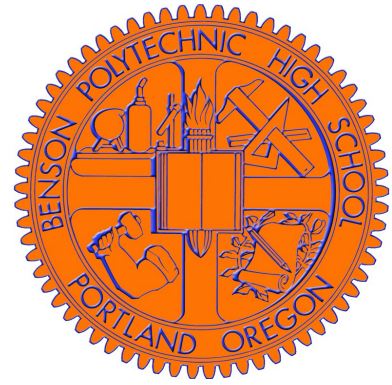


Benson High School Counseling Newsletter

December 12th, 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!

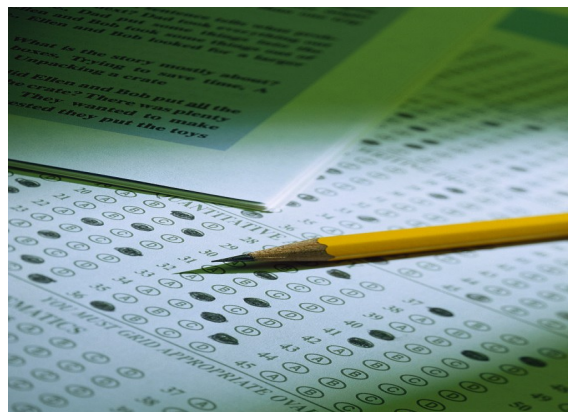
Have a Happy and Healthy Winter Break!

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

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

PSAT Results Are In!

If your student took the PSAT in October, the results are in! We will be having an information session and distributing results on Friday, Dec. 14 during lunch in Room 125.



SCHOLARSHIPS!

Scholarships due in December

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

Scholarship workshop!

Khang Truong will be here to help seniors with scholarships and college applications on December 13th and January 4th at 12pm in the Career Center conference room. All are welcome to come. The main focus will be on the Gates Millennium and the APIASF scholarships. Questions for any other applications are welcome.

College Visits

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

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.

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.

Paid internship opportunity! Apply for ZAP (Zoo Animal Presenters). This is a 3 year internship for teenagers 15-17. Applications are due by January 22nd, 2013. See the Career Center for more information!

See Miranda Ryan in the Career Center for more information.

Attention Seniors!

Seniors, time to get your senior photos to the yearbook staff. Communications students are willing to take senior portraits for a fraction of the cost of professional photographers. You can e-mail them at photocommission@gmail.com to work out details. Get your glamorous finished pictures in to the yearbook by **December 10th** or we're going to use your ID card photo. Photos can be e-mailed to bensonyearbook@gmail.com or dropped in Mr. Mylet's box.

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- kahnacademy.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>