

Support Services Newsletter

VOLUME 1, ISSUE 1

SEPTEMBER 2008

Welcome back to all our students!

Our Support Services Staff for 2008-2009:

Carolyn Hunsicker– 12th Grade Counselor & Guidance Department Chairperson

Beverly Jordan– 11th Grade Counselor

Sean Hembree– 10th Grade Counselor

Pam Boan– 9th Grade Counselor

Rose Pentz– Support Counselor

George Wunder– Knight Support
Counselor

Stacy DeSalvo– Career Connections Coordinator

Hope McKeiver– Registrar

Jo Anne Norton– Data Clerk

Alicia Caltrider– Guidance Secretary

Ginger Halvorsen– Guidance Secretary

Debra Kachik– School Psychologist

Steven Shoup– Pupil Personnel Worker

Anne-Marie Mueller– DJJ



“Each One Matters”

*Emails for all Support Staff are available at the school website: www.centuryhigh.org

Special WELCOME to our new 11th Grade School Counselor: Mrs. Beverly Jordan & Guidance Secretary: Alicia Caltrider

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Mrs. Beverly Jordan

Mrs. Jordan comes to CHS from 14 years as a Middle School Counselor at New Windsor Middle School.

Mrs. Jordan is very excited to be working at Century and is, “looking forward to working with students at the next level of their education.” She particularly enjoys, “helping students reach their goals” for the future and for life after high school. Mrs. Jordan comes highly recommended to CHS and we’re glad to have her!

In her spare time, Mrs. Jordan loves to travel, read, and spend time with friends, when she is not driving her two kids around!

Mrs. Alicia Caltrider

Mrs. Caltrider comes to CHS from 2 years at Taneytown Elementary serving as a Data Clerk and Special Education Clerk. Previous to her employment in the school system, Mrs. Caltrider worked at a bank for 6 years. Outside of school, Mrs. Caltrider is involved in numerous community organizations. She has been a member of the William Winchester Chapter of the Daughters of the American Revolution (DAR) for 24 years. In this time, she was chapter regent twice and held many chapter offices and chairmanships. Most currently, she is serving as Junior American Citizen Chairman, Vice President of the National Vice Chairmen’s Association and National Vice Chairman on the Marshall Committee and Memorial Service Committee and Ethics Chairman and Chapter Achievement Committee Chairman.

In her personal life, Mrs. Caltrider is a voracious reader, loves needlepoint and has a black lab named Buddy and a tabby cat named Rocket. She and her husband Dirk will be celebrating their 28th wedding anniversary this October. Both Mrs. Caltrider and her son are starting high school together this year, although at different schools. Mrs. Caltrider is looking forward to getting to know CHS students and, “watch them go from young unsure adults to adults ready to take on the world!”

9th Grade– The High School Transition Year

As we discussed at our 9th Grade Orientation, 9th grade is a great change in the lives of your young adolescent. Although they are still a part of CCPS, they are now entering high school with new expectations, new schedules, new everything! They are going from the top of the totem pole in middle school, all the way down to the bottom at high school in one short year! All these changes can make for a very difficult year for some students.

So, what can you do to help your 9th grader navigate through the challenges of this year?

ENCOURAGE them to:

- **Get involved in school!**

-Sports, Drama, Music, Clubs & Activities, Student Voice Committee or Student Government are just a few suggestions! Students can see their Advisor for a complete list.

- **Attend school daily!**

- Missing school time only increases stress levels for students. It is important for your student to be here everyday. Since classes are 90 minutes each, they are missing a great deal of important information and instruction when they are not in school.

- **Become a better Student Advocate & seek out resources!**

- Students need to learn to speak up for themselves when they need help. Through Seminar class, students are informed about all the resources available to them here at CHS. This includes not only services such as AM Help and the Media Lab but also, the people in the school, such as guidance counselors and advisors. Encourage your student to know and seek out help when needed. Remind them that everyone needs help in life, nobody can do it all by his/herself.

- **DO their homework every night!**

- Students need to keep up-to-date with homework. I suggest setting a regular, consistent homework time each night. This means that during a specified time (decided on by you and your adolescent), he/she is doing homework. Even when he/she says they do not have homework, or already completed it, you can use this time for reviewing, studying or planning for the next day of school. Keeping a consistent time each night will help ensure they are staying on track. Also, make sure your student is writing his/her homework in their agenda book each day. This way, they will also know where to look and you'll be able to know the assignments as well.



- **Communicate with Teachers!**

- Often times, students are afraid to ask questions or get clarification in class. Encourage your adolescent to talk directly to the teacher on their own first. Asking questions is a good thing!! And, remember, they are in high school now and need to start advocating for themselves. If the issue is not resolved, then you may want to get involved.

- **And finally, remind them that a lot of their peers are going through the same struggles as 9th graders.**

-Try to remember what it was like to be a 9th grader yourself...what did it feel like? What were your fears and doubts? Everyone goes through it, some more successfully than others. But the good news is that they will make it through!

For the PARENTS of 9th Graders:

Remember that this is the stage in your child's life when he/she wants INDEPENDENCE from parents, but also still needs to DEPEND on you! This is a challenging time for both of you! Try to be mindful and understanding of this dichotomy that they are living through. Allow them to handle certain situations on their own, like talking to a teacher about a concern they have about a grade they received on a test. This helps them feel more confident in themselves and encourages their independence and it allows you to be there for your teen in other ways, like keeping an eye on their homework, study time and curfew. Also, remember that social and emotional concerns will impact their academics! Pay attention to your child's mood, interest in school, and their social network of friends.

Be involved, but not too involved! Balance is KEY! Each student's needs are unique in this way and you know your child best, so you will know what they need from you better than anyone else. Most of all, they need your support! Applaud their successes, even the little ones, and stay connected with your teen so they feel comfortable talking to you about things! As always, stay involved in their life and keep the lines of communication open with your teenager's teachers, advisor, school counselor and administrator. Attend games and performances, even if your teen is a bit embarrassed by your presence. If nothing else, you can watch the other players on the team or in the play or performance. And, regularly attend the Meet-the-Teacher and Advisory Nights to stay on top of your teen's academic experience in high school. Showing support in these ways lets your teen know that you care and want what is best for them!

Have a great school year!!! - Ms. Boan :)

Parent Workshops

October

Parenting Teenagers: Monday, Oct. 13th, 6:30pm– 8:30pm

Discipline with Love: Monday, Oct. 20th, 6pm-8pm

November

1-2-3 Magic: Tuesday, Nov. 11th, 6pm-8pm

(Dealing with difficult & manipulative behavior of Elem. Students)

Strengthening Stepfamilies: Wednesday, Nov. 19th, 6pm– 8pm

December

Dealing with Challenging Children: Monday, December 1st, 6-8pm

Attention Difficulties in Children: Wednesday, December 3rd, 6-8pm

Cost: \$12 each class (\$18 for 2 people)

* Scholarships available

Register at:
www.ccysb.org

For questions,
call: 410-848-2500

ext. 133



Carroll County Youth Service Bureau is a private, non-profit organization providing a continuum of community-based mental health services for children, adults, and families in Carroll County.

CHARACTER CORNER: September is RESPECT

“**R-E-S-P-E-C-T** find out what it means to me,” isn’t that how the Aretha Franklin song goes?! Well, what does respect mean to you? Or to me? How do we define respect? Who defines what respect really is? When we tell our students and teachers to respect one another, what are we saying? Respect can be defined as obedience, esteem, honored or well-regarded, courtesy, thoughtfulness toward, self others or the environment...and the list goes on.

Often times in school we hear students saying that they want to **be** respected, or that someone **disrespected** them. Everyone wants to be respected, but what are each of us doing to **GET** respect? Keep in mind, you have to respect yourself first, before you can respect others. Thomas Jefferson once said, “Sir, I will treat you as a gentleman, not because you are one, but because I am.” So does that mean that we show respect in order to get respect? Or is respect something that should be earned? It’s an age-old question.

I think that whatever you have been taught that shows respect, or whatever you believe shows respect, you should do that. Don’t worry about what others are doing to you, but rather, what you are doing to others and what you know to be right. Be a role model, and let your actions speak to your character. This way, you’ll never go wrong!
- Ms. Boan

“MEN ARE RESPECTABLE ONLY AS THEY RESPECT.”
- RALPH WALDO EMERSON

Career Connections– Important Information!

Any **JUNIOR** interested in doing a NSA internship in their senior year must attend the **mandatory meeting** on **September 17th at 2:45pm** in the Career Center in guidance. The NSA security clearance takes a year and applications are due in the very near future. See Mrs. DeSalvo if you have questions.

Any **SENIOR** wanting a Spring 2009 internship must attend an after school meeting on **October 22nd at 2:45pm** in the Career Center in guidance.



* For more information about Career Connections, visit our school website and look for the Career Connections tab!

Career Connections

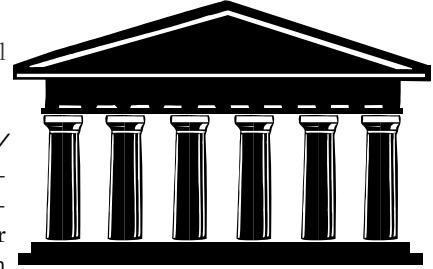
“A network of partnerships between school, business and community college to better prepare students for the workforce of the 21st century.”

TESTING– PSAT: Wednesday, October 15th

According to www.collegeboard.com, “understanding your students’ strengths and skills is essential to helping them succeed in high school and beyond. Grades and teacher feedback can provide important information. But how do their skills compare nationally? Is there a way to gauge their skills objectively—and help them build on strengths and address weaknesses? The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) is a rigorous, national assessment that measures the critical reading, mathematics, and writing skills your students will need for higher education and careers after high school.” In the Junior year ONLY, the PSAT is used to identify National Merit Scholars. Sophomores cannot qualify for National Merit Scholarship.

At Century, we PAY for all **10th and 11th graders** to take the test, because we feel it provides a great deal of valuable information for ALL of our students.

Each of these students has received an *Official Student Guide to the PSAT/NMSQT*, a booklet that covers information about the test, how it is scored, information on each of the three sections (critical reading, writing and math) and a full-length practice test. Please take time to review this booklet with your son/daughter prior to test day and encourage them to take the practice test. The booklet is an excellent tool to help ensure your child’s success on test day. If they cannot answer or complete some of the questions, have them check with a Math or English teacher here at CHS.



For our juniors, there is also a large section in the booklet that explains the National Merit Scholarship Qualifying process, an important part of the process to gain access to their scholarships and awards.

Students are reminded to be **on-time** to school on test day, **Wednesday October 15th**, as we will be administering the test in the morning. The test is approximately 2 hours in length. Also it is recommended that students dress in layers, get plenty of rest the night before... and remember to eat a good breakfast!

TESTING– SAT– Upcoming Dates & Deadlines

DID YOU KNOW?!

According to Collegeboard (the maker of the SAT), the “average scores for the **class of 2008** remained stable at **502** for critical reading, **515** for mathematics and **494** for writing.”

In addition, the Collegeboard has found that, “Of all three sections of the SAT, the writing section is the most predictive of students’ freshman year college performance for *all* students, demonstrating that writing is a critical skill and an excellent indicator of academic success in college.”

- ◆ Have you taken the SAT yet?
- ◆ How do your scores compare with the National Averages?
- ◆ What are the average SAT scores of incoming freshmen at the colleges you are interested in applying to this year?

Test Date

Deadline to Register

| | | |
|---------------------|---|---------------------------|
| October 4th | → | September 9th |
| November | → | 1st September 26th |
| December 6th | → | November 5th |

** For the SAT, → Students are encouraged to **register ON-LINE at www.collegeboard.com**. A “How-to” guide for assistance with registering for the SAT is available in Guidance.

Fee waivers are available to qualified applicants, so go to the website to see if you qualify!

And finally, remember to include our **high school code: 211004** when registering. If you know the colleges you want scores to be sent to, include them at no cost when you register! If you send them later, the Collegeboard will charge a fee for this service for each school.

SENIORS! Are you college-bound? If so, are you prepared?

Seniors, if you're planning to attend a 2- or 4-year college or university next year, it's time to start applying! Deadlines are quickly approaching! Some colleges have early decision (Nov. deadlines) and early action (Jan./Feb. deadlines) programs that you need to be aware of now! If you do not know what these terms mean, you should find out from your college or your guidance counselor.

Hopefully, by now, you have taken the time to: research and visit colleges over the summer, narrow down your selections to 3-5 prospective schools (including some back-up schools) update your resume, start writing college essays, and you have taken the SAT or ACT at least once.

One question that a lot of Seniors ask is: "Do colleges really care about my senior year?" The answer is a resounding **YES!!!**

The senior year is extremely important to the college admissions office. Colleges will require students to send an official transcript as well as a copy of their current schedule. They are specifically looking at the strength of the schedule to determine how serious the student is about his/her academics. They will be looking for things such as: the number of Honors and AP classes, classes related to the student's declared major, and of course, grades-to-date. If students are taking an easy schedule or "blowing off" their senior year, they will definitely put themselves at great risk for not being admitted into their college of choice. So, if you haven't already, you need to get to work!!!



Check application procedures and deadlines for colleges you are applying to TODAY!!!

For help with the college admissions process, stop down in guidance and make an appointment with your school counselor, Mrs. Hunsicker.

Don't wait until it's too late!

"Before anything else, preparation is the key to success."

- Alexander Graham Bell

Requesting a Transcript from Guidance (New procedure!)

#1- Visit the guidance office to pick up a TRANSCRIPT REQUEST FORM.

#2- Once your transcript request is filled out, return it to Mrs. McKeiver in guidance

- The first 3 transcript requests are FREE. After that, the cost is **\$1.00** per transcript.

#3- We require a **minimum of 10 school days** to process a transcript and **3 weeks** for a Counselor Recommendation.

#4- If a Secondary School Report is needed, please turn it in with the transcript request form. You can obtain this form from your college's website if it is required by the college.

#5- If a letter of recommendation from Mrs. Hunsicker is needed, please visit our web site (www.centuryhigh.org) under the School Counseling Tab then under College/Postsecondary. Complete the Senior Recommendation Request form, AND the Senior Activity Form.

- To use the senior recommendation request form on our school website, please copy and paste the form into a Microsoft Word document. Additional space may be added beneath each question to make room for answers to the questions asked.

#6- After completing the senior recommendation request form and senior activity form, please e-mail the two documents to Mrs. McKeiver at hmmckeiv@k12.carr.org.

#7- Mrs. McKeiver will handle the collection and mailing of Mrs. Hunsicker's recommendation as well as all other necessary paperwork.

* It is ideal to try to get ALL your paperwork (Transcript, Secondary School Report, and Counselor Recommendation Form) sent to the college at the same time. This means, if you require a Counselor Recommendation, you should fill this out first and submit it on-line, then go to guidance and turn in your Transcript and Secondary Report to Mrs. McKeiver.



Century High School

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Sykesville, MD 21784

Phone: 410-386-4400
Fax: 410-386-4413

WE'RE ON THE WEB!

WWW.CENTURYHIGH.ORG

What is a Peer Facilitator? How can they help?

Peer facilitators are students in 11th or 12th grade who have been trained over the summer to assist students at CHS with topics such as:

- Adjusting to high school
- Coping with family, teacher, or friend issues
- Dealing with boyfriend/girlfriend problems
- Making good choices & finding solutions
- Handling stress and other emotions

Students can request to see a peer in the Guidance Office at anytime. Stop by and see what they can do for you!

College Visits to Century– Sign up TODAY!



Please keep in mind that these college representatives are the actual area recruiters who our students will be dealing with when formally applying to these schools. In other words, these visits represent an excellent opportunity for our students to make a good impression on the very people who will be responsible for screening and ranking applications! We encourage students to sign-up for no more than three visits, though we are certainly willing to allow students to increase that number if they discover additional colleges of interest.

To attend, students simply need to visit the Guidance Office and **sign up** in our College Visit book. Passes will be issued to students the day of the college visit.

College Name

Date of Visit

Time

| | | |
|--|--------------------------|-------------|
| Juniata College | Friday, September 19th | 1:30pm |
| West Virginia Wesleyan College | Tuesday, September 23rd | 10:00am |
| The Marines | Thursday, September 25th | All lunches |
| Univ. of Mary Washington College | Friday, September 26th | 10:00am |
| Salisbury University | Tuesday, September 30th | 8:30am |
| Frostburg University | Tuesday, September 30th | 9:00am |
| Stevenson University (formerly Villa Julie) | Tuesday, September 30th | 11:45am |
| Bridgewater College | Tuesday, September 30th | 11:30am |
| UMBC | Tuesday, September 30th | 1:00pm |
| Penn College of Technology | Monday, October 6th | 8:30am |
| Shippensburg University | Monday, October 6th | 9:00am |
| St. Mary's College | Monday, October 6th | 11:30am |
| Randolph Macon College | Tuesday, October 7th | 8:30am |
| Shenandoah University | Tuesday, October 7th | 9:00am |
| James Madison University | Tuesday, October 7th | 9:30am |
| Towson University | Thursday, October 9th | 9:00am |
| College of Notre Dame | Thursday, October 9th | 10:00am |
| York College | Thursday, October 9th | 1:00pm |
| Lycoming College | Monday, October 13th | 8:30am |

Last Minute Addition!!!

Pennsylvania College of Art & Design

Friday, September 19th 9:30am