

Whippany Park High School Guidance Newsletter

~ Spring 2008 ~

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Jump-Start Your College Planning Ready, Set...

Have you started your college planning yet? It's amazing, but decisions you make as early as eighth grade have a huge impact on your college career. They affect how soon you'll go to college, what type of college you'll attend, and even whether you'll go to college at all. Below are tips The College Board agrees are important in preparing for college.

- **Get Involved:** Getting ready for college isn't all work. Find something you really like doing, and then dive into it. You'll develop skills and show colleges your ability to make a commitment and stick with it.
- **Take Challenging Courses:** Colleges do look at your grades, but they also pay attention to how difficult your courses are. They want to see that you've challenged yourself.
- **Get Help:** Having trouble in a class? Many schools have peer tutors, students in upper grades who'll help you (at no cost). Talk to teachers or counselors—let them know you want extra help.
- **Read:** Read at least 30 minutes every day, beyond study and homework. People who read more know more.
- **Don't Delay:** You'll take the PSAT/NMSQT as a junior (or even as a sophomore). Most students take the SAT in their junior year. Be sure you're taking the solid math and other courses that get you ready. Talk to your counselor to make sure you're on track.
- **Get the College-Bound Facts:** How can you find out about college admissions, work, and campus life? Get to know your counselors.
- **Involve Your Family:** When parents or guardians haven't been to college themselves, they may think they can't help you. That's not true. They can talk to counselors and help you stay on the right path.
- **Look for a Mentor:** Look for adults who can lend their enthusiasm and help you succeed at your goals. Find a counselor or teacher you trust to talk about your goals.
- **Confront Personal Roadblocks:** If you have a problem that's getting in the way of schoolwork, don't ignore it. Talk to your friends, family, or another adult—parent, coach, nurse, and counselor—who may be able to offer advice or help.
- **Roll Up Your Sleeves:** If you expect to go to college later, expect to study now. No one can do it for you. Don't talk the college talk—"I'll go to college to get a great career"—without walking the walk.

(<http://www.collegeboard.com/student/plan/starting-points/index.html>)

Attention: Juniors The College Essay

Question: Are you having trouble getting started on those college essays? Are you wondering whether selective universities really read them? What makes a good essay?

Answer: You are not alone! You bet they do! The best essay is one that only you could write!

It's not too early to start now! According to Mark Lapreziosa, Director of Enrollment Management at Arcadia University, essays are the most important and difficult elements under your control in the admission process. A well-written essay can differentiate the exceptional student from a good one. The essay provides additional context to grades, test scores and recommendations to assist the admission committee in making their decision. In addition, it gives you the opportunity to introduce yourself to the university so that the admissions counselors can get to know you personally. Universities put a lot of emphasis on the student's ability to write since this skill best demonstrates how you think. The reader is looking at your essay on several levels.

What are they looking for? Command, content, and creativity. Your essay should demonstrate your command of the English language. You don't have to write a novel, but write enough to make your points clear and have points to make. And finally, your essay must be more than technically correct. Your reader is hoping to see something creative, some spark or element of risk. Let your distinct voice rise above the crowd.

("Get Your College Essay", Write! April 2003)

Summer School Information

The Hanover Park Regional High School District does **not** offer summer school. Students who wish to obtain credit for courses failed or advanced credit for new courses, may attend any certified summer school. In order to register, students **must** have an approval form from their guidance counselor. Some summer schools offer a limited number of seats so it is advisable to register as soon as possible. Summer school listings are available below:

Bloomfield High School	973-680-8500	www.bloomfield.k12.nj.us
Delbarton School	973-538-3231	www.delbarton.org
Dover High School	973-989-2010	http://dhs.dover-nj.org
Newark Academy	973-992-7000	www.newarka.edu
Pompton Lakes	973-839-7036	www.plps.org
Roxbury High School	973-584-7699	www.roxbury.org
Summit Summer School	908-273-1190	www.summit.k12.nj.us



Attention Seniors:

College Acceptances and Final Transcripts

All seniors are requested to inform their guidance counselor of all college acceptances, and/or rejections and their intended major. A final transcript will automatically be sent to the school you plan to attend in the fall.

Juniors: Service Academy 2009

Any junior who is interested in applying for admission to one of the Service Academies (West Point, Air Force, Naval...) should meet with his/her guidance counselor before the end of the school year. There are specific things you need to do to prepare for this next step in your education.

Final Exams

Final exams will be given in all subject areas with the exception of certain courses, which substitute special projects. The combination of the mid-term and final exams will count 1/5th of the final grade in all courses. Seniors who have obtained a numerical average of 93 for all four marking periods of a course will be exempt. Final exams will be administered June 16th, 17th and 18th.

Rescheduling of Courses

Students who fail required courses and who do not intend to go to summer school must reschedule these courses before they leave school in June. Please see your counselor as soon as possible if you know you will fail for the year.

Summer Opportunities

Students interested in broadening their academic horizons over the summer should stop in guidance and go through a list of programs available. There are many prestigious universities who invite students to live on campus for a number of weeks while gaining college experience. Be sure to adhere to deadlines and ask teachers and your counselor for letters of recommendation in a timely fashion. The university or college individually sets the cost of these programs; however, there are some programs that have no tuition if accepted.

The guidance department also has a list of current employment and volunteer opportunities. Be sure to take advantage of your time off to earn a few dollars or volunteer at local establishments. This is a great opportunity to build your resume and also meet new people. Don't let this opportunity pass you by, come to guidance and explore.

Athletes

In order to be eligible for a fall or winter sport you must have earned at least 27.5 credits by the end of the current school year. Fall and/or winter sports include football, field hockey, cross country, girls' tennis, soccer, basketball,

volleyball, swimming, wrestling, winter track, and ice hockey. If you have not met these requirements, you must attend summer school to earn the required credits. If you are unclear about your status, see your guidance counselor.

Great Jobs that Profit Women:

Five Flexible Careers with

Man-sized Paychecks

Even today in the 21st century, a significant pay gap exists between working men and women in the United States. According to the National Committee on Pay Equity, in 2006 women earned approximately 25% less than men in the same occupational group with similar qualifications. This figure is especially distressing because it hasn't changed appreciably in the last decade. The National Committee on Pay Equity estimates this wage gap may not close until 2057. However, there is hope! Here are five great jobs for women that are narrowing the gender wage gap and their median salary in 2006.

1. **Personal Financial Advisor** - median salary was \$66,590.
2. **Psychologist/Therapist** - median salary was \$61,290 for clinical, counseling and school psychologists.
3. **Entrepreneur** - earning potential is unlimited.
4. **Education Administrator** - median salary was \$77,740.
5. **Human Resources Manager** - median salary was \$88,510.

http://education.yahoo.net/degrees/articles/featured_great_jobs_that_profit_women.html

SAC Assembly Program: *I'll Never Do That!*

On Thursday, May 22nd, Improbable Players presented their program entitled *I'll Never Do That!* to our junior and senior classes during our annual pre-prom assembly. Improbable Players, a touring troupe of young, diverse actors, performed a repertoire of plays that spotlight tough social problems as they relate to substance abuse. The focus of this year's program was beer vs. prescription drugs. Students had an opportunity participate in a question and answer period at the end of the program.

As a continued effort by the Student Assistance Program, the Hanover Park Regional High School Board of Education, and the Hanover Township Substance Awareness Council to help educate our students, this presentation made it loud and clear that being drug and alcohol free is a positive choice. This program was sponsored by the Hanover Township Substance Awareness Council.

Parents' Corner

School's almost out, pools are open and people across the country are looking for fun ways to cool down as summer temperatures heat up. As you head to the beach, to the pool, or to the mountains for a camping vacation, the American Red Cross encourages you and your family to keep safety in mind!

Have a safe summer!