



Anchored in God's Word

JUNIOR GUIDANCE BULLETIN

October 2009

Steer the ship of my life, good Lord,
To your quiet harbor...

Show me the course I should take.
Renew in me the gift of discernment,
so that I can always see
the right direction
in which I should go.

And give me the strength and courage
To choose the right course,
Even when the sea is rough
And the waves are high...

Basil of Caesarea

God's Promises

As you live your day to day lives as high school students and prepare for your futures, keep these promises of God with you:

God promises his peace: Philippians 4:6-7 Don't worry about anything; instead pray about everything...If you do this, you will experience God's peace which is far more wonderful than the human mind can understand.

God promises to work in you: Ephesians 3:14-21 ...By His mighty power at work within us, He is able to accomplish infinitely more than we would ever dare to ask or hope...

Through a personal relationship with Christ, his promises will become real to you. We hope the information in this booklet is helpful as you seek to find your way to serve in God's Kingdom.

what do I need to know?

eco/junior interviews

Exploring Career Opportunities (ECO) is the career resource room (room 14) that is operated by the Guidance Office.

Every junior will come into ECO this year to check into career and/or post secondary school ideas. We will put a pass on your locker to notify you of your appointment, but you do not have to wait for a pass from us. You may use ECO during study hall or make arrangements to come at other times.

job shadows

Juniors and seniors may explore careers of interest through Job Shadows that are set up by Mrs. Sue Plugger who is in the ECO office Monday, Tuesday, Thursday and Friday mornings from 7:45 a.m. to 12:15 p.m. Job Shadows provide you with an opportunity to “shadow” someone who is employed in a job in which you have expressed an interest. Juniors and seniors are allowed 2 excused days from school, though they are counted as absences.

If you are interested in a Job Shadow, you should come to the ECO office and fill out a request. Mrs. Plugger has contacts with a number of cooperative businesses, schools, etc. that have been kind enough to offer job shadows. Some students set up their own job shadows. If you find someone who is willing to let you visit the job site and supervise your visit, drop by the ECO office and let us know. There is some information that needs to be gathered before you are given permission for the visit.

support groups

The Guidance Office offers the opportunity each year for students to participate in support groups ranging in topic from “Coping with Grief and Loss” to “Dealing with Divorce.” These groups form early in the fall and are announced in 3rd hour announcements.

C.A.R.E. leaders

These are trained students who are here to listen any time. Just stop in the Guidance Office or main office for an immediate contact.

NCAA requirements for sports

If you want to participate in Division I or II sports in college, you should be aware of specific requirements, including required high school courses and possible registration. Please see your counselor who will help you with this process.

finding your fit/determining your style

Compare your **plans** for after high school to finding your **favorite** pair of **jeans...**

1. What looks good on your **friend**, may not look good on you! God's gifts are unique to you. Your plan for how to use them should fit you uniquely too!
2. How many **styles** of jeans are there? There are exponentially more types of vocations in which to use your gifts.
3. How **comfortable** are you in your jeans? You can find a fit for using your talents that is just as comfortable as your favorite pair of jeans—a vocation in which it is natural to use your gifts **joyfully**.
4. Have a **new** favorite pair of jeans this year? Your vocation may change just like your favorite jeans change over time. In fact, most people change careers several times.
5. What features do you just **not compromise** on? You can narrow down your plans for the future simply by knowing what your first requirements are for a good fit.

How do you find a good fit?

1. Determine the characteristics that are most important to you
 - a. People
 - b. Place
 - c. Programs
 - d. Philosophy
2. Research institutions that best meet your qualifying characteristics
3. Visit, visit, visit. This is how you “try on” the college.
4. Apply to 3-5 colleges

Characteristics: the 4 P's

PEOPLE

1. student body make-up
 - a. how big?
 - b. in-state/out of state
 - c. male/female
 - d. Christian school/public school
 - e. ethnic diversity
 - f. retention rate
2. faculty make-up
 - a. percentage PhD/terminal degree
 - b. faith requirement
 - c. worldview
 - d. accessibility

PLACE

1. urban/suburban
2. commuter/on campus
3. distance from home
4. relationship with surrounding community (town/gown relations)
5. residence hall feel

PROGRAMS

1. academic reputation
2. graduation rate
3. job placement rate
4. majors/minors
5. off campus study
6. internships

PHILOSOPHY

1. predominant worldview

What about the 5th P: **PRICE TAG?**

1. apply for financial aid in January of Senior year
2. get ISAR in March
3. Won't know true price until shortly before May 1 decision date

Shopping for jeans?

1. hold it up
2. try it on
3. determine discounts
4. look at price tag

If the "jeans" don't fit, it's not you – it's the jeans!!!

SCHS Guidance Office:

A-F: Mrs. Muller
cmuller@schs.org

455-3210

G-K: Mrs. Turner
nturner@schs.org

L-Z: Mrs. VerMerris
jvermerris@schs.org

What's Your Career Path?

work

You may be one of the millions of high school graduates who elect not to pursue a 4-year college degree. If so, the key to job satisfaction and financial stability is attaining marketable job skills. In order to achieve competency in an activity needed in the work world, you often need additional training after high school.

Two options are:

a. On-The-Job Training: Training which one acquires by participating on a daily basis on a specific career. The person is paid for this participation and receives experience in the career. **Examples:** bank teller, farm worker, receptionist, wait staff, or factory worker

b. Apprenticeship: A form of vocational-technical training in which an individual who wishes to learn a trade participates as a worker under the supervision of a skilled worker in that trade. This is a good way to get training and earn a regular wage at the same time. In most programs a minimum of 144 hours per year is spent in classes. In Grand Rapids, these classes are often taken at GRCC, meeting in one night per week. The length of an apprenticeship is based on how many years it takes to master a trade, usually 3-4 years.

Examples of training:

Construction

Air Conditioning & Refrigeration
Electrician

Carpentry

Industrial Trades

Machinist
Tool & Die Maker

Machine Repair

armed forces

The military offers jobs, education, training, travel, good pay, job security, fringe benefits, and early retirement. Life in the military may include strict discipline, constant moving, and personal danger in the event of war. About 3 of 4 military jobs relate to a similar job in civilian life. The 4th is specifically combat related. You can contact a local recruiting center for more information and/or pick up brochures in ECO.

further education

vocational and technical school: a one or two-year institution which offers terminal occupational programs intended to prepare students for immediate employment in certain fields.

training examples: auto mechanics, cosmetology, medical assistant, dental assistant, electronic technician

examples of schools: Excel Academy of Cosmetology, ITT Technical Institute, GRCC Technology Programs, Ferris State University Tech programs

2 year colleges (community college): a two-year institution of higher learning which provides vocational-technical training and academic curricula (terminal and transfer)

terminal course: academic program is complete in itself—may be a 1 or 2 year course of study

transfer course: academic program is designed to lead into a 4-year course at another college or university

training examples: see list on following page

examples of schools: Grand Rapids Community College

4 year colleges (college or university): an institution that offers educational instruction beyond high school level in a 4-year program. Some 2 year programs may also be available, but not often

examples of schools Calvin College, Hope College, Grand Valley State University, Davenport University, Cornerstone University

college exploration

college fairs – Next fall there will be a Christian College Fair in late September and another College Night in late September or early October. In March there is a National College Fair at DeVos Hall in downtown Grand Rapids.

online resources

The Guidance page of the SCHS web has information on careers, schools, military, volunteer opportunities, and more.

You've already checked out Career Cruising (www.careercruising.com) and taken the Matchmaker Interest Inventory. Career Cruising also has a College Search (School Selector) and a Scholarship search. You may want to retake the Matchmaker and explore careers and schools on the website. Pay attention to your matching Career Pathways and check out careers in these pathways.

For those students interested in exploring Christian Colleges, www.christiancollegementor.com and www.christianconnector.com are great tools!

college visits

There is no better way to “try on” a college than by visiting when school is in session. If you are considering living on the college's campus, you should include in your visit an **overnight stay**.

Juniors and senior are allowed **two excused absences for college visits each year** at the discretion of the counselor. These days are counted as excused absences. Colleges often have special visitation days or will make arrangements for your visit through their admissions office.

Make your college visit count! Plan ahead for what questions you'd like to ask. How would this college “fit” you? Use the tools at the end of this handbook to help you plan your visit beforehand and process your visit after it is over.

At least **several days** before your scheduled visit:

1. Pick up a great College Visit Permission Slip from Guidance
2. Sign the College Visit Notebook and fill in information on the permission slip
3. Take slip home for parent signature
4. Get signatures from teachers whose classes you will miss
5. Get signature from your counselor
6. Turn in you slip to the main office at least **2 days before your scheduled visit**

*******You will not be able to go on your visit unless the main office has received your completed permission slip at least two school days prior to your visit!*******

school representatives

During the school year, especially in the Fall, but sometimes in the Spring, representatives from colleges, trade and technical schools, and the Armed Services visit our school to meet with interested students. They talk about their schools and answer questions.

school representative calendar

Remember to keep this updated with the 3rd hour counseling office announcements, or check the college representative calendar in the ECO office as more will be added.

Mon. Oct. 12	Western State College of CO	4 th hour
	Western Michigan Univ	5 th hour
Tues. Oct. 13	Michigan State University	1 st hour
	Davenport University	4 th hour
Wed. Oct. 14	Grand Rapids Comm College	3 rd hour
Thurs. Oct. 15	Cornerstone University	2 nd hour
Fri. Oct. 16	Northwood Univ (Business Univ)	2 nd hour
Tues. Oct. 20	Grand Valley State University	2 nd hour
Thurs. Oct. 29	Alma College	2 nd hour
	Kuyper College	5 th hour

college applications

Most applications to colleges take place in the fall of the senior year. The exception is Military Academies, which require earlier than normal application. To start that process, attend the Academy Night on Monday, November 23 at the Gerald R. Ford Museum. Ask your counselor for more information.

college myths

- I must declare a major to apply to a 4 year college.
- I should know what I want to do for the rest of my life.
- “C” students don’t go to a 4 year college.
- Community Colleges are only for students who didn’t do well in high school.
- I can put off visiting colleges until senior year.

college research websites

- College Opportunity On-line locator <http://nces.ed.gov/opeds/cool/>
- College Program <http://www.campusprogram.com>
- College View <http://www.collegeview.com>
- Go College <http://www.gocollege.com>
- Michigan Colleges & Universities <http://www.michigan.gov/com>
- Peterson’s Guide to Colleges <http://www.petersons.com>
- Princeton Review Online <http://www.princetonreview.com>

standardized testing

PSAT – Preliminary SAT

This test is for college-bound students who wish to be considered for National Merit, and National Black American Achievement Scholarships and/or take a practice college entrance test. The test is Saturday, October 17, from 8:30 am until approximately 11:45 am. Cost is \$16. Register in the main office by October 9.

SAT -

The SAT (Scholastic Aptitude Test) is a college admissions test similar to the ACT and is required by some schools (mostly in the eastern part of the US). Michigan colleges do not require the SAT for admissions. Students should take the ACT first, but have the option of taking the SAT as well. While the ACT has four subtests (English, math, reading, and science) and an optional writing test, the SAT has English, math, and writing. You may want to take the SAT if you score high on the PSAT .

ACT – American College Test – Plus Writing

The ACT is a standardized exam that measures knowledge and skills in English, mathematics, reading, science, and writing. Juniors will take the ACT in March at SCHS but other testings are done at a test center on a Saturday morning. The counselors recommend you take the ACT at least twice and at least one of testing in the senior year (preferably September or October).

ACT Test dates - www.actstudent.org

Test dates	Regular registration	Late registration
October 24, 2009	September 18, 2009	Sept. 19-Oct. 2, 2009
December 12, 2009	November 6, 2009	November 7-20, 2009
February 6, 2010	January 5, 2010	January 6-15, 2010
April 10, 2010	March 5, 2010	March 6-19, 2010
June 12, 2010	May 7, 2010	May 8-21, 2010

Michigan Merit Exam - MME

Grade 11 students will participate in a statewide administration of the Michigan Merit Exam (MME). This will include the ACT plus writing (normally costs \$49), and subject tests in reading, writing, math, science and social studies and Work Keys. Testing will be free and take place at South Christian during school hours. Scores from the ACT may be used by students applying for college admissions and students taking the MME will earn a \$4,000 Michigan Promise Scholarship (we hope). Registration for the MME will be done at SCHS in February and the tests are given March 9, 10, and 11.

preparing for the ACT/MME

Those students who elect to take four or more years of English and three or more years of course work in mathematics, science, and social studies earn higher ACT scores. Working hard in school is the best preparation for the ACT but you should supplement that with some other forms of preparation. Some options are:

1. **ACT online prep** – interactive internet based program allows for completion of diagnostic and practice tests.
2. **Preparing for the ACT booklet** – Describes the content of the ACT tests and includes test preparation suggestions and a practice test. Free in the Guidance Office.
3. **Sample Questions on www.actstudent.org**
Sample Test Booklets – Retired ACT forms available for purchase at www.act.org
4. **The Real ACT Test Prep Guide** – three retired tests with writing prompts and test tips and strategies (available at bookstores).
5. **ACT prep workshops**

ACT prep class at SCHS

Teachers Mr. Mike Miedema and Mr. Rod Jager will be offering a prep class, just for SCHS students, at school on Saturday, January 23, 2010, from 9:00 am to 3:00 pm. Cost is \$50. Register in the main office after Christmas break.

T-T Workshops: Teachers Mr. Mike Miedema and Mr. Rod Jager, along with other instructors, are offering prep classes at Calvin College in 2010. Cost is \$70. For more information or to register go to www.t-tworkshops.com For those students who are unable to take the class at South on January 23, the class at Calvin will be offered for \$50.

ACT Test Prep Workshop at Davenport University Student Center (downtown campus) on December 12 by a private facilitator. Cost is \$75. For further information, call 1-248-552-7209.

Davenport University offers ACT Prep Courses at the Lettinga Campus on January 23, February 13 & 27. This course provides five hours of classroom training, a textbook, and lunch for \$50. RSVP at www.davenport.edu/actprep or call 554-5391.

Financial Aid & Scholarship Information

Types of Financial Aid

- Scholarships – gift, usually not need-based
- Grants – gift, often need-based, based on merit
- Loans – must be repaid
- Work Study – guaranteed work on campus for wages

Sources of Aid – largest to smallest

- Federal Loans
- Collegiate Resources
- Federal Grants
- Tax Relief
- The States
- Employer-Paid Tuition
- Private Sources
- Veteran's Administration

Scholarship Criteria – Scholarships will not normally be offered to you without work on your part. College and private scholarship committees are often looking for students with particular qualifications.

- extraordinary talents (art, music, writing, sports, science, etc.)
- a certain nationality or race
- good grades
- high ACT or SAT scores
- extra curricular activities participation
- leadership
- character
- volunteer community service
- Activity in community organizations
- career plans
- parents who are veterans or belong to certain organizations, unions, clubs, etc., or are employed by certain companies

Michigan Scholarships

Michigan Merit Exam (MME) – Michigan Promise Scholarship
\$4,000 available for Michigan schools based on the MME

Michigan Competitive Scholarship - \$1,300 maximum award

This award, based on BOTH financial need and merit is available for use at Michigan public and private post secondary schools. Priority consideration will be given to students who obtain a qualifying ACT score of 23 by December of their senior year. Requires filling out a financial aid form (FAFSA) by February 15.

Michigan Tuition Grant - \$2,100 maximum award

This award is based on financial need for use at private colleges and universities in Michigan. Requires filling out a FAFSA.

4 Things you can do to look for scholarships

1. Do a free scholarship search on the internet. You put in information about

yourself and you are matched with a list of potential scholarships.

Suggested sites: www.scholarshipexperts.com
www.TuitionFundingSources.com
www.collegeboard.com

2. Check websites of individual colleges, financial aid brochures, or college catalogs to see their Freshmen Scholarships. On the college website, look for Prospective or Future Students OR Financial Aid or Scholarships. Check www.meritaid.com to match yourself with merit scholarship opportunities from colleges across the country.
3. Check the **Guidance Office bi-monthly scholarship lists** and look at the list of scholarships for SCHS students only (on SCHS website or pick up in the Guidance Office). Applications are either in the scholarship drawer or may be on a website.
4. Fill out the **FAFSA** by February of the senior year for qualification for need-based money for college. You may obtain a PIN and apply for financial aid free at www.fafsa.ed.gov

If you are wondering if you will qualify for financial aid, check out a Financial Need Estimator. Many colleges have them on their websites or go to one of these sites:

www.act.org/fane
www.finaid.org/calculator/finaidestimate

Additional Advice

- Check with employers and organizations or clubs to which you belong (student & parents).
- Visit colleges and talk to financial aid people. Call or email them anything you want information.
- Take the ACT (as many times as you wish).
- Submit a financial aid form (FAFSA) February of senior year at www.fafsa.ed.gov and fill out a separate financial aid application if colleges require them.
- Reapply for financial aid and scholarships each year you are in college.
- Apply to more than 1 college so you can compare financial aid packages.
- Pay attention to deadlines for scholarship consideration.
- Attend SCHS financial aid night in January.

Words To The Wise

- Several for-profit companies offer scholarship search services and charge a fee (ranging from \$30-\$700). You should thoroughly investigate any search service before submitting a fee. You should not have to pay for information about financial aid.
- Be wary of any “scholarship” which requires an application fee. Legitimate scholarship sponsors do not require an application fee.