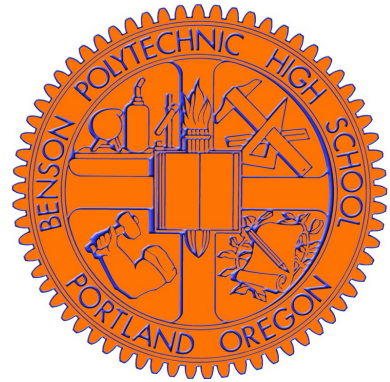


Benson High School Counseling Newsletter

December 6th, 2012



Counseling Update

Thanks for reading the latest edition of our Benson Counseling newsletter! We have a lot going on as we are gearing up for the break, please read on for all the latest that's taking place in our department! As always, if you have any questions please do not hesitate to contact us!

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

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

Financial Aid Nights

Did you miss Benson's financial aid nights? Here is a list of other schools that are offering financial aid nights. Please check the high school websites to confirm dates/times:

Dec. 11th: Roosevelt High School: 6:00 - 8:00 pm

Dec. 12th: Lincoln High School: 6:30 pm

Dec. 12th: Franklin High School: 6:00 pm (Spanish Translation available)

Dec. 12th: Grant High School: 7:00 pm

Grant High School will host two different informational meetings on December 12th. Parents of senior students should plan on attending Mike Johnson's presentation in the library. He will review how to successfully complete the FAFSA form. Tim Tank, a certified financial planner, will provide a presentation that helps families understand the differences between need based aid, merit aid, grants, loans, etc. in the choir room (232). He also gives a general comparison of the cost of attendance at a private university versus a public university. This is an excellent session for parents with 9th, 10th, and 11th graders.

Jan. 8: Franklin High School: Hands On FAFSA: Representatives available to help fill out the form. (Spanish Translation available)

SCHOLARSHIPS!

Scholarships due in December

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.

| | | |
|--------|-------------------|-------|
| 12/10 | Beaver Express | 9:00 |
| 12/12 | Air Force Academy | 12:05 |
| 1/9/13 | Harvard | 10:00 |

College/Career

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

Mercy Corp Career Day is on December 12th! Sign up in the Career Center now!

Humane Society Career Day is January 11th
Register: <http://www.oregonhumane.org> or pick up an application from the career center! Registration deadline is January 7th.

See Miranda Ryan in the Career Center for more information.

Gap Fair

Not sure what to do after high school? Thinking about taking a year off before college? Lincoln High School is sponsoring a “Gap Year Fair” (see attached flyer).

Need Help This Holiday?

The counselors have information on how to get a food box for your family for the holiday. Please contact us for more information, or if you have any questions.

Spanish STAMP Test

The Spanish STAMP Test has been rescheduled to Weds. Dec. 12th in the Universe Lab at Benson. If you have any questions or want to sign up for the STAMP/SLIP tests, please see your counselor.

Tutoring

Just a reminder that we offer tutoring for students at the following times. It is “drop in” so they don’t have to schedule appts.

Mon.-Thurs. in the library classroom from 1:45-3:15.

She is able to tutor students in the following subjects:

Chemistry, Biology, Geometry, Algebra 1-2, Algebra 3-4, Pre-Calculus, Anatomy, Physics and Language Arts.



USA Gap Year Fairs

Hello!

On behalf of Dynamy Internship Year, I am pleased to invite you and your students to a gap year fair being held at:

Lincoln High School

January 31st, 2013

Address: 1600 SW Salmon Street, Portland, OR 97205

Event Time: 6:00 – 8:30pm

Scheduled Speakers: Jane Sarouhan

Presentation Time: 6:00-6:30pm

Also in your area

The Northwest School

February 1st, 2013

Address: 1415 Summit Avenue, Seattle, WA 98122

Event Time: 6:00 – 8:30pm

Scheduled Speakers: Jane Sarouhan

Presentation Time: 6:00-6:30pm

Dynamy Internship Year and Thinking Beyond Borders, in collaboration with local supporters are spreading the word about the growing array of opportunities for personal growth through experiential education (travel, language immersion, directed study, outdoor adventure, community service, and internships). More and more students are finding that post-secondary gap year programs enhance their traditional academic experience and lead them to a clearer direction and motivation for college studies and/or a career path. Both events will include a presentation by Jane Sarouhan, who is passionate educator, experienced administrator and Vice-President of The Center for Interim Programs. Jane is committed to serving the needs and interests of young adults, parents and fellow professionals as they explore their own exciting next steps in life's education.

I've enclosed a few posters for display to your students and hope that you will also include these events in your calendar or parent bulletin. I encourage you and your students to take advantage of these opportunities to learn about several gap year programs all under one roof. Find more information about Dynamy Internship Year online at www.internshipyear.org or for more on the upcoming gap year fairs visit www.usagapyearfairs.org, or feel free to contact me at kcheng@dynamy.org or 508-755-2571 ext. 18.

I hope to see you at one of our fairs!

Kathy Cheng, Director of Admission
Dynamy Internship Year

Calling College and Career Center Volunteers!

We would like to have the College and Career Center "open" during the school day for Benson students to drop in and receive assistance with college and scholarship applications, general information, etc. We are looking for parents and/or community volunteers who would be interested in volunteering a couple of hours a week or every other week. No experience necessary ... we will train you! If you are interested, please contact amyhenry@pps.net.



What Should Seniors be Doing Over the Break?

- Complete your FAFSA between January 1st and January 7th, 2013
- Start your OSAC essays, OSAC is due March 1st. (February 1st for the extra \$\$!)
- Make sure you are caught up in ALL of your classes
- Continue working on your transition plan for life after Benson
- Read college/career related websites
- Search and apply for any scholarships

Tutoring Resources

Need help? Portland Evening Scholars offers FREE tutoring services (taught by adult tutors). Our goal is to help students help themselves. Students will receive individualized attention in the following subjects:

- ♦ Language Arts
- ♦ Algebra 1,2,3,4 and Geometry
- ♦ Chemistry and Biology
- ♦ History and Social Studies

When? Monday thru Thursday:

5:00pm-6:00pm– drop in for any student

6:00pm-9:00pm– PES students only

Where? Benson High School Library

For more information contact the PES office at 503-916-5720.
For additional tutoring resources, please see the attached flyer.

WANT TO BE MORE SUCCESSFUL IN SCHOOL?

HERE ARE SOME PLACES TO LOOK FOR HELP

1. Yourself

- First decide that school is important to you.
- Understand that struggling makes you grow into a better student.
- Be in class on time and ready to learn.

2. Your Classmates

- Your classmates are struggling like you.
- Talk to classmates about class topics and assignments.
- Create a study group.

3. Your Teachers

- Expert on their class and assignment.
- Eyes and ears on them.
- Meet outside class time. Twice a week, 15 minutes.
- Expect a teacher not a friend.

4. Tutors

- Free tutoring ideas listed on back
- Craigslist?: paid tutors

5. Family

- Do they know your education is important to you?
- Get them on your team.

6. Your School Counselor

FREE TUTORING RESOURCES

Portland Evening Scholars

Location: Benson Library

Days/Hours: Monday-Thursday, 5:00-6:00 pm

SEI

Location: Room 125 (Band Room)

Days/Hours: Tuesday and Thursday, 2:00-4:30 pm

CLASS OF 2016

GRADUATION REQUIREMENTS

| | |
|--|-------------------|
| English | 4 credits |
| Mathematics | 3 credits |
| Science | 3 credits |
| Social Science | 3 credits |
| Physical Education | 1 credit |
| Health Education | 1 credit |
| Fine Arts (or 3 rd year WL) | 1 credit |
| Career and Tech Ed | 3 credit |
| World Language (same) | 2 credits |
| Other Electives | 3 credits |
| TOTAL CREDITS | 24 credits |

Essential Skill Requirements: Reading , Writing, and Math.

Personal Ed Plan: Career Related Learning Experience, Resume, and Career Exploration.

Online "Tutoring" Resources

Kahn Academy- khanacademy.org

Students can make use of the extensive video library, interactive challenges, and assessments from any computer with access to the web. Over 3400 videos, covering **K-12 math**, science topics such as **biology, chemistry, and physics**, and even reaches into the humanities with playlists on **finance and history**. Each video is a digestible chunk, approximately 10 minutes long, and especially purposed for viewing on the computer.

Webmath.com

This site allows you to enter equations and have it solve them and show you the solution! The automated problem solver may include some irrelevant information, but the sophistication of the site, at no charge, is pretty cool. The site covers a wide range of math subjects. I used it with some of my son's 7th grade algebra homework, and it was spot on.

Onlinemathlearning.com

This site provides helpful explanations and illustrations of math concepts in a wide range of math subjects. Some of their help pages include instructional videos.

Alleyoop.com

Alleyoop quickly understands how you learn and guides you to the stuff you need, featuring 1,000s of videos, practice quizzes and challenges from experts like National Science Foundation and NASA eClips™.

Top 10 Strategies for Effective Time Management

1. Get a calendar or a daily planner, and learn to use it!
2. Write down ALL assignments and due dates in your planner, along with other activities and time commitments (sports practices, work schedule, college application and scholarship due dates).
3. Look over your commitments (academic, social, personal).
4. Prioritize ALL activities and make sure that they are all given the time they need for completion. This will help you determine what can wait, and what needs extra attention.
5. Use your calendar to keep track of commitments and deadlines. Include everything. Taking this extra step will help you to see if you are too busy, or too relaxed.
6. Schedule a timeline for all projects, papers, test preparation, etc. so they aren't done all at the last minute. Set reasonable goals and timelines for completion.
7. Taking out the time to schedule activities (whether they are academic or personal/social) will prevent you from going into overload mode during crunch time.
8. Keep your calendar or planner on you at all times and refer to it often. This will prevent you from overbooking, and help you to remember approaching deadlines.
9. If you learn to balance your time you will be able to maintain the energy you need to be successful.
10. Most importantly, don't forget to schedule time for you to relax! Practicing self-care is an important component to effective time management, and being successful in school!

*Adapted from <http://www.pps.k12.or.us/schools/lincoln/1060.htm>