



Pisgah High School

Freshmen and Sophomores Only!!

It's hard to believe that 2/3 of the fall semester is already over, but here we are looking at Thanksgiving with Christmas just around the corner! By now, you freshmen are probably wondering why you might have been anxious about high school; the class of 2012 (sophomores) is most likely enjoying being a step up from the first rung of the PHS ladder.

Some of the following information will be new, some will be reminders to many of you. Please feel free to come by the Counseling Center as the need arises to meet with your counselor. This year we are all working with 9th-12th grades; your individual counselor depends upon the first initial in your last name:

Lori Mills, A-G
Stan Blackburn, H-O
Teresa Heinz, P-Z.

In addition to your counselors there are some other folks that are here to help!

Your Guidance Secretary:

Lee Anna Hardin

Your Career Development Coordinator:

Lynn Ray, E Building

Your School Nurse:

Sandy Clark, A Building

Your School Social Worker:

Carol Sorrells, Guidance

Your School Psychologist:

Kristin Kane, A Building

As 9th and 10th graders, there are some important dates coming:

PSAT –Test results will be available in early January, 2010. We'll announce the schedule for meeting with you and your parents to interpret them.

The Tenth Grade Writing Assessment– March 9, 2010- An opportunity to display your writing skills.

First Semester Final Exams- mid-January, 2010.

Grades, Report Cards, and Transcripts

Tuesday, November 17th, was the end of the second six-weeks grading period; report cards will be available on Monday, November 23rd. With this report card, you will have earned 1/2 of the final grade for the first semester. Remember, though, you still have 1/2 yet to earn. (The third six-weeks will equal 1/4 and your final exams will each equal 1/4). Notice we said the grade you have and/or will earn. It's important to remember that you are controlling your grades rather than anyone else, so do your best!

Why do my best? Aside from the fact this is always your best course of action, it is because you are building your academic record. It's obvious you'll want to present an excellent transcript (the document that contains your academic/attendance record) with college and scholarship applications.

Potential employers may also ask for a copy of your transcript. From it they will get an idea of how much effort they might get from you (grades) and how reliable you are (attendance).

Your transcript will also contain your GPA (grade point average) and class rank (where your GPA ranks in regard to your fellow freshmen/sophomores). Colleges, scholarship committees, and employers are all interested in these figures.



Involvement

OK! I'm paying attention to my GPA, class rank and attendance, so it's all good, right? Probably not yet. Keep in mind that college admissions offices and scholarship committees are also interested in your extra-curricular activities. These include clubs, athletics, volunteer service in your community and the like. Being heavily involved in leadership roles is a must for many of the best scholarships. And, your involvement must *start early* in your high school career and not simply because you've read the eligibility requirements for a scholarship.

How do I get involved? *Try out* for a team. If you aren't selected, maybe they'll need a student manager.

Find a club. There are clubs at PHS based on your academic standing, some on your interests, some on your desire to make a difference in your world. Check with your counselor if you're unsure of how to contact the club sponsor.

Summer activities are important, also. This is an excellent time to be involved in volunteer activities. Your church, the local soup kitchen, Habitat for Humanity, the Yellow Pages (Social Services Organizations) are places to look for opportunities. Summer Ventures in Science and Math, Governor's School, Page programs, Rural Electric Youth Tour and others also offer excellent ways to enrich your time between school years.

Bringing It All Together

This is a lot to think about; how do I keep it all straight? Since you asked, one of the most useful tools you'll ever find on the internet is CFNC.org. When you create and access your MyCFNC account you can do a multitude of things. You can :

- Save information about your high school courses, grades, awards, activities, etc.
- Research and make decisions about careers
- Research and apply to colleges
- Learn about ways to pay for college.

Remember this bit of advice from CFNC:

"The following points are things you should keep in mind throughout your high school

experience if you want to go to college:

- Plan early and work hard to keep your options for college open.
- Take responsibility for your grades and your learning.
- Challenge yourself academically. Grades are important, but colleges also pay attention to the difficulty of your coursework. If you want to apply to a selective college, take AP, honors or college-level courses, if available.
- Know deadlines and meet them! This is extremely important, whether it's a deadline for testing or submitting an admissions application or filing financial aid information. "



CFNC.org
866-866-CFNC
Helping You Plan, Apply, and Pay for College

"Challenge yourself academically. Grades are important, but colleges also pay attention to the difficulty of your coursework."

Scholarships

Ninth and tenth graders don't have any **scholarship opportunities**, do they? Sure they do: Prudential Spirit of the Community Awards, Young Eco-Hero Awards, Scholastic Art & Writing Award, Young Naturalist Award, Ayn Rand Institute-*The Fountainhead* Essay Contest, Huggable Heroes, The Sweet Diggity Dog \$20,000 Scholarship (yes, you read it right) are but a few of the possibilities. None of these are easy to

achieve, but what *is* easy that is worthwhile?



Attendance!

Check with your teachers to see if you have over six (6) absences. If you do, get an Attendance Policy **Appeal Packet** in the Main Office or the Counseling Center and follow the enclosed instructions. Saturday school will be held December 19, 2009 and January 9, 2010.

We invite you to see us in the Counseling Center about the above or any academic, career, or personal/social issue. Stop by soon!

Career Quiz

How many years of college would you need for each of these careers?

- A. Teacher
- B. Doctor
- C. Fashion designer
- D. Architect
- E. Lawyer
- F. Engineer
- G. Dental hygienist
- H. Counselor

Answers to the Career Quiz

- A. Teacher: Four years
- B. Doctor: Eight years
- C. Fashion Designer: Two years
- D. Architect: Five years
- E. Lawyer: Seven years
- F. Engineer: Four years
- G. Dental hygienist: Two years
- H. Counselor: Six years

Did any of the answers surprise you? You can learn more about these careers and others in the Career Center at CFNC.org.