

Warwick Valley H.S. Guidance Newsletter

ISSUE 2

SPRING 2009

Guidance Happenings:

May

- * 2nd—SAT's (at Warwick Valley High School)
- * 4th-13th—AP Exams
- * 6th—College Fair—Orange County Community College 7:00pm—9:00pm
- * 11th— Mid-quarter reports sent home

June

- * 5th— Senior Prom
- * 6th— SAT's (at Monroe-Woodbury HS & Vernon HS)
- * 15th— Last day of classes
- * 16th-25th - Regents and Final Exams
- * 25th— Baccalaureate - 7:00pm
- * 26th—Graduation Rehearsal - 10:00am
- * 27th— Graduation—10:30am
- * 29th— July 2nd—Summer School Registration

Dear Parents,

This newsletter is part of our effort to keep you informed of dates, programs and information concerning your high school child. Please share this information with your son or daughter at home. Please feel free to contact the guidance office for additional information.

Mary Fox—Director -T-Z (10th-12th grade)

Serena Sze— 9th graders

Doris Livanos- A-Del (10th-12th grade)

Julie Sekelsky— Dem-Ka (10th-12th grade)

Colleen Amideneau— Kb-N (10th-12th grade)

Timothy O'Dwyer- O-S (10th-12th grade)

Calendar of Events



FINAL EXAMS & REGENTS/RCT EXAMS:

Tuesday, June 16th -

7:20am: Geometry Regents
Economics Final
Pre-Calculus Finals

11:30am: US History & Government Regents
English 9 Final

Wednesday, June 17th-

7:20am: Comprehensive English Regents— Session One
Government Final
Foreign Policy Final
Criminal Law Final

11:30am: Earth Science Regents
Chemistry Regents
RCT in Mathematics
Music In Our Lives Final

Thursday, June 18th -

7:20am: Comprehensive English Regents - Session Two
Global 9 Final

11:30am: Living Environment Regents
RCT in Reading
Studio Art I Final

Friday, June 19th -

7:20am: Global History Regents
Studio Art II Final

11:30am: Integrated Algebra Regents
RCT in Science
Health Final

Monday, June 22nd -

7:20am: French Proficiency
Spanish Proficiency
Spanish II Final

11:30am: RCT in Global Studies
RCT in Writing

Tuesday, June 23rd-

7:20am: French Regents
Spanish Regents

11:30am: Mathematics B Regents

Wednesday, June 24th-

7:20am: Physics Regents
RCT in U.S. History

Senior Corner

*Congratulations to
the Class of 2009*

Commencement:
June 27th, 10:30am



Best of Luck with all of your future endeavors!
- WVHS Guidance

Attendance:

A Priority Throughout the School Year

There is no question that student achievement goes hand in hand with good attendance. Research shows that students who attend school between 85 and 100 percent of the time pass tests in reading and math at a much higher rate than students who attend school less than 85 percent of the time.

It makes sense: Students can't learn if they're not in the classroom. Learning builds day to day, and it's often hard to catch up on missed lessons. It's important that your teen keep up his/her good attendance habit all year round-especially during the second half of the school year. It may be difficult for your child to get out of a warm bed on cold winter mornings, but staying in bed is not an option.

Check the school's attendance policy for specific details on excused absences. Most schools consider the following excused absences:

- * **Illness** (usually with a doctor's note)
- * **Family emergencies** (such as a death in the family)
- * **Religious holidays** or cultural observances (when the school is notified in advance)

Avoid letting your teen miss school for medical appointments, work (school is his/her top priority right now) or family vacations (enjoy these during summer break and school holidays)

How to get a perfect SAT score

Probably the most important thing to remember is that practice tests are your best friend. There's really no substitute for taking just a few hours out of a weekend to sit down and go through an entire practice test under realistic testing conditions.

This means: Sticking to the time limit. Taking only as many breaks as you will be allowed during the real test. No cheating and looking back at the answers. Letting someone else answer telephone calls, etc.

Afterward, check your answers, look at the problems you got wrong, read over the answer explanations, and analyze why you got them wrong so you don't make the same mistake again.

If the mistakes resulted from not knowing the material, then go back and study your areas of weakness. Even if it was a careless mistake, don't dismiss it. Consider what caused the carelessness (rushing, running out of time, jumping to a conclusion, misreading), and plan out how to prevent those types of mistakes from occurring in the future.

Mostly, your main weapon in preparing for the SAT should be self-discipline. As long as you're armed with that and two or three good prep books (more than that might make you confused), you might not even need to take expensive prep classes. Of course, that decision depends on your own personal situation and goals.

A final tip: Though vocabulary building can save your life on the verbal section, simply cramming from a vocabulary list a week before the test won't be effective as steadily building a strong vocabulary over a long time.

Although this may be intimidating, it can be as simple as buying yourself an electronic dictionary and looking up unfamiliar words in your day to day reading. Not only is this a solid investment in your SAT score, it will serve you long after test day is but a nerve-wracking memory.

CAREER CORNER

Do you love the thought of making people feel great about themselves? A career in the cosmetology industry can be flexible and rewarding.

Hairstylist

Walking into a salon for an appointment is usually the highlight of a client's day. They expect to be pampered and walk out feeling confident. As a hairstylist, you have to be prepared to deliver. Hairstylists must be licensed, and most states require them to complete a training program. Schools across the country specialize in cosmetology programs, which usually last around nine months. Some high schools offer programs for students interested in cosmetology careers, which means once you take the state licensing exam, you could have a career right out of high school.

Esthetician

Estheticians are skin care specialists who give facials, body treatments, waxes and apply makeup. They often work in salons and dermatology offices. Many of the programs available to become an esthetician are available at cosmetology schools. You will be required to pass an exam to become licensed.

Massage therapist

To become a massage therapist, you must be licensed and complete a certain number of hours working on clients through a program at a massage school or college. You'll learn anatomy, physiology and professionalism. You'll practice on fellow students and eventually the public.

Source: The Next Step Magazine

Touring Campus

~Are you planning on visiting colleges over the summer vacation? If you're going to be visiting relatives or passing through areas you don't usually get to, might as well make some college tour appointments along the way!

Call Ahead & Arrange an official visit- Most college tours include a group question/answer session with an admissions representative, a guided walk around campus, a peek into a dorm and a meal at the best dining hall. Colleges keep track of potential students who visit, when reviewing applications they may look at this as an indicator of interest.

Ask Questions - Your tour guide will likely be a student at the school trained to answer your questions. What does your tour guide think of the professors? Are they easily accessible? What kinds of clubs are on campus? Can they put you in contact with other students in your major?

Try not to visit more than two in one day - You know how it is when you meet a bunch of people in one day? By the end, you can barely remember their faces, let alone their hometown and names. The same kind of black hole will form if you try to cram more than two college visits in one day. The programs, professors, and perks of each will seem like one big blob of information.

Visit with an open mind - Definitely consider the campus activities you saw, the students you met and the overall feeling you got while on campus. But also remember that spending one day at a college is a totally different experience than spending four years there. Keep an open mind. While first impressions do matter, don't be afraid to give a place a second chance.

(Laura Jeanne Hammond, *The Next Step Magazine*, May/June 2004)

WHAT ABOUT THE SAT II - SUBJECT TESTS?

DO I NEED TO TAKE THEM?

The SAT II Subject Tests measure your knowledge and skills in a particular subject, and your ability to apply that knowledge. There are five general subject areas: English, History, Mathematics, Science, and Languages. Within each area, there are specific subject tests. For example, in the subject area of History, the available subject tests are American History and World History.

Not all colleges require the SAT II's, but those who do usually require three exams. Many colleges use the subject tests to advise students on course selections and placement.

Students may register for up to three subject tests on the same day. The SAT I and SAT II cannot be taken on the same test date. Students may check with their counselor to find out if a college of their choice requires the SAT II as part of its application process. The best time to take the SAT II is as close as possible to the end of study in the subject area.

More information about the SAT I and II can be obtained on their website, www.collegeboard.com.

SAT Prep Information:

- * www.number2.com-Free Online test prep
 - * College board- www.collegeboard.com/student
 - *Score Prep - 800-PREP 182
 - *Sylvan Learning Center - 692-6045
 - *Educational Service Center (ESC)- 356-8963, (800)762-TEST
 - *Kaplan - (800)KAP-TEST
 - *Princeton Review - (800)2 REVIEW
- www.princetonreview.com