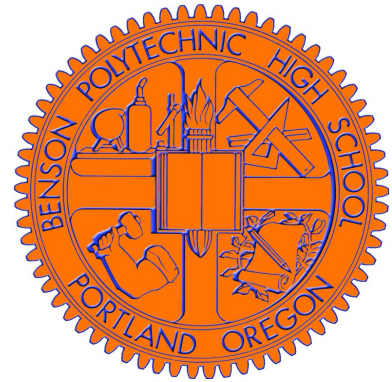


Benson High School Counseling Newsletter

November 16th, 2012



Counseling Update

Senior Meetings:

This week we met with all of our seniors individually to review their transcript and post high school plan which they completed in October. We really enjoy working with your students and it is exciting talking to many of them about their post high school plans.

Parents, we encourage you to talk with your senior about their post high school plan, and how their meeting went with their counselor. If your student did not get a chance to meet with their counselor, please have them come down to the counseling office to schedule a meeting.

If you have any questions, or would like to meet with us to talk about what we covered, please feel free to contact us.

Amy Henry, Students A-L: amyhenry@pps.net

Steve Wren, Students M-Z: swren@pps.net

8th Grade Information Night – Tuesday, Nov. 27

Benson will be having their first 8th grade information night this year on Tuesday, November 27 at 6:30 pm. If you know of any middle school student who is interested in attending Benson, please let them know about this great opportunity to learn more about our school. Studies show that more parents learn about schools through other parents so help us spread the word about Benson!

SCHOLARSHIPS!

Scholarships due in November:

Foundation for Individual rights in Education for 10,000– Due 11/25

Cricket Wireless Good Sport Award for 1000-Due11/30 (Need Teacher recommendation)

Scholarships due in December

Violet Richardson Award for 1,000 Due-12/1

Elks Most Valuable Student Competition Due-12/7

Better Business Bureau-Students of Integrity for 1000 Due-12/31

Laws of Life Essay Contest for 5000 Due- 12/31

Scholarships due in January and February

Profile for Courage Essay Contest Due-1/5

GE-Regan Foundation Scholarship Program for 10,000 Due- 1/10

Sae Engineering Scholarship for up to 10,000, or full tuition . Due– 1/15

Dell Scholarship Due-1/16

Gates Millennium Scholars Due-1/16

ESA Foundation Scholarship for 500-7,500 Due- 2/1

College Visits

All visits will be held in the Counseling Center. You must sign up in the Counseling Center for these visits.

11/30	Central Washington University	9:50
12/6	US Army Visit	10:00

College/Career

Microsoft Career Day November 29 ,2012 from 9:00-12pm. 1414 NW Northrup St. Suite 900. Register online at www.hillchamber.org/stw. Seats will fill up fast, so don't delay!

Manufacturing Career Day on Friday January 11th. Register now to get a spot. You can get the forms from the Career Center.

See Miranda Ryan in the Career Center for more information.

FINANCIAL AID NIGHTS!

We have two financial aid nights presented by financial aid officers from the University of Portland and Portland Community College. This is an excellent opportunity for both juniors and seniors and their parents. Topics that will be covered are tips for filling out the FAFSA, loans, scholarships, etc. Please note that one night is for Spanish speakers only:

Weds. November 28 at 6:30 pm in Room 125

Tues. Dec. 4 at 6:30 pm in Room 125 – THIS IS IN SPANISH.

Parent Conferences

Below is the parent conference schedule. Just an FYI Benson has classes on Monday and Tuesday morning.

While we know this is not a popular idea with students, we encourage both students and parents to attend. If this isn't possible, we have prepared some tips for parents on getting ready for the conferences (see attached).

Conference Bell Schedule

November 19th and 20th, 2012

Period 1 or 2	8:15 – 8:55
Period 3 or 4	9:00 – 9:40
Period 5 or 6	9:45 – 10:25
Period 7 or 8	10:30 – 11:10
Lunch	11:15 – 12:00
Planning	12:00 – 12:45
Conferences	1:00 – 3:00
Evening Session	5:00 – 8:00

Making the Most of Parent Teacher Conferences: Tips for Parents

Adapted from Arkansas State PIRC/Center for Effective Parenting

BEFORE THE CONFERENCE

Talk with your student about school

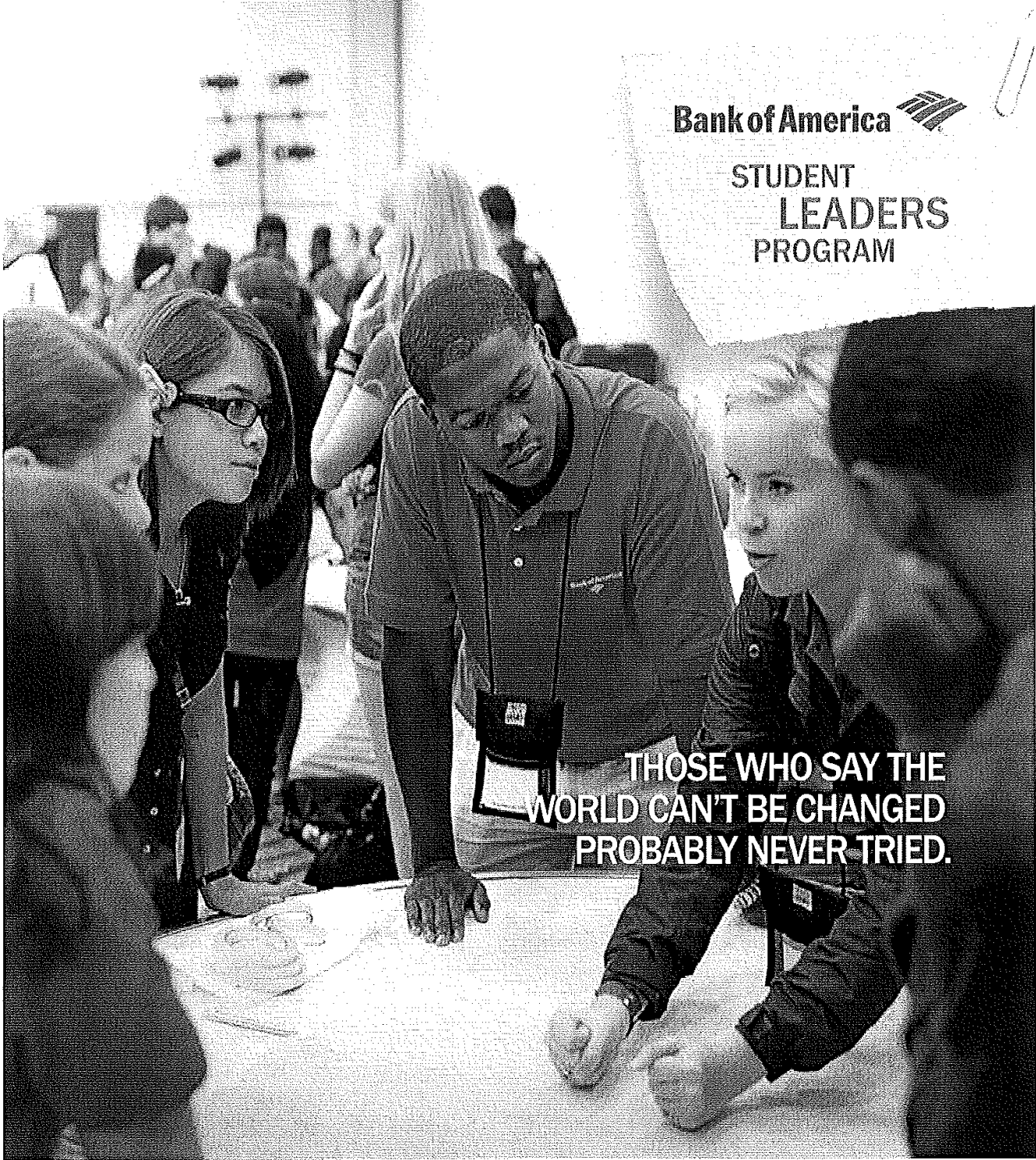
- Talk with your student before the conference to identify any areas of concern. You might want to tell your teen you'll be meeting with her/his teacher soon. Then you could ask questions such as ...
 - What do you like most about the class/teacher?
 - What do you like least about the class/teacher?
 - What are your favorite subjects in school?
 - What subjects are hardest for you?
 - What do you think your teacher is going to tell me?
 - Is there anything you think I should discuss with your teacher?
 - Are you having any specific problems in the class?
 - If your student talks negatively about the class or teacher, remember you have only heard half of the story. Could your student be overreacting? Try not to overreact yourself; instead, plan on probing the other half of the story with the teacher.

Review your student's schoolwork

- Look over any progress reports, schoolwork, and any other communication you've received from the teacher.
- Try to identify areas of strength and weakness for your student regarding his/her schoolwork prior to the meeting. This can help you be able to better discuss your student's strengths as well as areas in need of improvement with his/her teacher.

Make a list of questions to ask the teacher

- Prepare a list of questions you want to ask your student's teacher; write them down so you don't forget them. List the most important ones first, in case time runs short. *You might want to consider asking ...*
 - What do you see as my student's strengths and weaknesses?
 - What are the skills and knowledge students in your class will be expected to master this year?
 - How do you evaluate your students?
 - Is my student working at grade level in math, reading, or writing? If not: What can I do to help? What school resources are available to help?
 - Is my student doing the best s/he can?
 - How has my student been doing with daily class work and homework?
 - How has my student been doing on tests?
 - What concerns do you have about my student?
 - How is my teen's behavior in the classroom?
 - What information can I share with you about my teen?
 - I want to be involved in my student's education: how can we best work together?
 - How can I best support my student's learning at home?



Bank of America 

**STUDENT
LEADERS
PROGRAM**

**THOSE WHO SAY THE
WORLD CAN'T BE CHANGED
PROBABLY NEVER TRIED.**

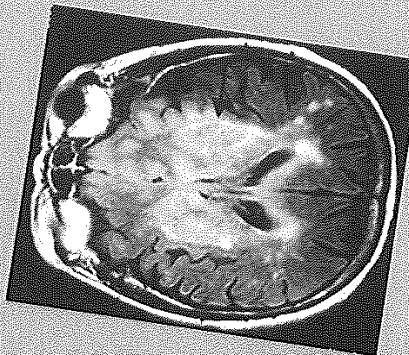
**Juniors and Seniors:
Apply by
January 25, 2013**

bankofamerica.com/studentleaders

The Student Leaders[®] program recognizes those who step outside of the classroom to lead and serve in their own communities and beyond. Keep making an impact in your community with Bank of America's support. As a Student Leader[®], you will:

- Work as a paid intern at a local nonprofit for eight weeks
- Attend the weeklong Student Leadership Summit in Washington, DC
- Develop leadership and career skills
- Connect with community-minded students from your own community and across the country

**Attention
Freshman,
Sophomores,
& Juniors!**



• Are you passionate about science and/or medicine?

- Would you like to earn additional science credits?
- Would you like an opportunity to be mentored by an OHSU researcher?

Join us for a Town Hall to learn more!
We will have two sessions:

- Monday, Dec. 3, 2012
- Wednesday, Dec. 5, 2012
- Both at 6:00–7:00 pm
- MacDonald Auditorium, Casey Eye Institute, OHSU (address below)

**Partnership for Scientific Inquiry (PSI)
Oregon Health & Science University (OHSU)**

OHSU is an equal opportunity affirmative action institution.

PSI classes meet at OHSU on Mondays from 4:30-6:30pm during Spring semester. High school students gain first-hand knowledge of research methods and work to develop a research proposal. Classes are designed to teach effective scientific communication and inquiry skills. The course requires regular attendance and a significant time commitment outside of class. Each student will be paired with an OHSU faculty member as a mentor. Some students may also do a research project with their mentor over the summer if they are 16 or older in the summer. Applications are available on our website and due by **January 6th, 2013**.

<http://portland-psi.wikispaces.com/>

Email: psiprogram@ohsu.edu

Location → Oregon Health & Science University
Casey Eye Institute (on Marquam Hill)
3375 SW Terwilliger Blvd., Portland, OR 97239
MacDonald Auditorium (located on the Lobby)

* Wikimedia [Description=Axial fluid-attenuated inversion recovery MRI image demonstrating tumor-related infiltration involving lenticular nuclei (Arrow)]