

Alden Central High School

Class of 2010

Senior Newsletter



September 2009

Seniors:

Welcome back! We hope you had a great summer and are now ready to get back into the swing of attending classes again. The information on the following pages is for your use and if you read through the entire newsletter, we are sure you will learn something that you didn't know before.

The majority of the information is about what you are going to be doing after Graduation and it is very important that you start making plans for next year right now!

We are available to speak with you at any time. All you have to do is make an appointment to see us. You will be scheduled for an initial senior interview very soon to get the ball rolling, but after that it is pretty much up to you to follow through with your plans. Right now June seems far away, but it will be here before you know it. Don't put your plans off too long.

The recommended filing date for SUNY applications is December 1, 2009. We suggest each of you have your applications in the mail by Thanksgiving and if not, no later than Christmas.

In closing, we wish you much success this year and remember, early planning and early action lead to positive results.

Sincerely,

Amy Delzer
Guidance Counselor M-Z

Timothy Dugan
Guidance Counselor A-L

NOW ABOUT YOU...

Well, you're finally here. It's time to engage in the college admission process. For some of you, it's something you've been dreading. For others, it's the moment you've been waiting for. In either case, approach it with optimism and an open mind. It's not really about college at all.... this process is about YOU.

Who are you? It seems like a silly question, doesn't it. But by stepping back, having a candid dialog with yourself and those who know you best, you may better prepare yourself for a successful college process. What do you love? What do you despise? What are your strengths and weaknesses? Above all, why do you want to go to college? You are making decisions now that will have a significant impact on your future. And your own unique characteristics need to be accurately reflected in your choices. An honest assessment of your aptitude, interests, values, goals and personality will assist you as you navigate college admissions. Select colleges that are compatible with your traits. Be true to yourself and celebrate what makes you YOU.

WHAT COLLEGES ARE LOOKING FOR

It sometimes seems like a mystery. Every college has its own criteria and defines a set of parameters used to evaluate applicants. But what we can tell you is that it will almost certainly be some mix of the following, weighted a bit differently from college to college:

- *Academic Record - GPA, class rank, consistency, improvement, difficulty of classes, reputation of high school. In short, a strong level of performance in a challenging curriculum represents the ideal mix.*
- *Testing - Standardized tests will be a part of the application at almost every college.*
- *Extracurricular Activities - This seems to be weighted more heavily at private schools but is probably important almost everywhere. There is some bias toward academically-based activities versus social, such as yearbook versus spirit club.*
- *Letters of Recommendation - These serve to paint a broader, more subjective picture of the student and are important when colleges ask for them. Some public schools will not take them, so do your research. Don't send them if the colleges don't want them.*
- *Honors and Awards - Special recognition for some skill or talent is desirable and you will want to showcase that.*
- *Essays - Most applicants will have an essay section, and it is becoming increasingly important as more and more students look alike in other ways. The essay seems to be getting more attention as a differentiator, especially as interviews become less common.*
- *Interviews - While not always offered, they are just another way to gain insight into the applicant, and you should obtain them whenever possible.*

It is important to remember that admissions committees are not only admitting qualified individuals, but are also building dynamic and diverse classes. This explains why a seemingly less qualified student might occasionally be accepted over another.

NOW LET US GET DOWN TO BUSINESS!

If you are planning on going to a four-year college, two-year college, business school, trade school, or community college next year, you should be narrowing your choices and making plans at this time. There are hundreds of catalogs from different colleges that you can look through or borrow, on the shelves in the Guidance Office. We also have applications for Genesee Community College and all State University of New York Colleges (SUNY's) for your use. Erie Community College is accepting applications on-line only (www.ecc.edu). SUNY's online application is preferred and available at www.suny.edu/student.

You may need to write, e-mail, or call other colleges you are interested in to obtain an application. However, almost all colleges have online applications and in many cases the fees are waived when you apply online.

APPLY EARLY

Throughout the fall many representatives from different colleges in the country will be visiting our school. The reason they visit is to speak, first-hand, with interested students about college and to answer any questions you might have. This is an excellent way to obtain information about the different colleges and campus life, and we urge you to take advantage of this opportunity.

College visits are announced a few days prior to the visit. The meetings are always held in the Guidance Office Conference Room during advisement. If you would like to talk with the college admissions people, obtain a pass from Guidance.

SCHEDULED IN-SCHOOL VISITS WITH COLLEGE REPRESENTATIVES

(All are scheduled from 10:15-11:00 a.m. in the Guidance Conference Room)

SCHOOL	DATE
Niagara University	Tuesday, September 15 th
Daemen College	Monday, September 21 st
SUNY Cortland	Tuesday, September 22 nd
Thiel College	Thursday, September 24 th

SCHOOL	DATE
SUNY Albany	Thursday, October 1 st
Wells College	Friday, October 2 nd
Houghton	Thursday, October 9 th
D'Youville	Tuesday, October 13 th
SUNY Potsdam	Friday, October 16 th (12:00)
SUNY Oswego	Wednesday, October 28 th

WESTERN NEW YORK COLLEGE CONSORTIUM VISIT

On **Tuesday, October 6th from 10:15-11:00 a.m.** the Western New York College Consortium will visit our school. You will be allowed to visit with them during Advisement. The schools represented are as follows: *Alfred State College (SUNY), Alfred University, Bryant & Stratton College, Buffalo State College (SUNY), Canisius College, Daemen College, D'Youville College, Erie Community College (SUNY), Fredonia State College (SUNY), Genesee Community College (SUNY), Hilbert College, Medaille College, Niagara County Community College (SUNY), Niagara University, St. Bonaventure University, Trocaire College, University at Buffalo (SUNY), and Villa Maria College.*

ROCHESTER AREA COLLEGES VISIT ACS

On **Thursday, October 15th from 10:15-11:00 a.m.** the following Rochester area colleges will be

visiting our school:

*Roberts Wesleyan College St. John Fisher College Monroe Community College Keuka College
SUNY Brockport Alfred University Rochester Institute of Technology (RIT) University of Rochester (U of R)*

NYCAREERZONE.ORG

If you're undecided about a career choice or don't know which college to go to, this is the website for you. It allows you to do a simple interest inventory, which will point you towards many different careers and then tell you which colleges in New York State have those programs. You can also choose the career that you're interested in and learn all about it including the amount of education needed to do the job, what the salary is, and what the job outlook is through the year 2013. www.NYCAREERZONE.ORG also has links to several scholarship searches, the ACT and SAT, and information on the military, internships and apprenticeships.

HOW ABOUT A MILITARY CAREER?

Recruiters from all branches of the Armed Services visit our school periodically to speak to any interested seniors who might be considering a military career after graduation. These visits are usually scheduled on a regular basis. Listen to the announcements for specific dates or stop by the Guidance office for more information.

If you have specific questions and need to see a recruiter just call your local Recruiting Office or come see us in Guidance. We also have literature about military careers.

DATES TO REMEMBER

Monday, September 21 st	- Fall College Night at Daemen College	(6:30 p.m. - 8:00 p.m.)
Tuesday, September 22 nd	- Hilbert College Night	(7:00 p.m. - 8:30 p.m.)
Wednesday, September 23 rd	- GCC College Night	(7:00 p.m. - 8:30 p.m.)
Thursday, September 24 th	- NCCC College Night	(6:00 p.m. - 7:30 p.m.)
Tuesday, October 6 th	- WNY Consortium of Colleges at Alden	(10:15 a.m. - 11:00 a.m.)
Thursday, October 15 th	- Rochester Area Consortium at Alden	(10:00 a.m. - 10:45 a.m.)

SCHOLARSHIPS

Be sure to read the "Guidance News" for important scholarship information. Some scholarships are very general and everyone can apply. Others are very specific. If you are interested in one, please visit the Guidance Office for an application.

COLLEGE ADMISSION EXAMS

Applications for both the SAT and ACT are available in the Guidance Office. The available dates to take these tests are as follows:

TEST	DATE TEST IS GIVEN	DEADLINE FOR REGISTRATION
SAT	October 10, 2009 November 7, 2009 December 5, 2009 January 23, 2010 March 13, 2010 May 1, 2010 June 5, 2010	September 9, 2009 October 1, 2009 October 30, 2009 December 15, 2009 February 4, 2010 March 25, 2010 April 29, 2010
ACT	September 12, 2009 October 24, 2009 December 12, 2009 April 10, 2010 June 12, 2010	August 7, 2009 September 18, 2009 November 6, 2009 March 5, 2010 May 7, 2010

It is best to take one or both of these tests as early as possible but they are offered several times throughout the year.

NOTE: If you took the SAT or ACT in May or June, you should have received your scores in the mail during the summer. If you have any questions about them, let us know. We will help you interpret them.

COLLEGE INTERNET SITES

- All SUNY schools www.suny.edu
- All private NY schools www.college-guide-nys.org
- www.collegeboard.com

The College Board website, www.collegeboard.com, has a wealth of information regarding virtually all two and four year colleges across the country. Simply go to their website, go to College Quickfinder and type in the name of the school you want information on and hit go! You can also do an advanced search based on location, cost, admissions requirements, SAT scores, enrollment, and choice of major. This is one of the most inclusive websites for finding information on the Internet. You can apply to colleges, do a scholarship search and sign up for the SAT. You can even do a side-by-side comparison of two or more colleges at the same time. It's a great place to start your college search.

INTERNET SCHOLARSHIPS & FINANCIAL AID INFORMATION

Web Sites:

<http://www.finaid.org>
<http://www.fastweb.com>
www.studentservices.com/fastweb
<http://www.salliemae.com>

<http://www.collegenet.com/finance.html>
<http://www.collegeaid.com>
www.cash.com
www.highschoolhub.org/hub

NCAA CLEARINGHOUSE

To play NCAA sports as college freshmen, students must meet NCAA requirements. These include:

- Graduation from High School
- A grade-point average (GPA) of at least 2.00 (on a 4.00 scale) in a core curriculum of at least 16 academic courses, including:
 - 4 Years of English
 - 3 Years of Math (1 Algebra)
 - 2 Years of Social Science
 - 2 Years of Natural or Physical Science (including at least one laboratory class, if offered by the high school)
 - 5 Years of additional Core Courses

If you are considering playing a sport in college at a division I or II you must see your Guidance Counselor to obtain a Clearinghouse registration form.

CHECKLIST FOR COLLEGE BOUND SENIORS

1. Get your applications out early. You should be firming up plans to apply by Thanksgiving and no later than Christmas. Different schools have different deadlines. Make sure you know what they are.
2. The ACT or SAT is required by most schools. BE SURE to take the October ACT or the November SAT if you have not already. Applications are available in the Guidance Office, or you can register online at www.collegeboard.com - the Alden High School code is 330-105. Practice test booklets are also available in the Guidance Office.
3. Apply for financial aid by completing the Free Application for Federal Student Aid (FAFSA) on the web at www.fafsa.ed.gov or pick up the FAFSA form in Guidance and have your parents fill it out as soon **after January 1st** as you can. This is the major form that is used by all colleges to start the financial aid process. The sooner you and your parents fill it out, the better. The paper FAFSA form will be available in the Guidance Office after Thanksgiving.
4. Be sure to make an appointment with the Admissions Office to visit the colleges you would consider attending. This should include an interview with the department that you are applying to and the Financial Aid Office. The worst thing you could do would be to enroll at a college that you have never seen.
5. Apply to more than one college!! Don't just apply to the college that you really want to go to because if you don't get accepted, then you are nowhere. You can always transfer to the school of your choice from a two-year school. Be sure to apply to at least one school that you know you will be accepted at and you can afford.
6. **FINALLY, START NOW!!**

It is never too early to apply to a school. There are a great many decisions to be made before you send out an application. You want to be sure that you are applying to schools that meet all of your needs. The only way to do this is by researching the school's background, by reading through their catalog and visiting the school's admissions office.

ATTENTION SENIORS!

The following is the fall schedule of upcoming visits from various College Representatives. All visits are held in the Guidance Conference Room during Advisement.

If you are interested in speaking to any of these representatives, please choose as many as you would like from the list below, return this form to Guidance as soon as possible, and we will send you a pass on that morning. An announcement will also be made that same morning.

- Guidance Office



Name: _____

Advisement: _____

_____ Niagara University – Tuesday, 9/15

_____ SUNY Cortland – Tuesday, 9/22

_____ Theil College – Thursday, 9/24

_____ SUNY Albany – Thursday, 10/1

_____ Wells College – Friday, 10/2

_____ Houghton College – Thursday, 10/8

_____ D'Youville College – Tuesday, 10/13

_____ SUNY Potsdam – Friday, 10/16 (12:00)

_____ SUNY Oswego – Wednesday, 10/28

Daemen College Night – Monday, September 21, 2009 -

6:30-8:00pm

The largest in the Buffalo Area! Don't Miss it!

This event is open to the public & reservations are not required

Learn about college opportunities throughout the United States and Ontario, Canada. Get a head start learning about almost 200 public and private, two and four-year college.

Daemen College - Wick Student Center - 4380 Main St. - Amherst, NY 14226

The following colleges are currently planning to attend:

Daemen College
Albany College of Pharmacy and Health Sciences
Alfred State College
Alfred University
Ashland University
Baldwin-Wallace College
Belmont Abbey College
Bloomsburg University of PA
Bowling Green State University
Canisius College
Canisius College Army ROTC
Castleton State college
Cazenovia College
Champlain College
Clarkson University
College of Wooster
Columbia College Chicago
Denison University
Duquesne University
D'Youville College
Edinboro University of PA
Elmira College
Gannon University
Genesee Community College
Green Mountain College
Grove City College
Hamilton College
Hilbert College
Hiram College
Hobart & William Smith Colleges
Hofstra University
Houghton College
Iona College
ITT Technical Institute
John Carroll University
Johnson State College
Juniata College
Kent State University
Kettering University
Keuka College
Lake Erie College
Lawrence Tech. University
Le Moyne College

Long Island University CW Post
Loyola University Chicago
Lycoming College
Marquette University
Marymount Manhattan College
Massachusetts College of Pharmacy & Health Sciences
Medaille College
Mercyhurst College
Mercyhurst North East
Messiah College
Mohawk Valley Community College
Monroe Community College
Nazareth College
Niagara County Community College
Niagara University
Ohio Northern University
Pace University
Paul Smith's College
Penn State University
Rensselaer Polytechnic Institute
Robert Morris University
Roberts Wesleyan College
Rochester Institute of Technology
Ryerson University
Saint Francis University
Saint Joseph's University
Saint Mary's College
St. Bonaventure University
St. John Fisher College
St. John's University
St. Joseph's College of Nursing
St. Lawrence University
St. Michael's College
SUNY Buffalo State College
SUNY Canton
SUNY College of Environmental Science & Forestry
SUNY Cortland
SUNY Fredonia
SUNY Genesee

SUNY IT (College of Technology)
SUNY Maritime College
SUNY Morrisville State College
SUNY New Paltz
SUNY Oneonta
SUNY Oswego
SUNY Plattsburg
SUNY Potsdam
SUNY University at Albany
SUNY University at Buffalo
Syracuse University
Tad Haight University of Pittsburgh
The Catholic University of America
The Clarkson School
The Cleveland Institute of Art
The College at Brockport
The College of Saint Rose
The Culinary Institute of America
The Ohio State University
The University of Akron
The University of Pittsburgh
The University of Tampa
The University of the Arts
Thiel College
Tompkins Cortland Community College
Trocaire College
Union College
University of Guelph
University of Rochester
Ursuline College
US Merchant Marine Academy
Utica College
Valparaiso University
Vassar College
Villa Maria College
Walsh University
Wells College
West Virginia University
Westminster College
Wittenberg University

UNIVERSITY AT BUFFALO
ALUMNI ARENA – NORTH CAMPUS
Sunday – September 13, 2009
2:00 p.m. – 4:30 p.m.

Tentative Program Schedule:

2:00 p.m. Registration/Check-In (Alumni Arena)

2:00 - 4:30 p.m. College Fair

2:30 p.m. Presentation Session I

Which SUNY Are You?

or

Explore SUNY's Honors Programs

3:30 p.m. Presentation Session II

Navigating the Financial Aid Process

or

Inside the Admissions Office

4:30 p.m. Program Concludes

Participating Campuses: Albany, Alfred State, Binghamton, Brockport, Buffalo State, University at Buffalo, Canton, Cayuga, Cortland, Delhi, Environmental Science & Forestry, Finger Lakes, Farmingdale State, Fredonia, Genesee, Geneseo, Herkimer, Jamestown, Maritime, Mohawk Valley, Monroe, Morrisville State, New York State College of Ceramics at Alfred University, Niagara, Oneonta, Oswego, Plattsburgh,

Potsdam, Purchase, Stony Brook, Stony Brook Southampton, SUNYIT, SUNY Learning Network, Tompkins Cortland