

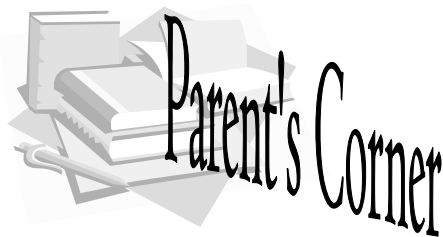
C-NOTES

West Hempstead High School Guidance Newsletter

Welcome From The Guidance Office

The Guidance Office welcomes you to a new year at West Hempstead High School. This year will prove to be one filled with learning, fun and excitement! The Guidance Office is located in room 114. Students and parents are encouraged to maintain an open and ongoing line of communication with their child's counselor. Counselors can be reached by calling 390-3221.

Counselors welcome the opportunity to meet new students and renew acquaintances with returning students. Freshmen students have met their counselors in a group setting during an assembly program during the first week of school. Freshmen will meet individually with their counselors during the month of October. Also, seniors should make appointments as soon as possible to finalize college application plans. Counselors have also visited junior classes regarding PSAT registration. We look forward to a successful year!



TIPS FOR A SUCCESSFUL YEAR:

1. Get involved with your child's homework. Check it over!
2. Set aside a nightly study time in addition to homework.
3. Encourage your child to attend extra-help.

SENIOR SAT REGISTRATION

Seniors should register to take a fall SAT the late registration deadline for the November 1 test is October 10. Register online at www.collegeboard.com. The regular registration deadline for the December 6 SAT is November 5. See your coun-

PSAT INFO

All juniors and interested sophomores should register to take the PSAT- Preliminary Scholastic Aptitude Test. This test is a practice for the SAT which juniors will take this spring. The PSAT also qualifies students for the National Merit Scholarship program. The PSAT will be given on Saturday, October 18, at 8:00 am at West Hempstead High School. The late registration fee is \$25 and must be in the form of cash, check or money order made payable to **West Hempstead School District**. Registering for the PSAT Prep Course does not register a student for the exam. This is the only opportunity for juniors to take the PSAT. Please register promptly in the guidance office during the first 20 minutes of lunch periods

SUNY Oneonta AALANA Spend-the Night Program Nov. 8-9- Open to African-American, Latino, Asian and Native American student with an 84 average and 1000 SAT. Deadline is October 15. See guidance for more

College Visits

The following Colleges will be visiting West Hempstead High School this year.. In order to attend the presentations you must pick up a permission slip in advance from the guidance office and return it one day prior to the presentation. You must have teacher and counselor permission to attend. Presentation will take place in the video conference room. Additional colleges presentations will be added through out the upcoming months. Please check in guidance for updates.

DATE	PER.	SCHOOL
10/8/2008	4	Western New England
10/8/2008	2	Alfred University
10/10/2008	3	College of St. Rose
10/14/2008	4	Castleton State Coll.
10/15/2008	8	Vaughan University
10/15/2008	5	Rider University
10/17/2008	5	Mt. St. Mary College
10/17/2008	5	C.W. Post - LIU
10/21/2008	8	Berkley College
10/21/2008	2	Adelphi University
10/22/2008	8	Fordham University
10/24/2008	2	Johnson & Wales
10/24/2008	8	Fairleigh Dickinson
10/27/2008	8	Hofstra University
10/27/2008	6	Gettysburg College
10/28/2008	4	SUNY New Paltz
10/29/2008	8	Mt. St. Vincent
10/30/2008	6	Juniata College
11/5/2008	6	St. John's University
11/10/2008	4	SUNY ESF
11/12/2008	6	Island Drafting
11/19/2008	4	SUNY Geneseo
11/20/2008	4	University of Hartford

New colleges are added weekly- look for updates posted on the guidance office door.

Explore Weekend Program at Connecticut College- A multicultural experience for HS seniors- Nov. 8-10. Application deadline- October 17. See guidance for details.

"Finis origine pendet"
("The end depends on the beginning.")



Scholarship Basics -- What You Should Know About Free Money For College

Article provided by *ScholarshipExperts.com*

To some students and parents, the word "scholarship" is just another one of those confusing college terms: student loans, FAFSA, tuition and fees, EFC, grants, and work study. Little do they realize that knowing more about the scholarship process could save them thousands of dollars when trying to cover the cost of their education.

What are scholarships?

Scholarships come in a variety of forms, but are generally considered to be "free money" for college. Unlike loans, scholarships do not have to be repaid to the scholarship provider. Some scholarships are awarded directly to the student in the form of a check, while other scholarships are written out to the student's college or university. Several different types of providers issue scholarships: clubs and organizations, charitable foundations, businesses, schools, universities, government agencies, and others.

Who can get scholarships?

It is a common misconception that scholarships are only for straight-A students. In reality, there are all types of scholarships for all types of students, including those with less than perfect academic records. Some scholarships are for athletes; others are for students planning to study in particular fields; and others for community service. Some scholarship providers just want to reward students for living in a certain city or state! Students also mistakenly believe that only college-bound high school seniors can apply for awards. Scholarships are available for all levels of college study, from freshman undergrads to graduate and Ph.D. students.

How do students find scholarships?

Finding scholarships can be a very time-consuming process, but not if students use a reputable and accurate scholarship search service on the Internet, like ScholarshipExperts.com, fastweb.com, collegeboard.com and meritaid.com. Students can also ask their high school guidance counselors about any local or state awards that they qualify for. Students should contact the financial aid office at the college or university they plan to attend to learn if they qualify for any awards provided by the school.

When should students look for scholarships?

Scholarship application deadlines vary greatly. There are thousands of scholarship programs with spring and summer deadlines, and thousands more with fall and winter deadlines. The key is to never stop searching for new scholarship leads, even after beginning the freshman year in college. A good rule of thumb is to continue

Homework Helper

Help Your Child Take Control

Your child may not realize it memorizing the periodic table at 2 a.m., but homework is a good thing. It helps your child:

- Practice what was learned during the day.
- Establish study habits that will be critical in college.
- Prepare for classes.
- Get a sense of progress.

Cont.....

Homework Tips

How can you help your child get the most out of homework? Here are 10 ideas to get you started.

Set the Mood

Help your child create a good study area with all the resources she needs (for example, a dictionary). If you don't have a quiet place at home, she should try the school or local library.

Know Where to Begin

Your child should make a prioritized list of everything she needs to do, so she can't use "I don't know where to start" as an excuse. It's important not to over-schedule. Without some flexibility, your child will set herself up to fail.

Study at the Same Time Every Day

Even if your child doesn't have homework, she can use the time to review notes. If homework is something your child accepts as part of her day, she'll approach it with less dread. Plus, she will become a pro at using time productively.

Keep Things in Perspective

Your child should know how much weight each assignment or test carries, and use her time accordingly.

Get More Involved

Does your child ever feel like she can't stay awake to read something, let alone process it? To keep her mind from wandering, your child may want to take notes, underline sections, discuss topics with others, or relate her homework to what she is studying in another class.

Organize the Information

People process information in different ways. Some people like to draw pictures or charts to digest information, other people like to read out loud or make detailed outlines. Your child should try to find the best methods that work for her. She should ask her teacher for recommendations if she's experiencing any difficulty.

Take Advantage of Any Free Time

If your child has a study hall, or a long bus ride, she can use the time to review notes, prepare for an upcoming class, or start homework.

Studying with a Friend

Unless it's too distracting, your child may want to get together with friends and classmates to quiz herself, compare notes, and predict test questions. To you, this may seem like mostly a social time, but it can be very beneficial to your child to prepare for an assignment as part of a group.

Celebrate Your Child's Achievements

Reward your child for hitting milestones, or doing something well. You can provide treats or small rewards for your child while she is working on a big assignment. Your appreciation of your child's accomplishments in school is still very important to her, even though she may not always show it.

Communication Is Key

Keeping the lines of communication open will help to broaden your understanding of what teachers and counselors expect of your child and may help you to think of new ways to be supportive while still giving your child the independence that she's craving. It will also help you to understand how much time your child needs to allot for her homework, time that might take away from her participation in family activities or helping out around the house.

If your child has concerns about the amount or type of homework she has, she may want to talk to her teacher, advisor, or counselor. Encourage your child to ask for help if she needs it.



SENIOR NEWS ALERT

WELCOME BACK SENIORS.....This is a very important and exciting time of year! With good planning and guidance– your college application process will go smoothly. Here are some important reminders :



“Continuous efforts– not strength or intelligence– are the keys to success

- Please register to take the SAT I and SAT Subject Tests (if required). Applications are available in the guidance office or register on line at www.collegeboard.com
- Please schedule an appointment with your counselor to firm up your college plans.
- Remember all college applications are processed through the guidance office. Please bring in a large envelope and three stamps for each application.
- All seniors must submit a personal data form and three teacher recommendations to the guidance office before submitting applications.
- Please be aware of all application deadlines. Applications should be submitted a minimum of two weeks prior to the deadline. **In general– if you would like your applications to be processed by December break– you should bring them in by Thanksgiving.** Bring applications in early for prompt attention and processing.

FUTURE ADMISSIONS TESTING DATES AND DEADLINES

TEST DATES: SAT I and SAT SUBJECT TESTS

<i>SAT Test Date</i>		<i>Regular Deadline</i>	<i>Late Deadline</i>
December 6	SAT I & SUBJECT TESTS	November 5	November 18
January 24	SAT I & SUBJECT TESTS	December 26	January 6
March 14	SAT I	February 10	February 24
May 2*	SAT I & SUBJECT TESTS	March 31	April 9
June 6*	SAT I & SUBJECT TESTS	May 5	May 15

* WEST HEMPSTEAD HIGH SCHOOL IS A TEST CENTER ON THESE DATES

TEST DATES: ACT

<i>ACT Test Date</i>	<i>Regular Deadline</i>	<i>Late Deadline</i>
December 13	November 7	November 20
February 7	January 6	January 16
April 4	February 27	March 13
June 13	May 8	May 22

On– Site Admission Dates

Students who are interested the following colleges should submit a completed application along with all of the supporting paperwork 2 weeks prior to the interview date. The best part is that all application fees are waived. You will receive an admission decision and possibly scholarship awards at your interview. If you are applying to these schools please take advantage of this great opportunity.

Hofstra: Monday, November 3, 9-11:30. Students must have a minimum of an 88 average and 1080 SAT combined critical reading and math to apply on-site. 15 students must participate to be eligible for fee waivers.

Dowling: Friday, November 7, during lunch periods. Fee waived.

Adelphi: Wednesday, November 12, during lunch periods. Fee waived.

New York Institute of Technology: Friday, November 14, during lunch periods. Fee waived

Molloy: Friday, November 21, during lunch periods. Fee waived

St. John’s: Friday, December 5, during lunch periods. Students must have a minimum of a 900 SAT combined critical reading and math to apply on-site.

C.W. Post: No on-site– however the application fee is waived.

Johnson & Wales: TBA

