



THE GUIDEPOST

Seniors- Sit Down...

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- **Call Guidance @ 652-1485 or 652-2473**
- **Supervisor B. Quinn ext. 2422**
- **C. Banks 404-2040**
- **K. Cardwell 404-2013**
- **C. Higgins 404-2022**
- **J. Monteleone 404-2023**
- **T. Sartorio 404-2027**
- **J. Scarlett 404-2014**
- **K. Stant 404-2024**
- **B. Wade 404-2012**

1. Have a "heart to heart" with your student. How do your goals and dreams for your child compare to his or hers?

2. Talk with your child about his or her strengths and weaknesses, understand clearly the plans they have for their future...

a. If the plan is vocational, what are the best Union opportunities available? Research the options with your child. Call the Atlantic County Institute of Technology@ 625-2249 with any questions.

b. If your child seeks a career through the military, spend some time exploring the possibilities. Understand without question the difference between full blown enlistment and the reserves. Some of the deals available through the reserves or "Guards" sound too good to be true— full tuition, guaranteed job security, extensive specialized training. In most cases the offers are outstanding and certainly worthy of serious consideration. Call Sergeant Rebecca Kane of the Air National Guard @ 513-0219 with any questions.

c. If your child is prepared to further his or her education— this may perhaps be your greatest challenge. Does your student have the necessary coursework, grade point average, and SAT scores to make application to a four year school like Stockton or Rutgers or Princeton? Realize that there are hundreds of colleges across the country looking for qualified applicants. If your child prefers to start at a two year school, Atlantic Cape Community College is hard to beat. Priced right and local to the Absegami Community— ACCC is a great place to start and all you need is a high school diploma. Our ACCC Jumpstart Program coordinated by counselor Theresa Sartorio makes the transition simple. Interested students can take their placement test and sign up for classes all by the end of April of their senior year. Plus the NJ Stars program provides full tuition to students in the Top 20% of their class, as

long as they maintain a 3.0 at ACCC!

d. Four year colleges may pose the greatest challenge. Use the ensuing weekends for college visits. Use the internet to check admissions requirements and financial aid possibilities. Your child has a user name and password for a powerful site at www.coin3.com, this will make it easy to connect to any college website. Encourage your child to apply to 2 or 3 financially comparable schools. This will help you when settling on a school if finances are a factor. Remember, every school has a financial aid office and each one's job is to make it possible for your child (if he or she is qualified) to attend. We urge you to call financial aid officers to see how they can work with you to make higher education a reality for your child! A solid timeline to be on has your child requesting applications in September, completing and submitting them in October and November, and concentrating on scholarships and financial aid from that point on. Remember, the earliest you can submit the Free Application for Federal Student Aid (FAFSA) is January 1— know your Deadlines— all states differ! The best rule of thumb for all of this is "the earlier the better." Go to www.fafsa.ed.gov for more info!

3. Monitor your child's performance at school.

a. Review test scores and projects.

b. Have your child demonstrate his or her use of the Absegami issued Agenda Book.

c. Support your child's efforts to get involved in the Absegami Community. Investing time in programs at school is like investing in one's future— It will pay big dividends!

Good Luck and enjoy this time. It will be over before you know it!

FALL SAT Dates and Deadlines

October 6 -Deadline Sept 10-(Late up to Sept 14)

November 3 -Deadline Oct 2-(Late up to Oct 11)

December 1 -Deadline Oct 30-(Late up to Nov 8)

Register @ www.collegeboard.com

Go to satmethod.com or number2.com for SAT Test Prep!

Unhappy with your numbers? Try taking the ACT— Register @ www.actstudent.org TODAY!

Think About Your Future...

Parents review this with your child... This is one of endless articles available at www.fastweb.com, where your child should already have a profile registered for scholarship search.

What Should I Do For the Rest of My Life?!

One day, you'll have to select a college major and/or a career. Whether you're thinking about your major at college or prepping 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 pattern to any of the above?

Take a personality test to find out what major or job field might suit you.

Take a look at a prospective college's course book. What course topics catch your interest?

Talk to your high school counselor for more ideas!

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 (if they went to college)?

Ask your teachers, parents and parents' friends about their careers. What should you expect if you major or get a job in one of their fields?

Ask if you can "job-shadow" a parent or family friend. Visit his or her workplace to get a taste of what a typical workday is like.

Check out career profiles at www.monster.com.

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?

Discover Your Values

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?

Studies show that a majority of college students change their major at least once.

Many college websites will list their classes, with a description of each one. Do those courses sound interesting to you?

Does the academic page in your field of interest have an "Events" or "Calendar" link? You can check out any extra things a college offers for students in that major.

Does the site have access to newsletters or other announcements and events within the department? Look for a sense of the atmosphere in that major. Is it cutting edge? Conservative?

You might be able to find information on what the college/department is currently researching. Do those programs and projects excite and motivate you?

Change Your Mind (It's OK!)

The average college graduate changes jobs once every three years and changes their career fields two or three times over a lifetime.

The earlier you start thinking about your major and career, the closer you'll be to realizing your life goals.

Visit www.fastweb.com to search scholarships for free!

5 Myths About Community Colleges

Nationally, 40 percent of all traditional-age college students start out at community college, according to the U.S. Department of Education. So let's bust five of the most common myths about community colleges and let the truth speak for itself.

Myth 1: Students only attend community college because they can't get in to a four-year university.

Fact: Statistics deny this assumption. It may be true that, on average, community college students have lower SAT and ACT scores than university students, but many students attend community college for convenience, family, job or financial considerations. "Community college makes sense, purely for economic reasons. We expect more students to use community colleges in the future because of the sheer cost of a university education," Wyner explains. Community college students save on tuition and also on boarding because they can live at home during the first two years of school.

Myth 2: A degree from a community college is not as good as a university degree.

Fact: A community college degree can take you straight into the workforce or to an elite four-year university. Community colleges educate 62 percent of allied health professionals and over 80 percent of law enforcement officers and firefighters, according to the American Association of Community Colleges (ACC). "Community colleges are not inferior. It is the first choice for many students because the first two years of college are really exploratory anyway and it costs so much less," says Victor Somma, a spokesperson for Quinsigamond Community College in Worcester, Mass.

Myth 3: Community colleges are inexpensive, so the education is not high quality.

Fact: Community colleges may be less expensive than four-year universities, but that doesn't mean you sacrifice a quality education. Classes in honors programs at community colleges are smaller than university classes. The curriculum is often more in-depth and there is more open exchange between teachers and students. "We are a brand name society. Community colleges tend to be the generic brand, but it's just as good a foundation as starting at a four-year university at half the price," says ACC Spokeswoman Norma Kent. "Community college graduates have gone on to Ivy League schools."

Myth 4: Community college credits do not transfer to four-year universities.

Fact: The quality of community colleges is getting better all the time. There are more [articulation agreements](#) that are seeing four-year colleges agreeing to award credit for comparable courses taken at community colleges. "You need to know what institution you want to attend, pay attention to their requirements, and choose your classes accordingly," Kent asserts. "The key is careful planning."

Myth 5: Community colleges have low academic standards.

Fact: While community colleges offer "open admission" that breeds diversity, all courses are not open admission. In fact, students usually have to take placement tests in order to qualify for college level work. Technical and special programs have high standards and students compete to enroll. "The idea that students go to community colleges because they can't hack it at a four-year university is ridiculous," Somma says. "We have stringent policies, but we also offer students the extra support they need to succeed."

Ask your counselor about the ACCC Jumpstart Program and if you're Top 20% of your class make sure you look into NJ Stars!!!



5 Tips for A+ Parents

- Goals and Rules are important– set and stick to them!
- The mind works best when the body is well cared for. Proper diet and sleep are critical.
- If limits on “screen time” seem helpful, apply them!
- Encourage reading!
- Be aware of the world around you– use every chance to analyze and discuss what you see.

Parents- Do You Provide a Safe Home?

What is a safe home? The answer to this question may be debatable and certainly is relative to our own morals and standards. The bottom line, however, is that a “safe home” should not jeopardize the health or wellness of the people who live inside its walls. Red Ribbon week is a nationally recognized program designed to inform our young people about the consequences of drug, alcohol and tobacco use. We share statistics and true stories through Absegami TV and special programs like “Motivational Media”. Informed young people can then make the choice that is best for them – with the hope that they choose to NOT use or are SMART and don’t start.

Support for these positive choices starts at home. Whether you realize it or not, you are the greatest influence on your child’s decision-making. With this in mind we urge you to make your home a “Safe Home”. Do not accept underage drinking in your home or on your property.

Do not permit illegal substances in your home. Do not use tobacco around children. You are the greatest example. Believe it or not, there are more adults than you might think providing alcohol and illegal substances to our young people. Not only is this senseless but it is a crime. In recognition of Red Ribbon Week, and being the best parent you can be, we urge you to take the “Safe Home Parent’s Pledge”...

- I pledge to provide a Safe Home.
- I will not allow parties or gatherings in my home when I’m not there
- I will not serve nor will I allow youth under the legal drinking age to consume alcohol in my home or on my property.
- I will not allow the use of illegal drugs in my home or on my property.
- By hosting parties where kids are using intoxicants you jeopardize their health and allow them to break the law. In New Jersey, parents can be prosecuted for serving alcohol or other drugs. Also, you can be sued for injury or destruction to or by a minor you have allowed to become intoxicated.

Think about this before you host a party!

Monitor your child’s whereabouts. Next time your child asks to go to a friend’s house, call the parents and ask if they have taken the “Safe Home” pledge. If they have questions refer them to this GuidePost or to www.absegami.net.

Respect your child and his or her future, provide a Safe Home.

ASK ‘Gami Guidance...

Today’s QUESTION... **What is one of your best tips for a student or parent going through the college application process?**

Ms. Stant- “IN SHORT: Research, planning, and completion in a timely manner.”

Miss Higgins- “Start the process as early as you can. Allow yourself enough time to complete the application properly and double check it. Keep paperwork and materials organized to save you time (and have less stress) in the long run. “

Mrs Cardwell- “Be thorough and proofread your work -- keep a checklist to verify that your application package is complete before submitting it electronically or to your counselor. You must keep your counselor in the loop, especially if you're sending applications on-line.”

Important School Dates *Mark your calendar...*

Back to School Night *Thursday September 20 @ 7pm, Sign ups for PSAT start in the Guidance Office \$13 cash only please.*

Annual ACCC College Fair *Sunday September 30 from 1 to 3pm*

HSPA Exams for Seniors *October 2, 3, & 4*

First Marking Period Interims *mailed on Monday October 15*

PSAT @ Absegami *Saturday October 20– must register in advance*

Red Ribbon Week *Starts Monday Oct 29 with Motivational Media*

First Marking Period Report Cards *mailed on Monday Nov 19*

Happy Thanksgiving! *Nov 22 Football @ Absegami 10am kickoff*

2nd Marking Period Interim Report *mailed on December 20*

Mid Term Exam Dates *January 24, 25, 28, & 29– Early Dismissal*

2nd Marking Period Report Cards *mailed on February 6*

Mrs Wade- “Stay organized. Know the process and have your paperwork ready and in on time! “

Mr Banks- “When going on college tours, try to talk with students other than the tour guides!”

Mr Mont- “Everyone involved needs to get on the same page– you get one chance per child to handle this process the right way. Also, the best way to show a college rep that you are on top of things is to get apps and all attachments in the mail early!”

Mr Quinn- “Create a list of tasks to be completed or items to be included in the application process and then develop a schedule and timelines to complete them. Breaking the process into smaller pieces will make the process more manageable.”

Mrs Sartorio- “Be aware of the application deadline and give all parties time to complete any work needed for you.”

**THE ABSEGAMI PARENTS
GUIDANCE NEWSLETTER**

FALL 2007

NON-profit Organization
Bulk Rate
US Postage Paid
Absecon NJ
permit #74

10 Tips for Parents...

A GamePlan for Parents regarding the College Application Process...

10. If you have not already started—START Now! Talk to your child. Help with the research! www.coin3.com and www.collegeboard.com are great places to start!

9. Make sure your child has taken or is scheduled to take at least 2 SATs! Go to www.collegeboard.com to register as well as to review dates and deadlines! Check your child's scores against the most recent freshmen class at the schools he or she is considering??? Are you in the ballpark?

8. Understand the process... You and your child identify the schools your child wishes to apply to, you secure the application, you complete the application. If your child chooses to submit the application on-line (which is absolutely fine) have your child print down a confirmation page and have your child bring this paper in to his or her counselor. The counselor then sits down with your child and puts together the package to be sent out to the col-

lege. This package will include, but is not limited to, an official transcript, a school profile, your child's resume', your child's recommendation letters, and in most cases an essay or personal statement. The counselor then puts this package in the mail. You provide the postage please—thank you. The process is similar for a hard copy of an application—your child simply brings the hard copy to his or her counselor!

7. Please read over your child's application as accuracy is essential. Please also note that there may be sections designated to be completed by a teacher or counselor. Please get this information to a teacher or counselor with at least 2 weeks to spare as beating deadlines is critical!

6. A great date to set as a goal to have all college apps in the mail is Nov 1! Note that Oct 1 is light years better than Feb 1!

5. Visit college campuses NOW, over the summer (look for open houses for underclassmen) and on weekends in the fall! A college visit can often be very motivational to a child.

4. Complete the FAFSA—Free Application for Federal Student Aid— as soon as possible after January 1- go to www.fafsa.ed.gov for guidelines! Please note that states and schools have different critical deadlines—KNOW your deadlines! Go to www.hesaa.org for more financial aid help—also don't be afraid to call a college's financial aid office with questions or concerns!

3. Explain to your child that he or she will have to fill out applications to be considered for scholarships! This typically takes no more than writing an essay! Use www.fastweb.com for national awards and www.absegami.net go to guidance and the scholarship link for local scholarships!

2. Be sure to learn about the following... EOF, NJ Stars, SAR, EFC, GPA, SAT, and ACT.

1. KNOW your DEADLINES, BEAT your DEADLINES! Please START Now. Good LUCK and please communicate any questions or concerns.