

Fall 2017

# Ocean City High School Guidance Newsletter



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## College Rep Visits

*Representatives from colleges visit OCHS regularly each fall. You will find this list being updated regularly. If a school you are considering is visiting, be sure to attend to demonstrate your sincere interest in the college. You will need to*

Log onto Family Connection

@  
<http://connection.naviance.com/ochs>

*to see the entire list and to sign up to attend.*

## Guidance Department Team Members

As we are meeting with seniors to firm up their graduation plans we thought it would be a good idea to reach out to the entire OCHS family to let them know we are here to assist. This is an exciting and busy time of year for us as counselors. We work hard to finalize those important senior plans and then start meeting with our freshman to see how their transition to OCHS is going. We are also here to assist our sophomores and juniors with their academic, social and emotional needs. Our hope is that each student has a fulfilling and successful experience at OCHS. Remember the Guidance Office is always here to help. Here is the contact information for the Guidance Department Team Members.

### Guidance Counselors

#### **Raymond Martin (Team Leader)**

A-B & Y ext. 8719

email: [rmartin@ocsdnj.org](mailto:rmartin@ocsdnj.org)

#### **Dane Tabano**

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#### **Christopher Banks**

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#### **Andrea Kuhlberg**

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#### **Mary McDowell-Campo (Test Coordinator)**

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#### **Tobi Oves - College/Career Counselor**

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#### **Lauren Sacs - Student Assistance Counselor** ext. 8706

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#### **Tifaya Noble - School Social Worker**

ext. 8756 email: [tnoble@ocsdnj.org](mailto:tnoble@ocsdnj.org)

### Guidance Secretary

**Colleen Dwyer** ext.4214

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## Important Dates and Events

October 11 - 1st MP Interim Reports Effective  
October 11 - PSAT Test @ OCHS Grades 9-11  
October 11 - Senior Workshop Day  
October 12 - Junior Parent College Night  
October 13 - Trades and Apprenticeships Program Presentation  
October 19- ASVAB Testing  
October 19 - Military Day  
October 28 - First Generation College Student Trip to Rutgers Camden.  
November 1 - Instant Decision Day  
November 2 NACAC College Fair at the Atlantic City Convention Center  
November 13 - 1st MP Grades Close

### ATTENTION SENIORS:

We have ONE seat left for our Virtual High School Program! If you have a Study Hall or Half Year Course Second Semester, you could be eligible to take an interest specific course!

Please see Mrs. Kuhlberg in the Guidance Office ASAP if you are interested.

[CLICK HERE FOR INFORMATION AND APPLICATION](#)

# PSAT Test October 11th

The PSAT/NMSQT will be administered at Ocean City High School on Wednesday, October 19 to all 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students. This test allows each student to practice for the SAT. For juniors it is also an opportunity to enter the National Merit Scholarship Corporation competition for recognition and scholarships. For all students it is a chance to assess their individual skills in critical reading, mathematical reasoning and writing, get specific suggestions on how to improve those skills, compare those academic skills with those of other college-bound students, ask colleges to send information and receive information about college majors and careers. Students will receive a student guide that includes a full-length practice test. Testers should review this information ahead of time, especially being sure they understand the directions and the type of questions that will be asked. Classroom learning is the basis for test questions, so the best way students can prepare is to get familiar with the test and its format. The PSAT is only a practice test. The scores are only given to the students to take home and a copy kept in their school records. These scores are **never** sent to colleges. Scores will come back in early December. It takes longer for these scores to be returned, as everyone across the country is taking the test the same time. Students will receive their individual test booklet and their answers back when the scores are returned. The PSAT is offered just once a year.



## Free SAT/ACT Test Prep

Your child has access to Method Test Prep through their Naviance Family Connection account. This is an online course that the OCHS Guidance Department provides to help students improve their SAT and ACT scores as well as builds their math, reading and writing skills. Students can listen to math, verbal and writing tutorials and each tutorial is accompanied by a quiz to test student mastery. The program is highly adaptive and keeps track of a student's strengths and weaknesses. Students have access to a large pool of practice questions and receive instant feedback upon completion of each question. This feedback includes easy-to-understand explanations. Students and parents have seen measurable progress when using Method Test Prep. Method Test Prep uses proven strategies that are clear and easy to understand for any type of learner. Method Test Prep is interactive and time efficient. By using internet technology, students are more engaged and their time is focused on areas in need of improvement. Method Test Prep is a good fit for any type of student. The website can be accessed at any time of day or night most convenient to the student. Method Test Prep is designed to be used independently or as a supplement to other SAT or ACT prep. All students in grades 9-12 have access to the Naviance program and can log onto this program using an email address and a password that they created. Once the students are in their Naviance accounts, they should click on the link - Method Test Prep.

## 2017-2018 TESTING SCHEDULE

OCTOBER 7 - SAT Reasoning & Subject Tests – Use 5th Street Entrance

OCTOBER 11 - PSAT/NMSQT for all 10th and 11th graders PSAT 9 for all 9th graders

OCTOBER 19 - ASVAB

DECEMBER 2 - SAT Reasoning & Subject Tests – Use 5th Street Entrance

FEBRUARY 10 - ACT Testing – Use 5th Street Entrance

MARCH 10 - SAT Reasoning – Use 5th Street Entrance

APRIL 16-MAY 25 - PARCC Testing Window

MAY 7-18 - AP EXAMS

MAY 5 - SAT Reasoning & Subject Tests – Use 5th Street Entrance

JUNE 2 - SAT Reasoning & Subject Tests – Use 5th Street Entrance

## Students with Disabilities

If you have a documented disability, you may be eligible for accommodations when you take the SAT or ACT. Some available accommodations are extended time, extra and extended breaks, and reading and seeing accommodations (for example, large-type test books or Braille test books). Go to the [College Board](#) or [ACT](#) web site for more information.

## Career News

### Actuaries - What They Do

Analyze statistical data, such as mortality, accident, sickness, disability, and retirement rates and construct probability tables to forecast risk and liability for payment of future benefits. May ascertain insurance rates required and cash reserves necessary to ensure payment of future benefits. Most actuaries work for insurance companies. Although most work full time in an office setting, some actuaries who work as consultants may travel to meet with clients. Actuaries need a bachelor's degree and must pass a series of exams to become certified professionals. They must have a strong background in mathematics, statistics, and business. The median annual wage for actuaries was \$100,610 in May 2016. Employment of actuaries is projected to grow 18 percent from 2014 to 2024, much faster than the average for all occupations. Actuaries will be needed to develop, price, and evaluate a variety of insurance products and calculate the costs of new, emerging risks.

Go to Family Connection to do more career research.

## Ocean City High School College Application Procedure and Checklist

### Section 1: Completing College Applications

\_\_\_\_ Visit with your Guidance Counselor, check out Family Connection, college websites, college handbooks, and information on the OCHS website. List the colleges to which you plan to apply in Family Connection. Develop a neat, concise, computer generated resume which can be sent with applications.

\_\_\_\_ Complete the college applications carefully. Many colleges prefer that applications be submitted electronically (online). If completing an online application, print a hard copy to proofread before sending. Review all applications before sending, neatness and accuracy are important. Also, if the college to which you are applying requires the Common Application make sure to check for required supplemental forms.

\_\_\_\_ Complete all the forms required and submit the application fee directly to the college (preferred). If a paper application is submitted, please attach the check or money order to the front of the application.

### Section 2: Requesting Test Scores

\_\_\_\_ OCHS **does not send test scores** to the colleges or NCAA. If test scores were not requested to be sent at the time of the test registration (the first four are free), log into the testing website and request your official scores for the SAT Reasoning test, SAT Subject tests, ACT and/or TOEFL be sent directly to all colleges you have applied ( a fee will be charged for each college).

**SAT: [www.collegeboard.com](http://www.collegeboard.com) ACT: [www.actstudent.org](http://www.actstudent.org)**

### Section 3: Recommendations (minimum of 2 weeks in advance)

\_\_\_\_ **Counselor Recommendation:** Most college applications require that your counselor complete a Secondary School Report or Counselor Evaluation Form. This form will be automatically included with every transcript mailed. In most cases, a separate recommendation letter from your counselor may also be required. Schedule an appointment to discuss your recommendation with your counselor before it is written.

\_\_\_\_ **Teacher Recommendation:** Most colleges also require letters of recommendation from your teachers. Make sure you have submitted a request to your teacher using the Guidance Office's **Teacher Recommendation Request Form** along with an attached resume. If you are completing a Common Application, you must also provide the teacher with the Common Application Teacher Evaluation Form.

### Section 4: Release of Records and Transcript Request Form (at least 10 working days before application deadline: to the Guidance Counselor)

\_\_\_\_ The OCHS **Transcript Request Form for College Applications** must be signed by a parent/guardian. This form is in the Guidance Office, on our website and in the Family Connection document library. No transcript(s) will be sent without a parent/guardian signature on file. The form must be filled in completely to include the application type, application plan, and application deadline before giving it to your school counselor.

\_\_\_\_ Submit the completed **OCHS Transcript Request Form for College Applications to your guidance counselor**. If the request is late the transcript and profile will initially be sent. The counselor information will be mailed later separately.

**\*\*\*\* Please note that scholarship applications are handled by our office in the same fashion as the college application. The Transcript Request Form for Scholarship Applications must be used and are due to the counselor well before the deadline.**

### Section 5: Mid-Year Grades (7th semester reports)

\_\_\_\_ In February, mid-year grades will be mailed to all of the colleges to which you have applied. These reports will include your senior courses, semester grades and your updated GPA/Rank.

### Section 6: College Acceptance/Notification

\_\_\_\_ As colleges inform you of their admission decision (acceptance, denial, waitlist, etc.) notify your Guidance Counselor. Once again, notify your Guidance Counselor when you decide on the college you will attend; submit any deposits or paperwork the college requests directly to the college (by their deadline). If accepted Early Decision to a college, withdraw your applications from any other school(s) to which you applied. As a courtesy, once you decide on the college you will attend you may want to notify the other schools that you will not be attending.

\_\_\_\_ In June, you **MUST** complete the Senior Survey. You will be asked to verify the admissions status of the college(s) you applied to and to list the college you will attend; this is where your final transcript will be mailed in late June. If you are waiting to hear from a Wait List college, fill in an Official Transcript Request Form for that



## **Finding the Perfect College(s)** **by Kimberly Cassidy** **President of Bryn Mawr College**

Don't focus on finding the one perfect school, but develop a set of similar options. If you create this strong set, your final choice will very likely become the perfect choice. One of the important virtues of American higher education is the great variety of colleges and universities. But you will certainly find groupings of schools that share strong similarities on the things that matter to you. Choosing among schools within a grouping may be hard, but less consequential than creating the group that best meets your interests.

[Click here for the entire article.](#)

## **NEW!** **OCCHS College & Career Center**

Mrs. Tobi Oves is the College and Career counselor. In collaboration with your student's Guidance Counselor, Mrs. Oves works with students and families to expose them to all post-secondary opportunities. In the new college and career center students can meet with representatives from colleges, universities, trade/technical schools and every branch of the military.

Any students/families who would like to meet with Mrs. Oves can click [HERE](#) to schedule an appointment.

She can also be reached by email or phone @ [toves@ocsdnj.org](mailto:toves@ocsdnj.org) /609-814-8716

## **How to answer the “Why this college?” essay question**

Why is the “Why this college?” essay so important? Colleges care why students put their college on their list, and many colleges incorporate the “why?” question into their applications.

While most students find themselves having to write a variety of essays for different colleges, typical students will focus almost exclusively on the Common Application essay or a college's Personal Statement. Frequently they think they're done with their applications, and then they go to hit “submit” and find out that colleges want them to write another essay telling them why they want to attend.

These are usually the worst essays imaginable. Students don't know how to distinguish themselves and consequently end up writing about football, greek life and the weather.

The University of North Carolina at Wilmington got so tired of students saying they wanted to come to Wilmington for the sunny climate that a few years ago their prompt was: “Tell us why you want to come to UNC Wilmington, besides the beach!” This year, Georgia Tech's prompt got even more specific when they asked students to respond to: “Beyond rankings, location, and athletics, why are you interested in attending Georgia Tech?”

I suggest that students imagine themselves on the other side of the admissions desk. If you were a director of admissions at a college and were choosing who to accept and who to deny, what would you want to read about in a “Why this college?” essay? Once you are looking at the prompt from that perspective, it's easy to see why droning on and on about the sense of spirit in the stadium won't set you apart.

Colleges want students who want to be there for the academics. Students need to demonstrate that they've done their homework on the college website. How does this specific college differ from others on your list? Are their multi-disciplinary majors unique? Are the study abroad opportunities especially appealing? If so, why? Is their commitment to an Honor Code something that speaks to you?

What are some things that colleges don't want to read about?

Students often fall prey to regurgitating college facts and trivia that they read in guidebooks or heard on their campus tour. Don't tell colleges what they already know about themselves, such as the number of books in their library or the fact that they have dining halls open 24 hours a day.

Colleges really don't like it when students suggest that they can make a lot of money after they graduate because their school did well on some college ranking. I think they like it even less when a student writes that with an undergraduate degree from their school they'll be able to get into a top-notch graduate school.

Make sure your final “Why this college?” essay is not an essay that you can multi-purpose and use for other colleges. Personalize it, and be specific about identifying why each college is a good fit for you. It's very easy for a college to determine which students have put in the effort on this essay.

**LEE SHULMAN BIERER**  
Nationally Syndicated Columnist and Independent College Advisor

# COLLEGE PLANNING TERMS

## Common/universal application.

Form that allows a student to submit one application to many different schools. Both are available online:

<https://www.commonapp.org> and <http://www.universalcollegeapp.com>.

Some schools also require supplemental forms.

## Early decision.

A binding agreement between you and the school. You apply early, and if admitted, are bound to attend the school. The application deadline occurs early and the admission decision is delivered early.

## Rolling admissions.

A process in which a school reviews applications and makes decisions on them throughout the year.

## Early action.

You can apply to an early action school and receive your admission response early. The decision is usually non-binding, but you may agree to forgo applying to other early action/early decision institutions. When conditions apply it is sometimes called Restrictive Early Action.

## Open admissions.

An admission decision, usually made by public, junior and community colleges, without regard to your academic performance.

## Transcript.

The official record of your educational achievements provided by your high school.

## Free Application for Federal Student Aid (FAFSA).

The key to unlocking student financial aid, it should be completed and submitted as soon after January 2 as possible. The form and supporting information can be found at <http://www.fafsa.ed.gov>.

You can find glossaries of college and financial aid terms on several websites, including:

[Finaid.org](http://Finaid.org)

[College Confidential](http://CollegeConfidential)

[FastWeb](http://FastWeb)

# NJFAFSA DAYS

## File Your 2018-2019

# FAFSA

## Starting on October 1, 2017

### FAFSA<sup>®</sup>

FREE APPLICATION for

Use this form to apply free for  
grants, work-study, and loans  
Or apply free online at [fafsa.gov](http://fafsa.gov)

Applying by the Deadlines

For federal aid, submit your application  
October 1, 2017. We must receive your  
college must have your correct, complete

## What you will need to start your FAFSA:

- FSA ID ([fsaid.ed.gov](http://fsaid.ed.gov)) for Parent and Student
- 2016 Tax Returns for Parent and Student
- Social Security Numbers for Parent and Student
- Other Income Information
- Driver's License Number
- Documentation as U.S. Permanent Residents or Eligible Citizens

## Where you can find help with your FAFSA: visit [www.NJFAFSADays.org](http://www.NJFAFSADays.org)

- Instructions on how to create your FSA ID
- 8 Steps to Apply for FAFSA
- Step by Step Video on How to File your FAFSA

For FAFSA information and questions call 609-588-4618



**Top Reasons to File Early**  
Receive Early Award Notifications  
Make Early Decisions  
You Can Use Your 2016 Tax Information





## Transition to High School

**WARNING: Ninth and Tenth Grade Students you need to read this!**

1. Get involved in OCHS activities. If you are not into sports, don't sweat it. We have a ton of clubs/activities, pick two or three that you will enjoy and most importantly have fun doing! Most colleges and universities are looking for involvement in 2 or 3 activities that you commit to throughout your high school years. If you are in tenth grade get moving, if you are a freshman, branch out and meet new people! Here is a [list of activities](#) we have to offer. If you want to get involved in athletics, please contact Mrs. Lavery, the athletic secretary by email [hlavery@ocsdnj.org](mailto:hlavery@ocsdnj.org) or telephone 609-814-8733. You will need to complete paperwork and obtain a physical prior to participation.
2. Please ask for help if you are struggling in a class. The best first resource is your current teacher. Stay after class and request to meet with him or her after or before school when it is convenient. Remember, sometimes it is easier to pick up a concept and ask question in a smaller setting. If staying after does not work, see your counselor. He or she will be able to assist you with a possible student or professional tutor. You are not alone and we are here to help!
3. Every year in high school is important for college admissions. Do not rely on junior year to earn a college acceptance, they review EVERY year. Your high school record begins on the first day of classes in ninth grade!!

# ESTABLISHING HOMEWORK STRATEGIES

Homework is a valuable part of learning. Though you probably think it's a pain, homework does help to cement lessons taught in class.

\* Assume that you will have homework every night. Even if you completed your assignments, take time to review them.

It's easier to see any errors the second time around. Don't forget to look ahead to long-term assignments like research papers or science projects. And if you're fortunate enough to have time during the school day to finish all homework assignments, use your scheduled homework time to develop solid studying habits.

\* Don't be intimidated by homework. It's like a sporting event, but for your mind. Homework is part of your learning process. If you're having problems with an assignment, check with your teacher or look for free homework help that might be available in your area. Many public libraries offer either a live or online homework service. Tutors are another option.

\* Make it a routine. Find a place and set a consistent time for doing homework. The adage states that it takes three weeks to develop a habit. Practice your homework routine and it should become second nature before long.

Homework is one aspect of your study skills. While homework focuses on a specific assignment, studying goes beyond that to enhance understanding of the concepts and topics taught in class. You can find ideas for enhancing your studying skills elsewhere in this newsletter.

Homework tips for parents  
Parents can help students establish good homework skills. The National Education Association has valuable homework tips for parents at <http://www.nea.org/grants/35679.htm>. And homework motivation ideas for parents are at <http://www.act.org/path/parent/motivate/homework.html>.

### Need Academic Help?

#### OCHS NATIONAL HONOR SOCIETY

Members provide peer tutoring. Contact Your Guidance Counselor for more information.

&

#### HOMEWORK HANGOUT

To Get Help:

- Come to the library on Day 2.

OR

- Text @794hh to 81010. Then text name, subject needed, time available to get help, and any extra information.

You will receive a text for an appointment.

## Grade Reports

Grade Reports will be available through [Home Access Center](#). Make sure that you can log into Home Access Center so that you can view your students Interim Report and or Report Card throughout each marking period of the school year. 1<sup>st</sup> Marking Period Interim Reports will be effective on Wednesday October 11<sup>th</sup>.



# FIND THE COLLEGE THAT'S RIGHT FOR YOU

Start your college search for free at a NACAC National College Fair.

## THE PATH TO YOUR PERFECT COLLEGE BEGINS WITH COLLEGE FAIRS!

Free and open to the public, NACAC fairs connect you to hundreds of colleges and universities in one location. Join us at a **National College Fair** in your area:

BOSTON	LONG ISLAND	BALTIMORE	ATLANTIC CITY	GREATER WASHINGTON, DC	PHILADELPHIA
Sept. 17 1 p.m. – 4 p.m. Boston Convention and Exhibition Center <b>NEW FAIR</b>	Oct. 1 11 a.m. – 3 p.m. Suffolk County Community College – Health, Sports & Education Center, Grant Campus	Oct. 30 9 a.m. – 12 p.m. 6:30 p.m. – 8:30 p.m. Oct. 31 9 a.m. – 11:30 a.m. Baltimore Convention Center	Nov. 2 9 a.m. – 12 p.m. 6 p.m. – 8 p.m. Atlantic City Convention Center	Nov. 5 12:30 p.m. – 4 p.m. Walter E. Washington Convention Center	Nov. 12 11 a.m. – 3 p.m. Pennsylvania Convention Center

## REGISTER FREE AT [WWW.NACACFAIRS.ORG/NCF](http://WWW.NACACFAIRS.ORG/NCF)

to receive fair details, avoid lines onsite, and share your contact information with your choice schools.

**Have a Great Fall!**



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609-399-1290  
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**We're on the Web!**  
See us at:  
<http://oceancity.nj.och.schoolsites.com/?PageName=bca&n=17316>