

# JUST FOR JUNIORS

## MARCH

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\*\* Please sign up in the Guidance Office so we know how many students to expect for each visit! If no one signs up, the visit is cancelled!

March 21<sup>st</sup>

NCKTC, Beloit

**Remember, only twenty minutes are allotted for representative visits!  
Please report to the Guidance Office immediately at the beginning of home room!**

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### College Entrance Exams:

**ACT:** test of choice in the mid-west

**SAT:** test of choice on the East Coast and the West Coast and colleges with highly selective admissions policies

Register online at [www.actstudent.org](http://www.actstudent.org) (ACT) or [www.collegeboard.com](http://www.collegeboard.com) (SAT). You will have to pay by credit card if registering online. Registering online is the preferred method for both tests.

**ACT TESTING DATES** (BHS will host all testing dates except the July one!)

| TEST DATE      | DEADLINE      | LATE DEADLINE  |
|----------------|---------------|----------------|
| April 13, 2019 | March 8, 2019 | March 25, 2019 |
| June 8, 2019   | May 3, 2019   | May 20, 2019   |
| July 13, 2019  | June 14, 2019 | June 24, 2019  |

BHS will offer all tests dates, except for July!

ACT without writing — \$55.50

ACT with writing—\$67.00

Register online at [www.actstudent.org](http://www.actstudent.org).

BHS School Code: 170-430

BHS Testing Center Code: 221280

See Mrs. Bolen if you think you might qualify for a fee waiver or extended time testing!

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You will receive testing tips as we get closer to the first test administration in September. The best way to prepare is to **study, study, study**, and **read, read, read!** Keep studying in your English, math, science, and social studies courses, but don't neglect the others! Do some prep work before taking the test. Doing *something* is better than doing nothing at all!

### TEST PREP SITES:

[www.act.org/academy](http://www.act.org/academy)

[www.actstudent.org](http://www.actstudent.org)

[www.collegeboard.com](http://www.collegeboard.com)

[www.testprepreview.com](http://www.testprepreview.com)

[www.number2.com](http://www.number2.com)

<http://www.studyguidezone.com/sattest.htm>

[www.testanxietytips.com](http://www.testanxietytips.com)

[www.free-test-online.com](http://www.free-test-online.com)

<http://www.sparknotes.com/testprep/>

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**POTENTIAL COLLEGE ATHLETES:**

**NCAA:** register with NCAA at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). Your ACT score must come directly from ACT even though it is part of your high school transcript. Please use code **9999** when you register to take the ACT.

**NAIA:** register with NAIA at [www.playnaia.org](http://www.playnaia.org). Your ACT score must come directly from ACT even though it is part of your high school transcript. Please use code **9876** when you register to take the ACT.

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*Preparing for the ACT*, a booklet that contains a full-length ACT test along with answer sheet and test-taking strategies is available for download at [www.act.org/theact/testprep](http://www.act.org/theact/testprep). It is available in the BHS Guidance Office as well!

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**Requesting a Copy of Your ACT Test Questions and Answers**

If you order and pay for a **Test Information Release (TIR)** form and test at a national test center on a national test date that offers this service, you will receive a list of your answers, a copy of the multiple-choice test questions used to determine your score, the answer key, and scoring instructions. (If you took the Writing Test, you will also receive a copy of the writing prompt, the scoring rubric, and the scores assigned to your essay by two readers.) Information about ordering a photocopy of your answer document (including your essay if you took the Writing Test) for an additional fee will be included with your materials. **This service is available for the December, April, and June test dates!** The TIR form is available at <http://www.actstudent.org/scores/release.html>.

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**MONTHLY PLANNER . . . for the Rest of Your High School Life**

By Dr. Randall Hanson, [www.collegeoutlook.net](http://www.collegeoutlook.net)

**MARCH**

- \* Develop a file for each of the schools on your list
- \* Start learning about scholarships and grants (get started by creating a profile at [www.zinch.com](http://www.zinch.com) and [www.fastweb.com](http://www.fastweb.com))
- \* Stay focused on grades

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**CAMPUS VISITS**

Just a reminder that you are allowed to make campus visits and not have them count against your attendance if you do two things:

- 1). Complete a Campus Visit Form prior to your visit (available in the Guidance Office)
- 2). Bring back proof of your visit (agenda, folder, representative's business card, etc)

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## CAMPUS VISITS: TIPS FOR PARENTS

Parents: when it comes to helping your child choose a college, you may be tempted to make a decision based mostly on cost, reputation, and, possibly, your own alma mater.

However, campus visits can provide insight and information on a school that can't easily be ranked in statistics. Visiting a school can give you and your student a chance to get a gut feeling about the environment, which becomes just as important as cost and how many professors have a PhD.

Knowing what to look for and what to do on a campus visit can help ensure that your child makes the right decision. *Familyeducation.com* offers these tips to make your campus visit as beneficial as possible.

**Go prepared to ask questions.** A college interview is like a job interview - students should review the catalog and related material and come prepared to discuss specifics. Remember to take notes: after the first few visits, campuses begin to look alike.

**Know your role.** If an interview is required for college admission, experts recommend that you accompany your child to the waiting room, but not to the interview.

**Visit a variety of schools.** Visits provide an opportunity to see how your child responds to different environments. Students have a great instinct for the schools that feel comfortable to them. If classes are in session, visit a few to help your child get a feel for student life.

**Check out residential accommodations.** What are the living arrangements like? Are there single-sex and coed dorms? Are bathrooms coed? How many students live off campus? What is the school policy regarding freshmen? Are they required to live on-campus?

**Investigate safety issues.** According to Eve Brouwer of the National Safety Council, 270 colleges and universities are members of its Campus Safety Association. Ask specific questions; such as, "How does the school handle alcohol abuse?"

**How about off-campus crime?** Although colleges are not required to release crime statistics for the local area, ask how safe off-campus jogging or walking is. Take it as a danger sign if school officials show a reluctance to discuss these issues.

**Enjoy the visit with your student and discuss all pros and cons of each college/university that you visit!**

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## ARE YOU DOING TOO MUCH?

An article presented by the College Board

"You do it all. You play three sports; you belong to four clubs and hold officer positions in all of them; you volunteer at the local animal shelter, nursing home, and hospital, and you maintain straight A's." Perhaps this scenario is somewhat exaggerated, but the truth is that more and more students today are becoming caught up in the trap of overachieving. Overachievers have plenty to put on a resume when it's time to apply to colleges, but they pay a price. They can lose a sense of balance, and the consequences can be severe.

## THE NEGATIVE ASPECTS OF OVERACHIEVING

### Loss of focus or passion

Overachievers are often spread quite thin. With only so many hours in the day and so much energy and effort to give, you have to divide your attention among a number of endeavors if you over schedule your time. When you feel pressure to excel in every area, you may lose the chance to discover a genuine personal interest or talent as you

attempt to master all your activities. Consequently, you are likely to lose sight of what you truly like and to get less enjoyment from the things you do.

### **Poor physical health**

The workload and time constraints of the typical overachiever leave relatively little time for sleep. In fact, sleep deprivation is common among over scheduled students, with many of them sleeping less than six hours per night. Excessively busy kids tend to suffer from poor eating habits, as well. If you don't have the time to sit down to three solid meals per day, you may have to grab food on the go, and such diets are often full of fats and sugar. Teens need sufficient sleep and nourishment to stay physically and mentally strong, so if you have too much to do, you may end up sacrificing your health.

### **Poor mental health**

The American Academy of Child and Adolescent Psychiatry states that "school demands and frustrations" and "taking on too many activities or having too high expectations" are the leading causes of teenage stress. The desire to please others, as well as our culture's clear emphasis on success, is creating a generation of workaholics who are draining themselves mentally and emotionally.

### **Unhealthy self-image**

Overachievers often base their feelings of self-worth on their accomplishments. The more they do, and the more they do well, the better they feel about themselves. Reliance on external validation, though, can be extremely harmful. If you focus on grades, test scores, awards, and other external markers of success, you can lose sight of your inner identity. Overachieving frequently causes students to forget that self-worth is measured from within rather than by what others think or say.

### **Problems getting into college**

The majority of colleges indicate that they are looking for well-rounded students. Essentially, they prefer applicants who achieve balance among their academic pursuits, their extracurricular activities, and their personal lives. When admissions officers look at resumes, they are attempting to assess leadership, commitment, and integrity. If you're an overachiever, beware. More is not necessarily better.

## **HOW TO ACHIEVE BALANCE**

### **1. Do what you like**

Sit down and make a list of your commitments. Then, rank them according to how much you enjoy each one. Weed out the activities from which you gain little or no pleasure. Instead, create a schedule of activities that reflects your true interests and passions, and don't be afraid to cut something out or to say no if you're being pressured to stay involved. In the end, you'll be a happier person.

### **2. Schedule time to relax**

If you never have a minute to rest or have fun, you are doing too much. Take a look at your calendar and carve out specific times to ease off your usually hectic pace. All work and no play will end up stressing you out.

### **3. Take care of yourself, inside and out**

Make sure that you eat healthy food and that you get a sufficient amount of sleep each night. Also, remember that exercise is a necessary ingredient for both a strong body and a strong mind. And when you're feeling overwhelmed or stressed, take a break. Most importantly, ask for help when you need it. Parents, teachers, counselors, and friends are all people to turn to if you start to experience burnout.

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## COLLEGE PLANNING RESOURCES YOU MIGHT WANT TO CHECK OUT!



College Confidential provides students with a wealth of information and tools for choosing a college, applying to college, and paying for college. After being accepted and figuring out how to pay for college, students can come back to this site to learn about what to expect in their first year and how to thrive as a new college student. There is a section called "Ask the Dean" where students can find answers to frequently asked questions like "will my writing be a problem in college?" Parents aren't left out of the mix. Parents and students can join discussion boards to share experiences and advice with each other. Check it out at <http://www.collegeconfidential.com/>.



Unigo relies on a huge database of student-generated content for college reviews. Unigo has reviews written by students as well as video content. The value of Unigo extends beyond college reviews to first-hand accounts of mistakes made and lessons learned in the first year of college. Finally, as you might expect, Unigo has a social networking aspect through which current students and future students can connect. Check it out at <https://www.unigo.com/>.



[Campus Explorer](#) gives prospective students the option to search for colleges by location and or degree/program type. What makes [Campus Explorer](#) a potentially valuable resource for those searching for a college is the advice section attached to each college review. The advice appears to be genuine advice from real students. In addition to the advice section, where available, videos are attached to each college's review.



[College Grazing](#) has a great collection of interest surveys designed to help students think about why they want to go to college, the type of college that matches their interests, and the types of college programs for which they might be best suited. [College Grazing](#) helps guide students and parents through the whole process of selecting a college, applying to college, and paying for college.

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### MILITARY ACADEMY APPOINTMENTS

The military academies are as follows: US Naval Academy, Annapolis, Maryland; US Military Academy, West Point, New York; US Merchant Marine Academy, Kings Point, Long Island, New York; US Air Force Academy, Colorado Springs, Colorado

TO APPLY: You must have a congressional appointment to be considered for one of these academies; you can request an application packet after March 1<sup>st</sup>.

APPLICATIONS are available at <http://roberts.senate.gov>.

**DEADLINE: early next school year**

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### KSU ENGINEERING DAY

WHEN: April 5, 2019

WHY: to learn more about the engineering program at KSU

REGISTER online at <http://www.engg.ksu.edu/engineering-day/>

**DEADLINE: March 25<sup>th</sup> or when all spots are taken, whichever comes first.**

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### HIGH SCHOOL SUMMER INSTITUTES AT WASHINGTON UNIVERSITY IN ST. LOUIS

WHEN: Summer 2019

WHO: freshmen, sophomores, and juniors who have a B+ GPA and an interest in a specialized interest, career, or major

INSTITUTE TOPICS

- \* creative writing
- \* environmental studies
- \* humanities: politics and the arts
- \* leadership
- \* pre-engineering
- \* pre-medial
- \* philosophy, neuroscience, and psychology

GET INFORMATION AND APPLY ONLINE AT <http://summerexperiences.wustl.edu/institutes>

**DEADLINE: April 1, 2019 or until a program has filled**

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### COTTEY COLLEGE SUMMER WORKSHOP

WHEN: June 16-21, 2019

WHERE: Cottey College, Nevada, Missouri

COST: \$400.00

WHO: The workshop is being offered to ambitious high school girls who will be entering their junior or senior year in high school in the fall of 2019.

WHY: Cottey's Summer Workshop is a week-long summit on leadership, skill building and knowledge gathering for the girl bosses, the game changers and the barrier breakers. The workshop is dedicated to providing an environment where girls are encouraged to have fun while discovering how to succeed in today's fast paced world.

**REGISTER ONLINE at [www.cottey.edu/workshop](http://www.cottey.edu/workshop) by MARCH 31st! (registration opens March 1<sup>st</sup>)**

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### FLINT HILLS TECHNICAL COLLEGE WRANGLER ENROLLMENT DAYS

WHEN:

March 2<sup>nd</sup>, 9 am – noon

March 5<sup>th</sup>, 10 am – 4 pm

March 21<sup>st</sup>, 3 pm – 6 pm

March 25<sup>th</sup>, 10 am – 4 pm

April 2<sup>nd</sup>, 10 am – 4 pm

April 13<sup>th</sup>, 9 am – noon

April 17<sup>th</sup>, 3 pm – 6 pm  
May 2<sup>nd</sup>, 10 am – 4 pm  
May 10<sup>th</sup>, 10 am – 4 pm

April 22<sup>nd</sup>, 10 am – 4 pm  
May 4<sup>th</sup>, 9 am – noon  
May 28<sup>th</sup>, 3 pm – 6 pm

Things to be aware of:

\* The HOT (Health Occupations Technology) and Welding programs tend to fill the fastest!

By attending one of these days, you will receive the following:

\* 50% off of the \$100 enrollment deposit to hold your spot in the program for next year

\* your photo ID and parking permit

\* limited edition FHTC t-shirt

\* be entered in a drawing to win a \$500 book voucher for Fall 2019

\* All enrollment will take place on the main campus. Call 620-343-4600, ext 2 or email

[admissions@fhct.edu](mailto:admissions@fhct.edu) to schedule your enrollment appointment!

\* If you need to do some testing for admission, please contact FHTC at the same phone number to make arrangements ahead of time. There is a \$10 non-refundable testing fee.

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### KANSAS HIGHWAY PATROL CADET LAW PROGRAM

WHEN: June 2 – 7, 2019

WHERE: Kansas Highway Patrol Training Academy in Salina

WHO: juniors going into their senior year who have a C+ grade average

Interested students can check out the information and the application at this link:

<http://www.ksamlegion.org/page/content/programs/cadet-law-enforcement-academy>.

**DEADLINE: Mail it to the address on the application by March 31<sup>st</sup>!!!! Make sure ALL parts of it are complete!!! There is a page your doctor has to complete!!!**

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### UNIVERSITY of OKLAHOMA SOONER SATURDAY

WHEN: April 27, 2019, 8 am – 3 pm

WHY: attend information sessions, campus tours, housing tours, and more!

REGISTER ONLINE AT <http://ou.edu/content/admissions/events/sooner-saturday.html>. Registration will open on March 18<sup>th</sup>! Space is limited so be sure to register early!

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### HUTCHINSON BLUE DRAGON JUNIOR DAY

WHEN: March 6, 2019

SIGN UP at

<https://docs.google.com/forms/d/e/1FAIpQLSddjRv7pLZulA7M7LJ3hvfVYZBATLIDTAnCUsbCYGrjI4QaBg/vie/wform>

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### FORT SCOTT COMMUNITY COLLEGE JUNIOR/SENIOR DAY

WHEN: March 7, 2019, 9 am – 1 pm

WHY: Explore what FSCC has to offer, enjoy a free lunch, and possibly win a door prize!

Register online at <http://www.fortscott.edu/JuniorSeniorDay> by March 6<sup>th</sup>!

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### KANSAS STATE UNIVERSITY OPEN HOUSE

WHEN: Saturday, April 6, 2019, 9 am – 3 pm

WHY: Enjoy food, fun and plenty of purple at K-State Open House. Explore their 250-plus majors and options, 475-plus student organizations, and the family atmosphere that makes K-State stand out. Check it out at [www.k-state.edu/openhouse/](http://www.k-state.edu/openhouse/)

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### 2019 QUEST BRIDGE SCHOLARS PROGRAM

WHO: high school juniors who typically rank in the top 5 – 10% of their class, earning primarily A’s in the most challenging courses available, and whose families earn less than \$65,000 a year (for a typical family of four)

WHY:

- \* full scholarships to college summer programs at Stanford, Yale, Penn, Emory, and more
- \* exclusive access to 40 top colleges at a National College Admissions Conference
- \* distinction as an outstanding candidate for admission to their partner colleges
- \* personalized college essay feedback from a trained coach
- \* Quest for Excellence awards, such as laptops and all-expense-paid campus visits

If interested, additional information can be found at [www.questbridge.org](http://www.questbridge.org).

**DEADLINE: MARCH 20, 2019**

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### THE NIGHTINGALE EXPERIENCE

WHEN: July 10 and 11, 2019

WHO: current freshmen, sophomores, and juniors

WHY: for students who have expressed an interest in nursing, but could benefit anyone undecided about their career plans

TO APPLY: follow these steps:

1. Download the application from <https://www.fhsu.edu/nursing/Nightingale-Experience/index>
  2. Click on Nightingale Experience
  3. **Return the application by APRIL 1, 2019**; space is limited, so apply early
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### FORT HAYS STATE UNIVERSITY TIGER MANIA

WHEN: April 1, 2019

WHO: high school sophomores and juniors

WHY: this is a fun, interactive day for students who want to learn more about FHSU!

RSVP: <https://www.fhsu.edu/admissions/upcoming-events> by MARCH 27th!

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### 11<sup>th</sup> ANNUAL APEX LEADERSHIP SUMMIT

WHERE: University of Mississippi

WHEN: three sessions this summer: June 9 – 12, June 23 – 26, July 7 – 10

WHY: You will experience leadership development, team building, ethics, personal responsibility, etc.

COST: \$100 and your transportation costs

APPLY ONLINE at [www.olemiss.edu/apex2019](http://www.olemiss.edu/apex2019)

**DEADLINE: MARCH 29, 2019**

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### STATE ASSESSMENTS

SCIENCE: March 21<sup>st</sup> and 22<sup>nd</sup> through history classes

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**FREE ACT RE-SCHEDULED!**

WHEN: APRIL 2<sup>nd</sup>, 8 am - noon

There is nothing you need to do to register; that has all been done for you. Don't make any appointments that morning! This is the makeup day since the original date was cancelled due to weather. If you miss testing this day, you will not get to test and have the State of Kansas pay for it! If you choose to test on the national test date of April 13<sup>th</sup>, you can take the ACT both April 2<sup>nd</sup> and April 13<sup>th</sup>! Of course, you have to register and pay for the April 13<sup>th</sup> test.

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**NATIONAL WORK ZONE AWARENESS DESIGN CONTEST**

AWARD: \$200 gift card

Check it out at <https://www.ksturnpike.com/contests>.

**DEADLINE: MARCH 31, 2019**

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**COFFEY COUNTY FLIGHT TRAINING SCHOLARSHIP PROGRAM**

WHO: One junior from each Coffey County high school

CRITERIA:

- \*must have interest in pursuing a career in the aviation industry, such as pilot, engineer, mechanic, etc.
- \*Must have a classroom performance and attendance
- \*Must demonstrate the ability to complete long-term projects
- \*Must be will to make a financial commitment for 20% of the total cost
- \*Must demonstrate an overall character, attitude, and desire to succeed

Applications are available in the Guidance Office.

**DEADLINE: return completed applications to the BHS Guidance Office by MARCH 29, 2019!!!**

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**AMERICAN LEGION AUXILIARY SUNFLOWER GIRLS STATE  
AMERICAN LEGION BOYS STATE**

Our local American Legion will try to help students attend these events, but you must apply!  
AL Sunflower Girls State information can be found at <http://www.ksgirlsstate.org/registration>.  
AL Boys State information can be found at <http://kansasboysstate.com/>.

Both events will be held June 2 – 7, 2019. Girls State will be held on the KU campus; Boys State will be held on the KSU campus! Check out the website for details, the registration form, and deadlines!

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**SCHOLARSHIPS**

**COLLEGE JUMPSTART SCHOLARSHIP**

AMOUNT: \$1,000

Submit an online application which includes four essay topics; applicants choose one topic to respond to.

TOPICS to choose from:

- (1) What are your educational goals?
- (2) How will winning this scholarship help you attain your goals?
- (3) Write about a time when "hard work" paid off.
- (4) Describe your experience with community service and volunteering and how that has affected you and your outlook.

Details and the online application can be found at <http://www.jumpstart-scholarship.net/>.

**DEADLINE: APRIL 15, 2019**

