

Seton Guidance Newsletter

May 2017

*Ahhh...Summertime,
And getting the most out of it!*

High School Freshmen (Rising Sophomores)

While this year has been all about getting acclimated to the high school curriculum, next year should be about pushing yourself academically and maintaining good grades. Get involved this summer. This is your chance to explore interests outside of what you already do, providing new learning experiences and knowledge about the world. Interview family and neighbors about careers and vocations. Put the "screens" away and read, read, read!

High School Sophomores (Rising Juniors)

It's time to begin SAT and ACT test prep. Some students take both tests to see which test yields better results. You can also look at your PSAT scores to determine what you may need to focus on and work on this summer. Plan to take the SAT or ACT earlier rather than later. Chances are you will want to re-take the test. Also, remember

that it is the PSAT taken in the fall of your junior year that is the National Merit Scholarship qualifying test. There is big scholarship money and admission priority for students who are National Merit Scholars. If you scored very high on your previous PSAT, then this is a test that may be worth spending some extra prep time on!

It's also time, if you have not already started, to begin your college search. The Guidance Department is here to help, suggest, and guide, but you have to find the schools and scholarships you want. Many students wait until the start of their senior year to begin their search, but this can be challenging while keeping up with school work, extracurricular activities, and jobs. Research schools online, through their individual websites and on college search sites. Plan campus visits and interviews. It is best to visit when classes are in session. Don't forget to check for the availability of Mass and sacra-

Contact Information:

Mrs. Sheila O'Herron
Guidance Counselor
soherron@setonschool.net
703-368-9555

Mrs. Charlotte Guyant
Guidance Assistant
cguyant@setonschool.net

Mrs. Tina McIntyre
Registrar/Transcripts
tmcintyre@setonschool.net
703-368-3220

Mrs. Stephanie Reyes
AP Exams and PSAT
Coordinator
smreyes595@gmail.com

SETON SCHOOL CODE:
471350

**SAT NATIONAL TEST
SCHEDULE 2017**
June 3, 2017
August 26, 2017
Register at [www.col-
legeboard.org](http://www.collegeboard.org)

**ACT NATIONAL TEST
SCHEDULE 2017**
June 10, 2017
Register at www.act.org

ments. You want to keep growing spiritually as well as intellectually. Your junior year is also the time to explore military academy programs.

Lastly, begin your scholarship search. While you may have seen a limited number of scholarships available to you as a freshman or sophomore, the door of possibilities is open wide to you as a junior. Apply for anything and everything, even awards for small amounts, they can add up very quickly! Some websites for scholarship information include: www.scholarships.com, www.collegeboard.com, and www.fastweb.com.

High School Juniors (Rising Seniors)

Okay, this is it! The clock is ticking and you can make your senior year more enjoyable if you take these words of advice from past graduates.

1. If you have not taken the SAT or the ACT yet, or if you want to better your scores, take the time to review, study and prepare for them. Applications begin in October or November for early decision so you will only have the first few dates in the fall available to take the exam(s) so that they are on your applications. Also, certain colleges require Subject SAT tests in addition to the SAT. Check the websites of the colleges you are interested in to see if Subject SAT tests are required.

2. It is important for students to check college websites for updates regarding admissions requirements. Changes in requirements are usually posted by August 1, but it is important to check back periodically for any additional updates. You can still take a summer course to get in admission requirements.
3. Make college visits a priority over the summer, especially if you have not already begun or if you need help to finalize where you want to apply.
4. Begin your applications this summer, the common application is widely used and those essays can be done now. Take the time to write good essays and get them looked over by others. Have your parents review your applications to avoid mistakes that can cost you. Apply to several different places to keep your options open.
5. If you have not completed a profile, make it a priority to do so. All recommendations from teachers, coaches, advisors and other adults will *require* that you provide a profile to Seton. Mrs. O'Herron already presented information and examples to your class, but if you need more information, see the November 2016 Seton Guidance Newsletter on the Seton website.
6. Get a jump on some of your work for next year. Take advantage of Mrs. Carroll's

Write a History Paper class this summer. You can also write your Pro-Life speech this summer with Mrs. Carroll. Some of you have just heard some great pro-life speeches this year and while it is fresh on your mind, why not write yours? Do what you can to get ahead and lessen the workload for your senior year.

Current Seniors

God bless our seniors who are off to new adventures! As many of you head to college, remember:

1. You can continue applying for scholarships while in college. Also, keep an eye out for jobs on campus such as residence assistant, mail room attendant, tutor, library attendant, etc., to help with those college expenses.
2. Find out the requirements for placement exams and keep your skills sharp over the summer. If you test out of an intro course, you can save time and money.
3. If there are any college programs over the summer that you can attend, try to do so. You can familiarize yourself with the college campus and meet other students.
4. Contacting your roommate could save you hauling extra items to school. It can also break the ice and make moving in go smoother.

Try to get together if your roommate lives close by.

5. Schedule a physical. Most colleges require this as well as paperwork showing vaccination history before you can register for class or move into a dorm. You may have to wait for an appointment, so call early.

6. Write Thank You notes to the folks who wrote those recommendation letters, gave you scholarships, taught, coached, and helped you for 4 to 6 years. They deserve a thank you! Take the time to go in the chapel and say a prayer for them.

Lastly, no matter where you are heading to after graduation, be ready to defend your faith, stay close to God, and don't forget to keep Mrs. Carroll's 12th grade religion notes handy! We wish you all the best! Come back to visit us! ☺

More Summertime Ideas...

Summer Reading

The Summer Reading list is now available in the Sentinel and on the Seton website. Read your books early and take notes to help you remember content. In addition to the required reading, it is beneficial to be reading a variety of books. This is the best way to self-educate, keep skills fresh, and experience the world! It is also documented that reading is the best preparation for the PSATs and SATs.

Get a Job

For many, a job is a necessity to help pay for college. It is also good for you in many other ways – including your college applications. The best way to get a job is through networking. Contact family, friends, and neighbors. The key is perseverance. Don't wait to be called back- call or make personal appearances so that they know you want the job. Many job applications are now done online so appearing personally in a store or business is essential and beneficial.

Create a Job

Offer your services as a pet sitter, dog walker, babysitter, tutor, lawn or pool helper, household helper, etc. Decide what you would like to do, create a flyer and get them out in your neighborhood and nearby areas.

Volunteer

If you will not have paid employment for the summer – volunteer! Even if you have paid employment, do a little volunteering. It is a terrific way to explore career options and be God's ambassador to those in need. Suggested places to volunteer are hospitals, libraries, pregnancy care centers, boys and girls clubs, and fire departments. There are many opportunities, use your initiative or ask your parents and friends for suggestions. Also, don't forget volunteer opportunities at work camps and vacation bible school programs in local parishes.

Take a Course

Refresh your skills. If you did not do your best in Algebra I, do some review before attempting Algebra 2. Want to boost your skills and your GPA? Retake a course or take a remedial course here at Seton. Take a course to fulfill college admission requirements. Explore a new interest by taking online courses, NOVA courses, attending summer camps and/or workshops.

Great Gift Book Ideas for Graduates!

Issues of Faith and Morals by Cardinal Pell; *What We Can't Not Know* by J. Budziszewski; *YouCat, Docat; Letters to a Young Catholic* by George Weigel; *Your College Faith; Own It* by Matt Swain; *Moving Forward: Staying Catholic in College* by Life Teen; *How I Stayed Catholic at Harvard* by Aurora Griffin; *Disorientation: The 13 "ISMS" That Will Send You to Intellectual La-la Land* by John Zmirak; and *Strangers in a Strange Land* by Charles J. Chaput. See Ignatius Press for more details!

Scholarship Opportunities

2017 "**Bruce Lee Foundation Scholarship**" is available for U.S. citizens who are aged 16 years or older and are attending a two-year college, four-year University, graduate school, licensed trade or, vocational school in the fall of 2017. The scholarship will fund (1) \$10,000 scholarship as well as (4) \$2,500 awards to the win-

ning candidates. The application submission deadline is **June 9, 2017**. For more information, visit <http://usascholarships.com/bruce-lee-foundation-scholarship/?PR=1>.



CUA

Engineering New Frontiers Summer Program

Exciting and fun residential weeklong summer camp for high school students. Hands – on introduction to engineering through team-based projects, site tours, and breakout sessions with college faculty and practicing engineers. July 24-28. Apply at summer.cua.edu/special.

Parents – Remember if your child has a smart phone, they have access to damaging as well as enriching information. Here are some websites that might be helpful:

<https://www.faithandsafety.org>; <https://commonsensemedia.org>; and www.gregorysmith.com (*Protecting Your Children on the Internet*). Also, www.covenanteyes.com is an internet accountability and filtering program.

Have a blessed and wonderful summer!

