

From: cvhs-listserv@listserv.capousd.org
Sent: Wednesday, October 03, 2007 3:14 PM
To:
Subject: CVHS Guidance News: 10/4/07

CVHS GUIDANCE NEWS: October 4th, 2007

****WEBSITE REMINDER:**

CVHS Guidance Website Resources:

Perhaps the **best source of guidance information** for parents and students can be found on the Capistrano Valley High School website at: www.cvhs.com For guidance information relating to college, scholarships, testing, careers, and general information, **simply click on the following link:** <http://www.cvhs.com/guidance.htm> or visit the CVHS website at www.cvhs.com and then click on "Guidance."

Weekly Guidance News ListServ:

In an effort to help limit the large number of e-mails most parents receive, the CVHS Guidance Department plans to send **only one ListServ e-mail per week** (usually on Thursday or Friday) unless absolutely necessary. We want you to remain well informed about important guidance-related issues, and yet, we are sensitive to the fact that a single weekly e-mail is more efficient for most parents.

NEW ANNOUNCEMENTS:

Important Request Regarding School Loop:

All parents who have not already done so are asked to please register for School Loop with their own parent account, as opposed to using their son/daughter's student account to access School Loop. By registering with a parent account, parents will help teachers and administrators know that they have access to this important resource. Otherwise, when parents use their student's account to access School Loop, the school has no way of knowing that they are doing so. **Please help us by registering for School Loop with your own parent account if you have not already done so.** To register for School Loop, simply visit www.cvhs.com, click on the School Loop icon near the upper right of the home page, and then follow the prompts. It only takes minutes! Thank you for your assistance with this important technology!

REMINDER: Back to School Night:

Remember, back to school night is **Thursday, October 4th beginning at 6:25 p.m.** Please plan to attend in order to meet teachers, hear important information about curriculum, grading, etc.

California High School Exit Exam (CAHSEE) Preparation Books Available!

California High School Exit Exam (CAHSEE) preparation books for Math and English Language Arts are now available in the Guidance Office for **all** sophomores and any juniors or seniors who have not yet passed one or both portions of the exam. (**NOTE:** These are the same booklets that will be handed out in all sophomore English II classes during Back to School Night, so students whose parents attended will not need to pick up booklets.)

California High School Exit Exam (CAHSEE) Test Dates and Info. for 2007-08:

November 6th and 7th – held at CVHS during the school day for only those juniors and seniors who have not yet passed one or both sections.

December 1st and 8th – held these two Saturdays at Adult Education Center for primarily those seniors new to California who might need additional testing dates.

February 5th and 6th - held at CVHS during the school day for only those juniors and seniors who have not yet passed one or both sections.

March 11th and 12th – held at CVHS during extended school days for **all sophomore students only.**

May 6th and 7th - held at CVHS during the school day for only those juniors and seniors who have not yet passed one or both sections.

College Scholarship Information Now Posted:

Current scholarship opportunities are now posted at the following link: <http://www.cvhs.com/Scholarship.htm>, or go to www.cvhs.com and then click on "Guidance" and "Scholarship Info." **NOTE:** Scholarship information will be updated approximately every 7-10 working days. In addition, a "Scholarship Notebook" of information will be available in the Guidance Office.

Got PSAT/PLAN Testing?

Students who cannot remember or are uncertain as to whether or not they have already signed up (during registration) for upcoming PSAT/PLAN testing in October should visit the Activities Window to confirm. The Activities clerks have a list of all students who have paid and are signed up. **Due to the volume, no phone calls please; we ask that students please check in person.** For more information about PSAT/PLAN testing, please see the announcement below under Past/Old Announcements.

College "Scores Back Night" – Save the Date!

Each year, CVHS hosts a college "Scores Back Night" – an evening event where those students who took the PSAT and/or PLAN tests in October can receive their scores and hear a short presentation regarding score interpretation, college admissions implications, etc. This year,

the event will be held on Tuesday, January 15th, 2008 at 7:00 p.m. in the CVHS Mall. Students and parents are both invited and should plan to park and enter through the upper parking lot since there is also a basketball game scheduled the same night and parking will probably be full in the lower staff lot. **Please save the date and plan to attend!**

Senior Newsletter Available On-Line:

The Senior Newsletter that was handed out to all seniors during Guidance visits to senior social studies classes on October 1st is also now available for students and parents on-line. To download or view this document, simply click on the following link: <http://www.cvhs.com/guidancedocs/Senior%20Newsletter%202007%202.pdf> , or go to www.cvhs.com , click on "Guidance," then look under "College Info" and click on "Senior Newsletter."

PAST "OLD" ANNOUNCEMENTS & DATES:

Important Guidance Calendar Dates:

Please read the announcements above and/or below for details regarding each date/event listed.

Date	Event	Notes
10/1/07	Cal State University application submission period opens	See announcement below
10/4/07	Back-to-School Night	Starts at 6:25 pm; see announcement above
10/12/07	First 6-week progress reporting period ends	See announcement below
10/13/07	PLAN Test	See announcements below
10/20/07	PSAT Test	See announcements below
10/26/07	Last day for students to change a class in order to "level down"	See announcement below
11/1/07	University of California application submission period opens	See announcement below
11/6 and 11/7/07	California High School Exit Exam	For those juniors and seniors who have not yet passed one or both sections; see announcements above
1/15/08	College "Scores Back Night"	7:00 p.m. in the CVHS mall; see announcement above.

Important Guidance Dates and Deadlines:

The first progress **6-week progress reporting period will end Friday, October 12th**. Parents should then receive a grade report via US mail within 7-10 days thereafter.

The last day to make a **level change (i.e. leveling down within the same subject area) is Friday, October 26th**.

CAHSEE (California High School Exit Exam) Mailings:

During the months of September and October, parents of all 9th and 10th grade students, as well as all 11th and 12th grade students who have not yet passed both portions of the CAHSEE, will receive important information via US mail. **Please contact your student's Academic Advisor if you do not receive the appropriate mailings (as described above) by the end of October.**

Senior Class Visits:

Academic Advisors/Counselors **visited all senior social studies classes on Monday October 1st** to review college application deadlines, college testing, graduation status, financial aid information, etc. Students were given a handout entitled "**Senior Newsletter.**" This handout is now available for download at the following link: <http://www.cvhs.com/guidancedocs/Senior%20Newsletter%202007%202.pdf> , or simply go to www.cvhs.com , click on "Guidance," then look under "College Info" and click on "Senior Newsletter."

Senior Guidance Mailings:

Parents of seniors were recently sent transcript and graduation status information via US mail. Please contact your student's Academic Advisor/Counselor if you did not receive this information.

Cal State University (CSU) and University of California (UC) Applications Periods Open Soon!

The application submission period for **California State Universities (CSU) opened on October 1st**. The application submission period for the **University of California (UC) campuses will open on November 1st**; however, students were able to access the website and begin

working on the process as of October 1st. Seniors should be planning and preparing their information in order to apply early during the admissions process in order to avoid the last-minute rush and website delays that nearly always occur as the November 30th deadlines move closer.

Letters of Recommendation for College Applications:

Most private colleges and universities require Letters of Recommendation from counselors and/or teachers. In order to facilitate the numerous requests, please download the forms on the CVHS website, under Guidance, or click on the following link:

<http://www.cvhs.com/guidancedocs/Secondary%20School%20report%20guidelines.doc> . Please follow the instructions and adhere to all deadlines. Requests turned in after deadlines may not be completed on time. Remember, the UC and Cal State systems do NOT require Letters of Recommendations.

On-Campus College Visits:

For a listing of the dates and times when various colleges and universities will be on the CVHS campus providing information and answering questions for potential student applicants, please visit the following link on our Guidance website:

<http://www.cvhs.com/guidancedocs/Collegerepsfall07.pdf> Please check the list frequently as it will be updated throughout the year.

New Prompts for University of California (UC) Personal Statement/College Essay:

The University of California (UC) system has just approved new prompts for the Personal Statement/College Essay as part of the 2008-09 application for undergraduate admission. Applicants will now be asked to respond to two prompts instead of three, using a maximum of 1,000 words total. The Additional Comments box that follows the Personal Statement has been expanded to 500 words to accommodate information students aren't able to address sufficiently elsewhere in the application.

University faculty approved the revisions to the prompts with the goal of eliciting information from students that is more helpful in the comprehensive review process. UC Admissions Directors hope the broadness of these new Personal Statement prompts will result in better essays – and better clues about who students really are.

The new prompts are posted at http://www.universityofcalifornia.edu/admissions/undergrad_adm/apply/how_apply/personal_statement.html

After-School Tutorial and Homework Center:

Does your student need some extra academic help or a quiet place to study after school? The **CVHS After-School Tutorial and Homework Center will begin on Tuesday, October 9th, 2007.** The program will be staffed by CVHS math teacher, Ms. Pat Schubert, and held **every Tuesday and Thursday from 2:55 – 3:55 p.m. in room E-7.** An Academic Intervention Counselor (Ms. Galasso or Ms. Jordheim) will also be present at every session, and volunteer student tutors will be available whenever possible. This is a great opportunity for students to get extra help and/or improve study habits.

College Entrance Testing – The Basics:

Information regarding college admissions testing was part of the walk-through registration packet and paperwork. However, since it is extremely important that all college-bound students and parents understand the basics of college admissions testing, we would like to review the basics here as well. **First of all, there are two main college entrance tests required by four-year colleges and universities: the SAT and the ACT,** both of which are typically taken during the junior and/or senior years of high school. Statistics show that the students who take these tests multiple times tend to score higher. Some colleges will accept either the SAT or ACT as part of the admissions process, while others will stipulate only one of the tests exclusively; therefore, it is important to know the requirements of various colleges and universities, or to simply take both tests in order to maintain the widest set of options. In addition, some students will score higher on one test over the other, so again, it is usually best to take both tests. In order to take the SAT or ACT, students must sign up directly with the testing agency, and students should sign up EARLY in order to have the best chance of a test site at CVHS or close to home. To sign up for the SAT, visit www.collegeboard.com . To sign up for the ACT, visit www.actstudent.org .

Next, it is important to understand that **both the SAT and ACT have preliminary (i.e. “practice”) versions of the test. The PSAT is the preliminary test for the SAT** and is usually taken by sophomores and/or juniors, and in fact, it can be taken both years. However, the PSAT test score from the junior year only will count as the qualifying test score for the National Merit Scholarship program. **The preliminary version of the ACT is called the PLAN** test and is typically taken during the sophomore year. The PSAT and PLAN tests are administered locally by each school site, and many CVHS students already signed up during walk-through registration in August. **The PSAT will be given at CVHS on Saturday, October 20, while the PLAN test will be given on Saturday, October 13. To sign up for either test, students should go to the Activities Office window immediately as test spots are limited. Each test costs \$23 and checks should be made payable to CVHS. See more details below!**

PSAT and PLAN Test Details:

Students MUST sign up in advance for either the PSAT or PLAN (see announcement above). Here are the necessary details:

Dates:

PLAN Test: Saturday, October 13, 2007

PSAT Test: Saturday, October 20, 2007

Cost: \$23 for each test

To sign up: Go to the Activities Office window ASAP with a check made payable to “CVHS.” Test spots are limited.

Time: Test starts promptly at 8:00 a.m. on the above dates – arrive by 7:30 a.m. to be safe! Test will last approximately 3 – 3 1/2 hours.

Location: Report to CVHS Room P-10 on test dates (portable located in the upper “senior” parking lot)
Testing room assignments will be posted at room P-10 on the morning of the test!

Bring: Picture ID, at least two #2 pencils, calculator (not required but a scientific or graphic calculator is recommended)

Not allowed: No pen-input devices (PDA’s, Palms, Casio ClassPad 300, etc.), no laptops, printers, organizers, noisy devices, power cords or infrared ports.

Changes to Tutorial This Year:

In order to improve students’ academic performance and provide intervention when necessary, some important changes will take place this year with regard to our school-wide tutorial program, which operates for 35 minutes Tuesday through Friday between the first two block periods of each day. “Tutorial” is an opportunity for students to seek extra help, obtain make-up work for absences, study, review, etc. In the past, students were allowed to self-select where they attended tutorial each of the four days per week. **This year, students will still be allowed to self-select one day per week; but the other three days will be assigned to a specific period, and students must attend that period for tutorial. However, those students who are doing well in a specific class will be allowed the opportunity to plan ahead and, with the prior approval of their teachers, request release to another class where they actually need help.** (For a complete copy of the Block Schedule showing which period is assigned for tutorial each day and which day is “student choice” day, visit the following link: <http://www.cvhs.com/Block%20Schedule%20Fall%202007%20FINAL.pdf>) **We believe that this added structure to our tutorial program will ensure that all students are present to seek the extra help they need without avoiding any one class.**

Important Advisement Information for Parents and Students On-Line:

Parents and students should visit the following on-line link for important guidance and advisement information.

<http://www.cvhs.com/guidancedocs/Advisement%20for%20Fall%202007.doc> Specifically, the link provides information for each grade level regarding timelines for college admissions, entrance tests, etc. Academic advisors/counselors also review this information with students during advisement meetings.

CVHS Curriculum Guide NOW Available On-line!!

The CVHS Guidance Team is pleased to announce that annual revisions were just completed for the **CVHS 2007-08 Curriculum Guide, and the Guide is NOW available for download on-line in order to help parents and students answer important questions about course offerings, high school graduation, and college entrance requirements.** The Guide is an excellent parent resource and is also distributed every year to incoming freshmen as a part of the registration process. To download the Guide, please visit the following link: <http://www.cvhs.com/guidance.htm> and then click on “Curriculum Guide” under the “General Info” heading. In addition, if you have questions regarding graduation or college admissions requirements, please contact your student’s Academic Advisor.

CVHS Guidance Team

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