

FRHS Guidance Meeting with JUNIORS

Fall 2011 edited 9-6-11

Juniors,

I hope this letter will help guide you through your Junior year at FRHS. Share this with your parents, and keep it in a place that you can reference it often. Good luck!

-Mrs. Kaiser

1. **Update Activity Sheets:** Fill these out now, and the school keeps them on file in the office. Use a pencil and press hard☺, so the activities you circled copy well. You will be given these sheets again when you are a senior to add to or correct any mistakes and they will be helpful in filling out scholarship/college applications. If you would like me to make a copy of this sheet (helpful in completing the NHS Surveys) for you, please let me know.
2. **College Visits at FRHS:** (attached- white)
3. **Tests you may take this year (all are optional):**
 - a. **PSAT:** This test will be given at FRHS on **Wednesday, October 12, 2011** periods 1-4. The cost of the test is \$15 (check payable to "Amy Kaiser") and I currently have 15 tests on order. This test is actually a scholarship competition where the highest scores in the nation are awarded a National Merit Scholarship (full tuition, room & board, etc.). There are about 16,000 National Merit Semifinalists named each year. The PSAT is a difficult test and is usually only given to students who are ranked in the top 10 percent of their class. **Interested students must sign up in the guidance office (with payment) by September 20.**
 - b. **ASVAB** (Armed Services Vocational Aptitude Battery): This test is free and is required of any student wishing to enlist in the military after graduation. If five or more juniors wish to take the ASVAB, FRHS will coordinate a test date. Otherwise, military hopefuls should take this test as a senior. See Mrs. Kaiser for details.
 - c. **ACT (or SAT):** These are required entrance exams for most colleges and universities. It is suggested by both testing companies that college-bound students take the ACT (or SAT) their Junior year. Many students increase their scores by taking the test multiple times. I suggest that college-bound students take the test 2 times prior their senior year. Some colleges will only honor test scores given prior to December 1 (and sometimes earlier) of the senior year for scholarship purposes. Students may register for any test dates they wish, and are encouraged to choose the dates that will optimize their performance. These tests are given 6-7 times per year. (See the monthly Guidance Newsletter for specific test dates.)

Here are some things to keep in mind when planning to take the ACT (or SAT):

 - Completion of HS college-prep classes should help raise your scores
 - The 2011-2012 cost for the ACT is \$34 for the basic battery (English, math, reading, and science). I strongly suggest that each student take the writing portion (just one time) of the ACT as well. Some schools are requiring the writing test for admission. The cost of the ACT + writing is \$49.50.
 - The 2011-12 cost for the SAT is \$49 and SAT Subject Tests are \$11 or \$22.
 - **Beware of internet sites, phone calls, etc. that require payment for practice test materials.** There are plenty of FREE study materials available to you.
 - FRHS is **NOT** a test site for the ACT or SAT.
 - Registration packets, practice test booklets, and specific test dates are available in the guidance office.
 - See Mrs. Kaiser for more information sheet **prior** to registering.
4. **Check you transcript for errors.** Be sure your name, phone number, address, SS#, test scores, grades, Cum GPA and Credits, etc. appear correctly on the transcript. **There should be no "A+'s" for your HS classes on your transcript—the highest grade is an "A".** Please check for 8th grade credits (Algebra 1, P.E., Physical Science, etc.) as well. Let Mrs. Kaiser know ASAP if you feel there are any mistakes! You may keep the transcript that you received today.

5. **Sign and return Transcript Release Form.** I already have completed forms from PSEO students—no need to complete another one.
6. **Scheduling:** You will be signing up for next year's classes in February or so. It is important that you take classes that will help you academically. Many colleges are looking at high school course selections in addition to your GPA and ACT scores. A strong high school schedule (with advanced and AP courses) looks good on scholarship and college admission applications. Begin thinking about your future now!
7. If you are applying for a **2-3 year healthcare degree program** (nursing, dental hygiene, radiology, physical therapy assisting, etc.), you may want to apply to college in the spring of your junior year. Schedule an appointment with an academic advisor at the college you are considering, and ask about any pre-admission requirements/ checklists at that time. These programs can be very competitive, require observation hours, and have waiting lists!
8. **Begin exploring your college options NOW--** attend the FRHS visits, go to a college fair, and visit the campuses! Juniors are encouraged to use non-school days (WOEA day in October, waiver days, Saturdays, holiday vacations, etc.) and the summer to visit colleges. Juniors are not permitted to be absent from FRHS to visit a college unless approved by the office. College days are a privilege for seniors only (see p. 6 of your student handbook).
9. **FRHS Financial Aid Night** is [Wednesday, January 25, 2012 from 6-7 p.m. \(Q&A from 7-7:30\)](#). This presentation is directed toward our college-bound seniors, but is open to any students/parents that wish to attend!
10. **Job Shadowing:** You may job shadow someone for one day if you wish. Pick up the paperwork in the guidance office. (Refer to p. 6 of your student handbook.)
11. **Career Mentorship:** Similar to Job Shadowing, we have the opportunity each year to participate in this program sponsored by the Mercer County Educational Service Center. Students are allowed to choose the person they wish to mentor with and spend up to 14 hours in mentoring between December 1st and March. There are additional requirements (portfolio, evaluations, etc.) other than the contact hours. If you are interested, student proposal applications are available in the guidance office and are due by [mid-October](#).
12. **Begin to examine the contributions you have made at FRHS and your community.** Have you used your talents to make a positive impact on the lives of others? Keep documenting your **community service** and **service learning** hours! Volunteerism makes a BIG impact on your scholarship applications. Forms are available in the guidance office.
13. If you know ahead of time that you will be **absent**, you MUST let the office know! In most cases, you must complete a form PRIOR to the absence to be excused from school that day.
14. Fill out your own forms/applications, etc. Your parents should not do this for you.
15. Keep up to date on what's available to you!
 - **Read the Guidance/Scholarship Newsletter each month.** This contains important information for all students. This newsletter is available in the guidance office each month and can also be accessed online via our school website, where all websites are hyperlinked for your convenience (attached- yellow).
 - Check out the **guidance website** at <http://www.fortrecoveryschools.org> (attached- purple)
 - Listen to the **announcements**
 - Read the information on the **bulletin boards** outside the office
16. Any questions?