

# Seton Guidance Newsletter

May 2018

## *Six Ways to Stay Sharp Over the Summer:*

There's something about summer that can make our brains go into hibernation mode. It's important to keep that brain from sleeping all summer long if you want to start off the new school year right. Here are six great ways to keep your brain in the game so you don't forget how to think!

### **1. Read Intelligent Books**

You can indulge yourself in easy reads, but be sure to mix in a few smart reads as well. Your Seton Summer Reading list is a great place to start. And if you really want to stay sharp and be smart at the same time, you can do a little research on some topics in upcoming subjects you may have such as American History and World History.

### **2. Listen to Worthwhile Podcasts**

There are lots of free and paid podcasts on iTunes, and many of them are great for getting your brain buzzing. You can learn a language, listen to opinion pieces, and learn about your faith (check out podcasts from Fr. Searby!) This is a great way to get out of your own internal rhetoric and listen to someone else's voice for a while. Plus, you might learn a thing or two.

### **3. Have a Chat**

There is really no better way to get your brain functioning at a higher level than by having a meaningful conversation. If your friends aren't interested and your parents are unavailable, head over to your grandparents or volunteer at a senior center and find that ubiquitous group of older folks who are always debating a variety of topics. Even if you are nervous to join in, just listen to what they have to say, and reflect or write about it.

### **4. Work Out**

Studies show us that happy bodies make happy minds, so go for a run, do yoga, or play basketball. You'll be surprised how much happier and healthier your mind will be. Better yet, load those podcasts onto your iPod and take a walk, jog, or bike in the park. Two birds, one stone. Go you!

### **5. Watch/Read the Headlines**

Consider following some worldwide current events. You don't want to wake up to some crazy madness one morning, only to realize that you're three days late to the game. Some news sources to check out are



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### **SAT NATIONAL TEST SCHEDULE 2018**

June 2, 2018

August 25, 2018

Register at least one month  
prior at

[www.collegeboard.org](http://www.collegeboard.org)

### **ACT NATIONAL TEST SCHEDULE 2018**

June 9, 2018

July 14, 2018

Register at least one month  
prior at [www.act.org](http://www.act.org)

nationalreview.com and cnsnews.com. Keep up with current events and be in the know this fall.

## 6. Write

Poems. Short Stories. Blogs. Novels. Whatever. Just write. Write a to-do list and then try to write it in another language. Make your grocery list into a Dr. Seuss poem. Start a blog. It doesn't really matter, but as long

as you're writing and creating, your brain is doing something, and that's all you really need over the summer. ☺

(Adapted from article on HC Work Smarter Not Harder by Caitlin Self 2013)

## Turn Your School Activity into a Summer Job

**M**any students have heard that you should include "personal interests" on your resume or job application. These activities are especially valuable if they reveal character traits that employers seek. The key is to turn your activities and involvement into language that attracts an employer's attention.

Your involvement in high school helps employers see your true character, personality, and the moral traits that make you a good prospect. For example, athletics is considered a very important area of character building. During an interview, communicate how your participation in athletics has improved your discipline, tenacity, integrity, teamwork and competitiveness.

Use your involvement in other activities such as drama, band, and student government to communicate the value of collaborative teamwork and lessons learned from special projects and events.

As an example, below are two very different ways to communicate your participation in a play.

- "I held leading roles in three school plays."  
- "I landed leading roles in "Moby Dick," "The King and I," and "Oliver"; spent more than 100 hours coaching classmates; supported three fundraisers to buy costumes; and reenacted the role at a local nursing home."

Which do you think highlights positive qualities and will be more effective in getting a job?

Also, it is perfectly acceptable to mention during an interview or on your resume how many hours you participated in a sport or club each week. This demonstrates the characteristics of loyalty, dedication and perseverance in your craft. Lastly, it is important to show an employer that your high school experience shaped you in more positive ways than just your GPA.

Adding detail to reveal more than just the bare facts of your involvement in sports and clubs will heighten your potential employer's appreciation for the value of your involvement and help you become the obvious choice for the job! (Adapted from "Turn your club into a job." By Robert Meier.) ☒

## Transitioning from Middle School to High School:

**T**he move from middle to high school can stir up emotions for students, ranging from excitement and anticipation to fear and anxiety. It is natural for students to have concerns, but many concerns will dissipate within the first weeks of school. Here are some tips to help with the transition!

1. Stay organized. This will help keep your grades up which is important because these grades will be recorded on your high school transcript.
2. Explore student organizations, athletics, band, choir and other options. It will help you form a supportive group of friends with similar interests, improve your leadership skills, and start building a resume for your college applications.
3. Keep an eye on upcoming events, grading periods, and announcements and write important dates in your planner.
4. Come to school every day and on time.
5. Lastly, ask for help! Talk to your teachers or school counselor, Mrs. Montavon, as soon as you feel you need help and find out what tutoring or extra help is offered for academics. (<http://www.ownyourownfuture.com/files/documents/transitioning-from-ms-to-hs-s.pdf>)

## *Stressed about finals? Here are 8 Simple Ways to De-Stress!*

- Keep a varied and healthy diet.
- Exercise.
- Listen to music.
- Think positively.
- Take breaks regularly while studying.
- Laugh out loud.
- Get plenty of sleep.
- Sit quietly for 10 mins. Think about and talk to God. 😊



### ***Khan Academy & Summer Time for all Students***

Take advantage of Khan Academy's online SAT Prep Program this summer and work to increase your score. According to Khan Academy, students who study for the SAT for 20 hours on Khan Academy's free Official SAT Practice is associated with an average score gain of 115 points. Take advantage of the program while you have time this summer because a 115-point score gain can make a real difference when applying to college. If you don't have 20 hours to practice, don't worry. Shorter periods of time also correlate with meaningful score gains. *Six hours of study on Official SAT Practice is associated with an average 90-point increase—no small bump.* The SAT Practice is **free** for everyone, and if you have already taken the PSAT/NMSQT, Khan Academy will put together personalized SAT practice plans for each student. Visit <https://www.khan-academy.org/> to get started.

### **Transcripts Wanted!**

If you are taking a class over the summer (summer school, home-school, community college or online) please send in a copy of your transcript for the completed course to the Seton Front Office addressed to "Mrs. McIntyre".

### **Senior Profiles**

Juniors, don't forget to work on your Senior Profiles over the summer. They will need to be turned in on **Tuesday, September 4**. You can find sample copies of Senior Profiles on the Seton website under Academics/Guidance. Senior Profiles are important because they are used by Mrs. Montavon, Mrs. McIntyre and teachers when writing your recommendation letters.

### **Mark Your Calendar!**

**Free Youth Mental Health First Aid class** will be offered at Seton on **June 18 and 19** for parents, teachers, and anyone over the age of 18. More information coming soon through Jupiter Ed.

### **Trades Open House at LFCC (Lord Fairfax Community College)**

**June 19, 2018**

**4 PM - 6 PM**

### **Fauquier Boys and Girls Club of Warrenton**

This event introduces students to a variety of trades professions: For more information, visit [https://lordfairfax.augusoft.net/index.cfm?method=ClassInfo.ClassInformation&int\\_class\\_id=50267&int\\_category\\_id=0&int\\_sub\\_category\\_id=0&int\\_catalog\\_id=0](https://lordfairfax.augusoft.net/index.cfm?method=ClassInfo.ClassInformation&int_class_id=50267&int_category_id=0&int_sub_category_id=0&int_catalog_id=0)

### **Congratulations!**

Congratulations to **Annie Vestermark** who was the recipient of a \$1,000 award through the Virginia State Council of the Knights of Columbus Father Michel J. Bader Scholarship Program. The scholarship is available to children of members in good standing of the Knights of Columbus or of a deceased member. This year, better than 1 in 4 applicants received scholarship money. For more information on the program, visit <https://www.vakofc.org/programs/fr-bader-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:

### Benedictine College



Year Founded: 1971  
Number of Students: 1,823  
Median SAT: 1210

Location: Atchison, Kansas  
Number of Majors: 49  
Median ACT: 25

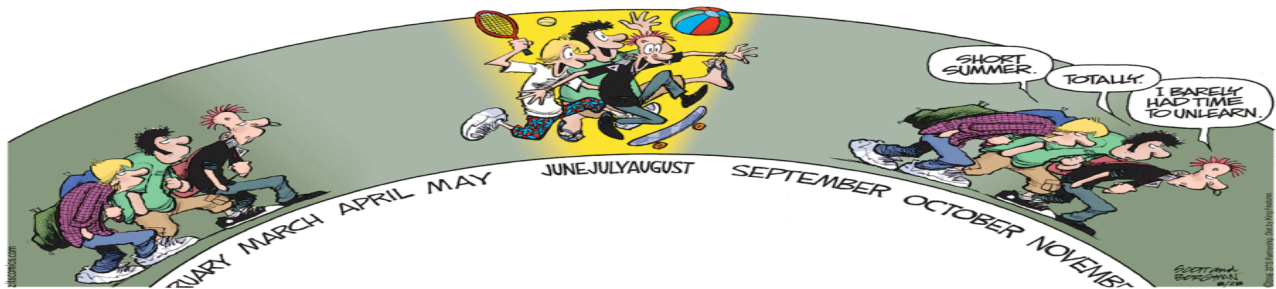
St. Benedict's College, founded in 1858, merged with Mount St. Scholastica College in 1971 and became Benedictine College. It is located in Kansas and overlooks the Missouri River. The Abbey tower sits above the Tabernacle at the center of the 100-acre campus.

The College offers more than 40 traditional majors. Business, education, biology, and theology are popular majors, and Benedictine is one of a few Catholic liberal arts colleges to offer architecture, engineering, and astronomy.

Benedictine has more than 35 student groups, clubs, and organizations to include Ravens Respect Life, Theology of the Body club, a Knights of Columbus group, a Swing and Social Dance club and many others. The college is also a member of the National Association of Intercollegiate Athletics and offers 19 varsity athletic programs.

Benedictine has seven different student choirs. Among them, the Chamber Singers have traveled to Italy several times, performing in Venice, Rome, and even for the Pope. Benedictine also offers a study abroad semester at its Florence campus in Italy for up to 40 students per semester.

(<https://newmansociety.org/college/benedictine-college/>)



God bless your summer! ☺  
From the Seton Guidance Office