

Rocky Hill High School - Counselorletter

A GUIDANCE PUBLICATION SEPTEMBER/OCTOBER 2009

The Counselorletter is online at

<http://www.rockyhillps.com/RHPS/RHHS/admin/guidancedept/documents/Counselorletter.aspx>



COUNSELOR AND STUDENT DISTRIBUTION



Students are assigned a school counselor by the first letter of their last name as shown below:

Student Last Name	Counselor	Email Address
A-D	Mr. Joe Dabkowski	dabkowskij@rockyhillps.com
F-K	Mrs. Amy Carbutti	carbuttia@rockyhillps.com
L-Rf	Mrs. Heidi Bikowski	bikowskih@rockyhillps.com
Rg-Z	Mrs. Jennifer Russell	russellj@rockyhillps.com

What's New in Guidance?

CONGRATULATIONS!!! Ms. Quinones is now Mrs. Russell!!! She was married during the summer, so please make note of Mrs. Russell's new name when emailing or contacting her. And congratulations to Ms. Kelly, our school psychologist, who is planning on getting married in October!

PSAT/NMSQT

The Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT) will be offered at Rocky Hill High School on **Saturday morning, October 17, at 7:15 a.m.** Traditionally, the PSAT is taken by college bound juniors. However, we encourage interested sophomores to register for the test.

Registration for the PSAT will be in guidance office through **10/14**. The fee, payable at registration, is **\$23.00** in cash or check (payable to R.H.H.S. Student Activity Fund). Students will be notified in their homerooms about the test.

The **PSAT/NMSQT** provides practice for the SAT and entry for juniors into the National Merit Scholarship Corporation scholarship programs. Use of an approved calculator will be permitted. Please refer to registration materials for exact specifications.

Students who choose to participate in the Student Search Service have their names sent to colleges and government-sponsored scholarship programs that are looking for candidates like them. The colleges and programs may then send information about educational and financial aid opportunities to the participating students.

Students who register for the test will receive a complete sample test for practice, along with answer key and scoring directions. When Guidance obtains the PSAT scores, each student will receive a Report of Student Answers as well as the correct answers. In addition, students who identified a college major on their answer sheets will receive a description of the major and lists of recommended high school courses. The results of the PSAT test and test booklets will be given to the participating students by their counselors at the beginning of January.

DEVELOPMENTAL GUIDANCE



Through development guidance lessons, sophomores will be given the opportunity to do a career search based on self-assessment, and juniors will be provided the opportunity for college searches. Guidance currently uses CHOICES, an interactive software program that assists students with their search for careers and colleges. Last spring, all juniors were offered training with CHOICES to research colleges or post high school programs. Students who missed the CHOICES lesson in the spring and who would like to research colleges should see their counselor to do so.

ATTENTION SENIORS!

This is it: the year you've been waiting for – **graduation!** It's important to think of graduation as a beginning rather than an ending. What are your plans for the future? Your counselor has information on occupations, military careers, colleges and schools. Stop in to talk it over **soon!** You can sign up in the guidance office to meet individually with your school counselor. Some of you will be working full-time, while others may join the military, begin an apprenticeship program, attend a specialized school or enroll in college. You should begin investigating the opportunities that are available to you in order to make a wise decision.

Personal applications and essays are an important part of the college decision process. Allow plenty of time to do your best on the application and get your English teacher's input on your essays. Write your resume **now** and contact the teachers that you have asked to write letters of recommendations and provide them with a resume and the application sheets by **mid-October**. Note that some colleges want specific subject related teachers to write recommendations, as well as your Guidance counselor. We strongly encourage you to send out your college applications by the **December break**. Guidance needs **at least two weeks notice to prepare and compile your complete college application package along with transcripts**. Colleges want the **entire** application package at one time to avoid loss of material; you should keep a copy for your own records. It is the student's responsibility to release their official SAT scores to the colleges. Our high school code or CEEB code is **070648**.

UCONN SCHOLARSHIP OPPORTUNITIES

UCONN offers several scholarship opportunities based on specific criteria. If a senior meets the following criteria, please see your counselor for more information.

Nutmeg Scholarship: This scholarship honors the exceptional accomplishments of Connecticut high school seniors. To qualify, you need a combined critical reading and math SAT score of at least 1300 or an ACT composite score of 30; you must have an overall high school grade point average of 3.5 on a 4.0 scale, and rank in the top 10% of your graduating class. Students must also be nominated as a National Merit Semifinalist, a National Achievement Finalist, a National Hispanic Recognition Finalist or be nominated by a high school guidance counselor.

Day of Pride Scholarship: This scholarship is awarded to outstanding Connecticut high school seniors from disadvantaged backgrounds who have proven academic ability as demonstrated through high school grades, test scores, class rank, and letters of recommendation. Students should have documented financial need, as well as a commitment to diversity and multiculturalism. Students should also have demonstrated leadership skills by contributing to their community.

PROGRESS REPORT/REPORT CARD

Progress reports will be mailed home midway through each marking period. Report cards will be issued around the following dates: **11/20/09, 2/15/10, and 5/7/10**. The final report card will be sent home after school ends.

ASVAB TESTING

The **Armed Services Vocational Aptitude Battery (ASVAB)** will be offered to interested seniors and juniors in mid-November. The battery consists of 10 tests designed to classify a person's aptitudes as they relate to occupational training. This is a valuable diagnostic test for students who are looking for helpful feedback on skills and possible career options. The ASVAB has no direct connection to the actual registration of students into the Armed Services. The tests take approximately three hours to complete. Sign up information will be posted soon. Once announced, and if students are interested, make sure to sign up in Guidance early since the 25 available slots fill up quickly!

POST-SECONDARY MINI FAIR

The Rocky Hill High School Guidance Department will sponsor a Post Secondary Career Fair on **Friday, November 6th from 8:15 - 10:30 a.m.** Representatives from businesses, local schools, and the military will be available to meet with interested students in the cafeteria.

Career training offered in these post high school programs include: air conditioning/refrigeration technician, auto body repair, computer service technician, travel personnel, cosmetologist, culinary arts specialist, data processor, and nursing. These career programs stress practical knowledge within a concentrated curriculum. Program lengths vary from a few months to two years.

HOMEWORK FOR ABSENT STUDENTS:

The staff at Rocky Hill High School certainly knows the importance of providing absent students with schoolwork to allow for the opportunity to keep up with the work their classmates are doing in school. However, please take note of the following:

- Please keep in mind that if the absence is less than three (3) days, it is difficult to obtain homework in a timely manner. Students are allowed one day for make-up work per each day they are ill.
- If your student has been out for a **minimum of three (3) days**, or you know in advance of his/her extended absence, please contact the **guidance secretary, Mrs. Sarno**, to request homework assignments. The direct phone number to the guidance department is **258-7724**.
- We will do our best to get assignments from your student's teachers within 24 hours of your request, but please know that this is not always possible. Your patience is greatly appreciated.

ATTENDANCE/TARDY POLICY REMINDER

Please make sure you and your students are aware of the tardiness policy: As a reminder, any student not present in first period at the 15-minute late tone is considered absent with regard to class attendance regulations. Any student who accumulates five tardies to school in any quarter will be assigned a Saturday detention. Furthermore, a student may lose credit for a course if he/she exceeds eight absences for a semester course or sixteen absences for a full-year course.

COMMUNICATION

Please check the Guidance website at <http://www.rockyhillps.com/RHPS/RHHS/admin/guidance.html> for updated information and forms. You can also always email or call your School Counselor.

COLLEGE FAIRS

Rocky Hill High students are invited to attend a College Fair at Glastonbury High School on **Monday October 19th** from **6:30pm - 8:30pm** in their gym. Over 200 colleges and universities will be represented. College fairs are free of charge, and they provide an excellent opportunity for students, parents and guardians to speak directly with college admissions personnel. They are ideal events for in-depth fact-finding in a short span of time.

COLLEGE VISITATIONS

It is important to take advantage of speaking with the college representatives from over 30 colleges that come to visit us. They are not here to interview you, but rather to share information about their college. You can establish a relationship with the representative that will probably be reading your college applications. The initial list of college representatives visiting Rocky Hill High School during October is as follows:

Date	Time	College
9/14	8:16 AM	University of New Haven
9/16	1:27 PM	Boston University
9/17	8:16 AM	College of St. Rose
9/17	9:50 AM	Castleton State
9/21	9:50 AM	CT School of Broadcasting
9/22	9:50 AM	Albertus Magnus
9/22	1:27 PM	Central CT State Univ.
9/23	1:27 PM	UMASS – Amherst
9/25	9:03 AM	Briarwood College
9/28	8:16 AM	Trinity College
9/29	9:03 AM	Elms College
9/30	7:20 AM	College of New Rochelle
10/5	1:27 PM	Stonehill College
10/6	1:27 PM	Suffolk

Date	Time	College
10/8	1:27 PM	Western CT State Univ
10/13	9:03 AM	Bryant College
10/13	1:27 PM	Eastern CT State College
10/14	9:50 AM	Roger Williams University
10/19	9:03 AM	SUNY – Univ of Buffalo
10/19	9:50 AM	Providence College
10/21	1:27 PM	Bentley
10/22	9:50 AM	Assumption College
10/27	9:50 AM	UCONN
10/28	9:50 AM	Western New England College
10/30	8:16 AM	University of Rhode Island
10/30	9:50 AM	St. Joseph's (Maine)
11/10	9:50 AM	Quinnipiac
11/23	8:16 AM	University of Hartford

Students will receive updated lists of colleges in Homeroom, and they must obtain a pass from the guidance secretary to meet with a college representative.

Please check the Guidance website for updates. (<http://web.rockyhillps.com/RHPS/RHHS/admin/guidance.html>).

SAVE THESE DATES

Oct. 10	SAT & Subject Tests	Jan. 26	1 st Semester Ends
Oct. 17	PSAT	Feb. 6	ACT
Oct. 19	Glastonbury College Fair	Feb. 15	Report Cards
Oct. 24	ACT	March 10	Junior Planning for Juniors & Parents
Nov. 6	Post Secondary Mini Fair (RHHS)	March 13	SAT
Nov. 7	SAT & Subject Tests	April 10	ACT
Nov. 20	Report Cards	May 1	SAT & Subject Tests
Mid-Nov	ASVAB	May 7	Report Cards
Dec. 5	SAT & Subject Tests	June 5	SAT & Subject Tests
Mid-Dec.	Financial Aid for Parents & Seniors	June 8	Senior Awards Night
Dec. 12	ACT	June 12	ACT
Jan 21, 22, 25, 26	Tentative Exam Dates	Jun 10, 11, 14, 15, 16	Tentative Final Exams
Jan. 23	SAT	June 16	Tentative Last Day of School

SAT TEST DATES

Register at www.collegeboard.com

2009-10 Test Dates*	Regular Deadline	Late Registration Deadlines
October 10, 2009	September 9, 2009	September 23, 2009
November 7, 2009**	October 1, 2009	October 15, 2009
December 5, 2009	October 30, 2009	November 12, 2009
January 23, 2010	December 15, 2009	December 30, 2009
March 13, 2010	February 4, 2010	February 18, 2009
May 1, 2010	March 25, 2010	April 8, 2010
June 5, 2010	April 29, 2010	May 13, 2010

* March 13, 2010 is for SAT only. The rest of the dates are for both the SAT and Subject Tests.

** Language Tests with Listening are offered only in November.

Cost: **\$45 SAT**

\$23 Late Fee

\$38 Standby Fee

ACT TEST DATES

Register at www.actstudent.org

Test Date	Registration Deadline	(Late Fee Required)
September 12, 2009	August 7, 2009	August 8 – 21, 2009
October 24, 2009	September 18, 2009	September 19 – October 2, 2009
December 12, 2009	November 6, 2009	November 7 – 20, 2009
February 6, 2010	January 5, 2010	January 6 – 15, 2010
April 10, 2010	March 5, 2010	March 6 – 19, 2010
June 12, 2010	May 7, 2010	May 8 – 21, 2010

Cost: **\$31 ACT No Writing**

\$46 ACT Plus Writing

\$20 Late Fee

\$40 Standby Fee

COLLEGE TEST INFORMATION 2009-2010

Seniors must release their test scores to their desired colleges and to the **NCAA** if applying to play athletics in Division I or II schools by using the college code of **9999**. The SAT and SAT Subject Tests will be offered on the dates indicated below.

You may be interested in several of the services that the College Board offers. If you want a college to get your scores faster than usual, you may use the Telephone Rush Service. More information about obtaining a copy of the test book with the correct answers, the telephone rush service and the fees are available on www.collegeboard.com.

GETTING ORGANIZED

High School Years gives some good tips on helping your teen get organized.

Plan of Attack:

Discuss the upcoming month with your high schooler. What assignments are due? When will he do homework, chores and extracurricular activities? Have him write everything down on a month calendar. The more advance notice he gives himself, the better prepared he will be.

Tools on Hand:

Suggest that your teen keep a different-colored notebook and folder for each subject. She can use notebooks for taking class notes and folders for storing returned homework and assignments. Also, have study supplies at home (dictionary, paper, pens, pencils, highlighters, and calculator). When it's time for homework, your high schooler will have everything she needs.

Nightly Routine:

Does your teen have trouble remembering what to take to school each day? Try having him put everything in one spot the night before. Or, he can make a list (homework, gym clothes, trumpet, etc.) to check before he goes to school. Preparing at night will make mornings go more smoothly.

Reading:

Pre-reading can help high schoolers better understand their textbooks. Suggest that your teen check subject headings and column notes, review questions for each chapter and look up vocabulary words in the glossary. Skimming and scanning this way will help her hone in on critical information and remember it later.

Finding Family Time:

Whether your teens are freshmen or seniors, you probably see less of them than ever. Look for everyday ways to spend time together, such as running errands or sharing chores. Also, join in activities they enjoy, like listening to their favorite music.

Some More Tips:

- Want a surefire way to help your teen get off to a super start this school year? Make sure she attends school every day with these tips:
- Show how learning relates to real life. If your teen thinks a skill is useful, he's more likely to learn it. For example, planning a vacation draws on research skills.
- Tell your child not to skip a class because she's struggling. Offer to arrange for tutoring or suggest that she find a study buddy.
- Find out your school's attendance policy. Students at Rocky Hill High School can lose credit for more than 8 absences in a half-year course or for more than 16 absences in a full-year course.

GUIDANCE VS. INDEPENDENCE – FINDING THE BALANCE

One of the biggest challenges of parenting teens is knowing when to loosen the rules and when to tighten them. The payoff to striking the right balance? Helping your teen grow into an adult who's responsible and can make decisions. Try these suggestions for balancing freedom and control.

- **Decide** which rules can't be compromised. For example, you can probably accept your high schooler deciding her own bedtime. But will you put up with her driving 20 miles over the speed limit? Set clear rules and consequences for those areas you won't budget on.
- **Negotiate** flexible areas. Listen to your teen's input and pick rules you both can live with. Example: She can have her girlfriends sleep over as long as they clean up any mess the next morning. Also, listen to her side of a situation. You don't always have to change your mind, but be willing to think it over.
- **Allow** your teen to make more decisions as time goes by. Start with smaller matters (hairstyles, clothes) and work up to larger issues (choosing classes, managing money). Try granting a new right and responsibility every couple of months. Example: A later curfew along with cooking for the family once a month. If your teen abuses new freedoms, you can go back to stricter rules until she shows she can be trusted.