

November 22, 2011

Hi there Class of 2013!! Thanks for signing up for the Junior Class newsletter. I've been pulling together some information for you over the last several weeks that I think you will find helpful. If you have any questions or would like more information, please stop by the Career Center anytime. You can also reply to this email, or give me a call!

There are quite a few **contests** (yes, for **Juniors**) out right now that are worth money to you if you win:

Essay Contest – “Does the United States have a responsibility to promote and/or assure democracy throughout the world?” Visit www.eldoradodemocrats.org or the Career Center for the application. Deadline is January 17th. Prizes up to \$1,000.

Essay Contest – “What Freedom of Speech Means to Me.” Sponsored by the Fleet Reserve Assoc. Essays due December 1st. Awards up to \$200. Details in the Career Center.

Video Contest – Theme: Job Safety for Teens. Visit www.youngworkers.org or the Career Center for details. Deadline is January 4th. Prizes up to \$400.

Video Contest – Select any provision of the US Constitution and create a video illustrating why it's important to you. Up to \$50,000 in prizes. Deadline Jan 20th. Visit www.studentcam.org for details.

Essay Contests on Ayn Rand's The Fountainhead, and We The Living. Visit www.anyrand.org/contests or the Career Center for details. Deadline is April 26th and May 5th. Prizes up to \$10,000.

Poster Contest – Design a poster for ACT that encourages students to attend college and to take the ACT test. Deadline is January 28th. Prizes up to \$5,000.

Visit the Career Center or the Career Center wiki periodically for more contests as we go through the school year. (<http://mrsbastian.pbwiki.com>)

If you are playing a winter sport, apply for the **CIF Spirit of Sport Award**. There is no GPA requirement, only that you show good sportsmanship. EDHS is allowed to nominate one guy & one girl for the winter season. Visit the Career Center for the essay topic. Essays are due to Mrs. Bastian by December 2nd.

Are you interested in learning or improving a job related skill? Are you looking for career opportunities? If so, consider taking **ROP Classes** next school year! Career paths are available in:

Animal Health	Mechanical/Architectural CAD
Automotive Engine/Body	Metal Fabrication/Welding
Medical Assisting/Hospital Occupations	Fire Control/Law Enforcement
Dental Careers/Radiology	Computer & Networking Electronics
Cosmetology/Manicure	Culinary Arts
Marketing Skills	

Don't forget about using www.bridges.com to help you find ideas for career paths. The EDHS site ID is **1027093** and the password is **cougar**. Parents are welcome to use the site as well.

Come to the **Career Fair**, here at El Dorado in the Large Gym during **lunchtime on Monday, Jan 30th**. We'll have representatives from local businesses, ROP, community colleges, law enforcement, and the military – to name just a few. We hold this event just to help you learn about some of the career options available, and to give you information that will help you decide which direction to head when you're done with high school.

If you're considering a career in the military, visit with the **Military recruiters** who are here every first & third Wednesday. The next scheduled visits are December 7th & January 18th. If you're interested in a particular branch, let me know & I can call them to make sure that branch will be represented on that day. Also, we'll have **a recent graduate here on January 18th** to give us information on the ROTC program and how it works. If you're interested in attending his presentation, please let me know.

Be sure to **volunteer** this school year, especially if you are hoping for scholarships for college, community college, or vocational school. Pick up a list from the Career Center of about 100 local agencies that are looking for volunteers. You'll gain some great experience, get connected in the community, and help make your neighborhood a better place! Even if you already have a job, take a little time out to volunteer as well.

If you are hoping to attend a 4-year college after high school, **sign up now** to take the **SAT and/or ACT this spring**. All of the CSU's and UC's require this test. Flyers are available in the Career Center, or just go to www.collegeboard.com for the SAT and www.actstudent.org for the ACT. Here's the schedule – but don't wait for the deadline, sign up asap:

March 10th SAT: deadline is Feb 10th

May 5th SAT: deadline is April 6th

June 2nd SAT: deadline is May 8th

February 11th ACT: deadline is Jan 13th

April 14th ACT: deadline is Mar 9th

June 9th ACT: deadline is May 4th

Money-saving tip for sending SAT scores to CSU's: CSU's have a special code for CSU Mentor & if you use this code, your single score-send is shared by ALL the CSU's.

Money-saving tip for sending ACT scores to CSU's: if you send your scores to just one CSU, you can later log onto your CSU Mentor account & share that single score-send with other CSU's to which you've applied.

Money-saving tip for sending SAT & ACT scores to the UC's: if you send your scores to just one UC, they will be shared among all the UC campuses.

Use your free score-sends wisely!!

And, if you're headed to a UC or other competitive college, talk to your counselor about the **SAT subject tests**. To quote the UC website, "You will not be penalized for failing to take the SAT Subject Tests... A few UC campuses recommend you take certain SAT Subject Test recommendations for specific colleges or schools, and majors. Even if subject tests are not recommended, they do add merit to a student's application." Visit this website, <http://www.universityofcalifornia.edu/admissions/freshman/requirements/examination-requirement/SAT-subject-tests/index.html> and/or come to the Career Center if you have any questions.

PSAT scores will be coming out in January. After you get your score report, be sure to visit www.collegeboard.com and their 'My College Quickstart' program. Put in your individual code (you'll receive it with your results) to retrieve your personalized study plan. If you spend the time to **study the recommended items**, you will likely have a higher score when you take the real SAT.

If you're registered with the **NCAA Eligibility Center**, be sure to list them as a test score recipient – their code is 9999. NCAA requires that scores from every sitting be sent to them. If you're **not** registered with the NCAA Eligibility Center but are interested in playing college sports, visit <http://eligibilitycenter.org> for more info and to register.

Start thinking seriously about **which colleges** you might like to attend and request information from them. If your family travels during school vacations, stop by any colleges that interest you to get a feel for what they are like. Also, make sure you have a **“professional” email address** to use when corresponding with colleges – and don't forget to check it regularly. Good websites to find college info are:

- www.csumentor.com
- www.universityofcalifornia.edu
- www.californiacolleges.edu
- www.collegeboard.com
- www.nces.ed.gov/collegenavigator
- www.collegeweeklive.com (virtual college fair)

And here are some of my favorite links to random college information:

- Next Step U: www.nextstepu.com (And they have a great magazine, stop by the career center – I get 10 copies for free!)
- Cappex – www.cappex.com: (Try the scattergram to see where you stand for admissions chances.)
- Where do the freshmen come from?: <http://chronicle.com/article/Interactive-Freshman-Class/129547/#id=110635> (Shows the origin of each year's college freshman class.)
- Lynn O'Shaughnessy's blog: www.thecollegesolution.com (Mostly parents will be interested in this.)

If you'd like to take a class at **Folsom Lake College** this spring, check out their course schedule at www.flc.losrios.edu and stop by the Career Center for an Advanced Ed application and make an appt to see your counselor ASAP. The course schedule is online now, and classes start January 14th. Drop in counseling at El Dorado Center is Dec. 5, 8, 12, & 15 only.

And finally, always remember to listen to (or find a copy of) the **Daily Bulletin**. We have so many awesome opportunities come through this office, and the daily bulletin is how we get the word out. If you miss it at school, you can also find it on the cougar website.

That's it for now – I hope to see each and every one of you in the Career Center sometime before the year is out. Believe it or not, a year-and-a half to graduation is not so far away. And while you certainly can't know how you'll be spending the rest of your life, it is beginning to be time to think about what your next step will be after graduation.

Whew – a lot of info!! Come see me if you have any questions!

Mary Bastian

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