



College Admissions & Career Counseling Office

COUNSELOR'S SCOOP



General Information

Congratulations to **Roland Hansen** for his regular visits to *Naviance—FCC*. He has earned the Counselor's Student of the Month Award for February. Follow **Roland's** lead and take advantage of the great features *Naviance—FCC* has to offer.

Mini-School

There is a sign-up sheet in the school office for Mini-School. A variety of topics are being offered to grades 8–12 on the following dates.

- ❑ *Monday, March 16 @ 2:55-3:30 pm (Scholarships—Get Real...I Don't Qualify) Grades 10-12*
- ❑ *Wednesday, March 18 @ 2:55-3:30 pm (Setting the Stage—Everything Counts) Grades 9 - 11*
- ❑ *Monday, March 23 @ 2:55-3:30 pm (Community Service—Does It Really Matter) Grades 9-11*
- ❑ *Wednesday, March 25 @ 7:15-7:45 am (Demystifying the College Selection Process) Grades 11*

Community Service Project Information

Weed Whackin' Wednesdays

- ❑ Survivors of the 2007 Wildfires need your help! Volunteer San Diego is seeking community volunteers to help provide brush management services for fire survivors in need.
- ❑ With assistance from local fire recovery centers and partner organizations, teams of volunteers will be able to provide these services at no cost to fire survivors who are either senior citizens, physically unable, low-income, under-insured or challenged by special circumstances.
- ❑ No experience necessary – training provided!

Weed Warriors (FF)

- ❑ Agency: [City of San Diego - Park & Recreation](#)

Saturday, March 21, 2009
9:00AM - 11:00AM

Description: Help protect Tecolote Canyon and preserve this special space so that San Diegans can enjoy it for generations to come!

Project details: Volunteers will be removing invasive plants and planting native plants and trees.

Project requirements: [Join Flex](#)

Minimum age: 8 with adult, 14 without adult

Turn in a [waiver form](#) if you or your guest is below 18 years of age.

If you are signing up guests or a team, please notify the team leader in advanced and limit the size of your group to 8 volunteers.

What you will need to know before attending the project: Tools and gloves are provided. Please wear closed-toe shoes and protection from the sun (hat, sunscreen, etc).

Team Leader(s): Maranda Tennent

Size Limit: 40

Volunteers Signed Up: 7

Location: San Diego, CA 92110 (Metro)

The full project address and directions will be sent to you by e-mail after you sign up.

Beautified Nature Walk for Teens

- ❑ Join us for the Beautified Nature Walk and learn more about local plants and animals while helping save the environment on March 28 and/or April 25.

Track & Field/Snack Bar Assistant

- ❑ Agency: [San Diego Golden Stars](#)

Saturday, March 21, 2009
8:00AM - 5:00PM

Description: USATF Sanctioned Track Meet hosted by San Diego Golden Stars: We need volunteers for the snack bar as well as each of the field events and a clerk of the course. Field events include: high jump, long jump, javelin, hurdles and all track events.

*Must attend mandatory training on: Friday, March 20th, 5 - 7PM.

Impact Areas: Children & Youth, Children & Youth: Enrichment and Recreation, Health & Wellness, Other: Special Events Support, Children & Youth

Interests: The interests recommended for this project are: Types of Volunteering: Short-term / One-time Opportunities, Population Served: Youth, Types of Volunteering: Youth, Types of Volunteering: Leadership Development, Types of Volunteering: Tutoring / Coaching, Types of Volunteering: Family, Types of Volunteering: Group Opportunities, Issue Area: Sports and Recreation

Skills: The skills helpful for participation in this project are: General: Sports and Recreation

Location: San Diego, CA 92101 (Metro)
The full project address and directions will be sent to you by e-mail after you sign up.

Basketball Tournament Volunteer

Agency: [SPORTS for Exceptional Athletes](#)

Description: SPORTS for Exceptional Athletes Basketball Tournament

SPORTS for Exceptional Athletes is seeking volunteers for the S4EA Basketball Tournament. Volunteer's positions include scorekeeper, team aides and referees. Familiarity with basketball is helpful but not required (except for referees). Training will be provided at the tournament. Lunch is provided.

4 hours shifts

Saturday, March 21, 2009
8:30AM - 5:00PM

This project is approved for volunteers with the following restrictions: Allow Pending Members

Impact Areas: Health & Wellness: Disability Services

Interests: The interests recommended for this project are: Types of Volunteering: Short-term / One-time Opportunities, Types of Volunteering: Family, Issue Area: Health and Human Services, Issue Area: Sports and Recreation

Skills: The skills helpful for participation in this project are: General: Sports and Recreation, Health and Human Services: People with Disabilities

Location: San Diego, CA 92111 (Metro)
The full project address and directions will be sent to you by e-mail after you sign up.

Family Day at the Puppet Theater

Agency: [Balboa Park Puppet Theater](#)

Saturday, March 21, 2009
10:30AM - 3:30PM

Description: Family Day Helper - Kids Craft Projects (Puppet Making) between shows

Help kids make craft projects after each puppet show. Help set up and clean up afterwards.

Great for a group of 4-8 people Minimum age 16, 14 with an adult must enjoy working with kids. Come for the whole day or just for a few hours.

This project is approved for volunteers with the following restrictions: Allow Pending Members

Impact Areas: Children & Youth: Enrichment and Recreation

Interests: The interests recommended for this project are: Types of Volunteering: Short-term / One-time Opportunities, Population Served: Youth, Population Served: Families, Types of Volunteering: Group Opportunities

Skills: There are no skills specified for this project.

Location: San Diego, CA 92101 (Metro)
The full project address and directions will be sent to you by e-mail after you sign up.

Volunteer Ushers Needed at Balboa Park Puppet Theater

Agency: [Balboa Park Puppet Theater](#)

Saturday, March 21, 2009
10:30AM - 3:00PM

Description: Balboa Park Puppet Theater needs Volunteer Ushers to help with light cleaning after shows.

Days and Hours: Wednesday through Friday 9:30am-noon; Saturday and Sunday 10:30am-3pm

This project is approved for volunteers with the following restrictions: Allow Pending Members

Impact Areas: Children & Youth, Arts and Culture, Children & Youth, Children & Youth: Enrichment and Recreation

Interests: The interests recommended for this project are: Population Served: Youth, Types of Volunteering: Longer-term Opportunities, Population Served, Types of Volunteering, Types of Volunteering: Group Opportunities

Skills: The skills helpful for participation in this project are:
Creative Skills, Creative Skills: Arts and Crafts, Creative Skills: Performing Arts / Entertainment

Location: San Diego, CA 92101 (Metro)
The full project address and directions will be sent to you by e-mail after you sign up.

Walk MS 2009 Volunteers Needed!

- **Agency:** [National Multiple Sclerosis](#)

Saturday, April 04, 2009

6:00AM - 1:00PM

Description: Join the movement to create a world free of Multiple Sclerosis at the Walk MS 2009. Available opportunities include food court, setup, takedown, cheerleaders, route setup, and registration.

SAN DIEGO:
Saturday, April 4 6am – 1 pm: NTC Park (Liberty Station)

This project is approved for volunteers with the following restrictions: Allow Pending Members

Impact Areas: Health & Wellness

Interests: The interests recommended for this project are: Types of Volunteering: Short-term / One-time Opportunities, Population Served: People with Disabilities, Types of Volunteering: Group Opportunities, Issue Area: Health and Human Services

Skills: The skills helpful for participation in this project are: General: Organizing / Sorting / Cleaning, Professional Skills: Event Planning

Location: San Diego, CA 92106 (Metro)
The full project address and directions will be sent to you by e-mail after you sign up.

River Survey and Field Data Collection Mission Valley –April 4th

- **Agency:** [San Diego River Park Foundation](#)

Saturday, April 04, 2009

9:00AM - 12:30PM

Description: River Survey and Field Data Collection Mission Valley –April 4th 9AM-12:30PM

No Experience necessary. Volunteers with an interest in the ecology of San Diego are needed to help collect data on invasive plant species, presence of trash and other information along the San Diego River. Teams will walk predetermined sections of the river with a trained team leader and use GPS, cameras and field data sheets to gauge the health of the river.

This is a great way to see the river, make a difference for its future and a wonderful hands-on learning opportunity. All data collected will be used to help in efforts to restore our river back to a healthy state. Community service hours can be verified for those that need them.

This project is approved for volunteers with the following restrictions: Allow Pending Members

Impact Areas: Environment, Environment: Conservation

Interests: The interests recommended for this project are: Types of Volunteering: Family, Issue Area: Environment / Conservation, Types of Volunteering: Court Referred Opportunities

Skills: There are no skills specified for this project.

Location: San Diego, CA 92108 (Metro)
The full project address and directions will be sent to you by e-mail after you sign up.

Scholarship Information

- ***Sponsored by Life Choices***
Entries: written essay or multimedia (video, music video or power point). Entries accepted until March 15, 2009.

First Place - \$1,000

Second Place - \$500

Third Place - \$250

First through third place award in each division

The applicant must attend high school and complete original work answering the question: **“Why is abstinence before marriage the best choice for teens today?”**

To enter, submit your work to Life Choices following the guidelines available in the counseling office.

For more information visit
www.LifeChoicesPoway.org

- **Kohl's Cares for Kids Scholarship Program** recognizes and rewards young volunteers (ages 6-18) who help make their communities a better place.

Criteria: The young person's actions must be described in detail and should document efforts that are above and beyond what is normally expected of a child his or her age. Volunteer efforts should have made a positive impact on others and occurred in the last 12 months. The activity cannot be performed solely to benefit a family member. Winners are selected based on the project chosen, the benefits of the project and the actual outcome of the project. Applicants must not have graduated high school as of March 15, 2009.

Winners/Awards: Nominees will be divided into two groups: ages 6-12 and 13-18. More than 2,000 store-level winners are expected to receive a \$50 Kohl's Gift Card. More than 190 regional winners are expected to be awarded \$1,000 scholarships toward their post-secondary education. Ten national winners will receive \$5,000 scholarships and Kohl's will donate \$1,000 to a nonprofit organization on their behalf.

Visit www.kohlskids.com to nominate a deserving young person. Copies of the official rules are available online or at and Kohl's customer service desk.

- **UNICO NATIONAL – SAN DIEGO CHAPTER: Brian Piccolo Memorial Award—Unrestricted cash award of up to \$2,000**

Eligibility Criteria

- ✓ Athletic Achievement
- ✓ Academic Achievement
- ✓ Community Service
- ✓ Italian Heritage (25% or more)
- ✓ Graduating Senior

Application deadline: **April 3, 2009.**
Interested applicants stop in the counseling office to pick up an application.

- **Quest bridge—2009 College Prep Scholarship Program**

- ✓ 10 full scholarships to college summer programs at Harvard University, Stanford University, the University of Notre Dame, and Yale University
- ✓ For more information, stop by the counseling office or go online to www.questbridge.org
- ✓ Deadline is **March 31, 2009**

- **Scripts Research Institute High School Student Research Education Program**—is an intensive hands-on summer laboratory research experience. This program consists of a weeklong unpaid training “boot-camp” and 7 weeks paid laboratory experience. Applications must be postmarked no later than **March 31, 2009.** For program applications please visit:

www.scripps.edu/community

- **Spend Your Summer at USC**

- ✓ Study with USC instructors
- ✓ Participate in small classes with lots of individualized instruction
- ✓ Earn three university elective credits
- ✓ Get a taste of college life
- ✓ Participate in academic fieldtrips
- ✓ Meet and work with students from across the country and around the world

For information about the curriculum of the individual Seminars and to find out more about the USC Summer Seminars contact to www.usc.edu/summer. To request a brochure, e-mail summer@usc.edu

- **Harvard Prize Book Competition 2009**

Harvard Club of San Diego
Deadline: April 1, 2009.
Juniors only

Though it in no way guarantees admission to the College, last year 24% of our region's winners were accepted to Harvard compared to fewer than nine percent of applicants world wide. Stop by the counseling office for more information.

Parent(s) Information

- ❑ Education Corp. Brings Drivers Ed. to Midway. *AllGoodDrivers* is an Internet driver education program accepted by the Department of Motor Vehicles in the state of California and fulfills the driver education requirement for students to receive their learner's permits. If you are 15 years old or older and want to start driving contact Mrs. Andrews for further information.

❑ Practice SAT Subject Test

This is an opportunity for your students to see how they will do on SAT Subject tests risk-free. Students can register for up to 3 of the following tests: Physics, Chemistry, Biology, Math 2, Us History, World History, English Literature, and Spanish.

Where: UCSD Campus

When: March 28th

Princeton Review will hold a parent meeting during the first hour in an adjacent room to go over SAT Subject tests, the new UC policy, and answer any burning questions.

To register, call (858) 558-0500 or go online at www.PrincetonReview.com.

❑ Local and National College Admission News –

I try to pass along interesting or pertinent articles regarding College Admissions that I receive. As you can imagine there have been many over the last month. Here is a list of articles that are worth reading.

Colleges Cut Everything But Aid—NY Times
www.nytimes.com/2009/02/28/education/28college.htm

Big Changes on the "Way of Lending to Students—NY Times
www.nytimes.com/2009/02/28/business/27student.htm

Community Colleges Squeezed from both Sides--MSNBC

<http://www.msnbc.com/id29375476/>

❑ Do You Want To Be A Collegiate Athlete?

- Recruiting Homework Checklist 2009-2010
- ✓ Order or download the NCAA Guide for the College-Bound Student-Athlete at www.ncaa.org or 888-388-9748

- ✓ Assess your athletic potential by researching the official NCSA Collegiate Recruiting Guidelines
- ✓ Research your best academic and athletic opportunities with the NCSA Collegiate Power Rankings
- ✓ Contact the National Collegiate Scouting Association (NCSA) at 888-495-5164 or at www.ncsasports.org to see if you qualify for an evaluation with a Collegiate Scout

Be Informed, Be Eligible!

College Planner

Please keep in mind the following college planning suggestions:

- ❑ **Most universities require a score on one or more college entrance exams.** Students in the 11th grade should start taking the ACT or SAT I, and SAT II subject tests in the spring semester. This will allow students time to retest if desired. Students may register now online: www.actstudent.org
www.collegeboard.com

❑ University of California - Counselor Notes

Q: *If a bilingual student took the SAT Subject Test in his or her native language, is it permissible to submit those scores to the University? And if it's permitted, would it put the student at a disadvantage in the admissions process?*

A: An applicant may take the SAT Subject Test in his or her native language and submit that score. It will not have any adverse effect on consideration for admission.

- ❑ **The San Diego National College Fair will be Thursday, April 14th at the San Diego Convention Center. FREE ADMISSION**

9:00 am-12:00 pm and 5:30 pm-8:30 pm

Close to 250 college & university representatives, informative workshops, college counseling center, and financial aid information. See the list of attending colleges:

www.nacacnet.org/MemberPortal/Events/.

Mrs. Andrews