



Guidance News

November 2011

Educational Planning Event a Success... What's next?

Chadron Public Schools

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CHS Health Professions Blood Drive—11/16

8:00 a.m.—Noon

Please call Carolyn at 432-0707 if you would like to sign up and donate!



On Monday, October 10th, CHS hosted an area-wide educational planning event at Assumption Arena. All Chadron High juniors and seniors were encouraged to attend. We were joined by students from both Crawford and Hay Springs High Schools. A big thank you to the CHS parents who took time out of their schedules to attend as well! I would also like to thank our administration for their willingness to let students out of class and the Catholic community for use of the facilities.

We had representatives from over 37 institutions represented, and students were able to browse and ask questions. Hopefully, all CHS students were able to gather some good information and get their questions answered.

Visitations continue.....this week alone, we'll have the Army, Southeast Community College, Wayne State and the National Guard/ ROTC visiting CHS. Please encourage your stu-

dents to spend time visiting with these folks.....**it's the next best thing to an actual college visit.**

According to EducationQuest, NOW is the time for seniors to contact their top colleges to ask about deadlines and the process for applying for admission, college-based scholarships and financial aid. Students, be sure to apply to your top 3-4 colleges before the deadline and let the Guidance Office know what you need from us! We will be glad to send transcripts, senior schedules, class rank verification forms, ACT scores and anything else you might need. Keep your resume up to date and be sure that you have started the process of asking for letters of recommendation.

Juniors, your senior year will be less stressful if you can narrow your choices now. Review college profiles at EducationQuest.org for information about colleges in Nebraska and across the country. If you are interested in going to an out-of state school,

check out the Midwest Student Exchange Program at <http://msep.mhec.org>.

If your student is a junior or senior considering a community college, we still have a few spots left for our field trip to WNCC on 11/14. See Mrs. Hinrichs for details on this exciting trip.....we'll stop at WNCC-Alliance campus, then check out the Powerline Program outside of town and finally the main campus in Scottsbluff. Students are usually very interested in the Auto Body, Auto Tech, Welding and Nursing Programs! Join us for a great day.



PLAN test administered to sophomores

On October 19, 2011, we administered the PLAN test to all of the sophomore class. One of the reasons we give the test is because it is very similar to the ACT test, and gives younger students an idea of what the ACT will be like. Although the time limits are shorter, the sections are exactly the same as the ACT test: English, Math, Reading and Science. The PLAN results will show a range in which a student's ACT score is expected to fall. Students are able to determine the areas in which they may need to work a little harder, or beef up their schedules.

Another benefit of the PLAN test is the career exploration portion. Students were asked 72 questions in order to determine their interests. These interests are then placed on a wheel, which shows interests of professionals. For example, a student's interests might match those of professionals in the medical field. If the student shares interests with these people, chances are good that the student might like their profession as well. I will be sending home the results as soon as we receive them, so keep your eyes open! We will use this

information as we schedule students next spring. Ideally, we want students to understand how their course selections help them achieve their goals!

Finally, I would like to compliment this group of students on their exemplary behavior. Sometimes large groups of students can get restless or unruly, but these students were a pleasure to work with. We sincerely appreciate their mature attitude and behavior.

Important Dates/Visitations-

Wednesday, 11/9—Black Hills State University will have a rep here at 1:30 p.m.

Monday, 11/14—We will be taking students on a field trip to WNCC.

Tuesday, 11/15—Renee from Western Dakota Tech will be here to visit with students, and will provide some hands-on activities to help encourage career exploration. Time? Over the lunch hour.

Wednesday, 11/16—CHS Health Professions Blood Drive. Time: 8:00 a.m.—Noon. Please contact Carolyn if you want to schedule an appointment to donate. We need you!

Thursday, 11/17—Robyn from WNCC will be here to administer the E-Compass test. This test can often be used as a substitute for the ACT at selected colleges. If your student is considering a community college, you may want to encourage them to take the test. The test is FREE and offered at CHS—there's really no reason not to take it!!!

Wednesday, 11/23—Friday, 11/25 is Thanksgiving break.

Saturday, 12/10—Final ACT for 2011. Deadline was 11/4 (or you'll need to pay a late fee). Most seniors should've taken the ACT by now!!!

Wednesday, 12/21—End of 1st semester. School will be over at 1:30 p.m. for the start of our Christmas break.

Monday 1/2—No school for students (in-service for teachers)

Tuesday, 1/3—First day of 3rd quarter.

January 10, 2012—Our financial aid program, sponsored by EducationQuest. 6:30 p.m. in the Auditorium.

Do you have suggestions for the Guidance Office?

I'd love to hear them—please give me a call at 432-0707!

ACT Test Dates

It's not too soon to register for the ACT! We recommend that students take the ACT as a junior. You may take the test as often as you desire, and colleges will accept your highest score on any ONE testing date (you cannot mix and match high scores from various testing dates).

Please register on-line at www.actstudent.org or stop by the Guidance Office. **Please keep in**

mind that you may qualify for a fee reduction if you are eligible for Free/Reduced meals at school.

Remaining test dates for 2011-12 are as follows:

*12/10/11	Register by 11/4/11
2/11/12	Register by 1/13/12
*4/14/12	Register by 3/9/12
6/9/12	Register by 5/4/12

*Please be aware that the only dates offered at CHS are October, December and April. Chadron State College offers testing on ALL of the dates shown.

We have booklets called "Preparing for the ACT". Have your student pick one up today!!!

Scholarships

Scholarships are starting to pour into the Guidance Office. If you are the parent/guardian of a senior, we have enclosed a copy of all scholarships that we have received this fall. Thanksgiving break is an EXCELLENT time to work on scholarships.....after feasting.



Please keep in mind that various schools handle scholarships differently. For example, CSC has one scholarship application for most of their scholarships (with the exception of art, music, performing arts or sports). South Dakota School of Mines, on the other hand, has NO scholarship application—everyone who has been accepted by 2/1 is automatically considered for scholarships. The moral of the story? Check on the procedure for the school you are interested in! We don't want you to miss their deadlines.

Please let us know if you need assistance with the scholarship process.

Thought for the month:

Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow.

~Edward Sandford Martin



Another look at the 40 Assets.....finding balance!

As you recall from last month, the 40 Assets Program is an innovative way of looking at how we can positively impact a child's life. A complete list of the assets was provided in the October newsletter and I provided a graph showing how assets provide a "protective factor" in keeping kids away from risky behaviors such as alcohol and drug use, violence and early sexual activity.

This month, I wanted to provide excerpts from an article written by Jolene Roehlkepartain (www.parentfurther.com). Her article is entitled, "Why Balanced Kids are Happy Kids" and I felt that her main points were worth passing along!

Research shows that successful kids have a healthy balance of the following five activities:

1. **Schoolwork.** Kids who do their homework tend to do better in school. They also tend to have better mental health and are less likely to use drugs. As a parent, how are you encouraging your child to do homework well every day?

2. **Meaningful activities.** Which activities is your child involved in? The arts? Sports? School-based organizations? Community-based organizations? In many ways, it doesn't matter what the type of activity is, as long as it's something that stimulates your child, helps him or her build skills, encourages him or her to get to know other kids, and gets him or her involved with caring, trustworthy adults. Research shows that kids who are active in meaningful activities tend to have higher achievement, higher self-esteem, and (depending on the type of activity) a lower likelihood of getting involved in drugs.

3. **Family time.** When does your family spend time together? How often do you eat meals together? How often do you do family activities or have a family night?

4. **Social time.** Kids need time to play and hang out with their friends. Some, however, either spend too much time socializing or not enough. Finding a balance can be tricky, although it's important to try and accomplish. Research shows

that when kids spend time with friends who have a positive influence on them, kids are more likely to do better in school, become more altruistic, and are less likely to use alcohol.

5. **Downtime.** Kids need time to choose what they want to do and to relax. They need time to catch up on sleep, and they need time to just hang out alone. Kids need time to unplug from electronic devices as well.

You may know children who have difficulty finding the right balance—too much time studying, too much time on one activity or not enough to do! It IS important to have balance in your life (parents, you too!). Everyone struggles with balance, but as long as you are mindful of balance, it's more likely that you and your kids will create a schedule that helps your family thrive, rather than just survive.



Chadron Public Schools

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Opportunity for sophomores.....

Our school can nominate one outstanding sophomore to attend HOBY. HOBY is a leadership seminar that is held during the summer and provides leadership skills, with a strong emphasis on community service. If your student wishes to be considered for this honor, I need a one-paragraph answer to the following question: "What do I hope to learn from the HOBY experience?"

Deadline: 11/15/11

Our students did a GREAT job supporting the Paint the Town Pink campaign for Breast Cancer Awareness. Joanna DeRosa sold the most raffle tickets and won a \$25 gas card. Angie Scherbarth wore pink for the occasion and won a gift card as well. Thanks for your support kiddos!!!!

WARNING: Be aware of Boozy Bears! There is a new, dangerous trend involving gummy bears and vodka. Young people are infusing alcohol into gummy candies and are then able to take their treats anywhere. The particularly dangerous aspect to this trend is that is difficult for individuals to judge how much alcohol they have ingested, and it would only take a couple of handfuls to raise a teen's blood alcohol level to a dangerous situation. Alcohol poisoning symptoms can include slurred speech, confusion, lack of coordination, double vision, nausea, vomiting, seizures, low body temperature, slowed breathing rate, coma and death. Nebraska Regional Poison Center: 1-800-222-1222.

UNL: Honors Deadlines (Early Notification Deadline is 11/15; Final Deadline is 3/1/12)

ALL application materials must be submitted including ACT scores, transcripts, application fee or fee waiver by January 15.

CSC Scholarship deadline is 1/15 as well. Apply for both admission and scholarships NOW.....get it done!

UNK Loper Preview Day— 11/15/11

Cost is \$10.00/person and space is limited. Call 1-800-532-7639.

21st Century Equipment in Alliance invites students to attend a career event on 11/15 at 6:30 p.m. They have developed a partnership program with Southeast Community College called a John Deere Ag Program. Students complete an Associate Degree and will be qualified to fill posi-

tions such as service technician or shop foreman upon graduation. Check it out! Please RSVP to 308-762-5870 (ext. 7201).

Are you aware of the **NSCS Advantage Program**? Students who receive federal Pell Grants pay NO TUITION at Chadron, Peru and Wayne State Colleges. The award is renewable. For more information, go to www.nscs.edu/advantage.

Co-ops provide an opportunity for students to combine classroom studies with professional work experience. Stop by the Guidance Office for more information.

JATC/IBEW—We have received information from the Lincoln area regarding apprenticeship possibilities in the electrical field. If your student is

“hands on” and willing to leave the immediate area, please contact Roy Lamb at 402-423-4519. Apprenticeships can be a great way to go!

Great Plains offers a “Leadership through Learning Program” where students spend an all expense-paid week in our nation’s capital. Further information is available in the Guidance Office.

Northeast Community College offers a Veterinary Technology Career Day on 11/17. 30 seats available.....register early at 402-844-7262.

Northwest Tech in Kansas offers a Tech Exploration Day on 11/10. Register at www.nwktc.edu or 785-890-1517.

BHSU offers visitation on Saturday, 11/19! www.BHSU.edu/PreviewDay

