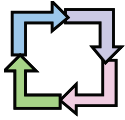


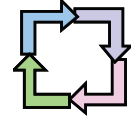
The Counseling Connection

Published by the R-H Senior High School Counseling Center/College & Career Center

September 12, 2016



This publication is also available online at
www.rhnet.org/ccc- the website for the College & Career Center.
Watch for new issues of *The Counseling Connection* every month.



College and Career Center Rush-Henrietta

Could you use some help with college research, visiting campuses, paying for college or deciding on a major or career?

Are you looking for information on colleges, financial aid, scholarships or careers?

Are you looking for a place where you can have questions answered, keep up on deadlines and opportunities, borrow books on college and/or career preparation, scholarships and more?

The College & Career Center is the place for you!

The College & Career Center is a community resource to help Rush-Henrietta students and families with post-high school planning. The Center is located in the Counseling Suite on the first floor of the Rush-Henrietta Senior High School building. The Center has a lending library of close to 500 items to help students and parents in career planning and in the college selection and application process. This is one of the most extensive college and career collections in the area! Check our collection online at www.rhnet.org/ccc. Select 'CCC Resources.' The Center is open during the school year, Monday - Friday from 7 a.m. - 3 p.m.

This issue of *The Counseling Connection* highlights what we do here in the CCC on an ongoing basis. Please join us for events, college visits, and workshops. *The Counseling Connection* newsletter is published monthly.

Keep up with what's happening in the Counseling and College & Career Centers this year!

Subscribe to the College & Career Center E-News!

Sign up at www.rhnet.org/enews.

Check out the current College and Career Events and Opportunities and the Events Calendar online at www.rhnet.org/ccc!

**Check the web page often – changes and updates are made frequently!
www.rhnet.org/ccc.**



COUNSELING CENTER UPDATE SEPTEMBER

The Counseling Center Update is posted monthly at www.rhnet.org to provide timely information to students and parents/guardians. The Counseling Center Update can be found on the Senior High School Web page under Counseling Center-Information for Parents. Please refer to the following list regarding who to contact for further details or questions.

Ass't. Superintendent, Student & Family Services	Nerlande Anselme	359-5018	nanselme@rhnet.org
Director of Academic Services	Tim Shafer	359-5228	tshafer@rhnet.org
Grade 10 Counselor, A-K	Erika Chapman	359-5231	echapman@rhnet.org
Grade 10 Counselor, L-Z	Kimberly Martzloff	359-5225	kmartzloff@rhnet.org
Grade 11 Counselor, A-K	Jeffrey Mangini	359-5229	jmangini@rhnet.org
Grade 11 Counselor, L-Z	Rae Carson	359-5226	rcarson@rhnet.org
Grade 12 Counselor, A-L	Elizabeth Tabone	359-7801	etabone@rhnet.org
Grade 12 Counselor, M-Z	Jessica Kinsman	359-5230	jkinsman@rhnet.org
Vollmer (grades 10-12)	Tracy Page	359-5530	tpage@rhnet.org
College & Career Center	Kathleen Curry	359-5222	kcurry@rhnet.org

Schedule changes - Staffing and class sizes are based on student course requests, which is why we have a strict schedule change policy at R-H. Counselors are permitted to make schedule changes only for the following reasons:

- | | |
|---|---|
| <input type="checkbox"/> Error or Omission | <input type="checkbox"/> Drop Study Hall → Add class |
| <input type="checkbox"/> Graduation Requirement | <input type="checkbox"/> Accommodate U of R/ RIT/MCC |
| <input type="checkbox"/> Co-op /Internship | <input type="checkbox"/> Level Change (AP to Regents) |
| <input type="checkbox"/> Career/College Requirement | |

All schedule change requests must be for one of these reasons. If your request is appropriate, pick up a BLUE form in the Counseling Center (or download it from the web page) and have a parent/guardian sign it. You MUST make an appointment by signing up on your school counselor's clipboard during your lunch outside the cafeteria. Return the blue form to your school counselor at the time of your meeting.

If the schedule change request does NOT fit one the reasons listed above, the request must go to a committee for evaluation. After September 22, 2016 all requests for a schedule change must be accompanied by a completed PINK form, including the required student, parent & teacher signatures. The change then must be approved by the Grade Level Achievement Team.

Important Dates for September/October/Early November

- 9/15/2016 Financial Aid Night at RSHS Auditorium 7:00 – 8:30 p.m.
- 9/15/2016 SUNY College Fair – at MCC 6 – 8:30 p.m.
- 9/21/2016 Rochester College Night at Marketplace Mall 6:30-8:30 p.m.
- 9/28/2016 Rochester Area College Fair in RSHS, Cafeteria 8:15 – 9 a.m.
- 10/19/16 PSAT scheduled during the school day. All Juniors will be taking this exam.
- 10/25/16 National Christian College Fair - Charles Finney School (23070 Five Mile Line Rd) 7-9 p.m.
- 10/28/16 Music Colleges Fair - Eastman School of Music 5-7 p.m.
- 11/2/16 Western NY Consortium Fair in RSHS Cafeteria 7:45 – 8:30 a.m.

Counseling Center Activities

During the month of September, grade 12 English teachers will be working with students during English classes to discuss & offer tips on writing college essays.

Senior Information Sessions

12th grade school counselors, Ms. Tabone (A-L) & Mrs. Kinsman (M-Z) will meet with students during English 12 classes to provide an overview of the college application process & talk with students about scheduling their senior interviews. It is the student's responsibility to schedule the senior interview with his/her school counselor. At the senior interview, students must be prepared to discuss their transcript/grades, progress toward graduation, and post graduate plans (college, work, vocational school, military, etc), etc.

Parents of 12th grade students are asked to complete and return the Parent Brag Sheet which will be mailed home during the first part of October. Please return it to your child's school counselor before the senior interview. As parents/guardians know their children best, returning this input is strongly encouraged as information from the Parent Brag Sheet is very helpful when counselors write senior summary letters for colleges.

MILITARY INFORMATION:



KIRSTEN GILLIBRAND
UNITED STATES SENATOR FOR NEW YORK



Please join the Office of US Senator Kirsten Gillibrand for an informational event regarding the unique academic and career opportunities offered through our nation's service academies. Through U.S. Service Academies or R.O.T.C programs, students have the opportunity to receive a [free](#) top-tier education and strong leadership experience.

A panel of representatives from the R.O.T.C as well as each of the U.S. Service Academies will provide an overview of the admission process, daily life of a cadet/midshipman, and various paths to officership. Parents, students, school administrators and community organizations are welcome.

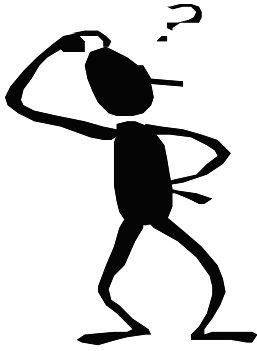
This informational event is aimed at middle school and beginning high school students who are looking for more background on these great educational opportunities offered by our Armed Services.

When: September 28 at 6:00 pm

Where: Monroe Community College Brighton Campus, Thomas Flynn Campus Center Forum Room 3-130

Address: 1000 E. Henrietta Road, Rochester, New York 14623

RSVP: [Niambe Tomlinson@gillibrand.senate.gov](mailto:Niambe_Tomlinson@gillibrand.senate.gov) or 585-263-6250



“Who Am I?” “Where Am I Going?” “How do I Get There?”

Rush-Henrietta Comprehensive Career Guidance Program Naviance Family Connection

"Many students reach high school graduation with excellent academic credentials but with no idea of 'What I want to do when I grow up,'" says James P. Greenan, a professor of curriculum and instruction at Purdue University. "They have never been encouraged to explore that idea on their own. Just because someone is a good writer or good at math does not mean they want to -- or should want to -- make a career in that area."

Teachers and parents tend to steer students toward specific academic areas, but Greenan says it is imperative to ask young people about their career interests and to allow them to explore those interests while in school.

Each year, from grades 6 - 12, R-H students take steps toward planning for their futures through a Career Guidance program developed by the R-H Counseling Department. Students are encouraged to explore their interests, as well as what skills they possess. As they move through high school, they will use this information to make connections between high school course selections, college majors, careers and other interests. In addition to Naviance Family Connection, a wide range of other resources are available to students to help with this exploration.

An overview of the Career Guidance Program for students in grades 10-12 follows.

Sophomores:

➤ Career Exploration

You will work on a personality profiler with your counselor using Naviance Family Connection. You'll learn about careers that are matched to you, your personal strengths and blindspots, how you negotiate in your daily life, and a host of other useful information. You'll explore careers of personal interest and see how the requirements and characteristics of those careers match your personality, goals, interests, skills, and abilities. We encourage you to meet with your counselor as often as needed to ensure that you are set for graduation and to help with any career/college questions- graduation is closer than you think!



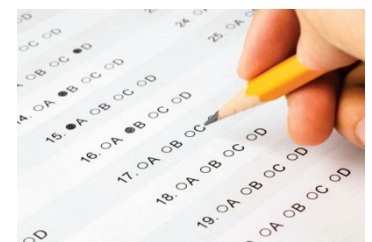
➤ Résumé

Create a résumé and keep it updated - you will be using this document from now until graduation. Be sure to provide a copy to your counselor. Your résumé will help you organize your activities and accomplishments and will help your counselor in nominating you for scholarships. Sample résumés are available in the College & Career Center or you can use the résumé builder in Naviance Family Connection under the “About Me” tab.

Juniors:

➤ Standardized Testing

All Juniors will be taking the PSAT on Wednesday, October 19, 2016, during the school day. Plan to register for the SAT Reasoning Test and ACT in early spring – we recommend March, April and/or May exams. It is the recommendation of the Sr. High Counseling Center that every student considering attending a 4-year college take both



the SAT Reasoning Test and the ACT at least once.

- Career Exploration

You will continue to explore careers of personal interest and see how the requirements and characteristics of those careers match your personality, goals, interests, skills, and abilities. You will learn how to search for colleges or post-secondary training based on your current skills and interests using Naviance Family Connection. Don't forget to update your résumé on Naviance Family Connection, which will be used as you apply for college, scholarships, part-time jobs, and summer programs. Again, visit with your counselor often this year. There are a lot of decisions to be made this year; in a very short time you'll be making serious decisions regarding your future by applying to colleges, enlisting in the military, getting a job or signing up for a technical school!

Seniors:

- Senior Appointment

You will be meeting with your counselor in early Fall to discuss your post-secondary plans and what you should be doing now. Whether you have a detailed plan already or are not sure where you're heading just yet, there is a lot to do this fall to get ready for graduation and life beyond high school. It is important that you are prepared for upcoming deadlines and events, so make sure you meet with your counselor as soon as you can. Remember, it is your responsibility to schedule this appointment as early in the Fall as you can.

- Résumé

Please note: Your résumé is required for your senior appointment with your counselor!

Make sure your résumé is updated, complete and on file with your counselor (this can be in the form of a printed copy or electronic copy through Naviance Family Connection). The résumé is used by your counselor to nominate you for scholarships and to write your letters of recommendation. Your résumé, (or variations of it), is used as you apply for college, scholarships, part-time jobs, and summer programs.

- Standardized Testing

Plan to register for the SAT and ACT in early fall if needed; dates are included in this newsletter.

- What Should I Be Doing Now?

Check out these websites for helpful checklists for the college application process:

www.rhnet.org/instruction.cfm?subpage=416

www.nacacnet.org/studentinfo/articles/Pages/Preparing-for-College-Senior-Checklist.aspx
<https://bigfuture.collegeboard.org/get-started/for-parents> (checklist for parents)

Seniors, Juniors, and Sophomores:

Scholarships

Start researching and applying for scholarships as early as possible! Over 150 scholarships are listed in our local database on Naviance Family Connection under the "Colleges" tab. You'll find many more through online search sites such as fastweb.com, findtuition.com, or meritaid.com. Additional scholarship search sites



are listed in the 'Helpful Links' section of the College & Career Center web page at www.rhnet.org/cc. Scholarships are listed in *The Counseling Connection* as the applications become available. Scholarships in the Rush-Henrietta database are designated either General or Nomination.

General Scholarships: applications are available in the scholarship drawer in the College & Career Center and if they are available electronically, they are posted on Naviance and on the College & Career Center Web page. Complete the application and follow the instructions for mailing. If the application requires a transcript, then it must be mailed by the Counseling Center. It is then your responsibility to submit the completed application along with a green sheet (transcript request form) at least 10 days before the deadline date to allow adequate time for processing.

Nomination Scholarships: to apply, you must be nominated by a school staff member. Students meeting the criteria for the scholarship are encouraged to self-nominate. See Ms. Curry in the College & Career Center to self-nominate.

College Fairs

Plan on attending College Fairs both at Rush-Henrietta and in the community. A complete list of College Fairs is included later in this issue, on Naviance Family Connection, and is also available in the College & Career Center.

College Representative Visits to R-H

Representatives from over 50 colleges visit Rush-Henrietta throughout the fall to talk with our students. Plan to attend the visits of any colleges in which you're interested. A schedule of upcoming visits is included in this newsletter and is listed on Naviance Family Connection. During the busy fall season, additions to the list are made daily. Don't miss the updates – available on the webpage, Naviance Family Connection, in the College & Career Center, on the morning announcements and in the CCC E-News. The visits are held in the College & Career Center and you must register in advance. The representative visiting from the college is usually the same person who will be reading your application, should you choose to apply to that college. Their visit at Rush-Henrietta will provide you with an opportunity to establish a personal relationship with that person which will be of direct benefit to you. Instructions for registering for a College Rep visit are on pg. 13. Please refer to page 12 for a complete list of college representative visits.

Career Shadowing and Internships

Plan on participating in at least one Shadowing and/or Internship experience this year! Job Shadowing is a one-day program open to students in grades 10-12 who wish to get a hands-on overview of a career. Students may participate in as many job shadows as they wish. An Internship requires more of a time commitment and is only open to students in grades 11-12 who have previously participated in a Job Shadow. Internships give students a more in-depth experience in a career they are seriously considering in the future. Both Job Shadowing and Internships can help you decide on which career areas are of interest and also help you decide on a college major. It is recommended that every student participate in at least one shadowing or internship before graduation. Experiencing a career first-hand is the best way to tell if it is really for you! Applications are available in the College & Career Center and on the web page. For placement, contact Mrs. DeWald either in school or at cdewald@rhnet.org or 359-5268.



Visit the College & Career Center

Take advantage of all the resources there to help you with your questions regarding the college admission and application process, the scholarship process, exploring careers, volunteering, and more. Try some assessments to help you find the most appropriate careers and college majors for you. Borrow books and materials from the CCC library. Visit often, new opportunities come up frequently!



Success Starts With a Plan
In a world of options, students need a road map to success.

Naviance Family Connection

We are pleased to offer our students and families access to **Naviance Family Connection!** We are using this tool with students in grades 6-12 to assist in career development and college planning. This web-based program will complement the annual guidance reviews, series of career speakers, classroom presentations, on-line educational videos, and college information sessions counselors will continue to offer to students.

Students will work with this program throughout the school year in classroom lessons provided by their school counselors. Parents are encouraged to sign on to Naviance Family Connection with their students to do some exploring on the site. Naviance Family Connection will be essential in exploring careers, majors, colleges, scholarships, and so much more.

Students and parents will be able to:

- Receive important news about college visits, college fair information, and events at the Ninth Grade Academy and Senior High School.
- Contact counselors directly by e-mail.
- Access scholarship applications, application websites, and college related links.
- Construct their activities résumé.
- Access a comprehensive college search engine.
- Explore career interest inventories, personality profiler, and learning style

How to get into your account:

Go to: www.rhnet.org/navianceshs

Student's username and passwords are as follows:

User Name: Last Name + First Initial + Graduation Year

Password: studentID#

Example: Jane Doe, Class of 2017

UserName: DoeJ17

Password: 123456



All students and parents are encouraged to use this program as decisions are made regarding post-high school planning.

2016-17 SAT/PSAT/ACT Dates

SAT

SAT Date	Registration Deadline	Late Registration Deadline
Oct. 1, 2016	Sept. 1, 2016	Sept. 20, 2016
Nov. 5, 2016	Oct. 7, 2016	Oct. 25, 2016
Dec. 3, 2016	Nov. 3, 2016	Nov. 22, 2016
Jan. 21, 2017	Dec. 21, 2016	Jan. 10, 2017
Mar. 11, 2017*	Feb. 10, 2017	Feb. 28, 2017
May 6, 2017	Apr. 7, 2017	Apr. 25, 2017
June 3, 2017	May 9, 2017	May 24, 2017

*SAT only, no Subject Tests given on this date.

Register online at www.collegeboard.org.

The registration fee for the 2016-2017 SAT Reasoning Test is \$57.00.

The registration fee for the SAT Subject Tests is \$26.00.

The late registration fee is an additional \$28.00.

Scores are available about 3 weeks after the test is administered.

PSAT

PSAT test date is **Wednesday, October 19, 2016.**

All juniors will be taking the PSAT during the school day. This provides students the opportunity to practice taking the exam in a controlled setting.

Counselors will provide PSAT information to students shortly after school starts.

The test will take place at **the Rush-Henrietta Senior High School.**

ACT

ACT Date	Registration Deadline	Late Registration Deadline
September 10, 2016	August 5, 2016	August 9, 2016
October 22, 2016	September 16, 2016	September 30, 2016
December 10, 2016	November 4, 2016	November 18, 2016
April 8, 2017	March 3, 2017	March 17, 2017
June 10, 2017	May 5, 2017	May 19, 2017

Register on-line at www.actstudent.org.

The registration fee for the 2016-2017 ACT is \$39.50.

The fee for the ACT Plus Writing is \$56.50.

Late registration fee is \$25.00.

Scores are available 2 ½ - 8 weeks after test is administered.

SAT PREP CLASSES

Brochure available in the College & Career Center or at www.rhnet.org/instruction.cfm?subpage=51737.

Rush-Henrietta Continuing Education Department SAT Preparation: Math and Verbal Combined

Students learn test-taking techniques for both the math and verbal sections of the Scholastic Assessment Test (SAT). Each class will consist of math study and verbal study. Classes will be offered during Winter and Spring quarters and will be held at the Rush-Henrietta Senior High School. Call the Continuing Education office at 359-7805 for more information.

The SUNY Rochester Educational Opportunity Center (REOC) offers a free class to prepare high school juniors and seniors to take the SAT Reasoning Test. The class meets at REOC at 161 Chestnut St. in Rochester on Monday and Wednesday evenings from 5-8 p.m. A new class starts approximately six weeks prior to each SAT exam date. Seating is limited. Please call ahead for an application and more information. To register, please call 232-2730 x273.

For a complete list of prep programs in the area, please refer to the Directory of SAT/ACT/PSAT Prep Programs

SAT Program Fee-Waiver Service

This service is designed to assist students for whom payment of fees for the SAT or SAT Subject Tests™ might be a barrier to college entrance. See your counselor to request a fee waiver. Only your counselor can grant you a fee waiver. Fee-waivers cover the basic test fees for SAT or SAT Subject Tests and the cost of four additional score reports.

Note: You must register by the regular registration deadline. Fee waivers cannot be used for late registration except for the October test date. Fee waivers cannot be used for standby registrations.

Eligibility

You are eligible for consideration for fee waivers if you are a high school student who meets the financial eligibility guidelines (such as participating in the Federal Free and Reduced Lunch/National School Lunch Program at your school). Your counselor can share any additional eligibility guidelines with you.

Registering with Fee Waivers

If you are eligible, you are entitled to use fee waivers to cover the cost of two SAT registrations and two SAT Subject Test registrations.

Online Registration

If you wish to register online and are eligible, your counselor will give you fee-waiver information, including a 12-digit fee-waiver code. When you are asked to enter your fee-waiver code during online registration, enter the entire 12-digit code. This code can only be used once.

Waiving College Application Fees

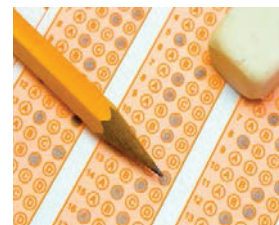
If you plan to enter college in the 2015-16 academic year and you have used a fee waiver to register for the SAT or SAT Subject Tests, you can ask your counselor for up to four Request for Waiver of College Application Fee forms. You should only send the forms with your college applications, and only to institutions listed in the Directory of Colleges Cooperating with the SAT Fee-Waiver Service. The directory is available online at sat.collegeboard.com/register/sat-fee-waivers. Note: The institutions listed in the directory are not obligated to waive their application fees. If the college of your choice is not listed in the directory, check the website of the institution for additional details and resources. You may also want to ask your counselor to write a letter (on your school's letterhead) that explains your circumstances.

Online Test Prep

- **Khan Academy and the College Board team up to offer FREE online classes for the new SAT:**

<https://www.khanacademy.org/test-prep/new-sat>

- **Number2.com** online test preparation courses are totally free! By creating an account you can access a customized course that includes user-friendly tutorials, practice sessions that dynamically adapt to each student's ability level, a vocabulary builder, and more. Courses are available for both the SAT and ACT tests. www.number2.com.
- **March2Success**, an on-line test preparation, self-paced course, can improve your performance on standardized tests by improving your math, science, and English skills. It is sponsored by the U.S. Army, but you will not be contacted by anyone from the U.S. Army if you use the site. The program is free. Enroll at www.march2success.com.



****Attention All Juniors****

PSAT/NMSQT Information

The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is a program cosponsored by the College Board and [National Merit Scholarship Corporation \(NMSC\)](#). It's a standardized test that provides firsthand practice for the SAT®. It also gives students in our junior class a chance to enter NMSC scholarship programs and gain access to college and career planning tools.

The PSAT/NMSQT measures:

- Evidence-based reading and writing
 - Reading test
 - Writing and language test
- Math

Students have developed these skills over many years, both in and out of school. This test does not require recall of specific facts from classes.



The most common reasons for taking the PSAT/NMSQT are to:

- Receive feedback regarding strengths and weaknesses on skills necessary for college study. Students can then focus preparation on those areas that could most benefit from additional study or practice.
- See how individual performance on an admissions test might compare with that of others applying to college.
- Enter the competition for scholarships from NMSC (grade 11).
- Help prepare for the SAT. Students can become familiar with the kinds of questions and the exact directions that will be on the SAT. The SAT is typically taken as early as the second semester of the junior year.

All juniors will be taking the PSAT during the school day. This provides students the opportunity to practice taking the exam in a controlled setting. Counselors will provide PSAT information to students shortly after school starts.

Once the exams are graded and the results are in, each student will receive their test results, their exam booklet and the answers. After reviewing their performance, students are able to focus on specific areas for growth. If students need help interpreting their exam scores, a counselor will be available to meet with them to review the results.

PSAT test date: Wednesday, October 19, 2016
During the School Day
Place: Rush-Henrietta Senior High School

About the PSAT Test

PSAT/NMSQT Specifications

Get an overview of how the new PSAT/NMSQT looks. The first table lists the major features of the test. The second table breaks down the number of questions and testing times in each part.

Major Features

Category	New PSAT/NMSQT and PSAT 10
Total Testing Time	2 hours and 45 minutes
Components	Evidence-Based Reading and Writing Reading Test Writing and Language Test Math
Important Features	Focus on the knowledge, skills, and understandings that research has identified as most important for college and career readiness and success Greater emphasis on the meaning of words in extended contexts and on how word choice shapes meaning, tone, and impact Rights-only scoring (no penalty for guessing)
Score Reporting	Scores will be reported on a shared common score scale with the SAT: The scale ranges for the PSAT/NMSQT and PSAT 10 scores are 320–1520 for the total score, 160–760 for each of two section scores, and 8–38 for test scores.
Subscore Reporting	Subscores for every test, providing added insight for students, parents, educators, and counselors

Test Length and Timing

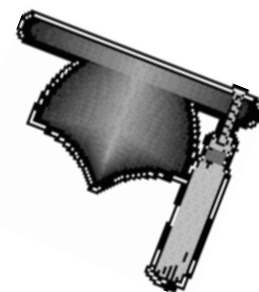
New PSAT/NMSQT and PSAT 10		
Component	Time Allotted (min.)	Number of Questions/ Tasks
Reading	60	47
Writing and Language	35	44
Math	70	48
Total	165	139

COLLEGE INFORMATION:

College Visits to Rush-Henrietta

Representatives from the colleges listed below will visit the College & Career Center to meet students, share information and materials about their schools and answer questions.

All students are encouraged to attend. Pre-registration is required through Naviance Family Connection. Instructions are on the following page or go to the College & Career Center for assistance. This list changes daily. Check Naviance Family Connection for updates.



College	Date	Date	Time
State University of New York at New Paltz	Tue	9/13	12:00 PM
SUNY Polytechnic Institute	Fri	9/16	8:00 AM
State University of New York at Albany	Fri	9/16	9:00 AM
Lycoming College	Mon	9/19	10:30 AM
SUNY College of Technology at Canton	Mon	9/19	12:00 PM
Castleton University	Tue	9/20	12:00 PM
Canisius College	Tue	9/20	1:00 PM
Cleveland State University	Wed	9/21	8:00 AM
Ohio University, Lancaster	Wed	9/21	9:00 AM
Siena College	Wed	9/21	10:00 AM
St. John's University - Manhattan Campus	Wed	9/21	12:30 PM
Binghamton University	Wed	9/21	1:15 PM
Syracuse University	Thu	9/22	8:00 AM
University of Pittsburgh at Bradford	Thu	9/22	9:00 AM
Mansfield University of Pennsylvania	Thu	9/22	11:00 AM
SUNY Oswego	Thu	9/22	12:30 PM
University of Connecticut	Thu	9/22	2:00 PM
American University	Fri	9/23	8:30 AM
University of Maine	Fri	9/23	10:00 AM
SUNY Fredonia	Fri	9/23	12:00 PM
Mercyhurst University	Mon	9/26	9:00 AM
SUNY College at Geneseo	Tue	9/27	11:00 AM
Ithaca College	Tue	9/27	12:00 PM
RAC College Fair	Wed	9/28	8:15 AM
Medaille College	Thu	9/29	1:00 PM
St. Bonaventure University	Tue	10/4	9:00 AM
Albany College of Pharmacy	Tue	10/4	12:30 PM
Niagara University	Wed	10/5	10:00 AM
D'Youville College	Thu	10/6	8:30 AM
SUNY Morrisville State College	Tue	10/11	8:00 AM
SUNY Delhi	Tue	10/11	2:00 PM
Roberts Wesleyan College	Wed	10/12	8:00 AM
University at Buffalo The State University of New York	Wed	10/12	11:30 AM
SUNY College at Brockport	Thu	10/13	8:30 AM
SUNY College at Brockport	Thu	10/13	8:30 AM
Carnegie Mellon University	Mon	10/17	8:30 AM
West Virginia University	Thu	10/20	9:00 AM
SUNY College at Potsdam	Thu	10/20	11:45 AM
SUNY College at Oneonta	Thu	10/20	1:15 PM
King's College	Fri	10/21	11:30 AM

College Visits Continued			
St. John Fisher College	Mon	10/24	9:00 AM
Albright College	Mon	10/24	1:00 PM
Messiah College	Tue	10/25	11:00 AM
Keuka College	Wed	10/26	10:45 AM
Alfred University	Thu	10/27	10:00 AM
Finger Lakes Community College	Fri	10/28	9:00 AM
The Cooper Union for the Advancement of Science & Art	Fri	10/28	12:30 PM
WNY College Fair	Wed	11/2	7:45 AM
Rensselaer Polytechnic Institute	Thu	11/3	8:30 AM
SUNY College at Cobleskill	Thu	11/3	9:30 AM
Rochester Institute of Technology	Mon	11/7	10:00 AM
Johnson State College	Wed	11/9	1:00 PM
Brockport Instant Decision Day	Thu	11/17	12:00 PM



College Representative Visits to R-H

Representatives from over 60 colleges visit Rush-Henrietta throughout the fall to talk with our students. Plan to attend the visits of any colleges in which you're interested. A schedule of upcoming visits is listed above and on **Naviance Family Connection**. During the busy fall season, additions to the list are made daily. Don't miss the updates – available on the webpage, Naviance Family Connection, in the College & Career Center, through the morning announcements and the CCC E-News. The visits are held in the College & Career Center and you must register in advance. The admissions representative visiting from the college is usually the same person who will be reading your application, should you choose to apply. His/her visit to

Rush-Henrietta will provide you with an opportunity to establish a personal relationship with that person which will be of direct benefit to you as you go through the college application process.

How do I sign up?

1. Check with your teacher prior to signing up for a visit.
 2. Log onto Naviance Family Connection at www.rhnet.org/navianceshs
user name: Last Name, First Initial, Graduation Year
password: Student ID#
 3. Select the 'Colleges' Tab.
 4. Under Upcoming college visits - Select 'view all upcoming college visits.'
 5. Choose the college visits you would like to attend.
 6. Select 'sign up,' then 'sign me up.'
 7. You will see a green confirmation box on the page when this is completed correctly.
 8. Print this confirmation page. This will be your pass out of class and into the visit.
 9. Make sure your teacher signs the confirmation page to allow you out of class.
 10. Bring the signed confirmation page (pass) with you to the visit.
- Attendance will be taken at the college presentations. Please be considerate of our college reps, and sign up only for meetings that you will definitely attend.
 - Remember, it is your responsibility to confirm with your teacher that you can miss class for a college visit. You are responsible for any missed work during that time period.
 - If a meeting is during lunch, you can bring lunch with you to the visit.

Why should I meet with College Reps?



Every fall, representatives from college admission offices visit high schools around the country to present informational programs to prospective students, their parents, and counselors. During their visits, college reps **meet with interested students in small groups** to discuss topics like the academic programs, campus life, financial aid programs, and admission procedures of their college. They will also **answer students' questions**.

With so much information already available to students on college websites, in college catalogs, and elsewhere, you may wonder why you should attend these in-person sessions. Below are **six reasons**:

1. Students have a chance—in their own hometown—to **meet face to face** with a representative from the college and to **ask specific questions**.
2. Students can **let the college know they are seriously interested**.
3. Since in many cases, the reps are admission officers from the college, students have a unique opportunity to **make contact with a person who may be evaluating their application** in the future.
4. The meeting provides students with a **specific contact** at the college to whom they can send questions.
5. Sometimes reps, particularly ones from state universities, will give an early read on students' transcripts, test scores, course selections, and so on during their visits. This helps students **assess their fit** at that institution and figure out what they can do to **improve their chances** of getting in.
6. It's an opportunity for a counselor to **bring to a student's attention** a school that he/she thinks is a good fit but that the student may not have considered.

Another reason has to do with the somewhat controversial admissions practice of assessing "**demonstrated interest**," in which admissions officers judge which students are most interested in attending their college, and admit applicants partially on that basis. This is one way to increase a college's yield (the number of students accepted by a school who actually enroll)

Excerpted from <http://professionals.collegeboard.com/guidance/college/reps>

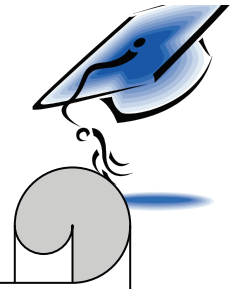
Military Visits

Representatives from all branches of the **U.S. Military** visit the high school each month to talk with R-H students. They are located at tables outside the cafeteria during lunches.

The Military Visit schedule is as follows:

U. S. Air Force	1st Tuesday
U. S. Army	2nd Tuesday
U. S. Army National Guard	3rd Thursday
U. S. Marines	2nd Wednesday
U. S. Navy	1st Thursday





COLLEGE FAIR

***The Rochester Area Colleges
are Coming to R-H!***

Wednesday, September 28, 2016

8:15 – 9 a.m.

Rush-Henrietta

Senior High School Cafeteria

The colleges and universities below will be visiting
R-H as part of the Rochester Area Colleges Consortium (RAC).

Alfred State College
Alfred University
Finger Lakes Community College
Houghton College
Keuka College
Genesee Community College
Monroe Community College

Nazareth College
Roberts Wesleyan College
Rochester Institute of Technology
St. John Fisher College
SUNY Brockport
University of Rochester

Register online through Naviance Family Connection.

www.rhnet.org/navianceshs

Print your confirmation page and ask your teacher to sign it-that will be your pass.

Parents are welcome and encouraged to attend.





The Western New York Consortium of Higher Education is Coming to R-H!

**Thursday, November 2, 2016
7:45 AM – 8:30 AM
in the R-H CAFETERIA**

**Alfred University
Bryant & Stratton College
Buffalo State College
Canisius College
Daemen College
D'Youville College
Fredonia State University
Hilbert College**

**Houghton College
Medaille College
Niagara Community College
Niagara University
St. Bonaventure University
University at Buffalo
Villa Maria College**

Register online through Family Connection Naviance.
www.rhnetorg/navianceshs

Print your confirmation page-that is your pass.
Parents are welcome and encouraged to attend.

Local College Fairs

Sept. 15, 2016	SUNY College Fair	Monroe Community College 6-8:30 p.m.
Sept. 20, 2016	Rochester College Night	Eastview Mall 7-9 p.m.
Sept. 21, 2016	Rochester College Night	Marketplace Mall 6:30-8:00 p.m.
Sept. 22, 2016	Rochester College Night	Greece Ridge Mall 6:30-8:00 p.m.
Sept. 28, 2016	Rochester Area Colleges Fair	Rush-Henrietta SHS 8:15-9 a.m.
Oct. 25, 2016	National Christian College Fair	Charles Finney School 23070 Five Mile Line Rd 7-9 p.m.
Oct. 28, 2016	Music College Fair	Eastman School of Music 5-7 p.m.
Nov. 2, 2016	Western NY Consortium Fair	Rush-Henrietta SHS 7:45-8:30 a.m.

Don't let your college visits blur together! Pick up **College Visit Comparison Worksheets** from the College & Career Center. Write down your thoughts while the experience is fresh in your mind. Then you can review these forms later to keep track of all your visit impressions. You can also get **College Visit Comparison Worksheets** on the website at www.rhnet.org/cc. Select 'College Preparation.'

Match, Reach and Safety Schools

There is no rule that dictates how many colleges you may apply to.

If you're willing to pay the application fees, you can apply to dozens. But that's a poor strategy. Take the time to research and you'll be able to whittle your initial list down to a manageable number of schools.

Once you know what you're looking for, you can start crafting a list of colleges that fit your specifications. Don't include a school on your list that you wouldn't be willing to attend. As your list takes shape, include schools that fall into one of the following three categories: match, reach and safety.



A match school is one where your academic credentials fall well within (or even exceed) the school's range for the average freshman. There are no guarantees, but it's not unreasonable to be accepted to several of your match schools.

A reach school is one where your academic credentials fall below the school's range for the average freshman. Reach schools are long-shots, but they should still be possible. If you have a 2.0 GPA, Harvard is not a reach school—it's a dream.

A safety school is one where your academic credentials fall above the school's range for the average freshman. You can be reasonably certain that you will be admitted to your safety schools.

Apply to a few schools from each category (many applicants apply to around three reach schools, three match schools and two safety schools). Separating them will help you manage your expectations throughout the admissions process. And it will ensure that you set ambitious goals and give yourself some back-up options.

Excerpted from www.princetonreview.com/college/match-reach-safety.aspx.



Information Session presented by: Brown University, University of Chicago, Columbia University, Cornell University, Rice University

Please join us to learn more about the selective admissions process, scholarships and financial aid, academic programs and campus life. An admissions officer from each school will be available to answer university specific questions.

We will be in your area:

Buffalo, NY - Tuesday, September 27, 2016
Rochester, NY - Wednesday, September 28, 2016
Syracuse, NY - Thursday, September 29, 2016

For more information and to RSVP, go to: <http://www.Exploringeducationalexcellence.org>

Exploring College Options Student/Parent Information Sessions

Exploring College Options is a special recruitment program sponsored by the undergraduate admissions offices of five of the country's leading universities:

Duke University

Georgetown University

Harvard University

University of Pennsylvania

Stanford University

During the spring or fall of each year, the Exploring College Options group will visit all 50 states, Puerto Rico, USVI and the District of Columbia. At each event, representatives from the five universities will conduct brief slide presentations about their institution and answer your questions about the sometimes-mystifying world of college admissions. You will learn what distinguishes one fine university from another, what competitive colleges look for in the selection process, and what you can do to enhance your college application. The programs start promptly at 7:00 pm unless otherwise noted. We suggest arriving 15 to 20 minutes beforehand to complete the sign-in process and find a seat. Programs typically last one and a half hours. Please feel free to bring your parent or guardian to the program, and if you have a friend who you think might be interested, please direct him/her to this website for registration information.

Information Sessions In Your Region

Buffalo, NY

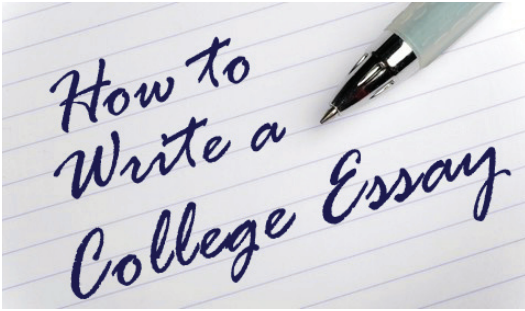
Sunday, September 11, 7:00 pm
Buffalo Marriott Niagara
1340 Millersport Highway, Amherst, NY 14221

Rochester, NY

Monday, September 12, 7:00 pm
Rochester Airport Marriott
1890 Ridge Road West, Rochester, NY 14615

Syracuse, NY

Tuesday, September 13, 7:00 pm
DoubleTree by Hilton Hotel Syracuse
6301 Route 298, East Syracuse, NY 13057



The College Essay

Most selective colleges require you to submit an essay or personal statement.

(Pause for moaning and groaning.) It may sound like a chore, and it will certainly take a substantial amount of work. But it's also a unique opportunity that can make a difference at decision time. Admissions

committees put the most weight on your high school grades and your test scores. However, selective colleges receive applications from many worthy students with similar scores and grades—too many to admit. So they use your essay (along with your letters of recommendation and extracurricular activities) to find out what sets you apart from the other talented candidates.

Telling Your Story

So what *does* set you apart? You have a unique background, interests and personality. This is your chance to tell your story (or at least part of it).

The best way to tell your story is to write a personal, thoughtful essay about something that has meaning for you. Be honest and genuine, and your unique qualities will shine through.

Admissions officers have to read an unbelievable number of essays, most of which are banal and forgettable. Many students try to sound smart rather than sounding like themselves. Others write about a subject that they don't care about, but that they think will impress admissions officers.

You don't need to have started a company or discovered a lost Mayan temple. Colleges are simply looking for thoughtful, motivated students who will add something to the freshman class.

The Mechanics of a College Essay

Write about something that's important to you. It could be an experience, a person, a book—anything that has had an impact on your life.

Don't just recount—reflect! Anyone can write about how they won the big game or the time they spent in Rome. When recalling these events, you need to give more than the play-by-play or itinerary. Describe what you learned from the experience and how it changed you.

Being funny is tough. A student who can make an admissions officer laugh never gets lost in the shuffle. But beware. What you think is funny and what an adult working in a college thinks is funny are probably different. We caution against one-liners, limericks and anything off-color.

Start early and write several drafts. Set it aside for a few days and read it again. Put yourself in the shoes of an admissions officer: Is the essay interesting? Do the ideas flow logically? Does it reveal something about the applicant? Is it written in the applicants' own voice?

What you write in your application essay or personal statement should not contradict any other part of your application—nor should it repeat it. This isn't the place to list your awards or discuss your grades or test scores.

Answer the question being asked. Don't reuse an answer to a similar question from another application.

Have at least one other person edit your essay—a teacher or college counselor is best. And before you send it off, check, check again, and then triple check to make sure your essay is free of spelling or grammar errors. excerpted from <http://www.princetonreview.com/college/essay.aspx>

The Application Process



WHAT IS THE COMMON APPLICATION?

The Common Application is a not-for-profit organization that serves students and member institutions by providing an admission application online that students may submit to any of the 517 members.

WHY USE IT?

The Common Application simplifies the college admission process by saving time and eliminating duplication of effort. Once completed online, the Application for Undergraduate Admission and associated secondary school forms may be sent to any of the participating colleges and universities. This allows students to spend less time on the busywork of applying for admission, and more time on what's really important: college research, campus visits, essay writing, and senior year coursework.

IS IT WIDELY USED?

Yes! Millions of Common Applications accepted by our members each year. In addition, last year over 3 million applications were submitted via the Common App.

IS IT TREATED FAIRLY?

ABSOLUTELY! Our college and university members have worked together for 35 years to develop this application. All members fully support its use, and all give equal consideration to the Common Application and the college's own forms. Many of our members use the Common Application as their only undergraduate admission. The Common Application is available at www.commonapp.org. Some colleges and universities have discontinued their own applications and are using the Common Application exclusively.

Helpful items related to the Common App available in the College & Career Center and on the CCC web page at www.rhnet.org/ccc:

- Common App New Essay Prompts for 2016-2017
- What to Know Before Submitting the New Common App (Part 1 and Part 2)
- List of all Colleges and Universities accepting the Common Application

EDU, Inc. Common Black College Application

EDU, Inc. is a service that has been developed to augment the recruitment efforts of Historically Black Colleges and Universities and to increase the number of educational options for students throughout the country. The use of the EDU, Inc. Common Black College Application creates the possibility for students to potentially receive acceptance letters, financial aid packages, and scholarship offers from several different colleges. You are able to use the EDU, Inc. Common Black College Application and apply to 36 member institutions for a one-time fee of only \$35.00. Clark Atlanta University, Morgan State University, South Carolina State University, and Virginia State University are examples of member institutions. Apply online at www.eduinonline.com. Information is available in the College & Career Center. Over 97% of the students who have used the services, have been accepted to at least one of the HBCUs that accept the EDU, Inc. Application.



Statement Of Students' Rights And Responsibilities In The College Admissions Process

An outgrowth of the Statement of Principles of Good Practice, the Students' Rights Statement makes clear to entering college students those "rights" which are only alluded to by the Principles of Good Practice. It also spells out the responsibilities students have in the admission process.

WHEN YOU APPLY TO COLLEGES AND UNIVERSITIES YOU HAVE RIGHTS

Before You Apply:

- * You have the right to receive factual and comprehensive information from colleges and universities about their admission, financial costs aid opportunities, practices and packaging policies, and housing policies. If you consider applying under an early admission, early action decision plan, you have a right to complete information from the college about its processes and policies.

When You Are Offered Admission:

- * You have the right to wait to respond to an offer of admission and/or financial aid until May 1.
- * Colleges that request commitments to offers of admission and/or financial assistance prior to May 1 must clearly offer you the opportunity to request (in writing) an extension until May 1. They must grant you this extension and your request may not jeopardize your status for admission and/or financial aid. (This right does not apply to candidates admitted under an early decision program.)

If You Are Placed on a Wait List or Alternate List:

- * The letter that notifies you of that placement should provide a history that describes the number of students on the wait list, the number offered admission, and the availability of financial aid and housing.
- * Colleges may require neither a deposit nor a written commitment as a condition of remaining on a wait list.
- * Colleges are expected to notify you of the resolution of your wait list status by August 1 at the latest.

WHEN YOU APPLY TO COLLEGES AND UNIVERSITIES YOU HAVE RESPONSIBILITIES

Before You Apply:

- * You have a responsibility to research, and to understand and comply with the policies and procedures of each college or university regarding application fees, financial aid, scholarships, and housing. You should also be sure that you understand the policies of each college or university regarding deposits that you may be required to make before you enroll.

As You Apply:

- * You must complete all materials that are required for application and submit your application on or before the published deadlines. You should be the sole author of your applications.
- * You should seek the assistance of your high school counselor early and throughout the application period. Follow the process recommended by your high school for filing college applications.
- * It is your responsibility to arrange, if appropriate, for visits to and/or interviews at colleges of your choice.

After You Receive Your Admission Decisions:

- * You must notify each college or university that accepts you whether you are accepting or rejecting its offer. You should make these notifications as soon as you have made a final decision as to the college that you wish to attend, but no later than May 1. It is understood that May 1 will be the postmark date.
- * You may confirm your intention to enroll and, if required, submit a deposit to only one college or university. The exception to this arises if you are put on a wait list by a college or university and are later admitted to that institution. You may accept the offer and send a deposit. However, you must immediately notify a college or university at which you previously indicated your intention to enroll.
- * If you are accepted under an early decision plan, you must promptly withdraw the applications submitted to other colleges and universities and make no additional applications. If you are an early decision candidate and are seeking financial aid, you need not withdraw other applications until you have received notification about financial aid.

If you think that your rights have been denied, you should contact the college or university immediately to request additional information or the extension of a reply date. In addition, you should ask your counselor to notify the president of the state or regional affiliate of the National Association for College Admission Counseling. If you need further assistance, send a copy of any correspondence you have had with the college or university and a copy of your letter of admission to: NACAC, 1631 Prince Street, Alexandria, VA 22314

RIT and U of R –REGISTRATION & CLASS DATES

<u>REGISTRATION:</u>	<u>RIT</u>	<u>CLASSES RUN:</u>
Opens at RIT April 25, 2016	2016 FALL	August 22 – December 9
Opens at RIT November 14, 2016	2017 SPRING	January 23 – May 12
Opens at RIT TBD	2017 SUMMER	May 30 – August 4 (10 wk) May 30 – June 30 (1st 5 wk) July 3 – August 4 (2nd 5 wk)

<u>REGISTRATION</u>	<u>U of R</u>	<u>CLASSES RUN:</u>
Deadline is July 31, 2016	2016 FALL	August 31 – December 13
Deadline is December 16, 2016	2017 SPRING	January 18 – May 3
Deadline is April 22, 2016	2017 SUMMER	May 22 – August 11 (12 wk) May 22 – June 16 (1st 4 wk) May 22 – June 30 (1st 6 wk) July 3 – July 28 (2nd 4 wk) July 3 – August 11 (2nd 6 wk)
Deadline is TBD	Rochester Scholars Session <u>A</u> 2017 TBD Rochester Scholars Session <u>B</u> 2017 TBD	

To view class schedules and availability for RIT:

<https://infocenter.rit.edu/>
Go under *Public...*

> TO SEARCH BY KEYWORD:

- Select *SIS Class Search*
- Select *Term*
- Complete *Additional Search Criteria*, typing in *Course Title Keyword* (Ethics, Psychology, Writing, etc...)

*** IMPORTANT ***

- Must have at least 2 search criteria fields completed AFTER selecting *Term*
- *Location & Campus* must have *Rochester Institute of Tech* or *RIT Online* selected (this can count as 1 of the 2 needed)

> TO SEARCH BY SUBJECT:

- Select *SIS Course Catalog Search*
- Select **subject code** OR select area of study from *Academic Group* drop down at top of page

> TO SEARCH BY SUMMER SESSION:

- Under "*Additional Search Criteria*", go to *Session*
- Select needed Session (Ex: *Five Week – First, Five Week – Second*)

*** PLEASE NOTE:**

- Most of the courses you select will be under Liberal Arts or Sciences & should be a level 100 or 200
- Be sure to confirm there are NO PREREQUISITES or RESTRICTIONS for the course(s) you are interested in taking
- Be sure to confirm Open / Closed status for the course(s) you are interested in taking
- Refer to the **Quarter to Semester Subject Guide** for additional help with course coding, found under *Public*

To view class schedules and availability for U of R:

www.rochester.edu/registrar

- Select *CDCS (Courses)*
- Select *Year /Term* (Fall, Spring, Summer)
- Select *Arts, Sciences and Engineering* under *School*
- Select any *Subject* that you are interested in to view class titles & times –OR- use the *Description Keywords*

***PLEASE NOTE**

- Be sure to confirm there are NO PREREQUISITES or RESTRICTIONS for the course(s) you are interested in taking
- Be sure to confirm Open / Closed status for the course(s) you are interested in taking

Updated 8/2016

Exploring is a program that gives high school students a chance to check out a career they're interested in. It's a career-education program that allows students to learn more about a particular career through hands-on activities led by people in the working world. Exploring 'Posts' are groups of students from all over the county who are interested in the same career. They are hosted by area businesses to explore that career in depth. Posts are offered in over 100 different fields from ambulance services to zoology. Many new Exploring Posts open during the fall, including those listed below. Check in the College & Career Center, on the CCC webpage at www.rhnet.org/ccs or the Exploring website at www.rochesterexploring.org for details and future Post openings! For more information, contact Keith Gomez at 241-8558 or email Keith.Gomez@scouting.org. The list below is a list of all the posts from last year. A 2016-17 list should be coming in the 2nd or 3rd week of school.

Organization Name	Location	Career Field
American Institute of Architects	Rochester	Architecture
Monro Muffler Brake Inc	Penfield	Auto Services
Monro Muffler Brake Inc	Henrietta	Auto Services
Rochester Rotary Business/ Finance	Penfield	Business
Empire Education (Empire Beauty Schools)	Greece	Cosmetology
SUNY REOC Cosmetology	Rochester	Cosmetology
Palmer's Direct to you Market	Henrietta	Culinary
NY Wine and Culinary Center	Canandaigua	Culinary
Finger Lakes Ambulance	Clifton Springs	EMS
Ontario Ambulance	Ontario	EMS
Walworth Ambulance	Walworth	EMS
Gates Volunteer Ambulance Inc.	Gates	EMS
Perinton Volunteer Ambulance	Fairport	EMS
Pittsford Volunteer Ambulance	Pittsford	EMS
Penfield Volunteer Ambulance	Penfield	EMS
Monroe Ambulance Inc.	North Gates	EMS
Greece Volunteer Amb	Greece	EMS
Henrietta Volunteer Ambulance	Henrietta	EMS
Chili Ambulance	Chili	EMS
Innovation Central	Rochester	Engineering
IBC Engineering	Rochester	Engineering
Society of Women Engineers	Monroe County	Engineering
Rochester Engineering Society	Monroe County	Engineering
Ridge Culver Volunteer Firemans Assoc	Irondequoit	Firematics
Spencerport Fire Department	Spencerport	Firematics
West Walworth Volunteer Fire Department	Ontario	Firematics
Ridge Culver Volunteer Firemans Assoc	Rochester	Firematics
Bushnell's Basin Fire Association Inc	Pittsford	Firematics
East Rochester Fire Department	East Rochester	Firematics
Brighton Fire Dept Inc	Rochester	Firematics
Webster Fire Department	Webster	Firematics
Penfield Fire Company	Penfield	Firematics
Pittsford Volunteer Fire Dept	Pittsford	Firematics
Farmington Vol Fire Dept	Farmington	Firematics
Wolcott Fire Dept	Wolcott	Firematics
Mendon Fire Department	Mendon	Firematics
St Paul Blvd Fire Association	Irondequoit	Firematics
East Rochester Fire Department	East Rochester	Firematics

Rochester Fire Department	Rochester	Firematics
Gates-Chili Fire Department	Gates	Firematics
Henrietta Fire District	Henrietta	Firematics
Churchville Fire Dept Inc	Churchville	Firematics
Barnard Fire Department	Greece	Firematics
Spencerport Fire Department	Spencerport	Firematics
Union Hill Volunteer Fire Assoc	Union Hill	Firematics
Chili Fire Dept Inc	Chili	Firematics
West Webster Fire Department	Webster	Firematics
Scottsville Fire Department	Scottsville	Firematics
Brockport Fire Dept	Brockport	Firematics
Rush Fire Dept Inc	Rush	Firematics
North Greece Fire Department	North Greece	Firematics
Ontario Fire Department	Ontario	Firematics
Fairville Fire Department	Newark	Firematics
Fariport Fire Department	Fairport	Firematics
Hilton Fire Dept	Hilton	Firematics
Brighton Police Dept	Rochester	Law Enforcement
Wayne County Sheriffs Dept	Lyons	Law Enforcement
Yates County Sheriff	Yates County	Law Enforcement
Greece Police Dept	Greece	Law Enforcement
Brockport Police Department	Brockport	Law Enforcement
Monroe County Sheriff's Office	Monroe County	Law Enforcement
Rochester Police Department	Rochester	Law Enforcement
Monroe County Bar Association	Rochester	Legal Careers
Chris Johnson Law	Rochester	Legal Careers
Woods, Oviat Law	Rochester	Legal Careers
Barclay Damon	Monroe County	Legal Careers
Davidson Fink	Monroe County	Legal Careers
Rochester Black Bar Association	Rochester	Legal Careers
Highland Hospital	Rochester	Medicine
Civil Air Patrol	Rochester	Military
Civil Air Patrol	Rochester	Military
St John Fisher College Dept of Pharmacy	Rochester	Pharmacy
Rochester Arc & Flame Center	Rochester	Skilled Trades
Penn Yan Skilled Trades	Penn Yan	Skilled Trades
Associated Builders and Contractors	Monroe County	Skilled Trades
Rochester Red Wings	Rochester	Sports Management
Finger Lakes College STEM	Victor	STEM/Engineering
Shortsville-Manchester Chamber of Commerce	Manchester	STEM/Engineering
Geva Theater	Monroe County	Theater

SHADOWING AND INTERNSHIP INFORMATION:



**Placements are made by the Business
Department.**

**To arrange a placement,
please see Mrs. DeWald
or contact her at 359-5268 or
cdewald@rhnet.org.**

**Top Ten Reasons why YOU should participate in a Work Based Learning Program
(Shadow, Internship, Co-Op) this year:**

1. Gives you an opportunity to “try out” a field you may be interested in.
2. Gain *real professional experience* that will be on your résumé and permanent transcript.
3. Learn how to interact with professionals and become a valued member of an organization.
4. Gain confidence about the next step in your life (college, trade school, work).
5. Network with the professional community...this may lead to jobs, scholarships and other connections.
6. A letter of recommendation and evaluation become part of your file.
7. You can develop a professional portfolio and demonstrate your level of commitment and maturity towards a field in your college interview.
8. Quality work experience will strengthen your college application – stand out in the crowd!
9. Get a true taste of a field of interest now. You may decide it’s not for you and consequently save yourself lots of time and money!!
10. INVEST IN YOURSELF.... Gain experience beyond the classroom.

Please see Mrs. DeWald today if you are interested in any of our Work Based Learning Programs!!

Fastest Growing Occupations 2010-2020

Largest percent growth in employment

The 10 fastest-growing occupations

Personal care aides
Home health aides
Biomedical Engineers
Helpers (brickmasons, carpenters, plumbers, pipefitters, etc)
Veterinary Technologists and technicians
Reinforcing iron and rebar workers
Diagnostic Medical sonographers
Meeting, convention and event planners
Physical therapist aides
Occupational Therapy assistants

The 10 fastest-growing occupations that usually require a Graduate degree

Postsecondary teachers
Physicians and surgeons
Physical therapists
Lawyers
Pharmacists
Educational, guidance, vocational, and school counselors
Instructional coordinators
Healthcare social workers
Mental health counselors
Rehabilitation counselors

The 10 fastest-growing occupations that usually require a Bachelor's degree

Elementary school teachers, except special education
Accountants and auditors
Management analysts
Software developers, application
Software developers, systems software
Computer systems analysts
Market research analysts and marketing specialists
Middle school teachers, except special and career/technical education
Secondary school teachers, except special and career/technical education
Cost estimators

The 10 fastest-growing occupations that usually require an Associate's degree or post-secondary vocational award

Registered nurses
Nursing aides, orderlies, and attendants
Licensed practical and licensed vocational nurses
Preschool teachers, except special education
Hairdressers, hairstylists, and cosmetologists
Dental Assistants
Heating, air conditioning, refrigeration mechanics /installers
Construction managers
General and operations managers
Emergency medical technicians and paramedics

Most New Jobs 2010-2020

Largest number of job openings

The 10 largest growth occupations

Registered nurses
Retail salespersons
Home health aides
Personal care aides
Office clerks, general
Combined food preparation and serving workers
Customer service representatives
Heavy and tractor-trailer truck drivers
Laborers and freight, stock, and material movers
Postsecondary teachers

The 10 occupations with the largest employment growth that usually require a Graduate degree

Postsecondary teachers
Physicians and surgeons
Lawyers
Pharmacists
Educational, guidance, vocational, and school counselors
Physical Therapists
Education administrators, elementary and high school
Healthcare social workers
Mental health counselors
Education administrators, postsecondary

The 10 occupations with the largest employment growth that usually require a Bachelor's degree

Elementary school teachers, except special education
Accountants and auditors
Secondary school teachers, except special education and career/technical education
Management analysts
Middle school teachers, except special education and career/technical education
Computer systems analysts
Software developers, application
Market research analysts and marketing specialists
Software developers, systems software
Sales reps, wholesale & manufacturing, technical and scientific products

The 10 occupations with the largest employment growth that usually require an Associate's degree or post-secondary vocational award

Registered nurses
Nursing aides, orderlies, and attendants
General and operations managers
Licensed practical and licensed vocational nurses
Preschool teachers, except special education
Hairdressers, hairstylists, and cosmetologists
Dental Assistants
Heating, air conditioning, refrigeration mechanics /installers
Construction managers
Firefighters

Financial Aid Night at Rush-Henrietta

How is financial aid calculated?

What are the different types of aid available?

How is the FAFSA form completed?

Grade 12 students and parents will learn the answers to these questions and more!

Grade 10 and 11 students and parents may also be interested and are welcome to attend!

September 15, 2016

R-H Auditorium

7 – 8:30 p.m.

Family Finances 

ESTIMATE YOUR EXPECTED FAMILY CONTRIBUTION ON-LINE

This is a way to find out the estimated amount that your family is expected to pay before you fill out the FAFSA!

The U. S. Dept. of Education provides an online tool to help students and their families plan for college. The **FAFSA4caster** provides students with an early estimate of their eligibility for federal student financial assistance.

Students considering furthering their education beyond high school can use this FREE tool to:

- ✓ Calculate their eligibility for federal financial aid, including grants
- ✓ Reduce the time it will take to complete the Free Application for Federal Student Aid (FAFSA), the qualifying form for all federal financial aid

For more information on the FAFSA4caster, visit: www.fafsa4caster.ed.gov.

Federal Student Aid FAFSA 

**Completing the *Free Application for Federal Student Aid (FAFSASM)*
is the first step toward getting federal aid for college.**

www.fafsa.gov

More than \$150 billion in grants, loans, and **work-study** funds are provided each year, but you have to complete the FAFSA to see if you can get any of that money.

To apply for federal student aid, you need to complete the **FAFSA** or *Free Application for Federal Student Aid*.

Completing and submitting the FAFSA is free and easier than ever, and it gives you access to the largest source of financial aid.

Go to www.fafsa.gov.

For students planning to apply for financial aid for the 2017-18 academic year, (this year's senior class), the FAFSA should be completed as soon as possible after January 1, 2017.

Remember, the FAFSA is FREE!

**If you accidentally go to www.fafsa.com, the site will look official but it is a scam and will ask you for payment!
Get more information regarding financial aid at <http://studentaid.ed.gov>.**

The CSS/FINANCIAL AID PROFILE is a supplemental financial aid form required by some private colleges to determine your Expected Family Contribution. Some colleges require this in addition to the FAFSA. It is a fully online service that helps colleges and organizations award their private student aid funds. The CSS/Financial Aid PROFILE 2016-2017 Student Guide will be available on Oct. 1, 2015 at <http://student.collegeboard.org/css-financial-aid-profile>. Some local schools requiring the CSS/FINANCIAL AID PROFILE are Cornell University, Nazareth College, Syracuse University and the University of Rochester. Be sure to check if the schools to which you are applying require the PROFILE. The list of schools is available at www.collegeboard.org. The fee is \$25 for the application and \$16 for each additional school report. Once registered, the application can be completed and submitted immediately or at a later time. Contact information: 305-829-9793 or help@cssprofile.org.



Federal Student Aid You Tube Channel

View videos on student financial aid including understanding the financial aid process, applying for aid, borrowing responsibly, repaying your federal student loans, and more on the Federal Student Aid You Tube Channel. Go to www.youtube.com/federalstudentaid.

Additional websites are available to help you estimate your expected family contribution. Go to the website for the College & Career Center - www.rhnet.org/ccc; click on 'Helpful Links'; then click on 'Financial Aid.'

A variety of resources is available in the College & Career Center to help you with the financial aid process including:

- *1001 Ways to Pay for College*
- *Best Value Colleges: 150 Best-Buy Schools*
- *Best College for You: How to Find the Right Fit and Save Money*
- *College Gold: The Step-by-Step Guide to Paying for College*
- *College Solution: Guide for Everyone Looking for the Right Fit at the Right Price*
- *Debt Free U-How I Paid for an Outstanding Education without Loans, Scholarships, or Mooching off my Parents*
- *Financial Aid for the Utterly Confused*
- *Financial Aid Handbook: Getting the Education you want at a Price You Can Afford*
- *Funding Education Beyond High School – the Guide to Federal Student Aid-* from the U.S. Department of Education (also available at: www.edpubs.gov/document/EN1111K.pdf)
- *How to Pay for College: A Practical Guide for Families*
- *Paying for College Without Going Broke*
- *Right College, Right Price: New System for Discovering the Best College Fit at the Best Price*

HOW TO FIND SCHOLARSHIPS

1. All the scholarships received at R-H can be found:
 - a. in **Naviance Family Connection**: www.rhnet.org/navianceshs.
select 'Colleges' then scroll down to 'Scholarships and Money'.
 - in **The Counseling Connection**, a monthly newsletter
(also found in the Links section on Naviance Family Connection)
 - on the College & Career Center web page at www.rhnet.org/ccc
 - as a hard copy in the College & Career Center



Applications for these scholarships are available in the College & Career Center, on Naviance Family Connection, and on the web page if they have been received electronically.

2. Sign up for Weekly Scholarship Alert at www.weeklyscholarshipalert.com.
3. Get reminders about scholarships from the morning announcements and the white board outside the College & Career Center.
4. Sign up for the CCC E-News at www.rhnet.org/ccc. Select the Communications tab.
5. Borrow one of the many scholarship books available in the College & Career Center.
6. Online searches – Select 'Helpful Links' on the College & Career Center web page at www.rhnet.org/ccc. Then select 'Scholarship.' You will find many links to scholarship search sites including:

www.college-scholarships.com
www.fastweb.com
www.cappex.com
www.scholarships.com
www.scholarshipexperts.com
www.meritaid.com
www.collegefund.org
www.hsf.net
www.latinocollegedollars.com
www.uncf.org
www.blackcollegedollars.com
www.christianconnector.com

This site has a listing of online scholarship search sites.

(merit-based scholarships only)
(for Native American students)
(for Hispanic students)
(for Hispanic students)
(for African American students)
(for African American students)
(for Christian college scholarships)





HOW DO I APPLY FOR SCHOLARSHIPS?

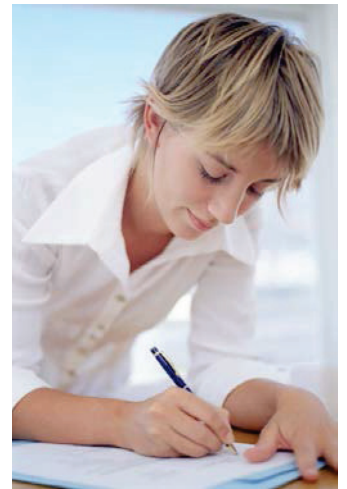
Nomination Scholarships:

You must be nominated by a teacher or counselor, however students are encouraged to self-nominate.

See Ms. Curry in the College & Career Center for instructions on self-nominating.

All other (General) Scholarships:

1. Each scholarship has a unique application that must be completed. You can get the application in one of the following ways:
 - hard copy from the College & Career Center
 - apply online (address found in the criteria section of the R-H scholarship list)
 - download application from the College & Career Center web page (www.rhnet.org/ccc)
 - download application from Naviance Family Connection (www.rhnet.org/navianceshs)
2. Complete the application making sure you follow the instructions exactly. Remember that any scholarships requiring a transcript must be submitted to the Counseling Center with a Transcript Request Form (green sheet) at least 10 school days before the due date. It is your responsibility to make sure the application is complete.
3. If the scholarship requires a transcript, the application will be mailed by the Counseling Center. A completed green sheet (transcript request form) must be submitted to the Counseling Center at least ten days before the deadline to allow time for processing.
4. If the scholarship does not require a transcript, it is your responsibility to follow all instructions given to submit the completed application to the scholarship organization before the due date.
5. If you are the recipient of a scholarship, be sure to write a thank you note to the scholarship granting organization.



Some scholarship applications are as easy as filling out a response card or online form, however be aware that typically you will then be added to some type of mailing list. Here are some easy scholarships you may want to check out:

- www.nextstepu.com - enter the Win Free Tuition scholarship giveaway. Up to \$10,000 is given each year to pay for one year of college tuition.
- www.careersandcolleges.com/ - enter to win a \$10,000 scholarship by random drawing,
- www.ecampustours.com – enter their \$1,000 scholarship giveaway.

For an online list of **merit based** scholarships - www.meritaid.com

For an online list of **unusual and uncommon** scholarships -

www.finaid.org/scholarships/unusual.phtml

For an online list of the **most prestigious scholarships and fellowships** -

www.finaid.org/scholarships/prestigious.phtml

For an online list of **scholarships for 'average' students** (those who don't have a 4.0 GPA)-

www.finaid.org/scholarships/average.phtml

Check the College & Career Center website at www.rhnet.com/ccc and select 'Helpful Links', then 'Scholarships' to access additional online scholarship web sites.



Motivating Your Teenager to Look for Scholarships

- Start discussing the scholarship process early. The earlier your son or daughter prepares by participating in extracurricular and community based activities, assuming leadership roles, and starting their research, the easier and more stress-free senior year will be for them to enjoy. A well-prepared senior doesn't worry as much about scholarship or college applications because they've already done most of the work by the end of their junior year. Early preparation also gives them an opportunity to apply for all of the biggest scholarships, which normally have deadlines early in a student's senior year. This keeps them from scrambling at the last minute to complete applications. Knowing they might be able to enjoy senior year even more with much of the scholarship process behind them could be very motivating to your son or daughter. Read the chapter, "It's Never Too Early to Prepare for the Scholarship Search" in *Winning Scholarships for College* for more information.
- If financially able, offer an incentive. Promise to buy them a new car of their choice if they graduate from high school with a scholarship. Make sure to give them a maximum limit for the car you agree to buy and the type of scholarship they must win to get it (full-ride, tuition, etc.). Considering that the cost of a college education could be three times as much as the car you buy, it might work to your financial advantage. one on <http://www.finaid.org>. Discuss your debts and other responsibilities,
- Share your financial situation early. Don't wait until senior year! Estimate the costs of the colleges your son or daughter is interested in attending. Determine your expected family contribution using a financial aid calculator such as the one on <http://www.finaid.org>. Discuss your debts and other responsibilities, especially brothers and sisters who will also be attending college. Sometimes your son or daughter may not understand how much it takes to keep everything running in your household. Sometimes they grossly overestimate just how well you might be doing. And, most students and parents just don't understand how many loans they may end up with to afford a college education. A thorough understanding might help motivate them and help you in the process. "Student Loans and Your Future," a chapter in *College Survival & Success Skills 101* can help with understanding and minimizing student loan debt.
- Get your kids talking to other students who have graduated with loans that have to be repaid or who have had to work throughout college in order to stay enrolled. Get other college students who have won scholarships to talk to them. Hearing about their experiences might push them into action.

To see additional suggestions for motivating your son or daughter, read Chapter 25 of *Winning Scholarships for College*.

Article provided by:

<http://www.scholarshipworkshop.com/parents/motivating-your-teenager.html>



UPromise

Over a decade ago, Upromise was launched based on the philosophy that everyone should be able to afford a college education. Today, with millions of members, Upromise is helping make that a reality for many Americans. For more information about what Upromise is all about, check out our YouTube channel at <https://lty.s.upromise.com/member/videoGalleryMain.do>.

Simple Idea:

- Create a college savings service that harnesses the purchasing power of parents, extended family, family, and students to make it easier to pay for college.
- Members direct their spending to Upromise partners—including more than 800 online stores, 10,000+ restaurants, grocery and drugstore items—and earn money for college.

Powerful Results:

- Everyone can earn money for college—parents with young children; family and friends who want to contribute; students and graduates with eligible student loans to pay.
- Members have earned \$670,000,000 and counting for college with their everyday spending, and it is helping more families use those earnings to contribute toward college tuition, expenses or loans--quicker and easier.

Turn your everyday spending into college savings. Upromise works like an instant rebate that goes to a college fund. With every dollar spent at a sponsoring company, a percentage is earned back. Join millions of families who are discovering a whole new way to save for college. Upromise is a free service, and by adding your credit, debit or grocery card means that you can begin saving money for college when you shop at participating retailers. UPromise can now be used to pay off student loans! Visit www.upromise.com for details.

VOLUNTEER INFORMATION:

Information on all the opportunities listed below is available in the College & Career Center.

- **Red Cross Student Volunteer Directory** is your online resource for volunteer opportunities. Here you can find over 70 ways to help others in the community by contributing your valuable talents and skills as a youth volunteer. By browsing or searching the comprehensive database, you can find a volunteer position that is just right for you. The directory lists volunteer opportunities at non-profit agencies throughout the Rochester area. Visit www.redcross.org/ny/rochester and select 'Volunteer.'
- **ARC of Monroe County** is looking for **My Time Providers** (formerly Special Sitters). A **My Time Provider** is someone who is at least 14 years old who will receive special training to be an in-home care provider to families with a child who is developmentally disabled. A student who is interested in becoming a provider will undergo 20 hours of training that includes instruction in developmental disabilities, care providing, First Aid, CPR, and in the special sensitivities required to handle the disabled child and his/her family. Working as a Special Sitter is an excellent career exploration opportunity for students interested in special education, medicine, health, or therapy. It's also a chance to earn money while gaining valuable experience in human services. The next free training session begins in September, 2015. If you have questions or would like to hear more about the program, call Laura Jane Truesdell, Coordinator of the ARC My Time Providers Program at 271-0660, ext. 1352.
- **CP Rochester:** Volunteers are needed to work with both adults and children with developmental disabilities and physical challenges. Programs needing volunteers include: Visual Arts and Recreational Horseback Riding on Saturdays, Bowling on Wednesdays, Pre-school Swimming Monday-Thursday and several one-time events. For more information, contact Tina Bennett, Volunteer Coordinator at 334-6000 ext. 1321 or email: t_bennett@cprochester.org.

VOLUNTEER INFORMATION - continued:

- **Ronald McDonald House - House at Westmoreland**, 333 Westmoreland Dr. Whether it's cooking meals, cleaning and preparing rooms for families, helping in the office, or driving our van, the time you give makes it possible for our families to be with their children during a very difficult time. Special Events volunteers help us raise funds critical to keeping our doors open for families when they need us most. If you are an individual looking for an ongoing opportunity, or part of a group looking for a one-time project, there's a place for you at the Ronald McDonald House. Volunteers must be at least 16 years old or accompanied by an adult. Visit <http://ronaldshouse.com/volunteers> or call 442-5437.
- **TIES - Together Including Every Student** is a program that promotes the participation of children/young adults with developmental disabilities in extracurricular and community activities with support from trained student volunteers. After volunteers attend a 45-minute training session, they could be paired with participants to join activities together. The commitment is based on your schedule – it could be once a month or a couple of times a month or more infrequently. More information and application forms are available in the College & Career Center. If you have any questions, contact Elena Camerieri at 385-9609 or erlmv@rochester.rr.com.
- **Volunteer Match** is a site where you can type in your zip code and find local organizations looking for volunteers. www.volunteermatch.org.
- **Strong Memorial Hospital – Friends of Strong**. Call 275-2420 for information.
- **Highland Hospital**. Call 341-6759 for information.
- **Rochester General Hospital**. Call 922-2927. This hospital also has a special program created specifically for students interested in pursuing a medical career, with an emphasis on nursing.
- **Monroe Community Hospital**. Call 760-6151 for information.



Scholarships 2016-17

To apply for Nomination Scholarships: go to the College and Career Center to self nominate.

To apply for General Scholarships: get applications in the College and Career Center, on Naviance, or at www.rhnet.org/cc.

Scholarship Name	Eligibility Criteria	Award	Grade Eligibility	Scholarship Type	General Deadline	Nomination Deadline
Horatio Alger National Scholarship	<ul style="list-style-type: none"> -U.S. citizen planning to enter college in the U.S. no later than the fall of 2017. -strong commitment to pursue and complete a bachelor's degree at an accredited non-profit public or private institution in the U.S. -applicants may start their studies at a two-year institution and then transfer to a four-year institution -critical financial need (\$55,000 or less adjusted gross income per family required) -involvement in co-curricular and community activities -demonstrates integrity and perseverance in overcoming adversity -minimum GPA of 2.0 -online applications only at www.scholars.horatioalger.org 	\$7,000 to \$25,000	High School Seniors	General	10/25/2016	
Horatio Alger New York Scholarship	<ul style="list-style-type: none"> -planning to enter college no later than the fall following 2016 high school graduation -strong commitment to pursuing and completing a bachelor's degree at an accredited non-profit public or private institution in the U.S. -applicants may start their studies at a two-year institution and then transfer to a four-year institution -critical financial need (\$55,000 or less adjusted gross income per family required) -involvement in co-curricular and community activities -demonstrated integrity and perseverance in overcoming adversity -minimum GPA of 2.0 -online applications only at www.horatioalger.org/scholarships 	\$7,000	High School Seniors	General	10/25/2016	

Scholarship Name	Eligibility Criteria	Award	Grade Eligibility	Scholarship Type	General Deadline	Nomination Deadline
Questbridge College Prep Scholarship	<ul style="list-style-type: none"> - Must be a junior in high school planning to attend college -U.S. citizen, Permanent Resident, or an international student residing in the U.S. Typical College Prep Scholars: <ul style="list-style-type: none"> - Are in the top 5-10% of their class - Scored >1300 (CR+M) on the SAT or >29 (COMPOSITE) on the ACT (if taken) - Are in the 1st generation in their family going to college - Are eligible for free or reduced price lunch <p>Apply online at http://www.questbridge.org/refer</p>	Full scholarships to college summer programs at schools like Harvard, Stanford & Notre Dame, 1-on-1 college admissions counseling, all-expense-paid college visits and more.	High School Juniors	General	9/27/2016	
Washington University in St. Louis Danforth Scholars Program	<ul style="list-style-type: none"> -multiple seniors may be nominated -sponsoring college will determine scholarship winners -nominees must have exhibited a capacity for service and leadership, as well as academic excellence, and will embrace the challenges of a rigorous curriculum -maturity, strong moral character, selflessness, and commitment to the community -to self-nominate, please see Ms. Curry in the College & Career Center 	Full or partial tuition renewable scholarships to Washington University in St. Louis	High School Seniors	Nomination		10/15/2016
Wendy's High School Heisman Award	<ul style="list-style-type: none"> -this award honors students who excel in academics, athletics and student leadership, who work hard, are dedicated, and have become role models for underclassmen -minimum grade average of "B" -participation in at least one of 27 sports -apply online at www.wendysheisman.com -applicants must have their online application reviewed and confirmed by a school representative prior to October 3, 2016 -PLEASE complete the application EARLY (in September) to allow time for school personnel to review and confirm the accuracy of the data provided -only applications that have been reviewed will be considered for advancement 	One male and one female will be chosen from EVERY school and may then be chosen to compete for Wendy's gift cards and up to \$10,000 for their school	High School Seniors	General	10/3/2016	