

**UPDATE
FROM THE
GUIDANCE OFFICE
2016**

MARCH 11

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

The Method Test Program has been extended until March 31st.

*** **PSAT 9** results were given to freshmen students last week. Please ask your child to see results.

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.

*** **SAT Preparation** will be held at **Bloomsburg University** on Sunday’s 12:30pm to 4:00pm, from April 3rd through May 1st. The fee is \$109.00 (payment is required with registration). Required text book is Barron’s SAT Book 28th edition, which can be purchased at the Bloomsburg University Store or at amazon.com. Cost is approximately \$19.99. To register by phone, contact the Division of Corporate and Continuing Education at (570)389-4420. Registration forms are also available in the Guidance Office.

*** The **Central Susquehanna LPN Career Center** is hosting a student directed **Health and Wellness Fair** on April 20, 2016 from 10 AM to 2 PM. This event will be held at the school located at 1339 St. Mary Street, Lewisburg. Students will have booths with a side variety of information related to health topics such as understanding diabetes mellitus, cardiovascular disease, stress management,

nutrition for busy people, summer outdoor safety, bullying, and more. If you are interested in attending, please RSVP by April 18th. Please phone 570-768-4960 or you can email Wendy J. Erb RN MSN at werb@sciu.org.

***** The Forensic Science Student Organization (FSSO) at Cedar Crest College** will hold the 14th Annual Forensic Science Symposium on March 19th, from 8:30 – 4:00. The event, themed “The CSI Effect,” will showcase the reality of working in the field of forensic science. The speakers include a Cedar Crest College alumna working with the Pennsylvania State Police, the Lehigh Valley area Medical Examiner, and the Laboratory Director for the Forensic Science Laboratory with the Ocean County Sheriff’s Office. Please register for the event at the link below no later than Monday, March 14.

<http://www.cedarcrest.edu/ca/academics/forensicscience/10815sympHOLD.shtm>

***** Harrisburg Area Community College – HACC**

Program Day Webinars

April 12 - 12 PM Wellness and Health Promotion

May 10 - 12 PM Geospatial

For more information and to register visit www.hacc.edu/programdays

***** Luzerne County Community College** will be offering an **EMS-101 Basic Emergency Medical Technician Class** – this class is designed to serve as the initial basic emergency care training program which directly follows the National Standard Curriculum and concludes with the Pennsylvania State Certification as an Emergency Medical Technician (EMT). Emphasis is on accurate observations, evaluation of emergency situations, effective communications with the medical network, and high skill proficiency. The class also serves as a required building block to the Paramedic Class. It is preferred candidates are at least 17 years old (18 years old when ready to take the national certification test).

Start Date: August 20, 2016

End Date: December 16, 2016

Days: Tuesday, Thursday, Friday

There will also be a few select Saturdays (TBA)

Time: 6pm to 10pm

Where: Northumberland Regional Center, Room 403, in Shamokin

For more information or to register, contact:

Nicole Edmondson, Director

LCCC Northumberland Regional Center

2 East Arch Street, 4th Floor
Shamokin, PA 17872
Phone: 570-648-2544
Email: nedmondson@luzerne.edu

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.

***** Penn State Hazleton** will be offering an **SAT Prep Course** (4 parts) – Reading, Writing and Language, Math and the Optional SAT Essay. Features:

- Course materials are practical and relevant for the revised SAT beginning March 2016
- Students are given homework assignments between classes
- Sample SAT exams are given as practice tests

Course Dates: Tuesday/Thursday – March 15 – April 28

Time: 5:15pm – 7:15pm

Course Fee: \$299.00 (includes books/materials)

For more information or to register contact:

Continuing Education
76 University Drive
Hazleton, PA 18202
Phone: 570-450-3110
Email: glf12@psu.edu

******* For 37 years, over 35,000 students have embarked on the internationally acclaimed **Pennsylvania Free Enterprise Week (PFEW)** experience. Any 10th or 11th grade student in good standing with their school is eligible to apply. Every student accepted will be awarded a full scholarship to attend PFEW. The Final Deadline is April 8, 2016. Lycoming College and Pennsylvania College of Technology will offer scholarships to all PFEW graduates who register and are accepted to those colleges. Lycoming College offers a total of \$20,000 (\$5,000/year over 4 years) and Pennsylvania College of Technology offers \$8,000 (\$2000/year over 4 years).

The PFEW 2016 dates are:

Week I	July 3 - 9
Week II	July 10 - 16
Week III	July 24 - July 30
Week IV	July 31 - August 6

***** Susquehanna University** will be hosting the following **Summer Programs** this year:

Leadership Institute for Entrepreneurship
June 26 to July 2
Apply at www.susqu.edu/life
Deadline is April 1

Writers Workshop
June 26 to July 2
Apply at www.susqu.edu/writers
Deadline is May 1

Stream Ecology
July 10 – 16
Apply at www.susqu.edu/sei
Deadline is June 12

Juniors – College Preparation

Have a file, (a folder or binder) to manage your paperwork i.e. test scores, college application data, financial aid information, etc.

COLLEGE ADMISSIONS TESTS:

SAT I, SAT II (Subject Tests), ACT

Register: www.collegeboard.org (SAT I, II)

Register: www.actstudent.org (ACT)

You will need to sign up for an account at CollegeBoard and have a user name and password.

*Please send scores to at least four (4) schools. If you do not send scores directly from CollegeBoard there could be problems with admission documents being received at colleges.

PREP FOR ADMISSIONS TESTS

Prepare to take college admission tests (SAT I, SAT II, ACT) two to three times.

Colleges will consider all scores but document highest scores.

SAT Prep (Reading & Math) Bloomsburg University. These classes are typically Sunday afternoons. Inquire in the Guidance Office.

Method Test Prep Program (Until the end of February 2016)

Review PSAT from 10th or 11th grade.

Order Official SAT Study Guide 2nd Edition from www.collegeboard.org

Review SAT Question of the Day daily, also from the CollegeBoard website.

Begin thinking about and working on a college essay and resume.

Consider asking two (2) high school teachers to write a college recommendation for you. (Try to ask teachers who can attest to your performance in the classroom (attendance, work performance, effort))

COLLEGE VISITS

List of Favorites (Based on admission requirements, majors, location, size, cost, environment, extracurricular activities that are important to you) (List of 3-5 schools).

Take advantage of college websites to investigate facts about a college, however, this is not in place of actually visiting your college choices.

Include a state university on your list (\$\$ lower). Guidance has a list of state schools and information about each.

Keep in mind that private colleges cost more but they may offer more in academic merit scholarships.

College Open Houses (usually on Saturdays in March and April) – register online. These are ideal because you do not have to miss school and parents/guardians may be off from work commitments.

You are allowed three (3) college visits on school days during junior/senior year and you must do the following for these visits:

* make up any class work missed

*Bring a parent note in day before you are going and indicate the date you will go on college visit.

*Get a note from the college that you were there to visit, and bring that back to attendance officer when you come back to school.

College Expectations:

SAT I, Scores (Critical Reading, Math, Writing). Many colleges take the highest score in each. There are colleges that take the highest total of all three.
SAT II Scores (Subject tests - Some colleges require, some students elect to take)
ACT Scores
Academic Record (Grade from grades 9 through 11)
Mid-year Senior year report card
Admission Test Scores
Recommendations from high school teachers
Application Essay (If required or optional)
Interview at college (College will request an interview if necessary)
Extracurricular Activities
Community Activities
Employment (Part-time during school year & Summer)
College classes during high school

WEBSITES:

Collegeboard.org
Educationplanner.org
Collegemajors101.com
BigFuture.org
Pheaa.org
bls.gov.oco (Occupational Outlook Handbook)
Careerbuilder.com
Talbotsbook.com
MyMajors.com
FederalStudentAid.ed.gov
Studentloans.gov
MySmartBorrowing.org

College Financial Aid: Prepare parents that the Free Application Federal Student Aid (FAFSA) will be available to complete after OCTOBER 1, 2016.

NETWORK: ASK ABOUT VOLUNTEER INTERNSHIPS THROUGH BUSINESSES, RELATIVES OR FRIENDS. INQUIRE ABOUT MAJORS/CAREERS FROM YOUR PARENTS, RELATIVES, AND FAMILY FRIENDS.

Plan senior high school courses to coordinate with interests (major)
Keep grades up (Some colleges will ask for midyear senior grades)

View college websites and the college's application for admission for the 2016-2017 school year. Most schools will post application in late August.

*If you plan to apply for Early Decision, you will be required to have admissions documents ready by October 31st.

Deadline for all Seniors for top three college applications will be first week of November.

Give serious consideration of your qualifications for admission to colleges of your choice. Narrow your choices to three or four institutions that you feel reasonably certain will grant you admission and will be affordable to you. Look at the basis for selection for the college(s) that you are interested in.

You should be prepared to apply to colleges when you return to school in August.
HAVE A PLAN!

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 Bullying Prevention Consultation Line** is a toll free number available to school staff, students and parents across the commonwealth. The Consultation Line offers discussion of effective strategies and resources available to deal with school-based bullying. Messages can be left 24 hours a day, seven day a week, and will be returned Monday-Friday during normal business hours. The Consultation Line is 866-716-0424. For more bullying prevention information, please visit the PA Department of Education website.

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.

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.

Epilepsy Foundation Western/Central Pennsylvania Scholarship Program is for students who have an epilepsy/seizure disorder. Eight scholarships totaling \$10,000, ranging from \$2,500 to \$1,000 will be awarded this year. Awards will be based on the quality of the student's application determined through a competitive scoring system that balances need with achievement. Deadline is March 15, 2016.

Mae F. Keefer Nursing Scholarship, Evangelical Community Hospital – for any student pursuing a career in nursing. Deadline is April 1, 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.

***** Nursing Schools Almanac** has just launched its second annual **Aspiring Nurse Scholarship**. The website will award a \$1,000 scholarship to an aspiring nurse who demonstrates:

- A track record of academic excellence, particularly in science and mathematics
- A passion for the nursing profession and the overall field of healthcare

This scholarship is open to all high school seniors who plan to pursue college education in nursing, including LPN/LVN, ADN, and BSN programs. Interested students visit www.nursingschoolsalmanac.com. Deadline is June 30, 2016.

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>
May 7	April 8	Bloomsburg	39154
		Lewisburg	39384
		Line Mountain	39321
		Selinsgrove	39642
		<u>Shamokin</u>	<u>39644</u>
June 4	May 5	Bloomsburg	39154
		Lewisburg	39384
		Line Mountain	39321
		<u>Shamokin</u>	<u>39644</u>
<u>FEE - \$52.50</u>			

ACT
TEST SCHEDULE

<u>TEST DATES</u>	<u>DEADLINE</u>	<u>TEST CENTERS</u>	<u>CODE</u>
April 9	March 4	Danville	183760
		<u>Lewisburg</u>	<u>225160</u>
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:

MARCH

18-25-28 Clarion University – Preview Visit Days
19 California University of Pennsylvania
19 Lock Haven University
19 Millersville University
19 Pennsylvania College of Art & Design
19 Shippensburg University
25 Edinboro University – Spring Visitation Day

APRIL

2 Gettysburg College – Junior Open House
2 Pennsylvania College of Technology
4-11-18 Clarion University – Preview Visit Days
9 California University of Pennsylvania
9 Harrisburg Area Community College - HACC (Gettysburg,
Harrisburg, Lancaster, Lebanon and York)
9 Lock Haven University
10 Villanova University – College of Nursing
16 Clarion University
16 Edinboro University
16 Shippensburg University
24 Seton Hall University
25 Gettysburg College – Junior Open House

PLEASE BE SURE TO REGISTER WITH COLLEGES BEFORE ATTENDING.