

Saura Scoop

January 11, 2013

South Stokes

Counseling Department

Are You College Ready?

PSAT & PLAN Scores Are Here!

The counselors will be holding a session about interpreting PLAN and PSAT scores on Thursday evening, January 17, beginning at 6:00 pm in the library at South Stokes. During the session, we will talk about the differences between the ACT and SAT as well as PLAN and PSAT score reports. All sophomores took the PLAN and these results will help students and parents know how ready for college students are in math, reading, writing, and science skills. Specific strategies and resources for improving skills will also be discussed. In addition, students who took the PSAT can pick up their scores and have them interpreted at the session. Please join us as we work to prepare students for college!

SAT BootCamps and Preparation Ideas



Juniors planning to attend four-year colleges and universities should have started preparing to take the ACT and/or SAT. There are several ways to study for these tests and research shows the more a student prepares, the better their score will be. Check out some of your options below:

- Use PLAN and PSAT results to review correct and incorrect answers and the study materials you have access to after taking these tests to help prepare for the exams.
- Use www.collegeboard.org (SAT) and www.actstudent.org (ACT) to learn more about taking the tests, complete practice tests, sign up for Question of the Day, and access registration information.
- Check www.princetonreview.com for free events in our area to practice for college entrance tests.
- Use one of many websites found on the Counseling Center website (<http://sshscounselors.weebly.com/links.html>) to practice frequently.
- Study hard in academic courses. The more material you master in your classes, the more prepared you will be for college entrance tests and college courses.
- Sign up for an SAT BootCamp. Salem College, CapEd, Winston-Salem State University, Sylvan, and many other organizations offer study sessions for a fee.

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ASVAB

Administration

The Armed Services Vocational Aptitude Battery (ASVAB) will be given at South Stokes on January 24. The ASVAB is the exam for military entrance but is also an excellent career tool to help pinpoint students' skills to help match them up with possible careers. Juniors interested in taking the test can sign up with the counselors.



Enrichment Opportunities

Summer Ventures

Summer Ventures in Science and Mathematics is a FREE four-week summer program for high school sophomores and juniors who are committed to academic growth and development in science and mathematics. Participants will find that Summer Ventures is *More than just learning...it's Exploring* science and math! Applications are available online at <http://www.summerventures.org> and are due on or before January 31. Admission is competitive for this excellent program and students who are accepted will attend on one of four college campuses in North Carolina. For more information, please see Mrs. Cheek or Mrs. Sawyer.

Meredith College Annual Women's Leadership Development Conference

Junior girls interested in attending this leadership conference at Meredith College on Saturday, February 2, 2013, are strongly encouraged to apply. This conference will help young women become more effective leaders in their school and community. Pre-registration is required and the conference and lunch are FREE. To register go to www.meredith.edu/admissions/lc before January 25th. For more information, see Mrs. Cheek

National Environmental Summit for High School Students

The Center for the Environment at Catawba College and Rocky Mountain Institute are hosting a National Environmental Summit for High School Students July 8-13, 2013. The summit is open for current sophomores and juniors and will be held on the Catawba College campus. The cost is \$400 and you can find more information at www.centerfortheenvironment.org or by calling 704-637-4727.

"Nothing is impossible, the word itself is 'I'm possible!'"
~ Audrey Hepburn

2013 Heels for Success @ UNC Chapel Hill

Heels for Success is a one-day summer program to help academically-talented rising sophomores and juniors prepare for college. Learn about the SAT, explore the Carolina campus, and learn how to manage the college application process. Current freshmen and sophomores in the top 10% of their class taking honors courses are eligible for nomination. If you are interested in being nominated, please see your counselor.

LENS @ Wake Forest

LENS @ Wake Forest is a three-week summer program that equips students with an academic foundation to become global citizens. This year's theme is **Sustainability: Operate locally and extend globally**. The program will be held on the campus of Wake Forest University July 13 – August 1, 2013. Current high school sophomores and juniors are eligible to apply for the program. The tuition is rather steep, but there is an application for financial assistance for students. For more information, visit lens.wfu.edu/apply.

DATES TO REMEMBER

January 17 – PSAT/PLAN Results Session, 6:00 pm in Library

January 21 – HOLIDAY

January 24 – PROGRESS REPORTS

January 24 – ASVAB (Armed Services Vocational Aptitude Battery) – Sign up with Mrs. Cheek

January 26 – MCJROTC Cornhole Tournament

February 6 – Early Dismissal

March 5 – ALL JUNIORS take ACT

College Visits

This spring is the perfect time for juniors to begin visiting the four-year colleges they are interested in attending. Many colleges have Open House dates specifically for juniors on Saturdays throughout the spring semester. You can also set up an appointment to visit most schools during weekdays as well. We strongly encourage students to plan on visiting during our spring break or on teacher workdays to avoid missing school. If you need to visit on a school day, please make sure you complete a college visit form before you go on your visit. Counselors have forms available in the Counseling Office. To find out how to register for a college tour or Open House, visit the Admissions page on college websites. If you need help determining when to visit a school, please see Mrs. Cheek.