

Winter 2017

Ocean City High School Guidance Newsletter



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8th Grade Course Selection

Ocean City
Intermediate
School
February 6-9

Upper Township
Middle School
February 21-24

School Choice
Students
by
appointment with
assigned
Counselor
February through
March

2017-18 Course Selection Has Begun.

Counselors have been meeting in classrooms, walking our current 9th, 10th, and 11th graders through the course selection process. Our Program of Studies is posted online under the guidance page on the high school site and is also available through the home page of the student's Family Connection site.

The classroom guidance schedule is as follows:

Thursday, January 12 - 9th Grade TIES
Friday, January 13 - 9th Grade TIES

Friday, January 20 - 10th Grade English
Monday, January 23 - 10th Grade English
Tuesday January 24 - 10th Grade English

Monday, February 13 - 11th Grade English
Tuesday, February 14 - 11th Grade English
Thursday, February 15 - 11th Grade English

In the classroom group presentations counselors present an overview of the courses available to students and answer questions in the group setting. 9th graders select a graduation plan that guides their course selection. 10th graders review their plan from last year and make revisions if necessary. 11th graders also review and revise their plan. The course selection will be a two-part process. Students will be given a course selection worksheet to initiate course selection which will need to be reviewed and signed by each of their teachers. They will also input their course selections online in their family connection account.

Parents/Guardians – Students will be instructed to bring the course selection worksheet home for you to review and sign. Please take some time to review the sections made by your child. Feel free reach out to the appropriate counselor with any question regarding selections. We will need the signed worksheet returned to us one week after the classroom meeting.

After course selection worksheets are returned courses are uploaded and the counselors review the graduation plans and also the courses selected. If satisfactory, the counselor will approve the plan before the requests are uploaded to our student management system. Counselors will see students with questionable selections.

At OCHS every effort is made to give students a schedule of classes that were requested during the course selection process. After the initial course selection process concludes in late winter/early spring, there will be an opportunity during the first week of June to make changes to initial selections with parent & teacher approval. The school's master schedule and staffing is built upon careful and deliberate course selections made by students. Every effort should be made by students, counselors, parents, and teachers to ensure that the courses selected are appropriate for the students. No changes to course selections will be considered after the first week in June unless there are extraordinary circumstances. Administrative approval will be required for this circumstance.

NOTE TO JUNIORS and their Parents: Counselors will cycle back to all juniors in the early Spring to review selections and review post-secondary plans, including college searches. Parents are encouraged to come in for these meetings and/or request time with the counselor this spring.

Give us a call or an email with any concerns or questions.

Important Dates and Events

January 26 - 2nd MP
closes.

February 11 - ACT
@ OCHS

February 23
Community Job Fair

March 3 – 3rd MP
Interim Reports
Effective

March 11 - SAT @
OCHS

March 24 Career
Day

April 3 – 3rd MP
closes

April 3 - 13th PARCC
Testing

April 5 – CASCA
College Fair @
Stockton University

May 6 – SAT @
OCHS

Admissions Decisions

College admissions decisions are rolling in now through April 1st and there is much anxiety for both seniors and their parents. Students are taking their final visits to schools to which they've been admitted and forming opinions regarding where they would be most comfortable. It is a big decision. Often the financial aid offers that will be forthcoming play a large role in determining where a student will be able to go. Please pay attention to the priority dates for filing the required financial aid paperwork or you will be out of luck. Freshmen priority dates are earlier than upperclassmen and need to be adhered to.

3 Ways High School Seniors Can Capitalize on Second Semester

By Cathryn Sloane

Many students – and parents – are all too familiar with the stereotypes surrounding second-semester seniors. Pop culture often deems the final semester as a time for high school seniors to relax and put the hard work on the back burner, as they've likely wrapped up the college admissions process and may even know where they will be attending college.

But is this really the right time to take it easy? While students certainly deserve a break at this point and should carve out some time to wind down, it's not necessarily the correct time to draw everything to a halt. The final semester of high school is an excellent chance to take advantage of key opportunities that can help you prepare for the college transition.

Two current college students shared their best tips for maximizing these last few months of senior year.

- **Keep yourself challenged:** Often, one of the most feared elements of the college transition is the fact that the coursework will be much more difficult. Students may be used to certain study tactics and test-taking strategies that worked well for them in high school, but that doesn't mean those same approaches will necessarily work in college. A great way to fend off any schoolwork complications is to find ways to keep yourself challenged during the last semester of high school "Try taking some challenging classes to develop those study skills," said Nate Trona, a senior at the University of Pittsburgh. "If you choose to take it easy the last semester, this might put you in a downward slump that some kids may have a hard time recovering from." Trona suggested students take an Advanced Placement course to get them out of their comfort zone. Not only can AP courses keep you working hard, but they may even help you earn credits that will come in handy when scheduling college classes. Tough courses aren't the only way to keep yourself challenged, however. Megan Grove, a freshman at Southern Illinois University—Edwardsville, said opportunities outside academics helped keep her well-rounded and ready for college life. "It's important to be involved, for example, in extracurricular and leadership roles," said Grove. "I believe that doing so really helped me to prepare for college."

- **Foster connections with your teachers:** The last semester of high school can be an emotional time, as students are getting ready to say goodbye to the peers they've shared class with for so long – but what about the teachers? These are important relationships that students must not forget about. Think about the teachers who have made an impact on you over the last four years. Whether their support helped you raise a class grade, score better on the SAT or earn a leadership position in student government, there is likely an instructor to whom you'd like to show your appreciation. It will likely be easier to stay in touch with these teachers after graduation if you foster your connections with them now. Trona noted the importance of recommendation letters and references when it comes to pursuing opportunities in college and beyond, and high school teachers can be excellent points of contact for these. Students will need good references to get some opportunities as a college freshman, such as research or even some volunteer positions, said Trona. "A high school professor who knew you well might be able to write you the letter that makes you more competitive in the field that you're pursuing."

- **Lay out a plan:** The final semester of high school is an opportune time to start making decisions about what you'd like to do in college and how you're going to pursue these goals. Take this time to review the resources your high school has available to help guide you in such decisions – such as picking your college major – as well as the resources your college has to offer. Grove said students should begin to plan their college path. "This is especially important because many schools have freshman orientation and registration for classes directly after high schools finish their second semester, so the preparation for that is extremely helpful." Remember that these last few months of high school are an invaluable time to receive helpful guidance on how to begin the next phase of your life, build relationships with your instructors and take advantage of your school's resources. Spend your time wisely – before you know it, that diploma will be in your hand and you'll be moving on to your college campus.

Cathryn Sloane is a marketing manager for Varsity Tutors. She earned a Bachelor of Arts in English from the University of Iowa.

Seniors No Time to Slump!

Once you have a college offer in hand, you may get the urge to coast through the rest of the school year, or maybe you've already decided to slack off. It's your senior year and you deserve it, right? Before you give in to senior slump, you should know that the college may be watching you. Colleges, especially selective universities, have been known to withdraw offers of admission to students who drop college prep classes or begin earning uncharacteristically low grades. If you've slumped, but not too far, colleges might send you a warning letter and add certain stipulations to your admission, such as requiring a 2.0 grade point average during the first year of college. Taking an extended breather during your senior year can make your freshman year in college difficult. So have fun your senior year, but don't give up on your college preparation. Study hard! **Keep in mind midyear and final grades are sent to each of the colleges you have applied to or plan to attend.**

Scholarships!

Check out our scholarship listing under the college information tab in family connection.

Log onto Family Connection

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

To see the entire list.

The Ocean City Community Scholarship is available. Seniors should strongly consider completing this application which qualifies them for multiple community based scholarships. Applications are available in Family Connections scholarship listing.

Getting a College Admission Deferral

From The College Solution Blog
With Lynn O'Shaughnessy

What happens if your child recently received a **college admission deferral letter**?

Plenty of students, who applied to schools via early action and early decision applications, have received deferral notices.

Students need to understand that a deferral doesn't mean that their hopes have been dashed. It signifies that a school has not decided whether to accept or reject the applicant and will show its hand when the regular decisions are released.

Just because a college defers a student's application doesn't mean the school isn't interested in him or her. With so many students submitting large numbers of college applications to highly selective schools, these institutions are postponing a decision on more applications. Students who were deferred shouldn't sit around feeling sorry for themselves. Here are eight things they can do:

1. Send in the card.

Some schools will ask deferred students whether they want to be considered in the regular admission pool. If still interested, the student should send in this postcard immediately.

2. Ask your high school counselor to intercede.

If the school is the child's No. 1 pick, he or she should ask the high school guidance counselor to notify the college of this fact. A friend of mine, who is the college counselor at a private high school, says she will call or email the institution if this school is truly a teenager's top choice. You can also ask the counselor to inquire what else the applicant with the delayed decision could do.

3. Assess your chances.

Some schools, such as Stanford University defer few students, while schools like Georgetown University defer many. Contact the school to see what percentage of deferred applicants eventually win an acceptance letter. If the odds are poor, prepare yourself mentally to look elsewhere.

4. Write a letter.

Send the appropriate **college admission officer** (if you don't know find out) a letter explaining why you want to attend the school and how you would contribute to the school community.

5. Update the school.

Share any relevant news with the school that you didn't include in your application. This can include your latest grades as well as honors or activities.

6. Consider another recommendation or two.

I'd ask the school if sending in additional recommendations would potentially be helpful.

7. Look for connections.

If a parent or student know faculty, administration or distinguished alumni from the college he/she should solicit suggestions on how to proceed. This might lead to an offer to make a call or write a letter on the child's behalf.

8. Look elsewhere.

It's unfortunate when a teenager gets emotionally attached to a single school. If your child has been deferred, it's best if he or she gets used to the possibility of attending another institution.

Nervous about Standardized Tests? Test Prep is available on Family Connection.

On Family Connection students now have access to an excellent on-line SAT/ACT Prep course called Method Test Prep. To get started, or to investigate this opportunity, students need to go to their family connection home page. On the bottom left will be a "Method test Prep" link. Click on this and you be taken to the Method Test Prep site.

We encourage all students that will be taking the SAT/PSAT/ACT to use this resource. Scores are an important part of the admissions process and can enhance your opportunities.

ATTENTION STUDENT ATHLETES

Any student who is considering playing sports at the Division I or Division II Collegiate Level needs to file with the NCAA Clearinghouse. To file with the **NCAA Eligibility Center** please follow these steps:

- * See your counselor and share your desire to play Division I or Division II
- * Go to: [NCAA Eligibility Center](#)
- * Follow the instructions for registration
- * Create an account
- * Complete registration forms
- * Pay fees
- * Request that an official transcript be sent to the NCAA Eligibility Center (end of junior year)

Winter/Spring Test Dates	Test Date	Registration Deadline
SAT & Subject Tests	March 11, 2017	February 10, 2017
	May 6, 2017	April 7, 2017
	June 3, 2017	May 9, 2017
ACT	February 11, 2017	January 13, 2017
	April 8, 2017	March 3, 2017
	June 10, 2017	May 5, 2017

AP Testing Information

AP registration takes place ON-LINE!

Link for registration can be found on the high school webpage – under guidance – named “AP Testing”. Students can find the link to register there. \$93/exam.

Please be sure to have a credit card or debit card available before beginning registration.

Here are the important dates for the registration process:

Thu, Dec 1, 2016 - Registration Started

Wed, Mar 1, 2017 at 11:59 PM - Registration Ends

Wed, Mar 1, 2017 - Registrations that have not been paid in full will be cancelled and exams will not be ordered.

Link to register: www.TotalRegistration.net/AP/311045

DO NOT BRING: Cell phones, Smart Watches, iPods, MP3 players, other electronic devices, or scratch paper to your AP test(s).

College Board prohibits bringing cell phones or any electronic devices into the testing room, having them on your person, or using them during the break. If a student uses any of these items in the testing room or during the break, they will be confiscated and the student may be dismissed from testing. If a phone rings, vibrates, etc. during the test, it may invalidate EVERYONE’S test in the testing room. Don’t risk it!

Testing Accommodations for AP Exams

If you are a student taking an AP test with an IEP or 504 plan and wish to use your accommodations on the test please contact your case manager and/or your counselor to get the process started. Accommodations are not automatic. A formal request must be submitted to and approved by the College Board. This process typically takes a month or longer so do not delay if you hope to use accommodations for the tests this May.

Career News

Respiratory Therapist - What They Do

Respiratory therapists care for patients who have trouble breathing—for example, from a chronic respiratory disease, such as asthma or emphysema. Their patients range from premature infants with undeveloped lungs to elderly patients who have diseased lungs. They also provide emergency care to patients suffering from heart attacks, drowning, or shock.

Respiratory therapists need at least an associate’s degree, but employers may prefer applicants who have a bachelor’s degree. Educational programs are offered by colleges and universities, vocational–technical institutes, and the Armed Forces. Completion of a program that is accredited by the Commission on Accreditation for Respiratory Care may be required for licensure.

Source:
2015-16 Occupational Outlook Handbook



COLLEGE PLANNING TERMS

Common Application

Form that allows a student to submit one application to many different schools. Available online at: <https://www.commonapp.org>

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 October 1st 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
[College Confidential](http://CollegeConfidential)
FastWeb

Juniors – start your college planning

The last half of junior year is here and that means it's time to spring into action. Ideally, you've already been thinking about college and investigating your choices, but now is the time for action. Just ask any senior. Time goes by very quickly.

Here are some things to do:

- Work with your Guidance Counselor to discuss your preliminary list of colleges. Discuss whether your initial list of colleges meets your needs and interests (academic program, size, location, cost, etc.) and whether you are considering colleges where you are likely to be admitted. You should be optimistic and realistic when applying to colleges.
- Continue to take challenging courses. When registering for senior year, don't just sign up for easy courses, because that will hurt your chances for college admission and you'll pay when you arrive at college and can't handle the coursework.
- Begin to make a preliminary list of colleges you would like to investigate further. Surf the internet and use family connection and college resources in the counseling office or library.
- Start a college comparison worksheet.
- Make plans to visit colleges this spring when classes are in session.
- Start or update an academic resume.
- Register for the SAT & ACT. You should be academically ready to take it by spring of this year. If not, plan to take it in the summer or fall, work hard in your courses and check out free test questions at www.actstudent.org or www.collegeboard.com
- Check into applying to college online.
- Investigate scholarship opportunities.

College and Career Events! Mark your Calendar Now!

Thursday 2/23/17 COMMUNITY JOB FAIR during community lunch (in the Auxiliary gym, we will be hosting the OCHS Community job fair. Students will be asked to provide employers with a current resume' or activity list. (Grades 9-12)

3/24/17 Career Day Featuring "options beyond college": Tarde/Labor Unions/Military, Technical Schools and Employers – During Community lunch in the auxiliary gym (Grades 9-12)

4/5/17 Cape Atlantic School Counselor Association COLLEGE FAIR @ Stockton University 6-8PM *Please note that in addition to the college fair there will be free college planning workshops offered related to planning for college financing as well as how a candidate is evaluated in the admissions process. (Grades 9-12)

4/6/17 "A Night Out with College Admissions Officers" @ 6:30PM in the OCHS library (students and families will hear directly from the admissions professionals how they evaluate a candidate, how to find the right "fit", scholarships, financial aid). Families will also have the opportunity to ask the admissions officers questions in a panel discussion). Princeton University, Lafayette College, Rowan University, Towson University, Rutgers University, La Salle University, Kean University, University of Tampa, University of Delaware and Lebanon Valley College will be in attendance. (Grades 9-12)

Hugh O'Brien Youth Leadership Program

The HOBY leadership seminar is an annual event in which some of the best and brightest high school students from around the country gather to apply and enrich their skill set. The program is designed to empower high school sophomores to further develop their leadership talents so they can become better leaders in their community. Every year Ocean City High School is proud to send one sophomore to this seminar and identify an alternate candidate. We would like to take the opportunity to congratulate Allisun Wiltshire for being selected for the 2017 HOBY Conference and also salute Estelle Richardson for being nominated as the alternate. The designation is well deserved by both young ladies, and we know they will represent OCHS well!

ACCC Jump Start Calendar of Events

Atlantic Cape Community College has a one-stop program with ACCC called Jump Start. In February counselors will brief students on the college and their programs. In March, students will take the ACCUPLACER placement test unless they have scored at least 540-Verbal and 530-Math on the SAT. This test determines students' readiness to take college-level classes. ACCC admissions counselors will visit in May with the results of the ACCUPLACER. It's at this meeting that students will pick their courses for their freshmen year at ACCC.

Seniors should meet with their Guidance Counselor if they are interested in taking advantage of this program.

Tuesday, February 1st @ 8:00am – ACCC information session.

March 10th & 11th @ 8am - Bus trip to take the placement test at ACCC in Cape May Court House (permission slip is required!)

Date T.B.D. The ACCC Advisement Team will be at OCHS in the Spring to set up the schedules for the summer/fall 2011.

Have a Great Winter!



**Ocean City
High School
Guidance
Department**

**Ocean City
New Jersey 08226**

**PHONE:
609-399-1290
Ext. 4214**

**FAX:
609-399-1966**

We're on the Web!

See us at:

<http://oceancity.nj.sch.scoolinsites.com/?PageName=bca&n=17316>