
PAUL VI GUIDANCE NEWSLETTER

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March 2008

WHAT DO ALL THOSE LETTERS MEAN?

Have you ever seen a string of letters listed after a person's name? What does it all mean? Chances are that those letters represent the college degrees that the person has earned. But what do those letters really represent? The following list explains what kinds of degrees are available from post-secondary institutions.

Bachelor's Degree - Students can earn a Bachelor of Arts or a Bachelor of Science degree after completing a specified number of required credits and certain courses at an undergraduate college or university. Generally, it takes four years to complete the program, but some students take less time or a longer period to fulfill the requirements.

Associate's Degree - Community and junior colleges generally offer an Associate's at the completion of their two-year program. Some Associate's Degrees enable the student to then enter the work force, while others go on to complete a Bachelor's Degree at another college.

Master's Degree - This advanced degree is earned after the Bachelor's Degree and requires acceptance into a graduate school. While many career areas don't specifically require a Master's Degree, people who have earned one are likely to have significantly higher salaries because the degree shows their advanced skills. A Master's Degree may be in the same subject area as the Bachelor's Degree or a completely new field.

Doctor's Degree - This most advanced degree, shows that the student has reached the top of his/her field. Students earning a doctorate are then able to use the title "Doctor." It generally takes from two to six years to complete the program. Doctor's Degree classifications include Doctor of Education, Doctor of Public Health and Doctor of Philosophy (Ph.D). Earning the Juris Doctorate Degree allows the student to pursue a law career and take the bar exam.

TOP SAT STRESS REDUCERS

All juniors are required to take the SAT and/or ACT at least once this spring. For some juniors facing this testing their stress level is significantly raised. In the fall issue of Next magazine, the following practical test taking tips were offered:

STOP STUDYING - Right before the test that is. Being alert for the test often depends on the amount and quality of sleep you've gotten for several days before the

test date, not just the night before. Try to adjust your homework/study/job schedule to allow for early bedtime and quality rest for at least two days before the big day.

TUNE OUT THE BUZZ - Don't buy into the anxiety talk from fellow students on test day. Instead, try deep breathing exercises and try to clear your mind for the task ahead.

FEED YOUR HEAD - Eat a good breakfast that includes complex carbs and proteins. Avoid sugary foods that can lead to an energy crash later in the morning.

CARRY COUGH DROPS - Any test taker can be distracted by an extended coughing fit. Be ready to offer a cough drop or take one yourself.

DON'T COMPARE - Tune out when other test-takers finish. Work at your own pace. Comparison just adds stress.

REWARD YOURSELF - Do something fun and relaxing after the test. Take in a movie or indulge in sports.

REFRESH YOUR BATTERIES- Before the test check your calculator and install fresh batteries. Check your #2 pencil supply while you're at it.

DRESS IN LAYERS - Testing sites can be too warm or too cold. Be ready for anything. Being physically uncomfortable can distract you from the test.

DON'T TRY TO LEARN ANYTHING NEW - Cramming new information the week before the test is seldom effective and can raise your stress level. Concentrate on what you know and do a good job with that. The few things you don't know aren't going to hurt you enough to make cramming worthwhile.

GUIDELINES

-- Regular registration for the May 3 SAT closes on April 1, 2008. The last ACT is scheduled for June 14, 2008 with registration ending on May 9. College-bound juniors should be sure to check on the testing requirements for the colleges they are considering. All students are required to take the SAT and/or ACT at least once by the time of graduation.

--- Seniors be sure to notify our registrar, Mrs. Basara, of the college admissions decisions you receive. She will also need to know which school you commit to when you make the final decision. This information is used to compile a follow-up report on the Class of '08.

USEFUL CAREER INFORMATION

-- What skills in which career areas are "hot" in the New Jersey job market? Find out at www.nextstop.org. The latest information on the employment picture in NJ health care, finance, construction, utilities, manufacturing, tourism, transportation and information technology can be found at this site. Find out how to make a fast start in your career. www.njnextstop.org tells you what skills you will need to be in-demand in

New Jersey industries, including health care, finance, construction, utilities, manufacturing, tourism, transportation, and information technology. Their research focuses on New Jersey industries, but most of the skill and job information applies to occupations wherever they are located. Their easy-to-navigate website allows you to match your skills and interests with occupations that will be highly marketable when you are ready to enter the workforce. Njnextstop.org lists and describes the various occupations within an expanding industry and provides statistical overviews that identify weekly earnings and projected growth within the industry. Developed by the State of New Jersey, Rutgers University and leading business experts, njnextstop.org is your source for pursuing a rewarding career course.

-- What do chemical engineers do? Find out in the new materials developed by the American Institute of Chemical Engineers. These materials also list the universities that offer chemical engineering programs accredited by the Accreditation Board of Engineering and Technology. Write to the American Institute of Chemical Engineers at Three Park Avenue, New York, NY, 10016-5991 to request your copy.

-- Health care is growing by leaps and bounds in our country, so it stands to reason that we need managers to help administer this complex field. Information about the job market, compensation and the skills/abilities needed for this career area can be found at www.healthmanagementcareers.com. This site is sponsored by the American College of Healthcare Executives.

-- Physics is for You is a new brochure that describes the role of physics in the invention and research of numerous everyday items. It also discusses the careers available in the field. Request your copy by writing to: The American Institute of Physics at One Physics Ellipse, College Park, MD 20740-3843.

FINANCIAL AID FLASHES

Mrs. Robinson is Paul VI's scholarship chairperson. Information about various scholarship opportunities will be posted on the Paul VI webpage and are listed below:

Name: **High School Senior Annual Achievement Award 2008**
Deadline: March 17, 2008
Apply: www.womensclubofbroadmoor.com

Name: **Bill Lorge Memorial Scholarship**
Deadline: March 31, 2008
Apply: See Mrs. Robinson for an application

Name: **Edward W. O'Connell Memorial Scholarship**
Deadline: April 1, 2008
Apply: www.wiss.com

Name: **New Jersey Grand Lodge Knights of Pythias Scholarships**
Deadline: Varies
Apply: See Mrs. Robinson for an application

Name: **Whitman Elementary Home & School Council**
Deadline: April 12, 2008
Apply: See Mrs. Robinson for an application

Name: **Tzu Chi Scholars**
Deadline: April 15, 2008
Apply: www.tzuchi.org

Name: **New Jersey Chronic Fatigue Syndrome Association**
Deadline: April 18, 2008
Apply: www.njcfsa.org/Schinfo1.html

Name: **Bellmawr Scholarship Fund Foundation**
Deadline: April 27, 2008
Apply: See Mrs. Robinson for an application

Name: **Jennifer Porco Memorial Scholarship**
Deadline: May 1, 2008
Apply: See Mrs. Robinson for an application

Name: **The Mervyn Sluizer, Jr. Scholarship**
Deadline: May 1, 2008
Apply: www.philafound.org

Name: **Jon M. Pritsch Memorial Golf Fund Scholarship**
Deadline: May 15, 2008
Apply: See Mrs. Robinson for an application

JUNIORS!!!

Navy Reserve Officer Training Corps

Applications are now being accepted for the Navy Reserve Officer Training Corps Scholarships for those students graduating in the spring of 2009. The highly selective process results in scholarships covering full tuition at over 100 colleges around the country. To find out more, visit www.nrotc.navy.mil or see Mrs. Robinson in Guidance.

Russell Sage College: Deadline is April 4, 2008

Russell Sage College is looking for a young woman from the junior class who embodies the motto: "To Be, To Know, To Do." If you would like to be considered for this scholarship opportunity, see Mrs. Robinson in Guidance. If selected, the student nominee will be eligible for a scholarship or award ranging from \$7,000 - \$16,000. The candidate should be a leader and a powerful communicator who is involved in the school and community by serving and inspiring others. Academically, she should maintain a GPA of at least B+, rank in the top 25% of her class, and have scored at about or above the national average on her standardized test scores.

OPEN HOUSES & COLLEGE FAIRS

You and your parents are invited to the following open houses/college fairs. For the open houses, please check with the college/university to check start times and to see if pre-registration is necessary.

Please note: These are upcoming open houses for a select few colleges only. Please check with your school(s) of choice to find out when they will be hosting open houses.

Focus on Your Future College/Career Fair

Location: Highland Regional High School in Blackwood

Date: Wednesday, March 12, 2008

Time: 6:30 – 8:30 pm

* 100 colleges, universities, military, trade, and/or technical schools will be in attendance *

Southern New Hampshire University: Spring 2008 Culinary Open House

Date: Fridays, March 21 & April 25, 2008

Time: 8:30 am Registration

RSVP: 800-642-4968 - Each student may bring up to two guests

Neumann College

Date: Sunday, March 30, 2008

Time: 11:00 am – 2:00 pm

RSVP: 610-558-5616 or Neumann@neumann.edu

West Virginia University: College of Engineering & Mineral Resources

Date: Saturday, April 5, 2008

Time: 9:00 am – 2:30 pm

RSVP: Ryan Sigler 304-293-4821 ext. 2211 or Ryan.Sigler@mail.wvu.edu

Georgian Court University

Date: Sunday, April 6, 2008

Time: 1:00 pm

RSVP: 800-458-8422 ext. 2760 or visit www.georgian.edu

SUMMER OPPORTUNITIES

High school juniors and seniors are often invited to participate in summer programs at many colleges and universities. The topics are varied and in some cases, carry college credit. Below is a representative listing of these summer opportunities. Information on these and other offers is available in Guidance. Some deadlines are early, so check the details as soon as possible.

MASSACHUSETTS COLLEGE OF LIBERAL ARTS

Seniors!! Do you want to attend an excellent four-year college this fall? Do you want a head start on your academic career? Make the transition at MCLA.

June 25 – July 19, 2008

During the Summer Seminar enrolled students live and study on campus as an introduction to the fall semester. MCLA looks for students who have shown academic promise, but may not have achieved their full potential in high school. Minimum admission criteria must be met in order to accept the student into the Program and into the College as a matriculated student.

Students interested in applying to the Summer Seminar must submit both an application for the program and an application for admission to MCLA. For both of these applications, visit www.mcla.edu or call 800-969-MCLA. Space is limited! Application must be received by May 30, 2008.

QUINNIPIAC UNIVERSITY

The Television News Institute

July 7 – 11, 2008

Quinnipiac University offers high school juniors and seniors interested in broadcast journalism a unique opportunity to learn from the professionals through its Television News Institute. The weeklong program features seasoned broadcasters who teach the fundamentals of television reporting, from gathering information and writing stories to producing videos in the field and tips to improve on-camera performance. In the HDTV broadcast studio, students will produce a live newscast featuring pre-produced news "packages," sports, weather and more.

For information and registration materials, please contact Michael Calia at 203-582-3414 or michael.calia@quinnipiac.edu

UNIVERSITY OF DELAWARE

"Summer College is an exclusive opportunity for academically talented and gifted current high school sophomores and juniors to earn 6 or 7 college credits while living on one of the most beautiful campuses on the East Coast."

July 12 – August 16, 2008

Visit www.udel.edu/summercollege for further information. Application packets may also be requested via phone at 302-831-6560 or email at summercollege@udel.edu. Admission decisions are made on a rolling basis once application packets are complete.

Application deadline is May 15 (Between May 15 and June 15 late applications are accepted on a space-available basis only). No applications are accepted after June 15.

THE COLLEGE OF NEW JERSEY

Summer Civil Engineering Camp

July 13 – 17, 2008

Rising high school seniors are invited to apply for an intensive five-day summer Civil Engineering Camp offered by the Civil Engineering Department at the College of New Jersey and sponsored by the Construction Industry Advancement Program of New Jersey (CIAP). The intent of the camp is to motivate the most creative minds of a new generation of prospective civil engineers to become leaders for the construction industry in New Jersey.

Early application deadline: April 11/ Early applicants will be notified by April 29.
All applications must be received by: May 2 / Applicants will be notified by May 16.

THE COLLEGE OF NEW JERSEY

First Annual Summer Robotics Camp

July 13 – July 17, 2008

Students will build, program, and use their own robot. Each participant will receive a robotics kit, and at the end of the camp they get to take home their own robot.

Eligible camp participants are rising high school seniors who rank at the top 10% of their class, have an interest in engineering, and have successfully completed three years of college prep mathematics (preference will be given to those who have completed pre-calculus).

Early application deadline: April 11/ Early applicants will be notified by April 29.
All applications must be received by: May 2 / Applicants will be notified by May 16.

INDIANA UNIVERSITY OF PENNSYLVANIA

Robert E. Cook Summer Honors Program

July 13 – July 26, 2008

The Robert E. Cook Summer Honors Program is designed for talented high school juniors or seniors and the exceptional rising sophomore, who desires a serious academic challenge in a college setting. Qualified applicants must be nominated by a counselor or teacher and are eligible for half and full tuition merit awards. For further information visit, www.iup.edu/honors and see Mrs. Robinson if you are interested in being considered for this wonderful opportunity.

DREXEL UNIVERSITY

Drexel's summer academic programs are open to highly motivated high school students who wish to explore what a university-level program is all about. Workshops are led by Drexel faculty and utilize Drexel's labs, facilities, and the city of Philadelphia's many resources.

Drexel's 2008 Summer Institute Programs include:

* LeBow College of Business

* College of Engineering

* College of Law

* Westphal College of Media Arts & Design

* College of Medicine

For further information, visit <http://www.drexel.edu/summer/>

COLUMBIA UNIVERSITY

Summer High School Programs, Pre-College Courses for Grades 9-12

* Distinguished instructors

* Outstanding students

* World-class university

Information Session: Saturday, March 15, 2008 at 2:00 pm

RSVP and information online: www.ce.columbia.edu/hs2008

LA SALLE UNIVERSITY

Communication Workshop for Juniors and Seniors

Saturday, March 29, 2008 from 9:00 am – 1:00 pm

In addition to learning about their four specializations in Communication (Communication Management, Journalism, Mass Media, and Public Relations), students will have the opportunity to participate in three of the following four activities:
- A live studio shoot, - A video or audio editing session, - A journalism challenge, - A public relations and communication management simulation

Students may register for this workshop online at
<http://www.lasalle.edu/comworkshops>

CollegeWeekLive's Spring Virtual College Fair

"Dr. Ira Wolf, president of PowerPrep and the author of many Barron's test preparation books, has been selected as a Keynote Speaker at CollegeWeekLive's Spring Virtual College Fair, which will take place on March 25 and 26 from noon to 11:00 pm. The event will connect high school students with hundreds of colleges in a live, interactive online environment. This unique online experience will permit college-bound students and their parents to connect with over 200 universities through virtual booths, live chat and real-time video. Anyone – student, parent, educator – can register to participate at www.collegeweeklive.com. Registration is free and takes less than 30 seconds." Taken from the Anton Community Newspaper in Long Island, NY.