

Guidance News

A Seasonal Publication of Purnell Swett High School's Guidance Department

Ms. Roxanne Flanagan -9th Grade Counselor
 Mrs. Leslie Epps Jacobs-10th Grade Counselor
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F4K/TCA, Course Planner and You...

The Guidance Department is excited about implementing Future 4 Kids; the Triumph College Admissions Comprehensive School based test prep program, and the Course planner curriculum to the students and staff at Purnell Swett. They are computer programs utilized throughout high school to assist students and parents with registration information, grades, scholarships, college comparisons and cost, and SAT/ACT prep information. The online study guide for the SAT, PSAT, and the SAT features questions taken from prior test, detailed individual skill reports, it tracks student usage and progress, offers PSAT support, and offers daily lessons and quizzes for every skill. For more information, please see a counselor or a member of YDS today or visit www.4FK.org.

PSAT- October 12, 2011

The PSAT will be administered on Wednesday, October 12, 2011 in the media center. It is only offered once a year. Interested 10th and 11th graders are encouraged to take this exam. The fee is \$15.00. Students who receive free or reduced lunch may be eligible for a fee waiver.

Inside This Issue

- Onsite Admissions
- 2011-2012 SAT/ACT Schedule
- ASVAB Test
- Scholarships
- College Application Week
- Senior/Junior Night
- Attendance Information
- 9th -10th Grade Information
- 11th-12th Grade Information
- Senior Trip Information
- School Bullying
- Smoking Prevention Tips

Any students or teachers in need of school supplies, please stop by the guidance office. Local businesses have donated supplies to the school and are ready for distribution.

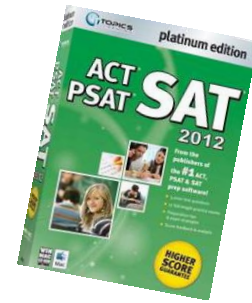


CEEB Code College Entrance Exam Board Code 343050

College Entrance Exams

Students interested in going directly to the 4-year school immediately After high school normally take either the SAT or the ACT (with writing). To take either of these tests, students must go online and register. For the SAT go to www.collegeboard.com. For the ACT (with writing) go to www.actstudent.org. Students who receive free or reduced lunch should ask their school counselor for either a SAT fee waiver or an ACT fee waiver. Students interested in going directly to the 2-year school immediately after high school (for their "freshman & sophomore" year) and then transferring to the 4-year school (for their "junior and senior" year) can take the Compass Test. For more information, consult with a counselor.

Sign up in Guidance for the ASVAB test by October 10, 2011



Requesting Transcripts

Attention Students...please request a transcript in guidance periodically to check for accuracy. Please allow 1-2 days before you pick up your transcript request.

Submitting SAT Scores to PSHS/SAT 1500+ Club Information

Students taking college entrance exams, please make sure that you have your scores sent to Purnell Swett High School. This information will be transferred to your high school transcript and will be used to see if you qualify for the SAT 1500+ board in the commons area. To be eligible for the 1500+SAT board your combined Math, Reading and Writing score must be equal or higher than 1500. For additional Information, See Ms. Demetrice in guidance.

Attendance Information



Attention Students!!!

It is very important that you are in attendance to class daily. If you are out, please bring in a doctor's note, obituary, court note, etc. explaining why you were out for the day. Make sure that your name, grade, and pupil number are on your doctor's note before giving it to your 4th period teachers. Teachers, please do not send students to guidance with notes .

2011-2012 SAT/ACT Dates

SAT Registration for the 2011-2012 school years.

Test Date	Registration Deadline	Late Registration Deadline	Test Site
October 1, 2011	September 9, 2011	September 21, 2011	Purnell Swett
November 5, 2011	October 7, 2011	October 21, 2011	Purnell Swett
December 3, 2011	November 8, 2011	November 20, 2011	
January 28, 2011	December 30, 2011	January 13, 2011	Purnell Swett
March 10, 2012	February 10, 2012	February 24, 2012	Purnell Swett
May 5, 2012 This is the Senior Trip Date. (May 4-6, 2012)	April 6, 2012	April 20, 2012	
June 2, 2012	May 8, 2012	May 22, 2012	

SAT Test Fees are \$49.00. Late registration fee is \$26.00. Fee waivers are available for students who qualify for free or reduced lunch. You are allowed two (2) fee waivers for the SAT and four (4) college application fee waivers. Please see your counselor before registering for the SAT and information.

ACT Registration for the 2011-2012 school years.

Test Date	Registration Deadline	Late Registration Deadline	Test Site
September 10, 2011	August 12, 2011	August 13-26, 2011	Purnell Swett
October 22, 2011	September 16, 2011	September 17-30, 2011	Purnell Swett
December 10, 2011	November 4, 2011	November 5-18, 2011	
February 11, 2012	January 13, 2012	January 14-20, 2012	Purnell Swett
April 14, 2012	March 9, 2012	March 10-23, 2012	
June 9, 2012	May 4, 2012	May 5-8, 2012	

ACT Test Fees are \$49.50 (Plus writing) \$34.00 (No writing). Most colleges require the writing test. Late registration fee is \$21.00. Fee waivers are available for students who qualify for free or reduced lunch. You are allowed two (2) fee waivers. Please see your counselor before registering for the ACT and information

Attention: Juniors and Seniors

- ✓ Seniors- UNCP will be on campus on October 4, 2011 in the conference room to conduct onsite admissions. Please have a completed application, transcript, and the application fee on this date. Sign up in the Guidance office for an appointment.
- ✓ Duke University will be on campus October 7, 2011 at 10:30 am. Seniors may sign up in Guidance.
- ✓ Junior and Senior Night will be held on November 2, 2011 at 6:00pm in the media center. Career clusters, scholarships, financial aid, pathways, and graduation requirements will be discussed.
- ✓ Dr. Aicher Jr. will be on campus on October 25&26, 2011 to conduct a free SAT Workshop. Space is limited to 30 students. See Ms. Venega to sign up.
- ✓ College Application Week 2011 will be held November 14-18, 2011 for seniors.
- ✓ Juniors, effective 2011-2012 school years, ALL juniors will be required to take the ACT district wide!!!!
- ✓ Remember to sign up for the SAT/ACT in the guidance office with Mrs. Kathy.
- ✓ Consider volunteering for community service. Many scholarships and colleges look at volunteer hours when reviewing your applications. For suggestions talk to your teachers or see a counselor.
- ✓ Students, any fees such as a misplaced book, sports uniforms etc. that are accumulated in your cumulative folder must be satisfied before you graduate.
- ✓ Seniors and Juniors will be applying for your FAFSA Pin number for financial aid in November. Please visit <http://www.pin.ed.gov> for additional information.
- ✓ Seniors are reminded that when you receive your acceptance letters and any scholarship information, please bring it in to Ms. Venega to ensure your name placement on the college brag board outside of guidance.
- ✓ Seniors interested in the Sr. Trip need to sign up and have their first deposit of \$100.00 in by October 26, 2011. For more information see Ms. Demetrice or Ms. Venega in guidance.
- ✓ Governor School is a 6 week summer course. Interested students should stop by guidance for more information.

Attention: Freshman and Sophomores

- ✓ Remember to sign up with Ms. Demetrice for the PSAT in the guidance office by October 8, 2011. The fee is \$15.00. A limited number of fee waivers are available.
- ✓ Freshman and Sophomore Night will be held on November 14, 2011 at 6:00pm in the media center. Career clusters, scholarships, financial aid, pathways, and graduation requirements will be discussed.
- ✓ Introducing Freshman Academy...It is a class for 9th graders implemented by PSRC to help freshman adapt to the transition from middle school and high school. This course involves a 10-year plan. For more information, see a counselor.
- ✓ Consider volunteering for community service. Many scholarships and colleges look at volunteer hours when reviewing your applications. For suggestions talk to your teachers or see a counselor.
- ✓ Students, any fees such as a misplaced book, sports uniforms etc. that are accumulated in your cumulative folder must be satisfied before you graduate.
- ✓ Students interested in the NC School of Math and Science please contact Mrs. Leslie in guidance.
- ✓ Governor School is a 6 week s summer course. Interested students should stop by guidance.

Scholarship Information

AES Engineering Scholarship- The AES Scholarship will be awarded on the basis of character, as determined by the essays that are submitted. You are not required to be taking engineering courses to be eligible. Full details are available online at <http://www.aesengineers.com/scholarships.htm> **Deadline: October 7, 2011.**

Horatio Alger Association Scholarship Program- The Horatio Alger Association of Distinguished Americans is dedicated to the simple but powerful belief that hard work, honesty and determination can conquer all obstacles. To be eligible for this scholarship applicants must have a strong commitment to pursue and complete a bachelor's degree, critical financial need \$50,000 or less, extracurricular activities, GPA 2.0 and be a resident/citizen of the US. Students must submit an online application at www.horatioalger.org **Deadline: October 30, 2011.**

Coca-Cola Scholarship- In 1986 Coca-Cola paid tribute to communities across the country by establishing a scholarship program to support higher education. The Coca-Cola Scholars Foundation evaluates applicants on the basis of leadership skills, extracurricular activities and community service for this merit scholarship. GPA 3.0 Applicants must apply online at www.coca-colascholars.org. **Deadline: October 31, 2011.**

2011 Prudential Spirit of Community Awards- The Prudential Spirit of Community Awards program recognizes high school youth (9-12) solely on the basis of volunteer work in their communities after September 1, 2010. Essay required. School Nomination required. Winners will receive \$1,000 a silver medallion and an all-expense paid trip to Washington, DC. See Ms. Venega or Ms. Kathy in Guidance for information to apply. **Deadline: October 28, 2011.**

NASSP/Herff Jones Principal's Leadership Award Scholarship Program- The National Association of Secondary School Principals (NASSP) and Herff will co-sponsor the 2011-2012 NASSP/Herff Jones Principal's Leadership Award (PLA). This scholarship ranging from \$1,000 to \$12,000 will be awarded to 100 outstanding seniors from all 50 states. Winners are selected on the basis of their leadership skills, academic record, volunteer work, etc. Students cannot apply for this award; they must be Nominated by their high school. One student may be nominated per high school. Nominees should be in the top 20% of their class and demonstrate leadership. Students with strong leadership qualities but not in the top 20% of the class can still be nominated. This is a leadership award. If you would like to be considered for this scholarship, please see Ms. Venega in Guidance for information. **Deadline to turn completed prescreen application to Guidance is November 18, 2011.**

Gates Scholarship- The Gates Millennium Scholarships are awarded to students who are American Indian/Alaska Native, African American, Asian Pacific American, and Hispanic American. Applicants should meet the Federal Pell Grant eligibility criteria, plan to enter a four-year university and have a GPA of 3.3 on a 4.0 scale (unweighted) and demonstrate leadership abilities through participating in community service, extracurricular or other activities. The scholarship can be accessed online at www.gmsp.org. If you have any questions please contact YDS, Ms. Venega or Ms. Kathy in Guidance. **Scholarship applications must be submitted online by January 11, 2012.**

UNC-Charlotte (The Levine Scholars Program)- This four-year scholarship includes full tuition, room, and a grant to four summer experiences that will develop leadership skills, social awareness, and an international perspective. The full scholarship is valued at \$90,000 for in state students. Admission application must be completed online by November 8, 2011. Students who would like to be considered for this scholarship see Ms.Venega in **Guidance by October 12, 2011.**

NC State University (College of Textiles)-Ten \$47,500 scholarships will be awarded to freshmen entering the College of Textiles each year. This scholarship will cover 60% of the basic in-state cost of attending NC State University. Students interested in being **nominated** for this scholarship see Ms. Venega. **Deadline to return prescreen application to Guidance is October 26, 2011**

UNC-Chapel Hill (The Thomas Wolfe Scholarship)-Full undergraduate support for student writers. Complete information is available on the University's website at <http://englishcomplit.unc.edu/creativ/scholarships/tws>. **Deadline: November 1, 2011.**

Davidson College (John Montgomery Belk Scholarship)-The Belk Scholarship recognizes and rewards students of demonstrated superior intellectual and personal achievement and significant leadership. Up to eight Belk Scholars will be chosen in Davidson's Class of 2016, each receiving an annually renewable scholarship equivalent to the college's comprehensive fees (valued in 2011-12 at \$49,723) interested students see Ms. Venega or Ms. Kathy in Guidance for information. **Deadline to submit the prescreen application to Guidance is November 4, 2011.**

Emory University (Atlanta Georgia) - Merit-based scholarships are available for students who are interested in attending Emory University. **Nomination required. Deadline: November 8, 2011.**

No Bullying Zone!!



School Bullying can include:

- Physically hurting others
- Spreading rumors in person or through technology
- Excluding others or ganging up on them
- Threatening others
- Mean teasing
- Name calling
- Destroying or stealing belongings
- Sending emails, texts, or instant messages that are hurtful or threatening
- Posting hurtful messages or pictures of someone on the Internet or on My Space or Facebook.



Teen Tips: How To Stop Smoking

The American Lung Association offers teenagers the following tips to kick their smoking habits:

- Decide that you are really ready to quit.
- Choose a quit date and stick to it.
- Find someone who agrees to help and support you if it gets tough.
- Prepare yourself and your surroundings; get rid of all your smoking stuff, and tell people what you're doing.
- List your reasons for quitting and read them every time you have the urge to smoke.
- Drink lots of water, choose healthy foods, and get some exercise; these things really help!
- Set goals and celebrate your accomplishments; you have some extra money now!
- Plan what you'll do when you have urges and cravings. You'll be less likely to slip.
- Know that a slip is not failure and stay positive.
- Even though it's hard, quitting is the best thing you can do for yourself.

For more information or assistance with quitting smoking, talk to your school counselor today or call the American Lung Association at (800) LUNG USA.

