well as scholarship programs, require you to fill out the CSS/ Financial Aid Profile for their own non-federal funds. Check with your intended school's admissions office for details.

Scholarships- Look for scholarship opportunities in the College and Career Center.

Scholarship Scams: Beware of scholarship scams!

A scammer :

- *States you've won an award for which you didn't apply.
- *Does not supply valid contact information.
- *Guarantees you will win an award.
- *Requires personal financial information to verify or hold a scholarship (credit card numbers or checking account numbers)

A legitimate service:

- *Sends information about awards when you request it.
- *Makes contact information available upon request.
- *Does not guarantee you will win an award.
- *Should not direct you to a fee-based provider because they know that financial aid information is readily available for free.

JUNIORS:

GRADES- Your junior year is the last complete academic year when your grades will be considered in regular decision college applications. Keep this in mind as you study for semester exams. Because UC and Cal State applications are due in November of your senior year, your sophomore and junior grades are the only grades considered in the admission process. Most private schools will look at the sophomore and junior grades and then ask to see the first semester grades of your senior year before making the final decision. So do your very best this year!

COLLEGE TESTING- To get the best edge on the application process, you need to take your SAT 1 and 11 or ACT tests this **spring**. The test companies tell us that, statistically speaking, second semester juniors score best on the SAT or ACT. Most four-year colleges and universities require either the SAT or the ACT. All UC schools require the SAT 11. We recommend you take the tests in **March, May and/or June**. Apply on line at www.collegeboard.com or www.act.org.

"Be College Wise"- is a local college prep help company that provides low cost SAT test prep!!! Visit www.BeCollegeWise.com or call (951)781-9802 for more information.

COLLEGE PLANNING-Now is the time to research potential colleges and universities. You also need to start thinking about things you like and things you dislike. If you suffer from the cold, rule out colleges whose favorite pastime is ice sculpture. If you love to ski, rule out the schools in Louisiana and Arkansas. **Prepare to visit schools in the spring**. Seeing the students on campus helps paint a clear picture in your mind of what a school is all about. Never apply to a school you have not visited. You should finalize your "Potential List" before the start of your senior year.

SOPHOMORES:

GRADES- Most colleges and universities use your sophomore and junior grades to calculate your eligibility for admissions. With the end of the first semester coming quickly, it is important that you are passing all of your classes with C's or better. Talk with your teachers about your grades and how to study for the finals. Students who receive D's or F's might have to attend **SUMMER SCHOOL**. Talk with your teachers and study hard for your finals to ensure good grades.

CAHSEE- Your first opportunity to take the California High School Exit Exam will be on **February 3rd & 4th, 2009**. Both sections of the CAHSEE must be passed for you to earn a high school diploma. You must be present both days for testing. Study guides are available at www.cde.ca.gov/ta/tg/hs/resources.asp. Remember to get plenty of rest the night before the test. Good Luck!

FRESHMAN:

GRADES- Your semester grades will be the first grades posted on your **transcript**. These grades will be posted for employers and colleges to see and they determine your class rank. Counselors will use these grades to determine classes for next years schedule. Students who receive D's or F's might have to attend **SUMMER SCHOOL**. Talk with your teachers and study hard for your finals to ensure good grades.

CAREER SEARCH- Now is the time to explore careers! Visit www.bridges.com and use our school ID-0090077 and Password- mlking to create your own portfolio. Check out these careers:

Dental Hygienist: A dental hygienist works in a variety of settings providing dental cleanings, dental sealants, fluoride treatments, periodontal therapy, exposing dental radiographs and oral hygiene education. Classes in biology, anatomy, microbiology, chemistry, nutrition and the dental sciences are required. The National average salary is \$58,344.

Occupational therapy assistant: Occupational therapy is filled with specialties. One form is teaching in a geriatric classroom teaching the jobs of life like washing, dressing, and cooking. You should take a lot of science and human relations classes. The National average salary is \$38,430.

Forensic scientist, Medico legal death investigator: Because until very recently there has never been a national standard for death investigation, there is no baccalaureate degree specifically for this. Other forensic programs incorporate a couple of classes into their curriculum that emphasize death investigation techniques. It used to be that most people received on-the-job training for this position. Today, most offices want some kind of criminal justice or medical background. The National average salary is \$110,000.

“There are three types of people in this world: those who make things happen, those who watch things happen and those who say “What happened?”

Ann Landers