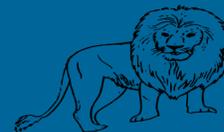




CHS Class of 2018

Senior Newsletter Spring 2018



Inside this issue:

Countdown to Graduation!

May 4th will be here before you know it! This newsletter will offer some reminders about what you should be doing now to prepare. It's a new year and what's better than having a brand new calendar-agenda book, with all those blank pages to fill?!

If you haven't already gotten one for 2018, go out and get it today. You'll find when you're more organized, you'll be a

LOT less stressed!



ACT

This college-entrance exam is used:

1. by colleges/universities—for class placement
2. by LOSFA—for TOPS eligibility
3. by colleges and other programs—to determine scholarship eligibility.

Most 4 yr. colleges/universities require the following ACT scores:

English sub-score—18; Math sub-score—19

There are four National ACT test dates remaining:

February 10th, April 14th*, June 8th & July 14th

***The April 14th test date is the last test date you can use to gain TOPS eligibility**

Go to www.act.org to see deadlines for registration and to sign up.

Just need to improve a score on one sub-test, ask Mrs. Thames about ACCUPLACER!

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FAFSA Grad Requirement

In the fall of this school year, CHS hosted its first ever FAFSA Completion Night. Representatives came from LOSFA, LSU and Northshore Technical Community College (NTCC) to assist parents and students with the completion of their FAFSA. If you have not already completed your FAFSA, there is still time. However, it must be done BEFORE graduation or you will not be eligible to participate in graduation ceremonies on

May 4th. If you feel you can't do this on your own, try calling NTCC to set up an appointment with one of their Financial Aid Counselors. Or, you can call the **FAFSA Help Line:**

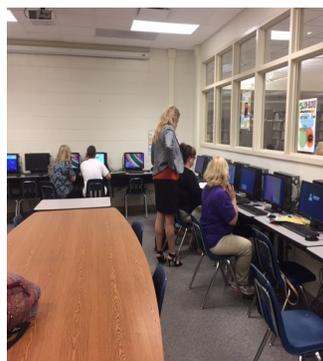
1-800-433-3243

They're available:

Mon—Friday: 7 am—10 pm

Sat—Sun: 10 am—5 pm

Don't forget to email a copy of your FAFSA Completion letter to Mrs. Thames!



CHS FAFSA Completion Night in October, 2017
CHS Library—Lab

Special points of interest:

- Transcripts
- FAFSA Completion
- Apply for College
- ACT
- Scholarships
- Earn your credit back!
- NCAA Eligibility
- Finding a balance
- Preparing for life after high school
- Cords at Graduation

Continuing the Transcript Conversation...

You will receive a copy of your transcript during a classroom presentation by your school counselor, Mrs. Thames.

When you receive your transcript, please check the following items:

1. Name
2. Date of Birth
3. Social Security Number
4. State Codes for A & B portion of classes must match
5. Accuracy of courses taken

If this or any other data is incorrect on your transcript, then it is incorrect in JPAMS and you will need to notify the CHS registrar, Mrs. Yun Thompson, so she can repair it. If incorrect information is sent to the state, it can cause serious issues with your financial aid and/or your registration process.

Remember—Mrs. Thompson is also the person to contact should you need a copy of your transcript sent to a college/university.

If you took a dual enrollment class, you will be required to send a copy of your transcript from the college through which you earned the post-secondary credit to the college you plan to attend. For example, if you took DE English IV, then you must go to www.southeastern.edu and print out a transcript request form—fill it out and send it to Southeastern requesting that they send it to the college of your choice.

Please see Mrs. Thames or Mrs. Thompson with questions (e.g., fee waivers!)



“...CHS would like to recognize your achievements!”

Scholarships!

How's the scholarship application process going? Here are a few reminders from Mrs. Thames:

- Check the CHS Website frequently
- Ask your English teacher if she's received new scholarship information lately
- Pay attention to C-4 News
- Watch those deadlines and don't wait until the last minute to apply
- Visit the School Counseling Office to pick up paper applications of scholarships
- Apply—even if you don't think you're eligible.
- If you need a letter of recommendation—make sure you ask the writer early!
- **IMPORTANT!** *Once you've been awarded a scholarship, turn a copy of it into Mrs.*

Thames, EVEN IF you don't plan to go that college/university. It's still an honor, which you've been awarded and CHS would like to recognize your achievements!

Have you applied to college yet?

College and Admissions Counselors have consistently advised students NOT to wait until they have the ACT score listed on their website before applying. They would prefer you apply as soon as possible. They will continue to consider ACT scores you earn after your application date. So, don't delay—apply today!

The process is not as complicated as you

might think. Simply go to the website of the college you are interested in attending and find the link for "Admissions." Know that you will be considered a "First Time Freshman" - even if you have participated in a dual enrollment class. Also, when you enter college, you will be considered an "Undergraduate." If you have any other questions, you can call the number listed for their admissions

office or you can see Mrs. Thames. She will be happy to point you in the right direction.



The FYI on Cords at Graduation



Different colored cords are worn at graduation by those seniors who have completed certain requirements:

GOLD—worn by those students who earned Dual Enrollment credit

WHITE—worn by those students who earned an Industry Based Certification (IBC)

BLUE & GOLD—worn by those students in good standing with the National Honors Society

SILVER—worn by those students who have earned the dis-

Attendance & Seat Time...

Many of you had excessive absences in the fall semester of this school year and were denied credit. In order to regain your credit and ensure you walk across the stage in May, make sure you make an appointment with Mrs. Belinda Pennison as soon as possible to schedule Seat Time Recovery. Once you make up your seat time, the F on your transcript will be replaced by the grade you actually earned.

Attendance will continue to be important in your future. Skipping classes in college can cause you to lose credit, financial aid, miss relevant information and/or it can result in academic probation.

And, of course, we all know what happens if we don't show up for work!

Life is a Balancing Act

"School-life balance is important for optimal academic functioning. Students often prioritize academics at the expense of personal factors, including relationships and exercise (or the other way around). This can lead to a decline in academic performance, as general health and well-being are critical to optimal academic functioning." (http://jhsap.org/self_help_resources/school-life_balance/index.html) Maybe you have either heard of or are currently reading *The 7 Habits of Highly Effective Teens*? Many of the suggestions in this book can help you now and throughout adulthood. Some suggestions a from this book are listed here.

They are designed to help you maintain a balance between 4 life dimensions: *Body, Brain, Heart & Soul*. Maybe you can make them a part of your New Years' resolutions.

Body—Physical

- 1) Eat breakfast
- 2) Start an exercise program...
- 3) Give up a bad habit for a week... A week later, see how you feel

Mind—Brain

- 1) Subscribe to a magazine (or read a book) that has some educational value
- 2) Read a newspaper every day...
- 3) The next time you go (out), visit a museum, (do something different.) Expand your horizons.

Heart—Emotional

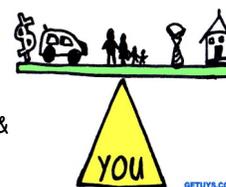
- 1) Go on a one-on-one outing with a family member... go see a movie, go shopping
- 2) Begin today to build your humor collection... Buy hilarious movies or start your own collection of jokes. (Soon) you'll have something to go to when you're feeling stressed.

Soul—Spiritual

- 1) Watch the sunset tonight or get up early and watch the sunrise.
- 2) ...Start keeping a journal
- 3) Take time each day to meditate, reflect upon your life, or pray. Do what works for you.

(Covey, Sean. "The 7 Habits of Highly Effective Teens." Simon & Schuster. 1998. 242)

Planning on playing sports in college? If you haven't already done so, you must register at the NCAA Eligibility Center: www.eligibilitycenter.org



Last Minute Details

- ◆ **Senior Celebration Sign-up?** - Drop off your forms and fee in the blue mailbox in the School Counseling Office.
- ◆ **Housing Plans?** Many colleges, including LSU for the first time this year, require that first-time freshmen live on campus. So, don't forget to apply for housing when you apply to college

- ◆ **Immunization records**—Are your shots up to date? You will need to go your college's website and print out a copy of the Immunization Form—bring it to your doctor—and make sure you have all the shots required to attend. This form, signed by your doctor, will need to be returned to your college to complete your application package.
- ◆ **School Fees**—Be sure to check with

Ms. Marla Pike in the front office to make sure all your school fees have been paid.

- ◆ **Be sure to check your e-mail** frequently. This is typically where colleges will send information. They certainly won't be texting you.

Class of 2018

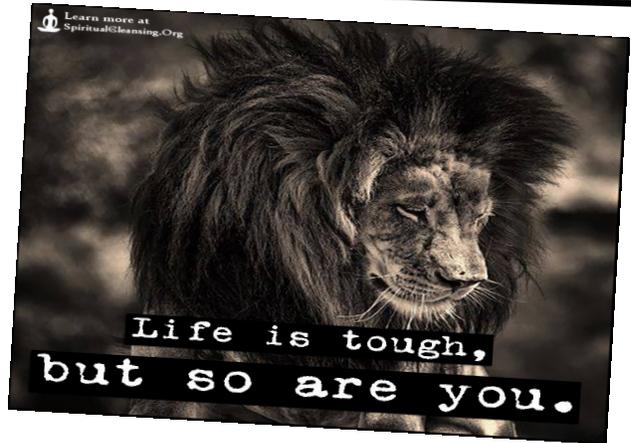
Mrs. Kristen Thames
School Counselor
Contact Information:

Phone: 985-273-3585
Fax: 985-898-0911
E-mail:
kristen.thames@stpsb.org

▶ **CHS STRONG!**

PII Consent Form
on file?

Check with Mrs.
Thompson or Mrs.
Thames in the
School Counseling
Office!



Check out the Countdown to
Graduation Clock
on the CHS Website!


Covington High School
covingtonhigh@stpsb.org

Credit Recovery

Many of you are repeating a course this semester either through St. Tammany Parish's new Pilot Credit Recovery program or the a3 Virtual Online Academy. Here are some tips to help you achieve success in these online classes:

1. Log in to the online class everyday and complete your assignments on time
2. Check your STPSB Webmail every day for possible messages from your online teacher.
3. Questions? E-mail your online teacher or ask CHS Online Facilitator, Ms. Melissa Robinson.
4. Do your own work! Cheating will result in a zero on an assignment/ test.
5. Keep back-up versions of work submitted. Make sure your online teacher knows why you missed an assignment. If you missed an assignment or a test, try to make it up ASAP!

ATTENTION JumpStart TOPS Tech Students:

Remember! Not only do you have to pass all your core classes and 9 career electives, you must also earn Industry-Based Certifications. Work hard with the teacher responsible for testing you in your required certifications to make sure you're on track. Please see Mrs. Thames if you have questions.



Louisiana Star Jobs is a website and app provided by the Louisiana Workforce Commission which offers you the opportunity to explore top-rated Louisiana careers, jobs and available training options.

Top 25 jobs in NOLA area adding the most jobs annually through 2024:

- 1) Cashiers
- 2) Retail Salespersons
- 3) Waiters/Waitresses
- 4) Registered Nurses
- 5) Laborers & Freight, Stock & Material Movers
- 6) Combined Food Preparation & Serving Workers, including Fast Food
- 7) Food Preparation Workers
- 8) General & Operation Managers
- 9) Cooks—Restaurants
- 10) Stock Clerks & Order Fillers
- 11) Office Clerks, General
- 12) Maintenance & Repair Workers, General
- 13) First Line Supervisors of Food Prep & Servers
- 14) Bartenders
- 15) First Line Supervisors of Retail Workers
- 16) Host & Hostesses, Restaurant, Lounge & Coffee Shop
- 17) Janitors & Cleaners
- 18) Sales Representatives, Wholesale & Manu.
- 19) Customer Service Reps.
- 20) LPNs & Licensed Vocational Nurses
- 21) Nursing Assistants
- 22) Counter Attendants, Cafeteria, Food Concession, & Coffee Shop
- 23) Maids & Housekeeping Cleaners
- 24) Personal Care Aides
- 25) Security Guards

Source: http://www.laworks.net/LaborMarketInfo/LMI_OccTopOpenings.asp?years=20152024