



# JUNIOR NEWSLETTER

ISSUE #II

JANUARY 2024

## CHENANGO VALLEY HS GUIDANCE DEPARTMENT

### JUNIOR NEWSLETTER ONLINE

To view this and future Junior Newsletters, please visit the Chenango Valley District Website at [www.cvcasd.stier.org](http://www.cvcasd.stier.org) . Click on District Information, Guidance Services and then on Junior Newsletter.

### ROTARY YOUTH LEADERSHIP CONFERENCE

The Rotary Leadership Conference is aimed at developing the leadership potential of young men and women. The conference will feature many challenging activities including workshops, speakers, discussions, sports, music and news reporting. **Interested juniors should see Mrs. Samson for details.**

### GIRLS' STATE

Girls' State is a practical application of Americanism and good citizenship. It is a non-partisan, non-political attempt to teach and inculcate in the youth of America a love of God and Country. This program is held during the last week of June. **See Mrs. Samson if you are interested.**

### BOYS' STATE

Boys' State is a program of the American Legion, developed from the concept that youth should be offered a better perspective of the practical operation of government. Some of its objectives are to develop civic leadership and pride in American Citizenship; to arouse a keen interest in the detailed study of our government; and to arouse in the young citizens a determination to maintain our form of government. This program normally runs the last week of June and is held at a SUNY campus. **See Mrs. Samson if you are interested.**

### BOCES

Juniors who do not currently attend BOCES and are interested to attend for their senior year should **see their counselor ASAP.** Visitation will be on Tuesday, February 27, 2024. There will also be an Open House on Tuesday March 5, 2024, from 5-7 pm.

### Youth Apprenticeship/Internship Opportunities

See your counselor for details.

### CAREER CRUISING WEB BASED ASSESSMENT TOOL

CV Students are Career Cruising!!! Career Cruising is an industry-leading online career guidance and planning system. The program was designed with one goal in mind: to help students plan their future. With exceptional assessment tools to find the right career, detailed education and training options, and the opportunity for students to build their own portfolio, students move seamlessly through the career exploration and planning process. Students were introduced to the program last year and will be working with the program again this year with their counselor. Parents and students may also access Career Cruising at home by typing in [www.careercruising.com](http://www.careercruising.com) into your web browser. **The username is Chenango and the password is Valley to gain access.** Please contact the guidance office at 762-6918, with any questions you may have.

### UNITED STATES MILITARY ACADEMY

If you are interested in attending one of the US Military Academy's after graduation, an Academy Day will be held in March or April at one of the SUNY campuses. **See your counselor for more information.** In June, West Point is offering a Summers Leaders Seminar for outstanding high school juniors. Deadline to apply is April 1<sup>st</sup>. Apply at [www.admissions.usma.edu](http://www.admissions.usma.edu).

### ASVAB

If you are interested in entering the military after graduation, the ASVAB test is given by the local recruiting office. Please see **Mrs. Samson for more information.** (over)



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#### Interested in a Career in Dentistry and/or Orthodontics?

Dr. Patrick Scannell from Hatala Orthodontics and the AAO are committed to introducing young people to the knowledge and skills they will need to achieve their dreams. Dr. Pat and his staff are excited to offer Groundhog Job Shadow Day on Tuesday, February 6, 2024, from 9-12. You must have your own transportation and lunch will be provided.

By observing their orthodontic mentors, the students experience a typical day in an orthodontic practice and discover the wide range of rewarding career opportunities available. Students shadow Dr. Pat and staff as they shed some light on the workings of the practice. From orthodontic examinations, adjusting braces on patients, & Invisalign technology, to the use of scanners, 3D printers and x-ray machines, students learn about the special skills and education required to become an orthodontist, hygienist, lab technician, or administrative staff member. If interested, see your counselor.

#### NCAA ELIGIBILITY

NCAA freshman-eligibility standards have changed for students wishing to participate in Division I or II athletics. If you are planning to participate in Division I or II athletics, **PLEASE SEE YOUR COUNSELOR ASAP.** To receive a Quick Reference Sheet for NCAA Freshman-Eligibility Standards for the academic requirements contact the guidance office.

#### DIVISION I ACADEMIC REQUIREMENTS

College-bound student-athletes must meet a core-course progression requirement to be eligible to compete in the initial year of full-time enrollment at a NCAA Division I school. Students who do not meet this new requirement will not be able to compete in the first year of enrollment at an NCAA Division I school. Go to: [NCAA Eligibility Center](https://web3.ncaaa.org) at <https://web3.ncaaa.org> for more information.

#### SPRING SAT & ACT TESTS

##### Scholastic Assessment Test (SAT)

<u>Test Date</u>	<u>Registration Deadline</u>
March 9, 2024	February 23, 2024
<b>**April 24, 2024—given at CV during school day more info to follow**</b>	
May 4, 2024	April 19, 2024
June 1, 2024	May 17, 2024

##### American College Test (ACT)

<u>Test Date</u>	<u>Registration Deadline</u>
April 13, 2024	March 8, 2024
June 8, 2024	May 3, 2024

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

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

**Pick up registration guidelines in the Guidance Office.**

#### PSAT Results-What's Next?

If you took the PSAT in October, you were notified through your email that your score report was ready. If you didn't provide an email, your score report is also available on-line. So, what should you do next? Create a College Board account at [studentscores.collegeboard.org](http://studentscores.collegeboard.org). Then create a Khan Academy account at [satpractice.org](http://satpractice.org) and link College Board and Khan Academy accounts for free to obtain personalized practice for the SAT. Khan Academy is a great free tool offered by the College Board to help you prep for the SAT. They offer free practice tests and activities to get you ready for the SAT. There are other career tools available as well, like Big Future and RoadTrip Nation via your online score report. See your counselor with questions!



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### Getting Ready for College

Dear Parents,

We know that the college process can be overwhelming, filled with many questions. If you would like to schedule a meeting to talk about the college planning process, please contact your child's counselor, Mrs. Hayes 762-6921 or Mrs. Samson 762-6923.

### College Planning Timeline

#### JUNIOR YEAR

OCTOBER	Take PSAT
MARCH	Sign up for courses. Keep in mind that colleges look for challenging class schedules. Do SAT Prep. Take SAT School Day at CV or register for the May SAT
APRIL	Register for June ACT, if interested. Talk with your school counselor to about college. Start the college search process.
MAY	Take the SAT, if needed. Begin making a preliminary list of colleges which are of interest by looking at colleges' websites. Begin visiting colleges while classes are still in session.
JUNE	Take ACT, if interested
JULY-AUG.	Visit Colleges.

#### SENIOR YEAR

SEPT.	Make an appointment to meet with your school counselor to finish your college search and make a list of colleges you would like to apply to. Visit colleges; set up tours. Meet with admissions representatives who come to school. Start asking teachers, employer, school counselors, and club advisors for letters of recommendation. Find out which tests you need (ACT, SAT) to get into the colleges you are applying to and make arrangements to take those tests in October or November
OCTOBER	Take SAT/ACT Begin filling out college applications- Make an appointment with your school counselor if you have any questions. Attend college fairs If you are applying "early decision" or "early action", you should complete and submit applications now. Work on your application essays; you may want an English teacher or school counselor to review them.  <b>Submit a FAFSA®:</b> Students will be able to file a FAFSA if available
NOV.	Finalize your applications and submit them. Attend financial aid night
DEC./JAN.	Send applications if you haven't already done so. Start checking out scholarship opportunities!
FEB.	Check with your school counselor if you need mid-year grades sent to colleges
APRIL	Schools will be notifying you about your acceptances. You will want to make your final decision and send in your deposit by their deadline if you plan on attending their college. Be sure to notify those schools you are not going to attend. Schools will notify you about your financial aid packages. You should compare the financial aid offers you receive. <b>PLEASE NOTIFY YOUR COUNSELOR OF YOUR COLLEGE CHOICE!!!!</b>



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Advice to students.....Clean up your Social Media accounts!!!!!!

Students today have grown up with social media. They typically have accounts on Snap Chat, Twitter, Instagram, TikTok and many others that have popped up. There is a downside though to having all these accounts. It makes it easier for admissions officers to do their own sleuthing about potential students. A recent study by Kaplan showed 40% of admissions officers currently check the social media accounts of applicants. Students brazen enough to post pictures of them smoking, drinking or doing other nefarious things do so at their own risk. It could be the difference between getting accepted or rejected to their college of choice.

Athletes are at particular risk as many coaches are now using social media in their recruitment of athletes. Many athletes receive full or partial scholarships so posting the wrong thing could cost your student's big time. There are countless stories of athletes being expelled from college for getting caught doing things they shouldn't be doing so it is more important than ever for students to create a positive impression with their social media as coaches may not extend that scholarship offer if they see something that might concern them about the student's future behavior.

So how can you avoid issues? Post positive images of who you are. Post pictures with your friends, family and engaging in school activities and sports. Post about your passions, but to stay away from anything that can be construed as controversial or confrontational.

Social media is a great way to engage with colleges of interest by liking their pages and following their blogs to get updated information on a regular basis, but keep in mind it makes it easier for personnel of those colleges to check on you as well.