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Sum... Sum... Summertime



Making your summer a productive and enjoyable experience

Summer is time for vacations, parties, and a break from work and school, right? In reality most of us enjoy some fun but have to balance that with the work that needs to be done. If you do have some time, how can you make the most of it?

Not Just Any Summer Job

Instead of settling for the nearest burger joint, use your ingenuity to find a job that is interesting and can enhance your resume.

First, decide what interests you. This could be anything – animals, children, medicine, journalism, law, music, etc. Then phone some related professionals or organizations in your community and inquire about any opportunities. If at first you don't succeed, volunteer as an intern. Frequently, what starts out as an unpaid internship ends up as a paid position.

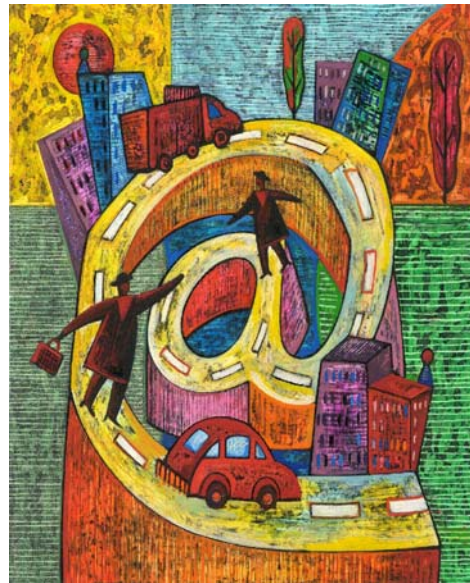
Turn Travel Into Research

Taking a summer vacation this year? With a little creativity, you can turn your summer vacation into a project good for extra credit, independent study, scholarship essays and more.

Think that you have to study Himalayan tadpoles in Nepal in order to turn your vacation into research? Think again. Almost any vacation can be turned into a viable research topic. If you're traveling abroad, develop a project exploring cultural customs. Taking a road trip? Create a photo essay. Before you head out of town, meet with your college adviser; they are frequently willing to work with motivated students on projects like these.

Summer Service

Sure, community service looks great on applications and resumes. But there's much more to it than that. Community service is a great way to become active in the causes that interest you. It can also be a fantastic way to meet people. Think that community service has to be dull? Dreary? Indoors? Think again. This is summertime, after all; pick some-



thing outdoors. That way you're in the sun, having fun AND helping save the world. Can't find any good community service opportunities in your town? Create your own! If you're interested in sports, volunteer to coach or assist with a little league team. If you're concerned about the environment, volunteer at environmental agencies, forestry and park services. If you like kids, volunteer to assist with mentoring or summer programs. The list goes on and on.

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Summertime *(Continued from page 1)*

Volunteer Opportunities...

Volunteer Center
(714) 953-5757
www.volunteercenter.org or
www.volunteermatch.com

Habitat For Humanity
(714) 434-6200 x 235
<http://www.habitatoc.org>

Get a Head Start

Summer is an excellent time to research scholarships. With just a little preparation, you'll be one big step ahead of the competition. Use your summer to start web searches, to request scholarship applications and to survey requirements. If scholarships haven't issued new applications, ask for a copy of last year's so you'll know what to expect. "By surveying the landscape first, you'll be better prepared when it comes time to apply," says Ben Kaplan, author of *How To Go To College Almost For Free*. Also, take some time out of your summer to develop answers to common essay questions – career goals, what you want out of college, etc. These themes will be coming up again and again on scholarship applications. (See scholarship website info on page 3).

Make It Happen

Whether it's work, vacation, community service or scholarships, a little creativity and ingenuity can go a long way. Use these suggestions as a starting point and make the most of your summer.

Summer School

Summer School Applications are available in the Counseling Office.



Seniors: Get Ready for College!

As graduation approaches, high school seems to matter less and less. You begin to think more and more about what comes after. First, a summer filled with friends, fun, and good-byes. Then, packing and leaving for college. You wonder what your first weeks at college will be like. Will you get along with your roommate? Will you be able to keep up with the work? Will you ever see your high school friends again?

The Emotional Roller Coaster

These questions and others may have you in an emotional tizzy. After all, big changes are ahead, in almost every area of your life. You may feel anticipation, fear, excitement, and sadness—often all at the same time. One minute you're wiping away a tear at the thought of leaving home. The next minute, your parents are so annoying you can't wait to get out of the house. Believe it or not, this is normal. Your friends are probably going through the same thing. Talk to them. Often, you feel better just knowing you're not alone.

Taking Care of Business

The end of the school year can be hectic, especially for seniors. You want to pack in as much fun and make as many good memories as you can. But don't get so distracted that your grades suffer.

"We tell students again and again that they are never admitted [to college] unconditionally," says Charles Purcell, director of guidance at Mater Dei School (CA).

"When that last transcript gets there, if it isn't somewhat equal to your previous grades, colleges could very well disenroll you."

So eke out some time to study for finals or finish up that last paper. That way, you can begin your summer confident of your college plans.

Also, remember that sending in your deposit is not the end of your preparation for college. About the time that high school ends, you'll probably start getting information from your chosen college. Don't just toss the envelopes on a pile to deal with later. Many colleges have deadlines for you to express your preferences for housing, sign up for a meal plan, RSVP for freshman orientation, or even pre-register for certain classes. Sending in forms late could reduce the number of choices you have.

Students with special housing, diet, or academic needs should make sure to notify the relevant department(s). Often, this is as simple as making a note on your housing form. Students with disabilities may want to contact the college's office for students with disabilities (all colleges have one, although it may have different names at different colleges) if they need special accommodations. Keep in mind that discussing your special needs with one office doesn't necessarily mean that others at the college

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Seniors: Get Ready

(Continued from page 2)

will know about it. If you have specific needs in housing and in diet, for example, you may need to call the housing office and the food service department separately.

Q & A

From now until the end of freshman year, you'll probably have all sorts of questions about the college.

"Oftentimes, students have many questions about moving in, what to bring to campus, how to plan for their fall courses, what kind of work-study job they will have, and many other things," says Marcy Kraus, director of orientation programs at the University of Rochester (NY). "Many students find that their college's website offers a great deal of information that will be useful to them, including how to contact offices and programs with questions."

If the college website doesn't have the answers you need, don't hesitate to call the admissions office, the residential life office, or whatever department might have the answer to your question.

Make New Friends (and Keep the Old)

Sometime during the summer, you'll probably receive the name and contact information of your freshman roommate(s). Take the time to write, call, or e-mail your soon-to-be roommate. You probably won't be best friends immediately, but you can get to know each other a little and plan what to bring to college. Perhaps your roommate can bring a TV, while you contribute the coffee pot or the stereo. A few conversations may be all it takes to feel a bit less awkward while you're hauling suitcases into your dorm room.

The summer after senior year is also an important time to reaffirm your high school friendships and family relationships. No matter how busy you are, make sure to spend time with your friends and family.

Freshman Orientation

Some colleges hold freshman orientation during the summer; others schedule it for the week before fall classes begin. Either way, orientation is a great time to learn about the college, meet bunches of people, and have some fun.

"Orientation programs help students adjust to their new environment and cope with the changes they will experience," says Kraus. "My advice to new freshmen is to attend as many orientation events as possible, since much of this information will be very useful to students during their first year on campus."



easy to choose an afternoon of Frisbee with new friends rather than an afternoon in the library. It can help to establish your study habits early. During the first week or two of classes, decide on a regular place and time to study. It may take some experimenting before you find a schedule that's right for you, but try to do at least some work every day.

College Begins!

Expect your first weeks of college to be both exciting and overwhelming. Remember that you're in a completely new situation—the people, the place, even your daily schedule are probably very different than what you're used to. You may be more tired than usual, simply from learning and experiencing so much in such a short time (not to mention from staying up late chatting with your new friends). That's to be expected.

Many freshmen are unprepared for the amount of work college classes require and for the amount of free time they have. Especially in the first weeks, it's

And don't be afraid to ask for help. Your first resource will probably be your residence advisor (usually an upperclassman or graduate student who has had special training) or your academic advisor. Either one can direct you to people who can help you with whatever problem arises.

Times of transition can be stressful. Make sure you leave yourself some time to relax, to think, and to just take in the experience of being at college. You've worked hard to get here—so let yourself enjoy it!

SOURCE: Jennifer Gross for fastweb

SCHOLARSHIPS

University of Michigan - The Geisinger Scholarship Program

Award: \$20,000 annually

Eligibility: Students must be admitted to the College of Engineering at the University of Michigan.

Website:

www.engin.umich.edu/students/current/scholarships/New_Students.html
or call (734) 647-7113

Elder & Leemaur Publishers

Award: Up to \$10,000.

Eligibility: Essay contest. For more information and essay questions view their website.

Website: www.elpublishers.com/content/uwsotherscholarships.php

Deadline: July 1, Sept. 30, & Dec. 1, 2006

Asian Business Association of Orange County

Award: Totals up to \$4,000.

Eligibility: Academic performance, community involvement, and an essay on a given topic.

Website: www.abaoc.org

Deadline: June 30, 2006

Common Knowledge Scholarships

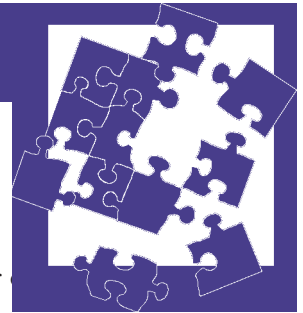
Award: various

Eligibility: Numerous varied scholarships found on the same website.

Website: www.cksf.org

Deadline: varies

COLLEGE ADMISSION GAME PLAN



Freshman and Sophomore

- **Start a summer reading list.** Ask your teachers to recommend books.
- **Plan to visit college campuses** to get a feel for your options. Start with colleges near you.
- **Finalize your summer plans.**

Junior

- **Visit colleges.** Take campus tours and, at colleges you're serious about, schedule interviews with admissions counselors. Be sure to bring a campus visit checklist.
- **Request applications** from colleges to which you'll apply. Check important dates; some universities have early dates or rolling admissions. Consult the College Application Calendar and the Financial Aid Calendar at collegeboard.com for a basic idea of the application timeline.

SENIOR SPOTLIGHT

Quick Reference: Survive Freshman Year

Things you should know to succeed in your freshman year college:

- Ask questions. Talk to counselors and instructors.
- Know yourself. What do you like and dislike? Identify what you want to achieve.
- Be flexible and develop a "can-do" attitude. Be open-minded.
- Manage your money. Establish a budget and stick to it.
- Use campus resources. Find out about resources through freshman orientation.
- Stay healthy. Get enough sleep and eat right. Find the right balance.
- Manage your time. Set a schedule and stick to it. Make choices.
- Learn study skills. Review notes after class. Join a study group.
- Set academic goals. Set long-range goals for after college.
- **Maintain a support network of family, friends, academic advising and staff. Remember — you're not alone... and yes, your mother wants to hear from you now and then!!**



College Placement Tests

College Placement Tests are qualifying tests to determine the course of study for freshman students. It could possibly delay your progress if, for instance, you need to take an entry-level algebra class in your freshman year because you didn't do well in college placement tests. Often students don't do well because they haven't taken basic math and algebra classes since the 8th and 9th grades and have forgotten much of it by the time they take the college placement test. To improve your chances of placing well, review basic algebra and vocabulary skills before taking these tests.

Test Dates for the 2006/2007 School Year



SAT & SUBJECT TEST DATES

Log on to www.collegeboard.com to sign up for the SAT & Subject Tests.

Test Date	Registration	Late Reg.
Oct. 14	Sept. 12	Sept. 20
Nov. 4	Sept. 29	Oct. 11
Dec. 2	Nov. 1	Nov. 9
Jan. 27	Dec. 20	Jan. 4
Mar. 10	Feb. 2	Feb. 14
May 5	March 29	April 11
June 2	April 27	May 9

ACT TEST DATES

Log on to www.act.org to sign up for the ACT.

Test Date	Registration	Late Reg.
Sept. 16	Aug. 18	Aug 19-25
Oct. 28	Sept. 22	Sept 23-Oct 6
Dec. 9	Nov. 3	Nov. 4-16
Feb. 10	Jan. 5	Jan. 6-19
Apr. 14	March 9	Mar. 10-23
June 9	May 4	May 5-18

College Bound Students

Ways to prepare for college.....

1. **Take rigorous courses.** Colleges want to see how well you respond to a challenge. A record of tough courses and high performance (improvements count, too) will help you get in the college of your choice.
2. **Build your skills** in reading, writing, research, and study skills. Build yourself a study team. Students who learn to study in groups learn more efficiently.
3. **Learn to take good study notes.**
4. **Get involved in activities.** Colleges look for signs of maturity, leadership, and special talents. Choose activities that you enjoy and reflect you as a person.
5. **Do community service.** Colleges love the givers — students who help others. Volunteer Opportunities: Volunteer Center (714) 953-5757; Web addresses: www.volunteercenter.org, www.volunteermatch.com, Habitat For Humanity (714) 434-6200 x 235 <http://www.habitatoc.org>
6. **Manage your time.** This skill will reduce stress.



Test Anxiety and Mistakes to Avoid



The end of the school year is upon us, along with that are final examinations. Although the real preparation should have taken place all semester, here are 10 test-taking mistakes to avoid:

1. **Cramming** – It is very difficult to read and understand a whole semester's worth of materials in a few hours. Short-term memory can fail you and so can lack of sleep.
2. **Not reading directions** – It is important to read the directions to know what the teacher wants.
3. **Not skimming the entire test** – Skimming the test boosts confidence to see what you do know on the test.
4. **Letting tough questions drag you down** – In most cases, a difficult question is worth as many points as an easy one. If you cannot get an answer quickly, go to the next question.
5. **Not learning the test's grading plan** – Your strategy should be to find out how much each section of the test is worth, and if points are deducted for wrong answers.
6. **Letting nerves get to you** – Put yourself in the right frame of mind by getting enough sleep, using relaxation techniques, or eating a good breakfast.
7. **Doing poorly on essay questions** – You may get partial credit if you write at least some of your thought.
8. **Disregarding rules of grammar, spelling, and good penmanship** – First impressions of a well written, neatly appearing paper can only help your grade.
9. **Forgetting to review the finished test** – Careless errors can lose valuable points.

SOURCE: Barbara Schulz, Beckman Counselor

Exploring Careers while you're in high school



Career planning and preparation are an important part of every teenager's high school life. Students that are seeking information about careers or want to "try out" a particular career pathway should investigate the possibilities of taking an ROP class. Career and technical courses are offered within five pathways: Arts and Communication, Business and Marketing, Health Sciences, Public Services, and Science and Technology.

Coastline ROP offers a wide variety of classes through Irvine Unified School District. New classes are available every semester including the summer. Have you ever thought about what it is like to work in a veterinary office, or how to do graphic design? Maybe you would like to be a chef? There is even a crime scene investigation "boot camp" for those students interested in a career in law enforcement. Students should be 16 years old, or juniors, and may take classes offered at various locations throughout the county. These classes are an excellent opportunity to prepare for a career and find internships while earning credit towards graduation.

Summer catalogs are available now or you can check the website: www.coastlinerop.us for more information. Summer is a great time to learn about a career, do something interesting and earn credit! Students interested in Fall classes should be sure to read the ROP information enclosed in their registration packets for the new school year. Enrollment is easy! Students should see their ROP Career Specialist at their high school in the Career Center. Don't delay because classes fill quickly!

SOURCE: Debbie Cuzens, Foothill ROP Career Specialist

Check out the following websites

www.fastweb.com
scholarships4student.com
www.gocollege.com
www.scholarships101.com
www.srnexpress.com
www.embark.com
www.collegenet.com
www.scholarshipproviders.org
Scholarships.com
www.financialaidnews.com
www.studentscholarshipsearch.com

Colleges That Change Lives

Information Session

and

College Fair

Wednesday, August 9, 2006

7:00-9:00 p.m.

Doubletree Hotel, 201 East MacArthur Boulevard, Santa Ana

for more info...

http://www.ctcl.com/events/los_angeles.htm

Balancing High School and Part-Time Work

Are you excited that you're old enough to secure a part-time job and earn your own money? As you begin exploring the possibility of entering the work world, think about whether getting a job is the right decision for you. To start, ask yourself the following questions:

- Am I an organized person?
- What kind of study habits do I have?
- Do I make good use of my available time?
- Will I be able to manage my schedule effectively if I take on a part-time job?



Students should always let their employers know what their time limits are. If you are rushing through your assignments, or not studying enough for tests because of work, it's time to cut back or quit and find a less time-consuming job. If you are being pressured to work more hours than you can handle, you need to find a new place to work. You also need to make sure that a job won't prevent you from getting enough rest. Students who show up for school tired are not alert and, therefore, are not learning all they can.

Working can be a valuable part of a student's life, if taken on responsibly. You can derive a great deal from working, considerably more than just money. In most cases, you can acquire a nice dose of discipline and a whole new set of skills and experiences. In addition, your supervisor may be willing to write a strong college recommendation for you.

Working takes a lot of time and energy, so you need to make sure that you can handle both employment and your current commitments.

Important Considerations

If you are considering working part-time, schedule a meeting with your school counselor to discuss this move. Talk to your counselor about why you want to work and what type of position you're seeking. Simply explaining your goals to someone else can help you make decisions and figure out your priorities.

There are pros and cons of having a job. Under pros, you might list learning (about) responsibility, time management, fiscal (matters), putting customers first (if it is a service job), and interpersonal communication skills. Cons might include lack of sleep, insufficient time to focus on course work, decreasing personal or social time, and conflicts with extracurricular activities.

You have to weigh a number of factors when deciding whether or not to get a job. The important thing is to arm yourself with as much information as possible so you can figure out what choice makes the most sense for you.

School Comes First

Schoolwork, including homework and studying for tests, should always be your top priority. "The activities and courses students choose vary considerably, so it's important for young people to keep their individual situations clearly in mind," says Brad MacGowan, director of the Career Center at Newton North High School in Massachusetts. He continues, "For example, student actors should allow for the fact that they won't have as much time during performance seasons. Student athletes need to remember the times of the year that they'll be tied up with games and practices. Other students who are in classes that make considerable demands outside of the classroom must keep that reality in mind." These are all issues you have to think about when you are considering adding a part-time job to the equation.

Additional Tips

Although working and going to school is challenging, it can be a rewarding experience if you use some foresight. If you do decide to take on a part-time job, check out the tips below on how to handle the situation and make the most of your time:

- To avoid time conflicts, try to plan your class and work schedules as far ahead of time as possible.
- Use your time efficiently. You can use ten minutes waiting in a line to go over a few pages of assigned reading. If your job has a lot of downtime and your boss has no objection, perhaps you can use slow periods to do schoolwork.
- Be flexible and willing to make sacrifices. You may have to cut down on some things you'd like to do because of your school and work commitments.
- Start slowly. Don't commit to working a lot of hours immediately.
- If you commute to your job on public transportation, bring your schoolwork with you so you can work along the way.
- Get in touch with your school counselor if you feel you would benefit from discussing your situation with someone who can help.
- If you have too much on your plate, admit it. Then cut back as needed.
- Schedule relaxation time. Everyone needs some downtime to stay happy and fulfilled.