

**UPDATE
FROM THE
GUIDANCE OFFICE
2016**

JANUARY 15

**MORE INFORMATION REGARDING THE FOLLOWING IS
AVAILABLE IN THE GUIDANCE OFFICE:**

*** A representative from **Empire Beauty School** will visit Lourdes on Thursday, January 21st, at 1:30 p.m. Any junior or senior interested in Cosmetology please sign up outside the Guidance Office.

FAFSA WORKSHOP

*** There will be a FAFSA Workshop at Lourdes on Wednesday, February 10th, at 6:30 p.m. in the Computer Lab, Room 208.

- You will need to apply for an FSA ID at fafsa.ed.gov. Click FSA ID (blue box) at top under Federal Student Aid

Complete the 2016-2017 FAFSA after January 1, 2016.

To complete the FAFSA go to fafsa.ed.gov

You will need the following financial information from 2015 for parent(s) and students:

- Social Security Numbers (bring cards to insure accuracy)
- Birth Dates
- Date of Marriage (Parents)
- Date of Divorce, if applies (Parents)
- Driver's license
- 2015 W-2 Forms and other records of money earned
- 2015 1099 Form
- 2015 Federal Income Tax Return
 1. IRS 1040, 1040A, 1040 EZ
 2. Foreign Tax Return (if applies)

- **2015 Federal Income Tax return (if you are a dependent student)**
- **2015 untaxed income records:**
 1. **Social Security**
 2. **Temporary Assistance for Needy Families**
 3. **Welfare**
 4. **Veterans benefits records**
 5. **Workers' Compensation**
 6. **Child Support**
 7. **Payments to tax deferred pension and savings plan**
- **Current bank statements (checking and savings)**
- **Current business and investment mortgage information, business and farm records, stocks, bonds, and other investment records**
- **Alien registration or permanent resident card (if you are not a U.S. citizen)**

You may estimate from 2014 Financial Information if 2015 taxes are not completed. Please call 644-0375 - Ext. 119 to register for the FAFSA Workshop or if you have any questions.

***** FREE HELP is available to complete the **Free Application for Federal Student Aid (FAFSA)**. The 2016-2017 FAFSA can be completed after January 1, 2016. FAFSA and PHEAA deadlines are listed below. Remember students must complete the FAFSA to receive financial aid.**

- **FEDERAL** – The deadline for applying for Federal Student Aid (PELL grants, loans, work-study) using the 2016-2017 FAFSA is June 30, 2017.
- **PENNSYLVANIA** – The financial aid deadline for PHEAA grants is May 1, 2016 for ALL renewal applicants and new applicants who plan to enroll in a college, university or college-transferable program. The deadline is August 1, 2016 for first time applicants who plan to enroll in a community college, business, trade or technical school, a hospital school of nursing, or a two-year terminal (non-transferable two-year degree) program at a junior or four-year college.
- **CAMPUS BASED** – Check with the school where you hope to enroll for their deadline for submitting financial aid forms for any available campus aid. Each one is different. Some are as early as February 15, 2016.

Appointments are available at various locations in the area. To schedule an appointment contact:

Educational Opportunity Center, Inc. (U.S. Department of Education TRIO Program)

Phone: 570-316-3818

Email: elaines@eocinc.org

Website: www.eocinc.org

Address: Gregg Plaza

16 Sherwood Drive – Suite B

Bloomsburg, PA 17815

**** "He enjoyed the camp. He liked the activities throughout the weekend. He liked being able to talk with his Big Buddy about his Pop-Pop. **Camp Courage** would be highly recommended by me for any child to help with the grieving process."*

Geisinger Columbia Montour Hospice extends an invitation to children and teens ages 7-18 to attend Camp Courage **free** on May 20-22-2016 or October 7-9-2016. The camp is held at Camp Victory in Millville, PA. Children or teens who have experienced the death of a significant person(s) and have come to this weekend camp, have fun while learning how to deal with their grief in a safe and supportive environment. Camp weekend will find campers around the camp fire eating hot dogs and s'mores. Other activities include making a memory box, balloon release, anger management, music and/or art therapy sessions. Free time on Saturday afternoon can be spent cuddling pet therapy dogs, paddle boating, rock wall climbing, zip line, archery and fishing. Please call the Guidance Office for more information regarding Camp Courage.

***** Schoolguides.com** is a good resource link for college-bound students. Students and parents can check college profiles, financial aid information, scholarship tips, college fairs and college news.

***** The Pennsylvania House of Representatives Scholarship Deadline March 1, 2016**

The Pennsylvania House of Representatives' Scholarship Program enhances educational opportunities for eligible students who reside in Pennsylvania. The program is privately funded by individual and corporate donors; no tax or other public funds are used. The program is administered by The Foundation for Enhancing Communities (a 501(c)(3) community foundation) and uses the nowU Pennsylvania 529 College Savings Program at the State Treasury Department to ensure that the scholarships keep pace with tuition inflation (nowU, formerly TAP 529, was established by the Pennsylvania General Assembly in 1992).

The program provides four-year scholarships to two high school seniors per year. Each award consists of the value of one semester of tuition at the State System of Higher Education for each of four years. Eligible educational institutions include nearly all colleges, universities, and career schools in Pennsylvania. Half of each annual award will be paid in the fall semester, and half in the

spring semester. Students must maintain eligibility criteria in all four years in order to receive ongoing awards.

Scholarship awards must be used for tuition & fees and books only. Each award disbursement will be paid jointly to the student and to the educational institution in order to ensure proper use of funds.

Eligibility Criteria

1. Graduating High School Senior
2. Legal residency of the Commonwealth of Pennsylvania
3. Attendance at a Pennsylvania college, university, or career school as a full-time student
4. Academic achievement (minimum of 3.0 cumulative GPA in high school)
5. Commitment to community and demonstrated leadership qualities
6. Extracurricular activities
7. Financial need

**Children of legislators and their staff members are not eligible.*

How to Apply

The application process is online. Click here to access the online application.

If you are signing back in to complete your application, please click here.

Before accessing the application, be prepared to attach the following items:

1. Other Scholarship Information: Click here to download the fill-in Word document that you should complete, save, and attach to your application.
2. Student Resume: Click here to download the fill-in Word document that you should complete, save, and attach to your application.
3. Commitment to the Community & Leadership Skills: Click here to download the fill-in Word document that you should complete, save, and attach to your application.
4. FAFSA Student Aid Report (SAR): Please attach the report in its entirety. This report must include the student's Estimated Family Contribution (EFC). Please be aware that the SAR is **not** the same as the Summary Report. In addition to the SAR, you may also provide a letter with information you believe will be useful in determining your financial need (e.g., family and student income). Are there extenuating circumstances of which we should be aware? For example, illness in the family, loss of employment, or other relevant information?
5. Personal Essay: The Pennsylvania House of Representatives has 25 standing committees. Every House Bill is assigned to one of these committees by the Speaker to debate and vote upon before opening them up to the full House. Review the current standing committees, their membership, and policy areas and come up with a new committee that should be incorporated into the current group. (You may add to, replace or combine current committees) Comment on what policy area your new committee would focus on and what experience would you like to see in the members on your committee. Essay should be titled, 500 words maximum, typewritten, 12 pt. font, double spaced.
The following requirements must be mailed. They will not be accepted electronically.

1. Three (3) Personal Reference Letters. *At least one letter should be from a high school teacher on school letterhead.* Letters from family members will not be accepted. **References should be sealed in an envelope and should not be opened by the student. All reference letters must remain confidential.**

2. *Official* Transcript. Home schooled students should submit a detailed grade report.

3. Your guidance counselor must complete and sign the *Guidance Counselor Form*. Click here to download the form.

Please do not submit items that have not been requested. Any additional paperwork submitted that has not been requested will be shredded. It is not necessary to mail items that have already been submitted electronically.

It is your responsibility to ensure that these requirements are received by the deadline. They **must be received** by the deadline, **not postmarked**. Students are encouraged to mail all of these requirements together in one large envelope to:

The Foundation for Enhancing Communities

PA House of Representatives Scholarship

Attn: Allison Moesta, Program Officer for Educational Enhancement

200 N. 3rd Street, 8th Floor

PO Box 678

Harrisburg, PA 17108-0678

Renewability

This scholarship will be automatically renewed for up to four (4) years provided the student remains a legal resident of Pennsylvania; remains enrolled as a full-time student at a Pennsylvania school; and maintains a minimum cumulative “B” GPA as determined by your school – typically a 3.00 on a 4.0 scale - each year. Students must submit their official transcript and tuition bill, along with a note updating their progress **each semester** to TFEC in order for their scholarship to be renewed.

Matching Award Opportunities

AES/PHEAA’s PATH Program: Scholarship recipients are eligible to have their awards matched on a dollar-for-dollar basis by AES/PHEAA’s *PATH (“Partnerships for Access to Higher Education”)* Program. PHEAA may grant matching funds to scholarship recipients who are enrolled in an approved Pennsylvania college or career school, who are a state grant recipient, and who demonstrate financial need. The match provides last-dollar support for tuition and fees. The scholarship recipient’s information is submitted to PHEAA by TFEC staff. No additional work will be asked of the scholarship recipient. For more information regarding AES/PHEAA, please refer to their website at www.pheaa.org.

Our Lady of Lourdes Regional continues to participate in the **Olweus Bullying Prevention Program**. The Olweus Bullying Prevention Program (OBPP) is the most researched and best known bullying prevention program today. With over forty years of research and successful implementation all over the world. OBPP is a whole-school program that has been proven to prevent or reduce bullying in schools. It is used at the classroom level by conducting class meetings. Homeroom teachers, with the assistance of an assistant teacher have been facilitating OBPP class meetings monthly. Teachers are given an outline and an activity for the class.

The activity is usually highly interactive and engages students in problem-solving with scenarios or large/small group discussion. The OBPP class meetings will continue throughout the school year.

Our Lady of Lourdes Regional School's Guidance Department will begin small discussion groups for high school and middle school students. The group sessions will give students the opportunity to discuss the following:

- Academic Performance
- Peer Relationships
- Stress Management
- Self-Esteem/Self Image
- Coping Techniques
- Decision-Making Skills

Group sessions will be conducted bi-weekly. The counselor will be Ms. Kendall Rautzhan. Teachers are aware of group sessions; however, teacher permission is required. Reviews, tests, and quizzes take priority over sessions. Group is optional for the student. At this time, 9th, 8th and 7th grade girls were invited to attend and given parent permission forms.

Parent Permission is needed for your child to attend. If you need further information, please contact me at 644-0375 – Ext. 119.

SALT TEAM - Lourdes Regional School is a community brought together in response to the Gospel of Jesus Christ. We seek unity through affirmation, and integration of our gifts and talents for service. Acknowledging that our students are all children of God, the school community challenges them to full development of their talents. Along the way, some students develop difficulties related to drugs, alcohol, and/or mental health issues. Recognizing these possibilities, this school community supports a **Student Assistance Program** to help identify such students. The heart of the program is a **Student Assistance Team Known as SALT (Student Assistance – Lourdes Team)** which is a core group of school personnel specially trained to work with these students. Since students cannot fully enjoy and appreciate God's gift of life unless they are experiencing good health and total fitness, the SALT Team intervenes and, if necessary, refers students at risk to appropriate personnel or agencies. The intervention is made in the hope that such students may once again come to appreciate the gift of life and utilize their many talents for the benefit of themselves and others.

The SALT Team is comprised of administrators, counselors, teachers, and the school nurse. The team is specially trained to identify and help students experiencing problems related to alcohol and drug use or who are at risk of suicide and other mental health problems. It is not the function of the SALT Team to diagnose or treat a problem. The function is to identify patterns of behavior that may be associated with a problem. When such patterns are discovered, the parent(s) is notified and with parental permission, the student is referred to in-school personnel or to appropriate community services.

A parent, teacher, student or friend can refer a student to the team if there is a concern regarding a student.

For more information about the Student Assistance Program, please call Mrs. Gilger in the Guidance Office a 570-644-0375 ext. 119.

The Advance College Experience (ACE) at Bloomsburg University is designed for college-bound high school juniors and seniors who seek to “jump start” their college career by earning college credits. Bloomsburg University offers a selection of courses intended to supplement high school offerings and to expose students to the academic environment at the college level. Students save 75% of the tuition. Typical offerings will include courses in exercise science, composition, psychology, history, public speaking, political science, language, music, biology, chemistry, mathematics, and geography. For more information call 570-389-4824 or visit www.bloomu.edu/ace.

Luzerne County Community College’s Young Scholars Program - Qualified Juniors and Seniors can take college courses at Luzerne County Community College through the Young Scholars Program and take advantage of a reduced rate on tuition. Contact the Shamokin Campus at 648-2544 or the Guidance Office for more information regarding registration and courses.

ATTENTION SENIOR PARENTS!

THE FOLLOWING INFORMATION IS VERY IMPORTANT FOR SENIOR PARENTS AND SENIOR STUDENTS WHO ARE PLANNING TO APPLY FOR COLLEGE FINANCIAL AID AND WILL COMPLETE THE FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA).

If you plan to file the Free Application for Federal Student Aid (FAFSA), you will need an FSA ID!



Important Information about the FSA ID

- You will need an FSA ID even if you already have a federal PIN.
- You will need to create a user ID that is valid and not already in use by someone else. The username must be from 6 to 30 characters long and can be any combination of numbers and/or uppercase and lowercase letters.
- You will also need to make a valid password, which must be between 8 and 30 characters and must include at least three of the following: a number, an uppercase letter, a lowercase letter, and a special character.
- Parents and students cannot use the same e-mail address.
- You will need to create 5 security questions/answers.
- Confirming your e-mail address (step 6, below) will enable you to use your e-mail address as your user ID.

How to create an FSA ID

1. Go to <http://fsaid.ed.gov>
2. Create a username and password, and enter your e-mail address.
3. Enter your name, date of birth, Social Security number, contact information, and challenge questions and answers.
4. If you have a Federal Student Aid PIN, you will be able to enter it and link it to your FSA ID. You can still create an FSA ID if you have forgotten or do not have a PIN.
5. Review your information, and read and accept the terms and conditions.
6. The final step in creating an FSA ID is to confirm your e-mail address. This is not mandatory, however. You'll be sent a secure code to the e-mail address you entered when you created your FSA ID. Once you retrieve the code from your e-mail account and enter it – to confirm your e-mail address is valid – you'll be able to use this e-mail address instead of your username to log in to the five ED websites, making the log-in process even simpler!

After your FSA ID is created

- You can use your FSA ID to sign a FAFSA right away, even if your e-mail address is not verified.
- Once the Social Security Administration verifies your information in one to three days, or if you have linked your PIN to your FSA ID, you will be able to use your FSA ID on other federal sites, such as studentloans.gov. For help, visit StudentAid.gov/fsaid.

ATTENTION SENIOR PARENTS:
PHEAA NEWS
Courtesy of PHEAA

Listing Colleges on the FAFSA

There have been concerns that some institutions have been using the list of colleges that a student includes on their FAFSA for purposes unrelated to the awarding of student financial assistance. In response, beginning with the 2016-17 FAFSA, the Department will only provide the federal school code and corresponding housing code for the institution receiving the student's FAFSA information.

Parents are encouraged to view the videos below regarding college financial aid.

RESOURCES:

NEW – 2016-17 FAFSA Completion Video

PHEAA's [How to Complete the FAFSA for 2016-17](#) provides students with timesaving advice and uniquely helpful tips about completing the FAFSA. Additional [videos](#) focus on MySmartBorrowing, federal and state aid, and scholarships.

ATTENTION JUNIOR PARENTS:

Reporting Income on the FAFSA

The Department of Education has announced that students will file the FAFSA with Prior-Prior Year income tax information starting with the 2017-18 FAFSA. This impacts students who are currently juniors (graduating in 2017) and beyond.

The process will enable students to file their FAFSA earlier, with more accurate information (no need to estimate taxes anymore), and aligns more directly with the admissions process. Students will be able to receive earlier notification of their financial aid eligibility and, hopefully, make better decisions regarding the affordability of their final school choice.



Starting immediately, teachers, junior and sophomore students will have access to Method Test Prep for a free three-month trial basis. Method Test Prep is a web-based program designed to improve SAT and ACT test scores. It is currently used in over 700 high schools nationwide. The program has been shown to be universally effective in helping students increase an average of 150 points on the SAT. The program has short, effective lessons, feedback regarding wrong answers in the form of text, audible, and video format, access to the program in the classroom or at home, and the teacher's ability to oversee student use and achievement.

The link below is the recording of the explanation and navigation of the program. Junior and Sophomore students viewed this in class.

<https://methodtestprep-1.wistia.com/medias/8v9z1t25se>

METHOD TEST PREP Student Signup LINK:

<https://app.methodtestprep.com/OurLadyofLourdesRegionalSchool/signup>

In order for the student to start using the program, they would use the student signup link. The student will be brought to a page where they can set up his/her account. First Name, Last Name, Email Address, Grade Level and Referral Code will need to be filled in. The Referral Code was given to students in school. If the student does not have it, they should ask Mrs. Gilger in the Guidance Office. A Username and Password will need to be created.

It will be interesting to have students volunteer for a pilot study during Christmas break. As a result of the pilot study, student comments and use of the program will be monitored. If a junior or sophomore student is interested in participating in the pilot study, the student should contact Mrs. Gilger in the Guidance Office.

SAT CHANGES

As you may already have heard, there will be a new SAT® starting in March 2016. The new test focuses on the classroom skills and knowledge that colleges want most. It covers only the vocabulary and math that are widely used in college and career. It features an optional essay. The College Board has also removed the guessing penalty, encouraging students who have worked hard to try their best on every question. In addition, the College Board has teamed up with Khan Academy® to provide world-class, personalized, online practice tools to all students for free. It's a great way for students to sharpen what they need to know for the new SAT and for college — at their own pace, anytime, anywhere. Students in their junior year will have the choice of taking the current SAT this fall or winter, or the new SAT this spring. But next school year, all students will take the new SAT; so if your child plans to take the test twice — as most students do — they should take the new SAT this year. Students in their senior year who need scores for college applications should take the current SAT this fall. You are encouraged to find out more about the new SAT at sat.org/new.

SCHOLARSHIPS – Students should come to the Guidance Office for more information regarding these scholarships.

***** Legislative Initiative Against the Death Penalty – Pauline Underwood Memorial Writing Contest** for members of the high school class of 2016. The first prize is \$1000, with one honors recipient receiving \$500. Student must write a letter for publication which is about one double spaced type-written page in length. The letter should convince people who read it that your state should abolish the death penalty. If your state already abolished the death penalty the letter should explain why you approve. Send contest entries before February 1, 2016.

*****The Lehigh Valley Section of the Society of Women Engineers** will be awarding scholarships of up to \$5,000 to prospective female students graduating from area high schools and enrolling in engineering at a college or university. The scholarship recipients are chosen based on academic achievement, extracurricular and leadership activities, a recommendation and an essay. Applications are available on the website <http://lv.swe.org/scholarships.html>. Deadline is February 12, 2016.

*****Ronald McDonald House Charities – U.S. Scholarship Program** – A partnership between Ronald McDonald House Charities and its local Chapters opens the doors to higher education for graduating seniors. This scholarship program seeks to invest in students who are exemplary role models in their communities and have the initiative to fulfill their educational goals. Graduating

high school seniors, visit www.rmhc.org for more information or apply today at <https://aim.applyists.net/RMHC>. Deadline is January 20, 2016

Metzger Wickersham’s Road to Safety Scholarship Contest asks students to submit a creative project about the dangers of drunk and/or distracted driving. The contest is open to graduating, college-bound high school seniors in Pennsylvania. All qualified students are encouraged to enter. Selected first place winners will receive a \$1,000 scholarship, second place winners will receive \$750 and third place winners will receive \$500. Visit arrivealivepa.com for details. Deadline is May 6, 2016.

*****Mid Penn Bank “Anna Woodside Scholarship”** will reward three outstanding high school seniors each with \$1000 for college tuition costs. To be considered, applicants must prove dedication to achieving educational goals, achieving future career goals, and serving the community. The scholarship is named in honor of Anna Woodside, a woman of great influence to Mid Penn Bank for more than 75 years. Ms. Woodside broke barriers for women of her generation by attending college, pursuing a career and spreading philanthropy throughout the community. The scholarship will reward students who show qualities similar to those of Ms. Woodside. Applications are available in the Guidance Office. Deadline is March 16, 2016.

PSECU Scholarships - Graduating high school students will once again have the opportunity to receive scholarship funds from PSECU (**Pennsylvania State Employees Credit Union**). To qualify for one of six scholarships awarded for up to \$8,000, the student must be a PSECU member by Thursday, December 31, 2015. All scholarship applications must be received by noon on February 29, 2016. Go to psecu.com/scholarships for qualifications. For further questions, please call 800-237-7328. Select option 6, then extension 2113.

*****United Steelworkers Hugh Carcella Scholarship** – six, four year scholarships, each with a total value of \$4,000 (\$1,000 per year) will be awarded in June 2016 for students whose parent is a member of the United Steelworkers, District 10 (Eastern) local union. Applications may be obtained from participating local unions. Applications are available in the Guidance Office. Deadline is March 15, 2016.

SAT
TEST SCHEDULE
2015-2016

<u>TEST DATES</u>	<u>DEADLINE</u>	<u>TEST CENTERS</u>	<u>CODE</u>
January 23	December 28	Lewisburg Shamokin	39384 39644
March 5	February 5	Bloomsburg Danville Lewisburg Line Mountain Mt. Carmel Shamokin	39154 39224 39384 39321 39440 39644
May 7	April 8	Bloomsburg Lewisburg Line Mountain Selinsgrove Shamokin	39154 39384 39321 39642 39644
June 4	May 5	Bloomsburg Lewisburg Line Mountain Shamokin	39154 39384 39321 39644
<u>FEE - \$52.50</u>			

ACT
TEST SCHEDULE

<u>TEST DATES</u>	<u>DEADLINE</u>	<u>TEST CENTERS</u>	<u>CODE</u>
February 6	January 8	<u>Check Online</u>	
April 9	March 4	Danville Lewisburg	183760 225160
June 11	May 6	<u>Check Online</u>	

FEE - \$56.50 – Plus Writing
\$39.50 – No Writing

*****OUR LADY OF LOURDES SCHOOL CODE – 394-483**

OPEN HOUSES:

JANUARY

16 Pennsylvania College of Art & Design
22 Clarion University - Preview Visit Days

FEBRUARY

5-15-26-29 Clarion University - Preview Visit Days
14 Seton Hall University

MARCH

4-18-25-28 Clarion University – Preview Visit Days
19 Pennsylvania College of Art & Design
19 Shippensburg University

APRIL

4-11-18 Clarion University – Preview Visit Days
10 Villanova University – College of Nursing
16 Clarion University
16 Shippensburg University
24 Seton Hall University

PLEASE BE SURE TO REGISTER WITH COLLEGES BEFORE ATTENDING.