

## Northern Lehigh High School

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Mike Anderson  
*Guidance Counselor A-G*

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*Guidance Counselor H-N*

Sheila Lanshe  
*Guidance Counselor O-Z*

## GUIDANCE NEWSLETTER

*FALL/WINTER 2008*



Welcome to Northern Lehigh Guidance Department's fall/winter newsletter. This edition will feature much of the information you will need to know for your child's first semester at the high school, as well as upcoming news and notes. Feedback is always welcome, so if there is something we missed or something you feel would benefit the students of Northern Lehigh High School please let us know by calling 610-767-9837.

### Welcome

Please welcome the following new teachers to Northern Lehigh High School for the 2008 – 2009 academic year: Ms. Rachel Reiter, Music/Choral Teacher; Christopher Jones, Math Teacher; and Stephen Shuey, Art Teacher.

As we welcome the above staff members, let us say good bye and good luck to those who have left Northern Lehigh High School: Ms. Megan Hauck, Ms. Roxanne Sagala, and Ms. Abby Bloss. Best to all of you in your future endeavors!

### Guidance Services

Guidance services are available to all students in the high school. Services can range from counseling and support for personal or academic struggles to college and career exploration. As noted above, students in the high school are assigned a guidance counselor alphabetically. Students with the last name beginning with A-G will work with Mr. Anderson @ 610-767-0767; H-N will work with Mrs. Smith @ 610-767-9824; and O-Z will work with Mrs. Lanshe @ 610-767-9847. Please feel free to contact or make an appointment with the appropriate guidance counselor for help or assistance.



## How to make high school a success!

The following information is from Linda O'Brien's "How to Get the Most out of High School" (Woodbern Press, 2008).

To have an enjoyable and productive high school experience, students are encouraged to follow the ten steps listed below:

- 1) **Understand your academic record.** It is important for students to become familiar with Northern Lehigh High School's academic requirements and policies, as well as knowing what goes on your transcript.
- 2) **Know your school.** Students are encouraged to know Northern Lehigh High School's policies and procedures, including but not limited to: attendance, codes of conduct, athletic eligibility, dress code, etc... All of this information is available in the new high school planners provided to each student this year.
- 3) **Be in school every day.** To succeed in high school, you must have good attendance!
- 4) **Know how to get good grades.** Being organized, managing your time, taking good notes, and studying will promote success at Northern Lehigh High School. Remember you need a Cumulative GPA of 2.00 to graduate.
- 5) **Set goals.** Get into the habit of establishing short-term and long-term goals for you.
- 6) **Get involved.** Depending on how much effort and energy you put into Northern Lehigh can determine what you get out of it, much like employment.
- 7) **Make good choices and decisions.** Positive choices may yield rewards, where negative ones could result in consequences. Weigh your options carefully before you act.
- 8) **Know how to handle stress.** O'Brien states that some stress helps us keep alert and focused, while too much stress may keep one from doing their best. Find a balance!
- 9) **Use available services.** In order to take full advantage of Northern Lehigh High School, make use of all resources whether people, services, etc...
- 10) **Plan and prepare for your future.** Knowing what you want to do beyond high school can help with your course selections, extra-curricular involvement, and post-graduation plans (college, trade school, armed services, or employment).





## Dual Enrollment

Northern Lehigh High School Guidance Department continues its operation of regular dual enrollment courses and online / virtual dual enrollment courses for the 2008 – 2009 academic year. In a collaborative effort with Lehigh Carbon Community College, Northern Lehigh students have the opportunity to take college courses for college/high school credit at a reduced tuition rate. Courses are taught by Northern Lehigh faculty or LCCC professors and are held on our campus. Students and/or their parent/guardian are responsible for the cost of tuition, textbooks, and/or other applicable fees. Courses include: Introduction to Psychology (fall and spring); College English I (fall and spring); College Spanish III (spring); College German III (spring); US to Reconstruction (fall); Principles of Accounting I (spring); Painting I (spring); Calculus and Analytic Geometry I (spring); Fundamentals of Early Childhood Development (fall). In addition, students have the opportunity to choose from a variety of online courses depending on their availability and the student's high school schedule. For a complete listing of online course options, please visit the high school's web site, go to the Guidance tab and search for Program of Studies. There you will find all online course offerings with projected tuition and book costs.

In addition to the above noted courses, Northern Lehigh High School continues its partnership with Northwestern Lehigh High School in order to enhance and expand dual enrollment courses for all students. In doing so, Northern Lehigh students have the opportunity to attend Northwestern Lehigh High School to take a college course taught by Northwestern Lehigh faculty for the same reduced tuition that they would pay for a college course at Northern Lehigh. Transportation and any other applicable fees are the responsibility of the student and/or parent/guardian. Dual enrollment courses currently offered by Northwestern Lehigh High School include: Anatomy and Physiology; Biology II; Computer AP; Music Theory; Physics II; as well as Distant Learning courses. The Guidance Department will keep those interested updated as to course times and availability at Northwestern Lehigh.

Seniors also have the opportunity to take classes at LCCC where they are responsible for tuition costs, books, and transportation. Students interested in taking a Math or English course at Northern Lehigh or LCCC must take an entrance exam provided by LCCC. If a student scores poorly, LCCC may not grant approval for a student to take a Math or English course. Students who take Math 099 or Math 100 or English 099 or English 100 will not be permitted to count this credit toward their Math or English requirement at Northern Lehigh. However, the student may receive an elective credit. For students taking Math 105 or higher or English 105 or higher, credit earned will count toward their Math or English requirement at Northern Lehigh. In addition, the student will also receive college credit. Students wishing to have college credits transferred to a university or another college are strongly encouraged to check with that university or college to see if credit earned through LCCC will be accepted.

Students engaged in dual enrollment courses are required to follow LCCC's policies and procedures with regards to the application process, payment, and other factors involved with taking a college course. If you have any questions regarding the dual enrollment courses being offered, please refer to your child's Program of Studies or contact our office.

Overall, 77 students are participating in a combined 158 dual enrollment courses this year.



## Student's Assistance Program (SAP)

The Northern Lehigh High School Student Assistance Program is aimed at identifying and helping students who may be struggling with problems or issues that impede their academic success. The SAP team is comprised of guidance counselors, school administrators, school nurse, and teachers. Students can be referred to the SAP team by any school personnel, peers, parents, or self. Some of the services available to students can include mentoring, mental health group counseling by Valley Youth House, Crime Victims Council, and the Center for Humanistic Change, individual mental health assessments, or Drug/Alcohol assessments conducted by the Adolescent Central Intake Unit. Last year, the SAP team assisted 85 students! If you feel your child may need assistance, please call the Guidance Office.



## Important Test Dates

-Scholastic Aptitude Test (SAT) – November 1, 2008; December 6, 2008; January 24, 2009;  
March 14, 2009; May 2, 2009; June 6, 2009.

**\*\*Juniors are encouraged to take the SAT in the spring if interested in attending college.**

Students can find information or register for the SAT at: <http://www.collegeboard.com> or stop by the Guidance Office for details.

-American College Test (ACT) – October 25, 2008; December 13, 2008; February 7, 2009; April 4, 2009;  
June 13, 2009.

**\*\*Juniors are encouraged to take the ACT in the spring if interested in attending college.**

Students can learn more about the ACT at: <http://www.act.org/> or stop by the Guidance Office for details.

-Armed Services Vocational Aptitude Battery (ASVAB) – December 17, 2008.

**\*\*Juniors interested in an armed services career or interested in identifying career interests should take this test with parental permission. The ASVAB is an excellent career interest inventory!**

-Armed Services Vocational Aptitude Battery (ASVAB) – January 8, 2009

**\*\*Sophomores, with parental permission, will be administered the ASVAB to assist in identifying career interests and aptitudes.**

To learn more about the ASVAB please visit <http://www.asvabprogram.com>

## Graduation Requirements



The Northern Lehigh School District requires the following criteria for a student to graduate:

- The student must obtain a 2.00 Cumulative Grade Point Average (GPA).
- The student must obtain 24.00 total credits.
- The student must complete and pass a graduation project.

## Career Cruiser

The Northern Lehigh School District, in a consortium with all Lehigh County School Districts, continues its license to Career Cruiser. Career Cruiser is a web-based program that assists students in identifying their interests, researching careers, colleges, scholarships, and assists in tasks like building a resume and other work related skills. Students are able to develop portfolios that can be accessed throughout their years in high school and beyond. We encourage you to check out this valuable web site at [www.careercruising.com](http://www.careercruising.com). To gain access, the username is **nlhs** and password is **bulldogs**.



## Lehigh Career and Technical Institute

The Lehigh Career and Technical Institute offers half-day programming for 9<sup>th</sup> – 12<sup>th</sup> grade students, as well as a full day program for sophomores, juniors, and seniors. Students choosing to attend LCTI for their ½ day program will receive their academic courses at Northern Lehigh and technical labs at LCTI. Students choosing to attend LCTI for the full day program will receive their academic courses and technical labs on site at LCTI.

In addition to these technical opportunities, LCTI offers more advanced courses of study for students interested in the health care profession or careers in science, technology, engineering, or mathematics. The Emerging Health Professions program is a partnership between LCTI, Penn State University, and Lehigh Valley Hospital where students take college level courses and engage in field work experiences aimed at a career in the health care profession. The Emerging Engineering Professions program is a partnership between LCTI, Penn State Lehigh Valley, LCCC, and local engineering firms where students interested in science, technology, engineering, or math engage in advanced coursework aimed at pursuing a career in one of the aforementioned areas. For more information regarding all opportunities at LCTI, please contact your student's guidance counselor or visit LCTI's website at [www.lcti.org](http://www.lcti.org).

## No Child Left Behind and the Armed Services

A provision of the No Child Left Behind Act of 2001 requires high schools to give military recruiters student information unless a parent/guardian files a written request with the school district to opt out. Every school year, the United States Armed Services requests a list of our current junior and senior students. It is the responsibility of the Armed Services to treat student information as confidential and to use information obtained for military recruiting purposes only.

If any parent/guardian wishes to invoke the opt-out provision of the No Child Left Behind Act, they must sign and date the letter, previously given to students, and return it to school so that their son/daughter's student information not be given to the Armed Services. This request should have been received by September 2008. If you have any questions, please call the Guidance Department.



## **Class News & Information**

### **9<sup>th</sup> Graders (Freshmen)**

Freshmen will be meeting with Guidance Counselors occasionally throughout the year to discuss career exploration, Lehigh Career and Technical Institute (LCTI), graduation requirements, scheduling, and other topics to help in making decisions about their future. Freshmen will also have the opportunity to meet with Guidance Counselors on an individual basis when needed. Freshmen are encouraged to begin planning and proposing their graduation project whether it be a project, community services, or their experience at Lehigh Career and Technical Institute. Lastly, it is important for 9<sup>th</sup> graders to do well in their classes so as to attain the 2.00 GPA needed for graduation. Start early, study hard!

### **10<sup>th</sup> Graders (Sophomores)**

Sophomores may have made the decision during their 9<sup>th</sup> grade year to remain at the high school and take traditional academics or attend Lehigh Career and Technical Institute to learn a trade or skill that enables employment after graduation. Sophomores should also begin to explore their future in terms of college, employment, or other. 10<sup>th</sup> graders should have started their graduation project and continue working on or maintaining the 2.00 needed for graduation.

### **11<sup>th</sup> Graders (Juniors)**

Juniors should continue to explore their future whether it be attending college, trade/technical school, or entering the work place. Juniors should consider taking the SAT or ACT in the winter or spring if attending college. Any junior interested in applying to the Lehigh University or DeSales University Scholars Program in his/her senior year is strongly encouraged to take the SAT in the winter of 2009. All juniors will be administered the PSSA Writing in February 2009, the PSSA Math and Reading test in March 2009, and the PSSA Science Test in April 2009. These tests are mandated by the Pennsylvania Department of Education. Current juniors have the opportunity to apply to the Pennsylvania Governor's School of Excellence, which are enrichment programs conducted during the summer on college campuses throughout the state. Check guidance for various topics of study and timelines for application. Lastly, juniors should be concluding their graduation projects and should be maintaining a Cumulative GPA above 2.00.

### **12<sup>th</sup> Graders (Seniors)**

Seniors will have a lot going on during their last year at Northern Lehigh. Those seniors attending college or a trade school should be aware of application deadlines. Also, seniors who didn't score well on the SAT or ACT should consider retaking the test this fall. Seniors who scored Basic or Below Basic will be scheduled to retake the PSSA test in October/November 2008. Any student who does not wish to retake the test should return the letter (mailed home previously) signed by his/her parent to the Guidance Office. Seniors also need to make certain their graduation project is completed, that they have a minimum of 24.00 credits, and attained no less than a 2.00 cumulative GPA. Current scholarship information for graduating seniors is available in the guidance office. Please remind your child to check Guidance for newly listed scholarships. Additional scholarships can be found on our web site at [www.nlsd.org](http://www.nlsd.org). Please click on high school and proceed to the guidance web page.



## Post Secondary School Application Process for Seniors

There are two ways by which a senior can apply to a post secondary institution whether it is a college, university, trade, or technical school. One is to use a paper application; the other is online. If a student is using a paper application, the student should submit to guidance the completed application, a check/money order made out to the college for the application fee, and a signed transcript release form. If the application requires a teacher recommendation, the student should ask the teacher to complete the recommendation form and return it to guidance. After the aforementioned items are received, the guidance secretary will print a transcript of the student's grades and mail the entire packet. If a student is applying online, a transcript release form is the only document that needs to be submitted to guidance.

For schools that have rolling admissions, it is advantageous to submit the application as soon as possible. Rolling admissions means admissions personnel at the college review the application and make a decision as soon as the application is received. Therefore, popular programs may fill up quickly and even a student with superior qualifications may end up on a waitlist. Other schools have one deadline by which applications must be submitted. These colleges wait to review all applications until this date. Schools that have early admission will allow students the opportunity to apply early and receive a decision early. However, applying early decision is making a commitment to attend that particular school if the student is accepted.

## F.Y.I. – Scholarship Scams Tip Sheet

The following 10 scholarship scam warnings are from FastWeb's Aug./Sept. 2008 Student Bulletin. For more information visit their website at [www.fastweb.com](http://www.fastweb.com).

1. **Fees:** You shouldn't have to pay to search for or apply for scholarships. Check out the *free* scholarship search at [www.fastweb.com](http://www.fastweb.com).
2. **Credit card or bank account information needed:** You should never have to give credit card or bank account information to award providers. If you have, contact your financial institution immediately.
3. **Scholarship guarantee:** No one can guarantee that you'll win a scholarship because no one can control scholarship judges' decisions. Also, be wary of "high success rates" – they usually do not refer to actual awards winners.
4. **No work involved:** You can't avoid putting in time to fill out a scholarship application.
5. **No contact information:** Legitimate sponsors should provide contact information upon request. If the sponsor does not supply a valid e-mail address, phone number, and mailing address (not a PO Box) upon request, that could be a sign of a scam.
6. **Unsolicited scholarships:** If you are called to receive an award for which you never applied, be alert- it's most likely a scam. Ask the sponsor how or where they obtained your information.
7. **Pressure tactics:** Don't allow yourself to be pressured into applying for a scholarship, especially if the sponsor is asking for money up front.
8. **Claims of "exclusive" scholarships:** Sponsors don't make their scholarships available through only one service.

## Scholarship Scams Tip Sheet (cont.)

9. Sponsor goes out of their way to sound “official”: Scammers sometimes use official-sounding words like “national”, “education”, or “federal” or they display an official-looking seal to fool you into thinking they are legitimate. Check with your school if you question a scholarship provider’s legitimacy.

10. Your questions aren’t answered directly: If you can’t get a straight answer from a sponsor regarding their application, what will be done with your information, or other questions, proceed with caution.

## Suspect a Scholarship Scam?

If you think you may be dealing with a scammer, follow the directions below:

- Save all forms you receive from the suspect company. Keep copies of written details about the offer and any correspondence, e-mails, or other paperwork. Make sure all materials are dated.
- Take notes during any seminar or phone conversations. Record the date, time, phone numbers, and the person’s name with whom you spoke. Also include as detailed account of your conversation.
- Report the suspected scammer to any of the following organizations:

### **Federal Trade Commission (FTC)**

Fill out an online complaint form or call toll free 1-877-382-4357

Web: [www.ftc.gov/scholarshipscams](http://www.ftc.gov/scholarshipscams)

### **National Fraud Information Center (NFIC)**

Fill out an online complaint form or call toll free 1-800-876-7060

Web: [www.fraud.org](http://www.fraud.org)

### **Better Business Bureau (BBB)**

Be sure to have the address of the company about whom you are filing the complaint.

Phone 703-276-0100 or check out their web site at [www.bbb.org](http://www.bbb.org)

### **United States Postal Inspection Service (USPIS)**

Phone 1-800-654-8896 or their web site at [www.usps.gov/postalinspectors/fraud/welcome.htm](http://www.usps.gov/postalinspectors/fraud/welcome.htm)

## Other Scholarship/Financial Aid Scams

### **Seminars**

Is the seminar a scam? Here are some warning signs:

- You receive an unsolicited letter to lure you in.
- After a free presentation, the presenters use high-pressure tactics to try to get you signed up for their service.
- They raise the price if you don’t sign up immediately. Any legitimate services will have a set price.
- You are encouraged to commit fraud, entering inaccurate income and/or assets to make it seem like you earn less money, thereby qualifying for more aid.
- Paid aid consultants are required to sign the FAFSA; if the consultant refuses to sign, that could be the sign of a scam.
- You are asked for a credit card number to “hold” the scholarship for you.
- Specific questions can be answered only after you have paid the fee.

## Other Scholarship/Financial Aid Scams (cont.)

\*\*A seminar held at a local school or university does not mean it is legitimate. Be sure to check with your counselor if you think the seminar might be a scam.

### Financial Aid Consultants

- You can do it on your own for free. But if you decide to pay for help, make sure you choose the right person.
- Talk to your guidance counselor. They can tell you if they've had problems with any consultants in the past.
- Check the consultant's credentials. One way to find a consultant is to find a person who has worked in a university financial aid office or at least is a certified public accountant (CPA). Another way is to contact past clients personally and ask them about the consultant's services. Checking just one qualification is no guarantee of a legitimate service.
- Don't let a consultant take a percentage of your scholarship award.
- Never let a consultant encourage you to do something unethical.

***Remember that applying for financial aid/scholarships should never cost more than a postage stamp!***

The Free Application for Federal Student Aid (FAFSA) cannot be completed prior to January 1, 2009.



### “Senioritis”

As seniors begin their last year of high school, some may feel tired and worn-out by the previous years in high school or become just plain lazy as the year progresses. This is what many refer to as “senioritis”. Decisions regarding college, technical/trade school, or work may be finalized, the graduation project is completed, and classes or grades may no longer matter. So what is a senior to do? Steve Frappier from Washington University in St. Louis encourages students to do four tasks.

- ❑ First, continue to earn good grades as this may compensate for poor grades received earlier in the student's high school career. Remember a 2.00 Cumulative GPA is needed to graduate.
- ❑ Second, remain involved. Frappier suggests that continued involvement in clubs or sports while maintaining a rigorous course schedule will better prepare students to manage their time after high school.
- ❑ Third, seniors are encouraged to stay focused. Students making early decisions regarding college or work will be required to provide a final transcript or recommendation regarding that student's performance throughout the year. A poor recommendation or report card may result in a warning letter or a rescinding of one's previous offer.

Lastly, Frappier wants seniors to “enjoy the experience”. After all, this is their final year of high school. Enjoy friends, activities, and the ceremonies that go along with graduating from high school



## Check us out!

If you would like to learn more about the Guidance Department, check our web page on the district's website at [www.nlsd.org](http://www.nlsd.org). Click on high school and proceed to guidance. Here you will find valuable information on scholarships, services, and links to other web sites that assist in career exploration, career information, and college searches. If you have any questions regarding our website please call our office at 610-767-9837.



## NL Faculty – Athleticism at its best!

The high school faculty continues its domination of the senior class as they went 2 – 0 against the Class of 2008 in volleyball and softball, bringing their overall record to 6 –1 against the seniors. This year the tradition continues as the faculty will be challenging the Class of 2009 to a volleyball game on December 23<sup>rd</sup>. Stay posted for further details! Good luck seniors, you're going to need it.



## Mark Your Calendars!

- November 10, 2008: Teacher In-service / No School
- November 27 – December 1, 2008: Thanksgiving Recess / No School
- December 24, 2008 – January 4, 2009: Winter Recess / No School
- January 19, 2009: Martin Luther King Holiday / No School (first snow make-up day)
- January 22, 2009: Blocks 1 + 2 exams/ ½ day for all high school students
- January 23, 2009: Blocks 3 + 4 exams/ ½ day for all high school students
- January 26, 2009: Teacher In-service / No School
- February 13 and 16, 2009: President's Holiday / No School (13<sup>th</sup> second snow make-up day)
- March 30, 2009: Teacher In-service / No School



**\*\*Due to the increasing use of technology by our students, the Guidance Department is re-running the following information\*\***

## **Cyber-bullying: Is It Impacting Your Student?**

*The following information is taken from Educational Development Services, LLC and a presentation conducted by Deborah McCoy.*

Because the Internet and other forms of mobile communication technologies are becoming more commonplace among our students, on-line bullying, known as “cyber-bullying”, is emerging as one of the most challenging issues facing educators and parents alike. Defined as sending or posting harmful or cruel text or images using the Internet or other digital communication devices, cyber-bullying can occur via instant messaging, e-mail, cell phones, text messaging, defamatory web sites, and chat rooms.

According to research conducted regarding students’ on-line behavior, 92% of older teens (15 – 17 years old) go online. 87% of teens use the Internet from home and 74% go online from a friend’s home. Surprisingly, only 15% of parents knew what cyber-bullying was. So what does this mean? According to Ms. McCoy’s presentation, many students are communicating on-line with friends or strangers and their parents are unaware of their actions. When discussing cyber-bullying, 42% admitted to having been bullied on-line, 35% admitted to having been threatened, 53% of students have acknowledged saying mean or hurtful things to another person on-line, and 58% of students reported not telling their parents or another adult about something mean or hurtful that happened to them on-line.

What can be done? If you know someone who has been cyber-bullied, you are encouraged not to engage that person, print out the dialogue, don’t share personal information, contact the Internet service provider, and get parents or teachers involved. For more comprehensive information, please visit [www.cyberbully.org](http://www.cyberbully.org).



The Pennsylvania Governor’s School of Excellence (PGSE) is an intensive, state sponsored program for current sophomores or juniors who are interested in pursuing a career in one of eight different areas. PGSE is a five week program (weekends included) where accepted students will study in one of the following areas: Agricultural Sciences (sophomores and juniors); Arts (sophomores and juniors); Global Entrepreneurship (sophomores and juniors); Health Care (juniors only); Information Technology (juniors only); International Studies (juniors only); Sciences (juniors only); and Teaching (juniors only). Each subject area is hosted by a Pennsylvania college or university where all costs, except for transportation to and from the program, a refundable residential life deposit, and spending money, are paid for. Students are selected entirely on the competitive merit of their performance as demonstrated through the application process. Interested students should see their guidance counselor for more information or visit PGSE’s website at [www.pgse.org](http://www.pgse.org).