

# COUNSELING NEWS AND NOTES

August/September, 2010

## GET TO KNOW YOUR IHS COUNSELOR

**Judi Confrey  
Linda Davis  
Connie Jacobs  
Amy Klamberg**

One of the most important resources throughout high school is your counselor. Irvine High School counselors are a primary source of guidance information for academic, personal, college and career planning. Counselors are available to assess, refer and/or counsel with students and their families on a wide variety of issues. Their knowledge can point you in the right direction and help you to develop a plan to meet your goals.

If you do not know your counselor or have not met your counselor, consider introducing yourself. The counselors are available to answer your questions about goals and decision making, transcripts, course placement and selection, college planning, evaluating majors and career interests, college visits and admissions decisions.

A list of Counseling Units, comprised of counselors and teacher advisors, is posted in the Counseling Office.

Don't be shy about asking questions. Counselors enjoy knowing more about you and your plans and are available to assist students with information and resources. And, remember, knowing more about you will provide useful information for your counselor when preparing required school reports and writing recommendations to colleges.

Remember, also, to stay in contact with your counselor throughout your college search and the application, acceptance and decision-making process.

***IHS counselors provide counseling that is  
CONFIDENTIAL AND SUPPORTIVE!***

### **DID YOU KNOW...**

...students may make appointments to meet with their counselors?

...daily attendance is vital to academic success?

...successful academic planning includes time management and good study habits?

...every IHS student can go to college?

...the LIFE Center is a college/career resource center?

## TIPS FOR PARENTS

### CALIFORNIA TEACHERS' ASSOCIATION

- ✓ **Just ask.** Ask your children what they studied in class today – what they liked and what they learned. Asking questions shows that school is important.
- ✓ **Quiet Study.** Choose a place for home study and make sure the room is quiet during that time. Creating a quiet place goes a long way toward helping your children learn.
- ✓ **Regular schedule.** Set up a certain time of day that is dedicated to homework. Follow up with your children to be sure their homework is complete and turned in on time.
- ✓ **Learn together.** If you want your children to read their assignments, give yourself an assignment, too. When it's time for them to do homework, spend a few minutes reading a book, magazine or newspaper.
- ✓ **Learn Everywhere.** Increase your children's interest in homework by connecting school to everyday life. For instance, your children can learn fractions and measurements while you prepare favorite foods together.
- ✓ **Praise helps.** Praise your children for successfully completing homework. Nothing encourages children more than your praise.

## TIPS FOR STUDENTS

### HOW TO STUDY

- ✓ Think positively about reaching your goals.
- ✓ Do homework and **turn it in on time!**
- ✓ Plan your study time and anticipate deadlines. Use a daily planner.
- ✓ Create a comfortable "study setting" at a desk or table that is clear of distractions (no radio, television, phone or other noise).
- ✓ Assemble needed materials including a dictionary and thesaurus.
- ✓ Take notes in class. Listen for clues and prominent points made by your teacher. Ask questions. Review your notes and underline or highlight for emphasis.
- ✓ **READ!** Pay attention to chapter headings and subheadings, then key points in chapters, paragraphs and sentences. Skim for general ideas and read slowly for details.
- ✓ Use other references. Organize information by using filing cards.
- ✓ Prepare for exams by reviewing assignments and notes. Read exam directions and questions thoroughly. Leave time to check your work before turning it in.

## COLLEGE ENTRANCE EXAMS

It is recommended that students take both the SAT and the ACT entrance exams. Almost every college in the county will accept **EITHER** the SAT **OR** ACT when considering admissions.

For test dates and additional information about SAT and ACT visits these web sites:

*collegeboard.com*  
*act.org*

## WEB SITES

University of California - [www.ucop.edu/pathways](http://www.ucop.edu/pathways)  
California State University - [www.calstate.edu](http://www.calstate.edu)  
California Student Aid - [www.csac.ca.gov](http://www.csac.ca.gov)

## COLLEGE APPLICATIONS

Applications for the California State University and University of California systems will be available on line only. The same is also true for other colleges and universities. IHS Counselors will host an evening seminar during which CSU and UC representatives will help students understand the application process - dates and times to be announced.

## FINANCIAL AID

Many private colleges and universities are prepared to begin evaluating your financial needs immediately. The registration form that is required to initiate this process is called the CSS/Financial Aid Profile and may be obtained from the Counseling Office. You will find detailed information on the College Board web site under "Paying for College" and you can contact Financial Aid Profile Customer Service:

[www.collegeboard.com](http://www.collegeboard.com)  
(305) 829-9793

## LETTERS OF RECOMMENDATION

Many private colleges require letters of recommendation. Read college applications thoroughly for requirements and deadlines. It is extremely important to understand the protocol for requesting assistance from your teachers and counselors. Seniors will be invited to a lunchtime workshop for details about private school applications and requesting letters of recommendation. And remember to make your request at least one month before the required deadlines.

## MORE SENIOR NEWS

### CAL GRANTS AND VERIFICATION FORMS

Cal Grants are guaranteed for every high school senior attending a California college, who has at least a 2.0 GPA, meets the basic requirements and applies for the grant on time. Cal Grants are "free" money for college and may be used at any qualifying college in California. Dependent upon which grant is received, the money may be used for tuition, fees, books, supplies, housing, food and even transportation expenses.

**TO QUALIFY:** The Cal Grant GPA Verification form will be available shortly after school begins. Once completed with full name and social security number, it will be submitted by the Counseling Office to the California Student Aid Commission for consideration for a Cal Grant award.

### SENIOR TIMELINE FOR FALL

- Review academic performance/study skills
- Evaluate extracurricular activities
- Register for and take entrance exams
- Complete NCAA Clearinghouse registration
- Review NCAA Eligibility
- Develop your personal profile and resume
- Meet with your counselor
- Attend IHS College Prep Seminars
- Work on college essay/personal statement
- Begin requesting letters of recommendation from teachers, counselors, administrators
- Develop your primary college list
- Continue your college search
- Plan to attend college open houses
- Consider early action or early decision plans
- Plan fall college visits and/or interviews
- Visit the LIFE Center
- Meet with college representatives
- Obtain college and financial aid applications
- Register for the CSS/Financial Aid Profile
- Research scholarship opportunities
- Complete CSU/UC applications **NO LATER** than November 30
- **ADHERE TO ALL TIMELINES!**  
Testing and applications  
Letters of recommendation  
Financial aid and scholarships  
Housing

### UC ELIGIBILITY INDEX

To calculate eligibility for the University of California, please follow online calculation instructions on the website below:

[www.ucop.edu/pathways](http://www.ucop.edu/pathways)