

Central High School

Department of Professional School Counseling Newsletter



Financial Aid Workshop

December 2009

Central High School, in conjunction with Monster's *Making It Count Programs*, invites all parents of students in grades 9-12 to **Ultimate Money Skills: College Funding**

The presentation will cover:

- How to plan for and manage college costs
- Types of financial aid that are available
- Options your family has in developing a college funding strategy

- How colleges and universities look at a divorced household
- How to send your child to college without risking your family's financial future
- Information regarding the FAFSA

The workshop will be held Thursday, December 10, 2009 at 6:30 pm in the Cafeteria.

All senior students have been invited in their English classes and announcements have been

made each morning. This workshop is recommended for families planning for college. Students in each grade level will benefit from the information provided—but juniors and seniors are strongly encouraged to attend.



Volume 1, Issue 1

Know Your Counselor:

- 9th Grade (Dept. Chair): Mrs. Hogans
- 10th Grade: Ms. Sims
- 11th Grade: Dr. Swinton
- 12th Grade: Mr. Sugar
- Intern: Ms. O'Brien
- Pupil Personnel Worker: Ms. Boswell
- Parent Liason: Ms. Brown

Senior News

Senior Contracts:

All seniors should have reviewed a "Senior Contract." This form goes into detail about everything that is needed for graduation. This includes the status of High School Assessments, community service hours, and specific classes that are required. If you have not received a copy of the contract, ask your child or contact Mr. Sugar at (301) 499-7033.

College Applications:

Seniors should be working on their college applications. Students should complete their applications online if possible. Online applications eliminate the need to send some materials through the mail. See Mr. Sugar with any forms, letters of recommendation, or transcripts that need to be sent to the schools.

FAFSA:

In January, students and parents will be able to complete the FAFSA (this is the form to apply for financial aid) at Central. Reps from various colleges will be at Central to help parents complete this form online.

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What Should I Do For The Rest Of My Life?

One day you will have to select a college major and/or a career. Whenever you are thinking about your major at college or preparing for a career, there are things you can do now to help you make a decision.

Target Your Interests

- What subjects or classes have you enjoyed in school?
- Write down extracurricular activities or job tasks that you have enjoyed.
- Brainstorm majors or jobs that seem interesting to you.
- Is there a patten to any of the above?
- Take a personality inventory to find out which major or job field might suit you.
- Take a look at a prospective college's course book. What course topics catch your interest?

Discover Your Values

- Do you want to study a broad topic that will apply to many jobs or a major that will prepare you for a specific career?
- Think about what you want to accomplish in the long term. Is it related to money? Status? Giving back to the community at large? Helping people? A job that will allow you life balance?

Expand Your Knowledge

- Talk to people who work in your fields of interest. Ask about their day-to-day experiences in those fields. How did they choose their careers or majors?
- Ask your parents, teachers, parents' friends about their careers. What should you expect if you major or get a job in one of their fields?

Change Your Mind...It's O.K.

- Studies show that a majority of college students change their major at least once.
- The average college graduate changes jobs once every three years and changes his/her career fields two or three times over a lifetime.
- The earlier you start thinking about your major and career, the closer you will be to realizing your life goals.

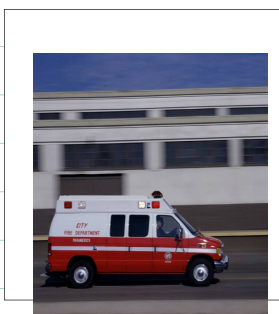
"Your ultimate goal is to become your best self; Your immediate goal is to get on the path that will lead you there."

How do you decide which career path is right for you?

Class of 2011 Community Service News

Become a Prince George's County Fire/EMS Department EXPLORER!

Earn community service hours required for graduation while learning skills that may lead to a rewarding career!



Volunteer with Prince George's County Fire/EMS Department or Prince George's Hospital Center

For more information call:
Mr. Damu McBride
Community Developer
(301) 883—5250

PGHD/Prince George's Hos-

pital Center—
Cheverly, Maryland:

For volunteer/
community service
information call:

Mrs. Karen Goldman

Director
(301) 618—3861

Reminder:

All students are required to complete 36 hours of community service to graduate. There are forms in the Guidance office to document your hours. Please turn your completed forms in to Ms. Jones in the Guidance office.

Hugh O'Brian Youth Leadership: Empowering Young People to Excel as Leaders

The Hugh O'Brian Youth Leadership (HOBY) is one of the oldest and most prominent youth leadership organizations in the world. HOBY was founded by actor Hugh O'Brian after returning from spending nine inspirational days working with Dr. Albert Schweitzer, the 1952 Nobel Peace Prize Winner. Mr. O'Brian had a vision of making a difference in the lives of young people and initiated the HOBY program in 1958 to provide opportunity for outstanding sophomore students with

demonstrated or potential leadership skills to expand those skills. Since that time, more than 375,000 high school sophomores have attended a HOBY Leadership program. Students selected for the program must have demonstrated outstanding oral and written communication skills, be creative thinkers, and be sensitive to the needs or concerns of others. For this year, Central High is pleased to announce that Tobi Adebayo Oke, a Central

High sophomore was selected to attend the HOBY Seminar in Emmitsburg, Maryland in May 2010. Demetrius Curtis Jordan has been selected as the alternate if Tobi is not able to attend.



The Hugh O'Brian Youth Leadership organization selects youth to participate in leadership

PSAT/NMSQT FOR 10TH GRADERS: How Did I Do?

The PSAT/NMSQT is the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). It is a program cosponsored by the College Board and National Merit Scholarship Corporation. In October, 2009, Tenth graders were given an opportunity to take the PSAT/NMSQT. The test is a great indicator of how you would score on the SAT. By taking the test in the 10th grade you have taken a positive step on the path to college. The test shows you first-hand the kinds of reading, mathe-

matics and writing skills you need to succeed in college and prepares you for college admissions tests like the SAT. If you took the test, how did you do? Relax! The PSAT/NMSQT identifies skills you've learned and skills you may still need to work on before you go to college. You probably did not perform as well as 11th grade students who took the same test, but you still have time to learn and improve. If the test seemed hard, remember that it is aimed at 11th grade students. But by reviewing

your performance you can start preparing for the next time you can take the PSAT/NMSQT, which will be October 2010. Identify your strengths and weaknesses, work hard in your classes and read, read, read as much as possible! Another bonus is that by taking the PSAT/NMSQT you received free access to MY College QuickStart. Visit www.collegeboard.com/quickstart and get started.

PSAT/NMSQT score results will be distributed in 10th grade English classes the week of Dec. 9-15.

Technical Academy is Coming

The Prince Georges County Public School Technical Academy provides courses and programs for students with technical skills and knowledge that can add value to their academic education. Examples of benefits include: 1) building the foundation for a college major in a technical field, 2) having access to a technical career after high school if college is postponed, and 3) having access to a

part-time technical job to help with college expenses. The Technical Academy programs are offered at regional Technical Academy Centers throughout the county. Students at Central High School can, for example, attend Suitland High School for the areas of: Auto Body Repair, Automotive Technician, Barber/Hairstylist, Cosmetology, Carpentry, Drafting/CAD, Electrical, IT Essentials, Nursing/

Medical, Publishing & Graphics, Plumbing & Heating, and Computer Networking. Representatives from the Technical Academy will be at Central High School to talk with students on January 20, 2010. Tenth grade students interested in the Technical Academy for next year (2010-2011) may sign up in the Guidance Office.



Central High School

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An International
Baccalaureate World School

We're on the Web!
<http://www1.pgcps.org/central/>

Looking for service hours?

Contact the Prince Georges Volunteer Center. 301.699.2800 or visit the website:

Princegeorgesvolunteer.org



9th Grade Update

Tutoring:

All ninth grade students are invited to after-school tutoring Tuesdays and Thursdays (2:45 pm). Transportation home will be provided via the Activity Buses for students who attend. Please speak to Mrs. Hogans if you are interested and would like a permission slip.

Graduation Requirements:

Mrs. Hogans and Ms. O'Brien visited each 9th grade English

class late October through November. We discussed courses required to graduate, college preparation, and high school assessments. Each student received handouts with the information and worksheets to help students identify academic and personal goals. Ask your child to share the information with you!

Tutoring Schedule

(Tues/Thurs 2:45-4:45 or 5pm):

AVID & Hillside (9th-10th)

- Algebra, Geometry, English, Japanese
- Session A 2:45-3:50
- Session B 4-4:45

GEAR UP (11th)

- Algebra I HAS
- Geometry
- Algebra II

12th Grade

- Academic Validation Program Projects
- Monday—Thursday

ESOL

- All subjects