



Northern Lehigh High School

Guidance Newsletter

Fall 2009

Allison Chruscial
Guidance Counselor, MEd.

Mary Smith
Guidance Counselor, MEd.

Sheila Lanshe
Guidance Counselor, MEd.

Kathleen Reese, Secretary

Mark Your Calendars:

Schools Closed (In-service Day)
October 12

PSAT Testing
October 14

Schools Closed (Thanksgiving)
November 25-30

Early Dismissal
December 23

Schools Closed (Winter Break)
December 24-January 1, 2010

Schools Closed (In-service Day)
January 18

End of Semester 1
January 28

Schools Closed (In-service Day)
January 29

Schools Closed (President's Holiday)
February 12-15

Welcome Back!

We are excited to welcome students back to Northern Lehigh for the 2009-2010 school year!

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.

Here at the high school, students are assigned one of the three counselors in our department according to their last name.

Students with a last name beginning with A-G

will work with Mrs. Allison Chruscial; H-N will work with Mrs. Mary Smith; and O-Z will work with Mrs. Sheila Lanshe.

Please feel free to contact us at anytime with any questions or concerns. You can reach the counselors at the following numbers:

Mrs. Chruscial: 610-767-0767

Mrs. Smith: 610-767-9824

Mrs. Lanshe: 610-767-9847

Mrs. Kathleen Reese, our guidance secretary can always assist you if your child's counselor is not

available. She can be reached at 610-767-9837.



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. If you feel your child may need assistance, please

call the guidance office.



Post Secondary 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. Failure to do so may result in the student not getting into the program of their choice or being placed on a waitlist, even if the student has superior qualifications.

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 decision will allow students the opportunity to apply early and receive a decision early. However, when a student applies early decision they are making a commitment to attend that school if accepted.

Finally, applying for financial aid can begin January 1, 2010. You must apply online at fafsa.ed.gov. FAFSA worksheets are available in guidance. If interested the student should see their guidance counselor.



Important Test Dates!!!

During the spring of their junior year students are strongly encouraged to take the Scholastic Aptitude Test (SAT) and/or the American College Test (ACT) if they are interested in attending college. Testing occurs on a Saturday; but testing can be done on Sunday for students who have religious obligations on a Saturday; The SAT and ACT test dates for 2009-2010 are as follows:

SAT- November 7; December 5; January 23; March 13; May 1; June 5

ACT- December 12; February 6; April 10; June 12

*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 2010.

Armed Services Vocational Aptitude Battery (ASVAB)- January 13, 2010

*Juniors and Sophomores interested in the armed services or interested in identifying career interests should take this test with parental permission.

***For more information on any of these tests, students should see their guidance counselors.

Available scholarships
can be found in the
guidance office or online
at
www.nlscd.org/srhnscd/

Graduation Requirements

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

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

***This information is important to students of all grade levels. Falling behind in any of these requirements may cause a student to not graduate on time.



Leadership/Enrichment Program Opportunities

Throughout the school year, Northern Lehigh High School personnel are occasionally asked to nominate students for various leadership/enrichment programs. While we consistently nominate students to programs that incur no cost to the parent or district such as the Keystone Girls & Boys State, sponsored by the Rotary, and Camp Leidig, sponsored by the Lions Club, we are hesitant to nominate students to other programs which incur a cost, some in excess of \$1,000, as these fees be-

come the responsibility of the student and/or parent/guardian. Some programs that require a cost include: the People to People Ambassador Program initiated by President Eisenhower; the National Leadership Forum, which conducts sessions related to the student's future career interests including law or medicine.; and Lehigh's Global Entrepreneurship.

Despite the cost of some of the aforementioned programs, Northern Lehigh High School has had stu-

dents attend leadership/enrichment programs where they have indicated these experiences to be quite interesting and informative. Because of the interest displayed by some of our students, the Guidance Department does announce these opportunities as they arise and will nominate appropriate students who demonstrate an interest. For more information regarding these programs please call the Guidance Office.



Helping Your Child Deal with Grief

Due to the recent tragic events that have occurred within the Northern Lehigh community, we felt it was appropriate to address the situation by giving parents information on grief. When faced with a tragic event, each person reacts differently. Some of your children may be presenting signs and it is important to recognize and address these feelings of grief.

According to the U.S. Department of Health and Human Services, grief is the normal response of sorrow, emotion, and confusion that comes from losing someone or something important to you. Someone who is experiencing grief may feel empty and numb, they may tremble, be nauseous, have trouble breathing, have muscle weakness, or have trouble sleeping and eating. Some people may even experience strange dreams or night-

mares, be absent-minded, withdraw socially, or lack the desire to return to their everyday life. The length of time for someone to spend grieving varies from person to person.

During the grief process an individual will go through five stages: denial, anger, bargaining, depression, and acceptance. It is common for people to go back and forth between the stages to deal with various aspects of the loss.

Many parents may ask how they can help their child cope with grief. The National Association of School Psychologists suggests the following:

1. Give children the opportunity to tell their story and be a good listener.
2. Don't assume that every child in a certain age group understands death in

the same way or with the same feelings.

3. Allow adequate time for your child to grieve in the manner that works for him/her. Pressing them to resume "normal" activities without the chance to deal with their emotional pain may prompt a negative reaction.

4. Don't lie to them about the tragic event. Help them to understand the loss.

5. Let your child know that you really want to understand what they are feeling or what they need.

6. Your child will need long-lasting support throughout the grieving process.

7. It is important that you understand your own grief during the time of a tragic event.



Northern Lehigh High School

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Career Cruising



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. To gain access, the username is **nlhs** and password is **bulldogs**.
