

# Senior Handbook



# Lewiston High School

Updated 9/1/17

Idaho College Application Week is November 6<sup>th</sup> - November 10<sup>th</sup>. During this week, the counselors will assist students with college applications, scholarship forms, and FAFSA. It is our hope we can visit with you during your Government class during this week. In addition, we are happy to help before or after school and during lunches in the Counseling Center conference room....stop by!!!

## IMPORTANT DATES FOR SENIORS

### FALL

- Review and note your college applications deadlines and submit!!! Stop by the counseling center and have our registrar send your transcript to the colleges to which you apply.
- Check SAT scores with your counselor to find out if you need to retake the SAT or ACT for college admission.
- Update your resume.
- Begin thinking about whom you would ask for letters of recommendation (teachers, counselor, boss, etc.) and request letters from two possible references.
- Begin talking to college and military representatives.
- Make a college visit – several colleges have organized Fall and Spring visits.
- Begin networking with employers, job shadow, and volunteer!

### WINTER

- Apply for an FSA ID and ask one parent to do the same at <https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid>.
- Submit FAFSA beginning October 1<sup>st</sup> and by your college's priority deadline at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). **A FAFSA should be submitted for every student no matter parent's income level.**
- Attend a Financial Aid Night at the high school to learn more about financial aid opportunities.
- See the Registrar (middle of counseling center) to send your 7<sup>th</sup> semester transcript.
- Verify with colleges your application file is complete.
- Begin looking for scholarship and financial aid opportunities. Check out the scholarship shelves in the counseling center and pick up a copy of the Bengal Green! Note deadlines.

### SPRING

- Attend a Preview or Advising Day at the college of your choice and register for fall classes. Sign up for housing and a meal plan, if applicable.
- CHECK COLLEGE EMAIL FREQUENTLY
- Respond in writing or online to accept the financial aid offer from the college you will be attending.
- Notify counseling center of scholarships you have been awarded.
- See the Registrar to sign up to have your final transcript sent to the college you have chosen to attend. You must also send official transcripts from any college from which you have earned dual credits while in high school. Do this by contacting the Registrar at the college through which the dual credits were earned.

### Priority Deadlines:

University of Idaho-December 1st (application, transcript, FAFSA)

Boise State University-February 15th (application, application fee, transcript, FAFSA, scholarship forms)

Lewis-Clark State College-March 1<sup>st</sup> (application, transcript, FAFSA, scholarship forms)

## **Post-Secondary Planning**

**Whether your plans are college (1 yr. 2 yr. or 4 yr.), military, apprenticeship or working:**

- Take challenging beneficial course work
- Maintain good grades
- Participate in extracurricular activities
- Engage in conversations about your future with friends, parents, teachers and counselor

### **College Applications:**

- ✓ Obtain a copy of your transcript and resume.
- ✓ Allow ample time (weeks) to prepare your application. Request letters of recommendation and allow the people you ask ample time to complete them (two weeks minimum).
- ✓ Check your information for grammar and spelling.
- ✓ Request that official high school transcripts, ACT and/or SAT results be sent to the colleges of your choice from the registrar.
- ✓ Make a follow-up call to the college to make sure that they received your application and that your file is complete.

### **Military:**

- ✓ Take the ASVAB
- ✓ Visit with a recruiter

### **Working:**

- ✓ Take classes that will teach you skills and employability
- ✓ Make connections with community and businesses (volunteer, job shadow)
- ✓ Develop a resume
- ✓ Get involved in clubs, school and community organizations, and extra-curricular activities

## Credit Check

Credit																
Reading	1															<b>9<sup>th</sup> Grade:</b>
Speech	1															Rank:
English 9	1	2														GPA:
English 10	1	2														# of Credits Earned:
English 11	1	2														# of Credits Remaining:
English 12	1	2														<b>10<sup>th</sup> Grade:</b>
Health	1															Rank:
Technology	1															GPA:
PE	1	2	3													# of Credits Earned:
Humanities	1	2														# of Credits Remaining:
Professional-Tech	1	2														<b>11<sup>th</sup> Grade:</b>
Social Science	1															Rank:
Economics	1															GPA:
US History	1	2														# of Credits Earned:
10th US History	1															# of Credits Remaining:
10th W History	1															<b>12<sup>th</sup> Grade:</b>
US Government	1	2														Rank:
Math (Alg 1, Geom, Sr. Math)	1	2	3	4	5	6										GPA:
Science	1	2	3	4	5	6										# of Credits Earned:
Electives	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	# of Credits Remaining:
ISAT Proficiency																
ACT/SAT																
Senior Project																
Biology or Chem EOC																
Civics Assessment																

## APPLICATION ESSAY TIPS

### DO

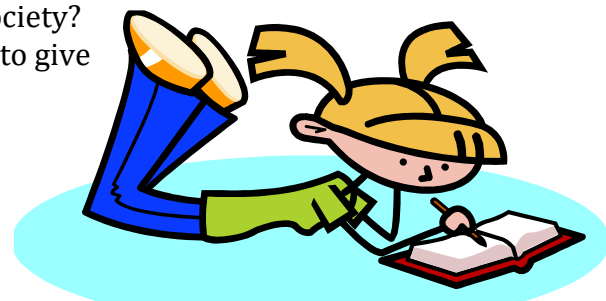
- **Start early.** Leave plenty of time to revise, reword and rewrite.
- **Read the directions** carefully and answer the question as directly as possible. Follow word limits exactly. Express yourself briefly and clearly.
- Tell the **truth, and speak positively.** Negatives tend to turn people off.
- Focus on an aspect of yourself that will **show your best side.** You might have overcome some adversity, worked through a difficult project, or profited from a specific incident. A narrow focus is more interesting than broad-based generalizations.
- Feel **comfortable in expressing anxieties.** Everybody has them and it's good to know that an applicant can see their own and express them.
- **Tie yourself to the college.** Be specific about what this particular school can do for you.
- Write about your greatest **assets and achievements.** You should be proud of them!

### DO NOT

- **Repeat** information given elsewhere on your application. The committee has already seen it and it looks as if you have nothing better to say.
- **Write on general, impersonal topics,** like the nuclear arms race or the importance of good management in business. The college wants to know about you.
- Use the personal **statement to excuse your shortcomings.** It will give them additional attention.
- Use **clichés or go to extremes**—too witty, too opinionated or too intellectual.

### COMMON TOPICS

1. Experience or person that has influenced your life and why?
2. What sets you apart from others to deserve this award?
3. What's your career choice and why?
4. What contributions do you expect to contribute to society?
5. Personal statement about yourself. If they are going to give you money, they want to get to know you.



## Choosing a Career

Take a few minutes to think about what **activities and subjects you enjoy**, and what you really like about them. Write down your thought below:

What have been your **favorite extracurricular activities** (both in and out of school)?

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When completing a school project, do you like **group projects or would you rather work alone?**

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What are your favorite **school subjects?**

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Even if you are not going to college: look through a **college course catalog online**, which classes/majors might be of interest?

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**Take the ASVAB to learn about which careers match your strengths and abilities!**

**Take the online IDEAS interest quiz on idahocis.org (username Lewiston password: bengals4)!**

**If you are unsure about what you want to do after high school VISIT WITH MRS. ROBY in the counseling center!**

## **The Campus Visit: is your ultimate research task.**

It's important to get a true feel of the campus vibe to see if the college is a good fit for you. Be sure to make the most of it by asking questions and keeping track of what you learn.

- ☺ Take part in a group information session at the admission office
- ☺ Interview with an admission officer – go prepared with questions. Refer to your junior book handbook
- ☺ Pick up financial aid forms
- ☺ Sit in on a college classes that interest you
- ☺ Meet a professor who teaches a subject that interests you
- ☺ Talk to students about what they think of their classes and professors
- ☺ Get names and business cards of the people you meet so you can contact them later if you have questions, make sure you take something to write with during your visit.
- ☺ Explore Campus – dorms, dining hall, fitness center, library, career center, bookstore
- ☺ Check out campus media – newspaper, bulletin boards, schools website, etc

## **Choosing the College that is Right for You**

**As you continue your research, use the following list as a guide to work through the details of what you want out of a college:**

- ☺ Type of School
- ☺ Size of school
- ☺ Location
- ☺ Academic programs
- ☺ Activities
- ☺ Financial aid
- ☺ Campus Visits

**College Entrance Exams (ACT/SAT)** – these tests measure skills and help colleges evaluate how ready you are for college level work, some colleges may require SAT Subjects as well (the schools admission office can tell you if these are needed)

- ☺ **Check with the college to see what scores you need for admission!!!**
- ☺ **The best way to prepare**
  - Work hard both inside and outside the classroom. Take challenging courses, study hard, and read and write as much as you can.
  - Do your best on the PSAT.
  - Use Kahn Academy ([www.khanacademy.org](http://www.khanacademy.org)) and the testing organization websites to practice.

## **FINANCIAL AID**

Three types of financial aid for students entering college or postsecondary training.

### **FAFSA**

1. Obtain a FSA ID at [fsaid.ed.gov](http://fsaid.ed.gov). Your FSA ID can be used from year to year. Your parents will also need their own FSA ID.
2. Submit the FAFSA online at <http://www.fafsa.ed.gov> as soon as possible AFTER October 1<sup>st</sup>. you will need the following documents to fill out the FAFSA
  - a) Social Security # (parent and student)
  - b) Driver's Licence # (student)
  - c) Prior Year Tax Return
  - d) Records of untaxed income
  - e) Information on cash; savings and checking account balances; investments, including stocks, bonds and real estate but not including your home, business and farm assets
3. When you receive the Student Aid Report (SAR) by mail or electronically READ IT CAREFULLY.
4. Each school will tell you whether you are eligible for financial aid. If so, they also will explain how much grant, loan or work study money they can offer you.

### **Scholarships**

1. Check with your high school counselor and other sources about local, regional and national scholarships. Some require formal applications including essays or speeches. Many of these "outside" scholarships have deadlines in the fall or early spring.
2. Apply early for scholarships. Do not apply for a scholarship if you do not meet the requirements. Proofread carefully for spelling and grammar mistakes. Keep a copy of the letters you send and the application forms that you fill out. Refer to them the next time you request information or apply for a scholarship.
3. Check out the counseling website for an updated Bengal Green every other week. This document lists all of the scholarships that are currently offered through the high school.
4. Look at financial aid websites (pick up ).
5. Check out information on the Western Undergraduate Exchange program. Certain out-of-state colleges offer reduced out-of-state tuition costs. Visit the website for more information: <http://wiche.edu/sep/wue>.

### **Educational Institution**

1. Email or call the financial aid office at each school in which you have an interest. Ask about financial aid possibilities and obtain their financial aid application, if necessary.
2. Tell each school what you will or will not accept in their financial aid package.



## AN UNHEALTHY RELATIONSHIP

### **SIGNS:**

- ❖ **Control or limits who you can talk to or associate with**
- ❖ **Limit when, where, and how much you can do with others**
- ❖ **Makes you feel guilty about how you spend your time when you aren't with them**
- ❖ **Criticizes or ridicules you**
- ❖ **Inability to forgive**
- ❖ **Passive aggressive behavior**
- ❖ **Lying and dishonest**

**If you are in a friendship with these characteristics...talk to some one, don't let someone control how you feel about yourself and your life...BE YOU!**

## DEPRESSION



### **SIGNS:**

- Feelings of sadness, which can include crying spells for no apparent reason
- Feeling hopeless or empty
- Irritable or annoyed mood
- Frustration or feelings of anger, even over small matters
- Loss of interest or pleasure in normal activities
- Loss of interest in, or conflict with, family and friends
- Low self-esteem
- Feelings of worthlessness or guilt
- Fixation on past failures or exaggerated self-blame or self-criticism
- Extreme sensitivity to rejection or failure, and the need for excessive reassurance
- Trouble thinking, concentrating, making decisions and remembering things
- Ongoing sense that life and the future are grim and bleak
- Frequent thoughts of death, dying or suicide

You are NOT ALONE, There are ways you can feel better.

**BE A FRIEND TO SOMEONE WHO NEEDS ONE, YOU MAY BE IN THE SAME SITUATION SOME DAY 😊!**

## **BEHAVIORAL CHANGES:**

- Tiredness and loss of energy
- Insomnia or sleeping too much
- Changes in appetite — decreased appetite and weight loss, or increased cravings for food and weight gain
- Use of alcohol or drugs
- Agitation or restlessness — for example, pacing, hand-wringing or an inability to sit still
- Slowed thinking, speaking or body movements
- Frequent complaints of unexplained body aches and headaches, which may include frequent visits to the school nurse
- Social isolation
- Poor school performance or frequent absences from school
- Neglected appearance
- Angry outbursts, disruptive or risky behavior, or other acting-out behaviors
- Self-harm — for example, cutting, burning, or excessive piercing or tattooing
- Making a suicide plan or a suicide attempt

**If you're a teen and you think you may be depressed — or you have a friend who may be depressed — don't wait to get help. Talk to a health care provider such as your doctor or school counselor. Share your concerns with a parent, a close friend, a spiritual leader, a teacher or someone else you trust.**

**Suicide is often associated with depression. If you think you may hurt yourself or attempt suicide, call 911 or your local emergency number immediately.**

Also consider these options if you're having suicidal thoughts:

- Call a mental health specialist
- Call a suicide hotline number — in the U.S., call the National Suicide Prevention Lifeline at [1-800-273-TALK](tel:1-800-273-TALK) ([1-800-273-8255](tel:1-800-273-8255))
- Seek help from your primary care doctor or other health care provider
- Reach out to a close friend or loved one
- Contact a minister, spiritual leader or someone else in your faith community

If a loved one or friend is in danger of attempting suicide or has made an attempt:

- Make sure someone stays with that person
- Call 911 or your local emergency number immediately
- Or, if you can do so safely, take the person to the nearest hospital emergency room

Never ignore comments or concerns about suicide. Always take action to get help



**EVALUATION-12<sup>th</sup> Grade**

1. Was the information presented by the counselors useful for your senior year?

Circle One:

Yes

No

2. What portions did you find the most useful?

3. What material did you find the least useful?

4. Is there anything about which you would have liked more information?

5. Overall rating: 5=excellent, 1=unsatisfactory

Circle the number that rates the presentation      1 2 3 4 5

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**Name:** \_\_\_\_\_

Have you made a campus visit? If not, Why?

Do you need assistance with completion of college application(s)?

Would you like to complete a career assessment?

Will you apply for scholarships? If not, Why?