

Seton Guidance Newsletter

March 2018

Making the Most of Your College Visits:

College visits are probably the most fun part of the college application process. When it comes to researching potential schools, there's no better substitute for figuring out if a campus will feel like home.

If possible, visit every college that you are strongly considering. No website, guidebook, or testimonial will give you a better feel for a school than you'll get by seeing it for yourself. Many students change their minds after a campus visit. This is obviously preferable to changing your mind after you enroll! Get the most out of your time on campus with this college visit checklist:

1. Mind the calendar.

Schedule your visit while school is in session. You won't get a realistic idea of student life in August (or if you attend during a special event like Spring Fling).

2. Meet the experts.

Talk to the current students—they may soon be your peers. If they have a problem or complaint, they will probably share it with you. If they love their school, they won't be shy about it either. Come prepared with some questions to ask—specific ones will get you more interesting (and helpful) answers.

3. Meet the other experts.

Stop by the admissions office and introduce yourself. Let them know what interests you about the school so they can direct you to the best place for further investigation. Collect contact information and send a brief, friendly email thanking them for taking the time to talk to you.

If there is a signup sheet, add your name! Colleges do keep track of which applicants have demonstrated genuine interest in the school. A visit is a great way to demonstrate your interest. Some schools will let you interview with an admissions representative during your campus visit. If this opportunity is available, don't pass it up.

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SAT NATIONAL TEST SCHEDULE 2018

March 10, 2018

May 5, 2018

June 2, 2018

Register at least one month
prior at

www.collegeboard.org

ACT NATIONAL TEST SCHEDULE 2018

April 14, 2018

June 9, 2018

Register at least one month
prior at www.act.org

4. Take the campus tour...

While it's the most obvious thing to do, the official campus tour is worth your while. (Find out if you need to register ahead of time to get a spot.) It gives the school a chance to show off its best features, like the newly-built theater or their rooftop planetarium. While you're walking around, check out the flyers and bulletin boards and pick up a school newspaper to get a sense of what's going on.

5. ...then venture out on your own.

The official tour will probably steer you clear of the school's less attractive features, like the shoddy dining hall or the tiny gymnasium. Take your own unofficial tour by wandering around campus. If there are any facilities that are important to you, find them and have a look for yourself. Make sure your destinations include the library, first-year dorms, and most importantly, the Catholic Campus Ministry.

6. Be a student for a day (or night).

Some schools sponsor overnight programs in which you can stay with a current student. This is a great opportunity to get a deeper sense of campus life and interact with your potential future friends and roommates.

Even if you don't stay over, most schools will allow you to sit in on lectures. Browse the course catalogue before you arrive, or ask the admissions office what classes are in session that day.

7. Save the best for last.

You'll get better at visiting colleges with practice. As you compare schools, you pick up on the aspects you like and the aspects you're not so fond of. You also figure out the right questions to ask, as well as the best campus spots to gauge student life. For that reason, if possible, visit your favorite schools last, so you'll be in the best position to make comparisons to the others on your list.

8. Keep a record of every college visit.

If you visit many schools, your memories of them are bound to overlap. Use a notetaking or voice-recording app on your phone, or plain old notebook and pen, to keep track of the details you like and the stuff that you don't like. When more questions arise (as they most definitely will), you can fire off an email for an answer rather than visiting a second time.

9. Don't rush to judgment.

Try not to base your opinion of a school on bad weather or one boring class. There are bound to be sunny days and more interesting classes. Same goes for overnight visits—you might end up staying with a student who has very different interests than you do. At the same time, trust your gut. Sometimes it's love at first sight. Other times, something feels wrong (even if you can't put your finger on it).

(Adapted from www.princetonreview.com/college-advice/college-visits.)

Avoiding Scholarship Scams

Every year, families lose money at the hands of deceptive scholarship companies that offer you access to private funding. Don't let that happen to you.

A scholarship may be a scam if they tell you:

- The scholarship is guaranteed or your money back
- You can't get the information anywhere else
- They will do all of the work
- The scholarship will cost money
- They need your credit card or checking account number in advance

(<http://pages.act.org/avoid-scholarship-scams>)

How to Get Good Grades - Part II

(Cont. from December 2017 Newsletter)

❖ **Step Four: Know How to Read a Textbook.** Begin by scanning. Read the title, headings, and everything in bold and italic print. Look at the pictures, graphs, and charts. Read the introduction, summary, and review questions. In addition to providing you with an overview of the material, scanning also provides you with an “information framework.” Having this framework of main ideas makes it much easier to understand and remember the more detailed information.

Give your reading purpose. Try turning each section heading into a question. For example, you can turn the heading, “St. Francis Changed His Life”, into the question, “How did St. Francis Change His Life?” Keep your question in mind as you read, and at the end of the section, see if you can answer it. Finally, take a few extra minutes to review which will make a huge difference in what you’re able to remember later.

❖ **Step Five: Study Smart.** Students who “study smart” find that they spend less time studying, and yet they get better grades. First, find a good place to study. The best place to study has a surface for writing, is well lit, quiet, and comfortable. Try to avoid studying on a bed. Some students need it to be quiet when they study; others like to have music playing in the background. If you like to listen to music while you study, try playing classical music very softly.

Know your learning style. We all learn differently. Some learn best by seeing the material (visual learners), some learn best by hearing the information (auditory learners), and some learn best by doing (kinesthetic learners). Think about how you learn and adjust how you study accordingly. If you are a visual learner, take notes, form images in your mind, use flash cards, and use color in your notes. If you’re an auditory learner, read and review information out loud, have discussions, and explain what you’ve learned to someone else. If you’re a kinesthetic learner, move around while you study, rewrite or type your notes, and act out ideas. If you are unsure of your learning style, visit your School Counselor, Mrs. Montavon.

Know how to study for a test. Have all your reading done ahead of time. Pay particularly close attention in class the day before a test. This is when teachers will often go over information you need to know. If your textbook has review questions, know all of the answers, and know all the meanings of all the words in bold. If a teacher gives you a review sheet, study it until you know everything on it. Also, you really know something if you can explain it in your own words. Write down any names, dates, formulas, and/or facts you need to remember on index cards. Take these cards with you the day of the test and go over them as often as you can. Review often and review out loud. When you review, you move information from your short-term memory into your long-term memory. *Review is the key to learning anything!*

(Adapted from Woodburn Press 2013 – How to Get Good Grades.)

SAT Math Review Session

A comprehensive 2 ½ hour class, focusing solely on the math portion of the SAT, will take place on **Saturday, April 21, from 9:00 to 11:30 a.m. at Manassas Baptist Church.** Cost is \$35. 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.

USA Science & Engineering Festival Expo

April 7 & 8, 2018

Walter E. Washington Convention Center

Saturday 10 am- 6 pm and

Sunday 10 am- 4 pm

Explore 3,000 hands-on exhibits from the world’s leading scientific and engineering societies, universities, government agencies, high-tech corporations and STEM organizations. The **free** two-day Expo is perfect for children, teens, and families who want to

inspire their curious minds. Register ahead of time at <https://usasciencefestival.org/attend/2018-festival-expo/register/>.

Digital Privacy Scholarship

\$1,000 Scholarship

Deadline: June 30, 2018

To apply, visit <http://www.digitalresponsibility.org/digital-privacy-scholarship>.

Cardinal Newman Society – Recommended Catholic Colleges

Over the next several months, the Seton Guidance Newsletter will highlight a recommended college by the Cardinal Newman Society. This month's feature is:

Ave Maria University



Year Founded: 2003
Number of Students: 1,050
SAT: 1060

Location: Ave Maria, Florida
Number of Majors: 30
ACT: 21

Ave Maria University (AMU) was founded by former Domino's Pizza owner Tom Monaghan in 2003 as a direct response to Pope St. John Paul II's call for a new evangelization.

The University offers 30 undergraduate majors, with programs in the humanities, the sciences, music and professional areas. The most popular majors are biology, business, psychology, and theology. New majors have been added in finance, environmental science, health sciences, and nursing.

More than 60 student clubs, organizations, ministries, outreach efforts, and households offer an abundance of activities that include athletic clubs (such as running, ice skating, swing dance, rugby, and fishing) and academic clubs (such as newspaper, writing, film, and business).

Students also have opportunities to serve on mission trips with sisters from the Missionaries of Charity in Calcutta, Uganda, Haiti, Dominican Republic, Guatemala City, Mexico City, Washington DC and New York City.

(<https://cardinalnewmansociety.org/college/ave-maria-university/>)

Parent Resources and Helpful Websites:

The Culture Translator

Gain weekly insight into how pop culture, technology, and media are influencing your children. To register, visit <https://axis.org/ct/>.

Smart Social

Smart Social provides digital citizenship social media safety assemblies for High Schools, Middle Schools, school districts, teachers and parents of teens. For more information, visit <https://smartsocial.com/>.