

Seton Guidance Newsletter

March 2017

Activities and Academics:

How to cope with conflicting demands...

High school students are expected to be involved in a variety of activities while keeping their main focus on academics – in other words their vocation as a student, God’s assignment. Some activities such as cell phone use and social media, video games, and even reading the non-assigned book can easily be limited or even curtailed for a time. Any student who wants to be successful has to be able to avoid these kinds of distractions and find a quiet place to accomplish their work.

However, there are some activities that demand time which cannot be curtailed. If a student has made a commitment to these kinds of activities, then he/she must allocate the necessary time to meet that commitment. Such activities include athletics, plays, clubs, arts and music, and jobs. How to meet these

secondary obligations – remember the first is academics – can be a challenge for students. While the student may have demands for practice time, play/performance time, travelling time, working out times, meeting times, etc., the requirements for learning, homework, test taking, papers, and projects must still be met.

So, what’s a student to do? First, start by setting priorities. Make a conscious, educated assessment of what these activities mean to you and how they will impact your academics and your future. Discuss this with your parents and guidance counselor. You get the same 24 hours in a day no matter how many activities you are involved in. One key to success is setting reasonable goals.

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SAT NATIONAL TEST SCHEDULE 2017

May 6, 2017

June 3, 2017

Register at

www.collegeboard.org

ACT NATIONAL TEST SCHEDULE 2017

April 8, 2017

June 10, 2017

Register at www.act.org

Set Reasonable Goals.

Understand that you cannot give your all to everything. Being a concert pianist means you are not also a world class gymnast. Having reasonable goals means being realistic about talent and time. After setting your priorities, with academics always slotted before extra-curriculars, decide which activities interest you the most. Be reasonable about how much time YOU need to succeed. Will you play one sport, be the team captain, play four sports and sing tenor with the Washington opera? Is dance practice five nights a week going to give you time to meet your course obligations? Are you setting your GPA goal so high as to preclude you from taking interesting, essential courses? Be specific about what needs to be done and how much time it takes. If you are considering an activity that takes three to four hours after school from drive-to to drive-from, just when and how will you get three hours of homework done? If you want to get first honors, what grades do you need in what courses to achieve that, and how much more work will be needed?

Get Organized. It sounds simple, but it is not always easy to do. For some students, a student planner is their best friend. This is not the case for others – you may need to hang a dry erase board in your room or simply draw out a chart. Write everything you are going to do at what times and on what days. Learning how to *prioritize* is critical for success. Focus time on the most immediate deadlines. Put dates of stages to complete projects and meet those deadlines. When you make a schedule, it may make it seem like you have a lot to do, but in the end you become stress free. Also, keep your workspace clear. Give yourself the advantage of being organized and you will be amazed at how much easier it is to get your work done.

Manage time wisely. This goes hand in hand with being organized. Whatever works for you, figure out where your time is being spent and how to make it more productive. Adjust your schedule accordingly. Be aware of how quickly small distractions can steal your time, becoming an hour or more of lost opportunity.

Maintain open lines of communication. If your coaches and teachers are not all kept apprised of your difficulties and challenges, you are skipping an essential part of the process. Keep everyone up to date and aware of schedules, expectations and areas in which you need extra help. Do not play one against the other and do not assume you deserve a pass on something because you are a student athlete/dancer/ musician etc.; that is rather like spending a night at a concert and expecting your boss to let you catch up on sleep instead of getting your work done.

Give yourself every advantage and strengthen your performance as a student. You will find that many of these same techniques work both with academics and extra-curricular activities, making you a truly competitive and well-rounded student!

Scholarship Opportunity

The Virginia Division of the United Daughters of the Confederacy (UDC) offers scholarships to young men and women who are members of or eligible to join the Children of the Confederacy or the UDC. For more information, visit <http://vaudc.org/scholarships.html>. For an application form, email Liz Shifflett at udclady@2listen.us. Application deadline is April 4, 2017.

SAT Math Review Session

A comprehensive 2 ½ hour class, focusing solely on the math portion of the SAT, will take place on Sat., April 29, from 9:00 to 11:30 a.m. at Manassas Baptist Church. Cost is \$30. The class will benefit students who struggle with math and want to improve their scores. For more information, contact Matt Fisher at manassastutoring@gmail.com.

Scholarship/Grant Program

The Friends of the Prince William Senior Center at Manassas will award at least one grant in the amount of \$1,000 to a qualifying 2016-2017 senior student whose grandparent or great-grandparent is an active member of the Center. Please see Guidance Office for application information. Application deadline is April 27, 2017.

The Dangers of Social Media....

Did you know that social media and your online presence can affect your ability to win colleges, scholarships or even get a job after you graduate?

About a quarter of scholarship-granting organizations say they look at the online presence of the finalists before selecting which students will win scholarships by using sites like Google and other social media sites such as Facebook, LinkedIn, YouTube and Twitter. Many employers do the same when looking at resumes to get an idea of both your personal and professional life.

Scholarship providers and employers are looking for red flags, like whether the applicant demonstrates good judgment and will reflect well on the sponsor or the company for which they are seeking employment. They are also looking for the presence of provocative or inappropriate photographs or remarks, insensitive or discriminatory remarks, signs of illegal activities such as underage drinking, the use of narcotics, and evidence of a negative attitude.

These professionals often use online information to identify or resolve conflicting information about the applicant, such as falsifications about student's qualifications or other inconsistencies in a job applicant's story. They may also want to see how the applicant writes in a natural, real-life setting.

Your online presence can be the difference between winning and losing a scholarship or getting your dream job. Scholarship providers and employers will always pick the finalist with the more professional online presence. So be careful about the information you post online. Act as though everything you do online is in public, where anyone can see it. Just as you would want to maintain a professional appearance in an in-person interview, it is a good idea to maintain a professional appearance in an online setting.

(Excerpts taken from article on Fastweb)

***Next Issue – Tips on preparing for those final exams!*