

CONGRATULATIONS GRADUATES!

The Counseling Office congratulates the Class of 2019! We have truly enjoyed working with you and wish you every success in your very promising futures!



Note on Final Transcripts:

Final transcripts will be mailed to the college you are attending during the week of July 8th. You verified this information via your Senior Exit Interview in Naviance. If your college plans change, please let us know ASAP.

If final transcripts need to be mailed elsewhere for scholarships, etc. please let the Counseling Office know.

Preparing Our Students for Future Careers

How do we prepare high school students for their future careers and how do we help them sort through the maze of choices when it comes to colleges and majors? Given our economy and shifting workforce there is no guarantee that the career one prepares for in high school will still be there when college graduation comes along. The vast majority of our students are preparing for jobs that do not even exist yet.

The best preparation then, for any career, is a solid academic foundation. In addition to the required course work, students should take as much math, science, and foreign language

classes as they are able to handle. Electives in business, technology, FACS, and the arts enhance a student's marketability. WeMoCo vocational courses offer excellent training in a wide range of fields. While counselors discuss classes, majors, college and careers many times over the four years a student is here, it is during sophomore year where the most exploration takes place.

Exploring potential careers, college majors, and jobs is what students do in high school, but the bottom line will always be earning the best possible grades that one can. The academic foundation needs to be in place while building for

the future. It's OK not to know what you want to be when you grow up; how many adults did before they graduated from high school? Keep the most doors open with good grades, good attendance, and courses that prepare you for college and life.

Bonnie Frank

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ATTENTION ATHLETES

If you are planning on playing Division I or II sports in college, you **must** register with the National Collegiate Athletic Association (NCAA) at the end of your sophomore year.

The NCAA has opened a new and enhanced student website. At this location students and parents can track NCAA eligibility requirements and download a copy of the latest edition of *The Guide for College-Bound Student-Athlete*. The new site also will present information regarding the "reality" of college athletes taking their skills to the professional level.

NCAA Website...<http://www.eligibilitycenter.org>

Why Go to College or Trade School?

- **Every bit of education you get after high school increases the chances you'll earn good pay.** Most college graduates earn a lot more money during their working years than people who stop their education after high school. This is true for those who pursue further education/training through Trade Schools as well.
- **The more education you get the more likely it is you will always have a job.** According to one estimate, by the year 2028 there will be 19 million more jobs for educated workers than there are qualified people to fill them.
- **Continuing education after high school is much more important for your generation than it was for your parents' generation.** Today most good jobs require more than a high school diploma. Businesses want to hire people who know how to think and solve problems.
- Education beyond high school gives you a lot of other benefits, including **meeting new people, taking part in new opportunities to explore your interests, and experiencing success.**

The Importance of the High School Resume

Admission to college is highly selective today due to the marked increase of students applying for the limited open slots, therefore, it is imperative that you find a way to stand apart from all the other applicants. A high school resume can help do that for you! It is one of the most important marketing tools that you can use in selling yourself. Essentially your resume provides a snapshot picture of the "REAL" you: your interests, passions, achievements, and contributions BOTH in and out of the classroom.

Although the resume includes the same information that a college application asks for, it has several distinct advantages:

1.) Your resume will highlight your most significant achievements and experiences during your high school career and in doing so, it may help you develop a thematic approach to your application. By reading through your resume, you may gain insight into what makes you so special and unique from other students. You can then work this theme of what makes you "you" through-

out your application.

2.) The college application allows only limited space to relate your academic and extracurricular achievements. Your resume will give you the opportunity to elaborate on ALL of your significant involvement and achievements in activities both in the classroom and in the community and, most importantly, you will be able to describe the specific contributions you made in each endeavor.

3.) After you develop your resume, it's a "done" document so it will be easy for you to simply transfer this information to your college application without making an error or omitting any significant experiences or honors achieved.

4.) You can use your resume to help your teachers and counselors write a better letter of recommendation for you because it will remind them in specific detail your interests and the many accomplishments you have achieved during high school. It will also demonstrate to them your seri-

ousness of purpose in the college application process and your good organizational skills.

5.) A well-done resume will enhance your application by providing a professional and organized appearance to your application package.

Your resume serves many purposes, but one of its main goal is to help you gain a competitive edge in the college application pool. Don't be afraid to market yourself. Use your resume to shine!

www.collegebasics.com

SAVE THE DATE

Financial Aid Night

October 1st, 2019

6:30 p.m.

High School Library

Please plan on attending to hear about changes to the filing process.

Using Naviance for Your Resume



We highly recommend you either complete your resume in Naviance or upload a resume you already have.

- ⇒ Use the *Resume Template* under the *About Me* tab in Naviance; you can continuously update it as you add new experiences.
- ⇒ Upload an existing resume under the *About Me* tab: click on *Journal* and upload. Be sure to give counselors and teachers permission to read it to aid in writing any recommendation letters you will be asking for.

College Application Preview for the Class of 2020

Although it's just getting started, the summer will go quickly. For the Class of 2020 it is especially important that you use the summer months wisely in narrowing down college choices as the application process will start once you return in the fall. Please make sure that you are completing college visits

and begin updating and/or creating your resume. Remember that colleges look favorably on volunteer experience and community involvement. Your Naviance account can help with all of this.

Counselors will be utilizing Schoology to send seniors im-

portant information on the college application process starting this fall.

College Application Workshops will also be held every Wednesday throughout October & November during advisement in the library computer lab.

As always, you are also welcome to make an appointment with your counselor for help along the way.



Summer Planning Guide

School is over and summer break is here. Are your summer plans intact, or do you prefer to do nothing at all? To get the most out of your summer break, be active and spend your time doing something productive such as working, volunteering, or planning for college. These things will not only help you avoid being a couch potato, but will give you independence, help you acquire new skills and grow personally and professionally. Use this guide to plan your summer experience.

Find a job: If possible, find a job that you enjoy and will help you with your long term aspirations. For example, if your long term career goal is to teach, look for jobs that will allow you to work with students in some capacity like a student tutor or camp counselor. **As a reminder, applications for working papers can be obtained in the Counseling Office.**

Find an Internship: An internship may be tough to find on short notice, but ask around. You may be able to find an unpaid internship with a local company, community organization or through employers of people you know. Internship experience will look good on a college application and resume, help you gain confidence and help you discover your strengths and weaknesses. Visit www.fastweb.com and www.monstertrak.com to find full-time, part-time and internship opportunities in your area.

Volunteer: Volunteering is a great way to help your community, enhance your skills, im-

prove your resume, and enrich your college and scholarship applications. You can find opportunities at food banks, homeless shelters, hospitals or anywhere else in your community. For example, organizations like Habitat for Humanity give its volunteers the opportunity to build homes for families in need. To learn more, visit www.habitat.org.

To get matched to opportunities based on your location, interest area, skills and more, visit www.volunteermatch.org.



Plan for College: The summer is a good time to research schools and narrow down your options, especially if you are going into your senior year of high school. Search various college and university websites for general information about schools, admissions requirements and tuition costs.

Start a portfolio of schools you are interested in, and list them according to your top choices, by name, or classify them any other way you desire. Keeping a portfolio or notes on each school will help keep you organized and in good shape once it is time to apply. Visit campuses: If possible, visit your top choice of schools to learn more about their academics, student and campus life, financial aid options and to get a more intimate experience. If

your top choice schools are too far, or you aren't able to visit due to financial constraints, visit schools in your area (even if you are not interested in staying locally) so that you will get a glimpse into the overall collegiate experience.

Take a class: Get a head start on college, fulfill some needed requirements, improve on a subject where you need help or acquire a new skill. Community colleges or nearby universities may have summer learning opportunities available for a relatively low cost. In our area, The Memorial Art Gallery, Community Dark Room and town community education programs all have interesting and educational classes available throughout the summer and school year.

Improve your test score: Take an ACT or SAT prep course to help you achieve the best possible scores on your standardized exams. Many standardized test prep courses charge fees so do your research at your local library, on the Internet or at local colleges to find the best possible and most affordable prep courses.

FastWeb.com

Mental Health on Summer Vacation: List of Resources -
<http://www.spencerportschools.org/cms/One.aspx?portalId=432342&pageId=2810461>

Mental Health Wellness on Summer Vacation: List of Resources -
http://www.spencerportschools.org/parents_community/family_support_center/mental_health_wellness

College & Careers 2019 at Rochester Institute of Technology

Experience Life as a College Student!

The 29th Annual College & Careers program at RIT is an amazing opportunity for you to explore career options through interactive academic sessions. These sessions include personal hands-on experience, demonstrations and discussions. Working with their renowned faculty and students you will discover and utilize the state-of-the-art facilities and technology available at RIT.

This two day career conference is designed to help students, who will be entering their senior year in the fall, gain the experience and knowledge necessary to start making career decisions about their future. In addition, College & Careers is a great way to experience life as an RIT college student. You will get to sleep in their residence halls, eat in their cafeteria and participate in Friday night social activities with other college-bound seniors.

Regardless of your background or academic interests you will find College & Careers to be a rewarding and fun way to explore your future.

July 19 & 20

August 2 & 3

Registration is open now!

R-I-T

<https://www.rit.edu/emcs/admissions/careers/register.php>

Phone: (585) 475-6631

2707 Spencerport Rd
Spencerport, NY 14459
Phone: 585-349-5241
Fax: 585-349-5280

Secretaries

Mrs. Burnett
Mrs. Schmitt

Registrar

Mrs. Snyder

Infinite Campus Coordinator

Mrs. McSorley



Counseling Assignments for 2019-2020

High School Counselors loop with their students from year to year. Counseling Assignments for 2019-2020 school year are as follows:

10th and 12th Grade (Classes of 2022 & 2020)

A-K Mrs. Heidi Morgan 349-5212
L-Z Mrs. Amy Gillett 349-5244

9th and 11th Grade (Classes of 2021 & 2023)

A-K Mrs. JoAnn Krywy 349-5243
L-Z Mrs. Jocelyn Paolozzi 349-5246

The Academy, 12:1:1, & 15:1:1
Mrs. Rebecca DiNatale 349-5242

Intervention Specialist
Mrs. Kate Zobkiw 349-5245

In life, finding a voice is speaking and living the truth. Each of you is an original. Each of you has a distinctive voice. When you find it, your story will be told. You will be heard.



John Grisham

What You Need to Know About Registering with the Selective Service

The Selective Service is a government agency whose job it is to provide untrained manpower for the Armed Forces if there's a national emergency. By registering, you add your name to a list of all the men in the nation, ages 18 through 25. The list would be used to identify men for possible military service in case of a national emergency. The law states that all 18 year old men **must** register. You are required to register within 30 days of your 18th

birthday and can do so on-line or at your post office.

If you have questions about the Selective Service go to:

www.sss.gov
or call
1-847-688-6888

Military Academies

Students interested in the United States Military Academies should start the application process leading to acceptance during the junior year. The process includes filling out application forms, taking the necessary college admission examinations and sending test scores to the appropriate institution. Candidates for all but the Coast Guard Academy must have a nomination, usually from a member of Congress or the Vice President of the United

States. Contact the academy of your choice for additional information.

Airforce Academy:

www.usafa.af.mil

Army- West Point:

www.usma.edu

US Coast Guard Academy:

www.cga.edu

US Naval Academy:

www.usna.edu