

COUNSELING AND CAREER CENTER

Judith Koch-Jones, UHS College and Career Center Coordinator, provides important information for students and parents alike. Ms. Koch-Jones is available in the Career Center, located next door to the Counseling Office. You may access the college and career center page directly from the UHS website throughout the school year or bookmark <http://jkoch.uhs.googlepages.com/> for college, career center, and scholarship information. Mrs. Koch-Jones has furnished the following college and testing information:

PRACTICE PSAT— will be given Saturday, Sept. 26th, 2009, at 8:00 a.m., at UHS in MPR A and B. Students may sign up using online registration in early August, with a payment of \$15, at Registration, or in the SAC when school resumes during Snack and Lunch only, or at the door on the 26th. **NO ninth grade registrations will be accepted.** A results workshop will be held on Monday, October 5th, at 6:30 p.m., in the Multi-Purpose Room. Not only will you learn your scores, but this is a valuable strategy session. (This is not to be confused with the formal PSAT/NMSQT to be given on Oct. 17th, but is a **practice test only**.) Proceeds benefit Counseling and baseball.

Preliminary SAT/National Merit Scholarship Qualifying Test

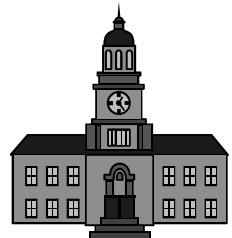
The 2009-2010 PSAT will be given on Saturday, October 17, 2009 (not to be confused with the **practice** opportunity, described above). All college-bound Juniors are urged to take the PSAT. The PSAT/NMSQT is also used to determine eligibility for the year 2010 scholarship competition conducted by the National Merit Scholarship Corporation. (Sophomores are encouraged to take advantage of the **PLAN** assessment, given the same day.) Sign up for the PSAT by paying \$30 with online registration in early August or during Registration, August 31st—September 3rd. 11th grade students whose family income is limited may qualify for fee waivers for the PSAT. See Mrs. Koch-Jones in the Career Center to obtain waivers no later than October 7th. Late registration will be accepted in the SAC between October 1 and October 9, for \$40. NO standby registration will be accepted the day of the exam. An alternate test date for the PSAT, only, of Wed., Oct. 14th is provided for students who cannot test on Saturday for religious reasons. Students must see Mrs. K-J no later than Oct. 7th to register for the alternate date PSAT.



MORE ABOUT THE PLAN: The Counseling Department encourages **all** sophomores to take the **PLAN**. Sign up for the PLAN by paying \$25 using online registration beginning in early August or during Registration, August 31st—September 3rd. 10th grade students whose family income is limited may qualify for fee waivers for the PLAN. (Fee waivers must be obtained from Mrs. Koch-Jones by October 9). The **PLAN**[®] program helps 10th graders build a solid foundation for future academic and career success. It is a comprehensive guidance resource that helps students measure their current academic development, explore career/training options, and make plans for the remaining years of high school and post-graduation years. **PLAN** can help all students—those who are college-bound as well as those who are likely to enter the workforce directly after high school. As a "pre-ACT" test, **PLAN** is a powerful predictor of success on the ACT Assessment[®]. PLAN results will be provided in an evening presentation at a date to be announced.

COLLEGE NIGHT 2009

Irvine Unified School District-wide College Fair to be held at:
University High School, 4771 Campus Drive, Irvine
Wednesday, October 28, 7 p.m.—9 p.m.



Representatives from over one hundred colleges and universities from California and out of state will be present to answer your questions about admissions and financial aid. **All** families are encouraged to attend. Sophomore and Junior students AND parents are especially urged to take advantage of this opportunity to begin gathering information about colleges that are a good match for you. Ninth grade is not too soon to start looking at college information. Break-out sessions will be offered with expert speakers in the fields of college admissions, financial aid and testing.



Parent Coffees, sponsored by the PTSA, will be held by grade level during the fall and winter at dates to be announced. Parents are encouraged to attend these early morning meetings with the counseling staff to learn more about what to expect for your child's year. Freshman parents, in particular, will find these meetings to be a helpful introduction to high school life. The first individual meetings for parents and students with counselors take place in the 10th grade year.

WORK PERMITS

Students under the age of 18 who wish to work are required to have permits on file with their employer. Summer permits expire September 20, so new requests for work permits must be obtained in the Career Center by students who will continue to be employed during the school year.

College Entrance Testing Information

ACT, SAT Reasoning and SAT Subject Test Dates Now Available for 2009--2010

Students may register **ONLINE** for next year's college admissions tests. Avoid the rush and the time and hassle of registering by mail. Everything needed to register is available at www.act.org for ACT testing and at www.collegeboard.com for SAT. Be careful to choose the correct school so that results are reported to your University High School. **UHS school code is 051984** for both ACT and SAT. Use your legal name when registering so that colleges can easily match up your information at the time they consider your applications.

DID YOU KNOW?—some selective colleges require students to take either the SAT and multiple Subject Tests **OR** the ACT with Writing. In other words, students can take 3-4 tests (SAT Reasoning **and** 2-3 subject tests) or you can take **one** (the ACT with Writing)!!! Check in the Career Center for a list of colleges that accept ACT with Writing in lieu of the SAT Reasoning and 2 or more Subject Tests.

ACT added a 30-minute Writing Test as an **optional** component to the ACT Assessment. The ACT Writing Test complements the English Test. The combined information from both tests will tell post-secondary institutions about students' understanding of the conventions of standard written English and their ability to produce a direct sample of writing. If you are applying to a college or university that doesn't require a writing assessment (such as the California State Universities and many private colleges), you may prefer to take the ACT **without** the optional writing. Be certain to check testing requirements for the colleges to which you might apply.

Be Wary of College-Aid Schemes

Consumer experts advise parents not to sign up for college financial aid services. Avoid pitches such as:

- "The scholarship is guaranteed or your money back."
- "This is your only opportunity to sign up, with a credit card or bank account number."
- "We'll do all the work."
- "You've been selected by a national foundation to receive a scholarship."
- "You can't get this information anywhere else."

Instead, seek information from:

- ✓ The College and Career Center at your local high school.
- ✓ The financial aid offices of prospective colleges.
- ✓ United States Department of Education: <http://www.ed.gov>
- ✓ National Association of Student Financial Aid Administrators: <http://www.nasfaa.org>
- ✓ An annotated collection of student financial aid information: www.finaid.org
- ✓ FastWeb, a free scholarship search service: <http://www.fastweb.com>

College and University Visits to Uni



Many colleges and universities from California and across the country visit high schools during the school day. Juniors and Seniors are especially encouraged to take advantage of meeting with the school's admissions officers. Often, these college representatives are the people who will read your admission applications, so students are urged to take advantage of these small group meetings to learn more about colleges and universities that you are considering. Schedules for the visits will be posted on the College and Career Center webpage beginning in late August. These visits are open only to current UHS students. To attend, students are to sign up in the Career Center prior to the visit, and obtain teachers' permission to miss class before the visit is to take place. Permission slips are available in the Career Center.