

Who's your counselor???

A-D Micky Burns-Johnson

E-Kh John Terzynski

Ki-N Tom Seidel

O-Si Amy Fictum

Sk-Z Lindsey Heselbarth

Molly Pickart
Secretary

Kathy Jensen
School Psychologist

Julie Rehfeldt
School Social Worker

Laurice Freeman
*Supervisor of Community
Education and Services*

Christine Christiansen
*ATODA Coordinator &
Community Liaison*

Vikki Winkler
Career Specialist



Welcome back students!

We encourage all of our students and parents to come see us, give us a call at 920-906-6771 or e-mail if you have any questions or concerns. It is imperative that we all work together as a team to help make each student's high school experience successful, memorable and enjoyable.

TIPS FOR A SUCCESSFUL YEAR

- * Review notes every night that were taken in class that day.
- * Review and read each night even if assigned homework was completed in class.
- * Ask your teacher for help. He/she is your 1st source of help
- * Use your student planner to keep track of assignments and grades.
- * Set aside time each day for relaxation or play.
- * Have a well balanced diet and get plenty of sleep each night.
- * Trying some of these suggestions can help lead to a happy, well balanced and productive life style while in high school.
- * Monitor grades online through Skyward Family Access.

This is the year to start developing you do now academically will have a important to get involved in school

Sophomores. . .2012

beyond. Check to see if you are on yourself by taking the most difficult easy way out. Keep focused on your the year to start thinking more and/or volunteer work would help you are considering entering a

prior to your Junior year. Most higher paying and popular careers within the technical college training will have wait lists. It is important to review all requirements for these during your sophomore year. Remember you are not on a wait list unless you paid the application fee.



Freshmen. . .2013

study skills that will lead to a successful high school career. What direct effect on what you will be able to do when you graduate. It is activities and to keep a balanced academic and social life.

This is a good time to re-evaluate your goals for graduation and track for graduation and your post secondary plans. Challenge courses you are capable of handling. Be sure you don't look for the academics and enjoy your involvement in school activities. This is specifically about career pathways. Perhaps community service you discover a career that you might be interested in pursuing. If technical college program you can get on the wait list as of June

Juniors. . .2011

This is the year for testing. The PSAT is given in October. It is time to get serious about registering for the SAT or the ACT. Sign up for your first test after the winter break. Remember, colleges will look at your highest scores so no harm can come from taking tests more than one time! Start taking a serious look at colleges, universities, vocational schools and 2-year colleges. Make the Career Center your home away from home. Make sure you are on track for graduation and are meeting the requirements for the colleges or universities of your choice. It is also the time for college visits. You need to visit, at least once, the college that you are applying to and complete a tour. Have a list of questions ready and always ask to speak with someone in the department of your intended major. It is always wise to compare at least two colleges, and a technical college. This way you experience the large and small schools, the public and private, and two year vs. four year. Visiting multiple schools will provide you with all the information to make a great decision of the best fit for you!

Seniors . . .2010

September – November:

Visit & Apply

Complete college applications
Register and take the ACT / SAT or other necessary exams
Gather letters of recommendation
Re-visit schools or programs

Begin searching for scholarships
Meet with your counselor to confirm graduation requirements

December – February: Find \$\$

Meet last minute application deadlines
Receive notifications from colleges
Submit the FAFSA and other financial aid information
Continuously look for scholarships

March – May: Big Decision

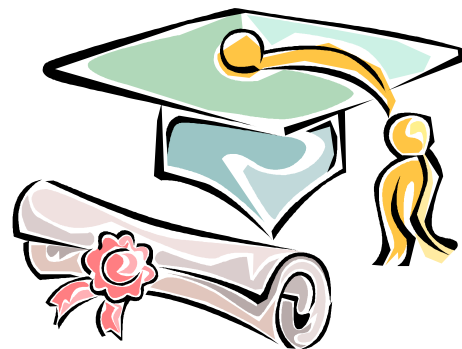
Make the **big decision** about where you're going
Notify other schools or programs of your decision
Submit your deposit and other necessary materials to colleges
Keep your family updated

Other Important Information...

- *September 30th kicks off the first Career Café (schedules will be posted on a later date). See Mrs. Winkler for details.
- *September/October---pilot of Junior conferencing with parents and students.
- *November/December—online scheduling for all students, WISCAREERS presentations, and individual meetings.
- *After school tutoring will begin mid-October on Monday, Wednesday & Thursday. See Ms. Freeman for details.
- *Upward Bound is now accepting new students. Upward Bound is a pre-college program that helps low-income high school students prepare for college. Please see Ms. Freeman for more information.
- *Freshmen will receive information about our mental health screen "Teen Screen" during health class. Interested students can pick up applications at that time.

**Fond du Lac High School Senior Calendar
2009-2010**

September 15	First day (traditionally) colleges begin accepting applications
September 28	College Fair - Marian University - 9:00a-11:00a
September 30	Cardinal Community View - Career Center - 6:30p-8:30p
October 2	Wisconsin Education Fair - UW-Oshkosh - 9:00a-11:00a
October 4	National College Fair - Midwest Airlines Center, Milwaukee - 12:00p-3:30p
October 10	SAT Testing (sign up by 9-9)
October 13	Mini College Fair - Career Center
October 24	ACT Testing (sign up by 9-18)
November 7	SAT Testing (sign up by 10-1)
November 17	Mini College Fair - Career Center
November 18	Cardinal Community View - Career Center - 6:30p-8:30p
December 2	Financial Aid Presentation - PAC - 6:00p-8:00p
December 8	Mini College Fair - Career Center
December 12	ACT Testing (sign up by 11-6)
January 1-February 15	"Recommended" timeframe for filling out the FAFSA
February 3	Cardinal Community View - Career Center - 6:30p-8:30p
February 16	Mini College Fair - Career Center
February 21	College Goal Sunday (financial aid and scholarship information) Marian University - 2:00p-4:00p
April 14	Cardinal Community View - Career Center - 6:30p-8:30p
May 10	Senior Scholarship Awards - PAC - 7:00p



October College visits

Tues, Oct 13 Northwood U, MI 11:00-1:15
Tues, Oct 13 St. Norbert College 2:15-3:00
Thurs, Oct 15 Marquette U 10:00-11:00
Thurs, Oct 15 Ripon College 11:00-



Tips from your School Psychologist - Kathleen Jensen @ 906-6769

Why attend the Parent Teacher Conferences planned for Tuesday, Oct. 20th?

- Lets your child know that you care and support their education
- Enables you to establish a supportive relationship with your child's teachers
- Contributes to higher grades, improved behavior and more positive attitudes toward students and school
- Lets you learn more about school resources and tutoring options to ensure your child's success

How do you schedule?

- Contact teacher directly or ask your child to schedule the preferred times on the sheet provided by the teacher in the classroom.

For more information on how to prepare and ensure a productive meeting, please see the Psychologist's Corner on the Fond du Lac High website!

http://www.fondyhigh.org/guidance/?page=psychologist_tips