

ADVISOR



October 2006

Guidance Newsletter

Marple Newtown Senior High School 120 Media Line Road Newtown Square, PA. 19073 MNSD.ORG

UPCOMING EVENTS

Junior initiative

10/11/06

PSAT (10th & 11th)

10/18/06 - 8:00 a.m.

Next SAT Testing

10/14/06 11/4/06

12/2/06 1/27/07

PACAC Regional

College Fair

Penn State Delaware

County campus

10/12/06

6:30 p.m. – 8:30 p.m.

Next ASVAB Testing

11/1/06

9th Grade Parent

Orientation

11/21/06 1:00 pm

**(parent conference
day)**

DCCC Health Career

Expo

11/14/06

Upcoming ACT dates

10/28/06

12/9/06

Delaware County

Financial Aid Night

1/9/07

6:30 pm – 9:30 pm

**See Counseling Dept.
for postings of
upcoming College Rep.
Visits!!**

The Nitty Gritty of College Applications

Decisions, decisions, decisions. Once you've made the big decision of "where to apply," you then must decide "how to apply". The traditional typewritten paper application is fast giving way to electronic applications or the use of an application common to many colleges. Schools agree to give the same consideration to all types of applications, so use those formats most comfortable for you.

Applications are available at most colleges' websites. The college may have an "apply on-line" option or provide an application that can be downloaded and then completed in the traditional manner. Even if you do apply online, you'll need to submit some parts of your application in a paper form. For example, teacher and/or counselor recommendations, transcripts, and sometimes essays must be submitted by mail. Be sure that your name and social security number appear on each of these forms. Application fees may need to be sent by check or money order if not paid through a credit card. You'll also need to have your SAT or ACT test scores sent by the testing agency to each college on your list. Carefully note and meet deadlines for submitting each part of your application.

Several services allow students to complete a single electronic application, and then the service then fills in the applications for all of the schools the student selects. These services include ColleagueLink (www.collegelink.com), xap.com (www.xap.com) and Embark (www.embark.com). The Common Application, available at www.commonapp.com, permits students to apply to any of 230 selective colleges by completing a single application. Use of the Common Application allows students to write a single essay that will be welcomed by all of the participating schools. All of these services are available at no additional charge over the college's application fee.

So paper or electronic, the choice is yours. Whichever way you go, complete your applications carefully, fully answer all questions asked, write and rewrite your essay, submit all documents requested, and meet all deadlines. Keep a copy of all applications sent and the dates they were submitted. And Best of Luck!

Step One for Financial Aid - The FAFSA



The Free Application for Federal Student Aid (FAFSA) is the basic form that students must file in order to qualify for Federal (and often also State) financial aid. Evaluated by the U.S. Department of Education, the FAFSA is used to determine a student's *financial need*. You must file the FAFSA even if you only seek grants or subsidized loans.

Complete the FAFSA as soon as possible after January 1st each year. After January 1st, a limited number of forms are available at your high school guidance office, college financial aid offices, or online at www.fafsa.ed.gov. Filing online produces much quicker need evaluations. Follow directions carefully; errors in filing will slow down the process or make you ineligible for aid.

To complete the FAFSA, you'll need copies of your parents' and your tax returns for the preceding year, as well as social security numbers and other demographic information. Financial records, such as information about assets including stocks, bank accounts, and real estate and businesses, will also be needed. Young men over 18 must be registered with Selective Service to qualify for aid. Make and keep a copy of the completed form before you submit it.

Two to three weeks after completing the online form (or four to six weeks for the paper form) you'll receive a *Student Aid Report (SAR)*. The SAR reports an *expected family contribution (EFC)* - the amount you and your family are expected to contribute to your first year of study. The difference between the EFC and the total first year cost of attendance equals *established need*. The SAR will also tell you if you qualify for a Pell Grant - gift money provided for students with the highest established need. Check the SAR for accuracy and make any need corrections. Colleges you've applied to receive a copy of your SAR at your request, or they will ask you for the original.

The SAR is used by the college financial aid office to build a financial aid package for each accepted student. Some colleges will meet all of your established need while others will only have funds to partially meet established need. The financial aid package you receive will most likely offer a combination of grants (gift money), loans, and work study. You are free to accept any part of the package you wish. A new FAFSA must be filed each year and students must qualify again for college financial aid.

Athletics and Admissions

While athletic ability is unlikely to compensate for a poor school record and low SAT or ACT scores, student-athletes often have an edge in the admissions process. This "edge" is similar to that given to students with other special talents, the gifted musician, or actor, or author. But "student-athlete" is the operative term - if you want to play college sports, you need to be a student first and an athlete second.

Colleges favor students who have been engaged in sports throughout high school because they usually have learned to balance school work with practice time, they're accustomed to working as a team member for the good of the team, and they've demonstrated commitment through hours and years of practice. If you hope to play on a college team, you need to assess both your athletic ability and your level of commitment. Your coach will be the best judge of your athletic talent and can help guide you to appropriate colleges. You need to remember, however, that college sports often involve year-round participation in practice or play.

Student-athletes who hope to play Division I or Division II sports should register with the NCAA Initial Eligibility Clearinghouse in the spring of junior year. The Clearinghouse provides certification of eligibility by examining the student's high school transcript and test scores.

You also need to seek out the college coaches for whom you'd like to play. Send them a letter describing your academic, personal, and athletic achievements, and include your coach's name and phone number. College coaches who are interested may respond asking for a highlight video showing a few minutes of your performance in a game. Others may visit to watch you play or invite you to campus.

Plan on campus visits, official or unofficial, to allow you to judge how well a college fits you. In addition to general questions about the campus, academics, and school community, athletes should also ask some specialized questions. Find out about the graduation rate of the college's athletes. Ask about time commitment and a typical schedule. What type of academic advisement and tutoring is available? If athletic scholarships are awarded, what happens if you're injured or unable to play? Talk to team members and ask how satisfied they've been with their college experience. Remember, the goal is to find a college that fits you as a student as well as an athlete.



Spotlight On Careers: Physical Therapist

The physical therapy profession seeks compassionate individuals who have a strong desire to help other people. Practitioners also need to possess good interpersonal skills, be able to communicate effectively, and have an affinity for science. Physical therapists (also known as PTs) work with accident victims and with people who are disabled by illness or a physical condition (such as arthritis or cerebral palsy). They test and measure function and mobility, and develop a treatment plan to restore patients to health or to improve their ability to function independently. Some PTs provide services for athletes to screen for potential problems and to devise preventative exercise regimens. Still other physical therapists are employed as consultants by industry to help reduce injuries to employees, or work with fitness centers in developing effective and safe exercise routines. A major part of the job focuses on preventing injuries and loss of mobility. The goal of all physical therapy is to restore function, and to maintain and increase overall fitness and health.

Physical therapists work with people across the lifespan; some may specialize in infants and children while others work mainly with the elderly. While most are employed by hospitals and clinics, others work at rehabilitation centers, nursing homes, and at physicians' offices. Some establish their own private practice, or may teach and/or conduct research. Physical therapy is a rapidly growing field and the

demand for these services is expected to continue to grow over the next decade.

A career as a physical therapist requires a minimum of a bachelor's degree; most physical therapy programs graduate students with a master's in physical therapy. Admission to physical therapy programs is quite competitive, and a strong science background including classes in anatomy, biology, chemistry, math, and physics is required. In addition, many programs also require that applicants have had volunteer experience in a hospital or clinic physical therapy department. PTs must understand all of the factors that can affect movement and function, so physical therapy training programs include both basic science courses as well as specialized courses in areas like biomechanics, neuroanatomy, and human growth and development. A significant part of the training involves supervised clinical experience. Upon graduation from one of the 199 accredited U.S. programs, therapists must pass a licensure exam before they can practice. Many states also require continuing education to maintain licensure. To get a list of accredited physical therapy programs as well as more information about this rewarding career, log on to the American Physical Therapy Association's website at www.apta.org.

Web and Site Resources for Scholarships and Financial Aid

Scholarship Searches:

SRN Express www.srnexpress.com
 Fast Aid www.fastaid.com
 FastWeb www.fastweb.com
 FRESCH! www.freshinfo.com
 Merit Money.com www.meritmoney.com
 Sallie Mae/cashe www.cashe.com
 Scholarship.com www.scholarships.com

Financial Aid Web-sites:

FAFSA www.fafsa.ed.gov
 FinAid! www.finaid.org
 Mapping Your Future
 Sallie Mae
 SmartMoney.com
 Access America for Students

See your counselor for more information on these and other scholarship/financial aid resources



Pennsylvania Governor's Schools of Excellence

The Pennsylvania Governor's Schools of Excellence Program offers bright, talented young people a unique opportunity to learn about future careers from noted experts in various fields of study including the arts, sciences and technology. These hands-on, intensive programs take place on some of the state's finest college campuses, and offer career insights that go well beyond the classroom. The skills you will acquire will help shape you into the scientist, artist, teachers, and employers of tomorrow.

Selection Process

Selection to Pennsylvania Governor's Schools of excellence is based entirely on the competitive merit of the applicant's performance as demonstrated through the application. The selection process for all the programs is highly competitive. The Pennsylvania Governor's Schools of Excellence are...

- Paid in-full scholarships
- Five weeks long
- Summer courses
- Academically enriching
- Residential

Programs

- Agricultural Sciences
- Global Entrepreneurship
- Information Technology
- International Studies
- Arts
- Health Care
- Sciences
- Teaching

Eligibility

- Must be in the grade level specified for the individual school
- Must have a parent or guardian whose primary residence is in Pennsylvania
- Cannot have previously attended one of the eight Governor's Schools of Excellence
- Cannot Apply to more than two Governor's Schools in a year; and
- If accepted, must commit to begin residence for the 35-day program, without absences.

An information session will be held on Thursday October 19, 2006 at 10 am for those interested.

Delaware County Financial Aid Night \$\$\$

It is never too early to mark your calendars for Tuesday, January 9, 2007. The 10th Annual Financial Aid Night will be held at Delaware County Community College from 6:30 p.m. until 9:30 p.m. Mark those calendars now!

Sponsored jointly as a service to residents of Delaware and Chester Counties by:

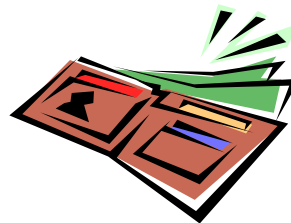
PACAC (Pennsylvania Association for
College Admissions Counseling)

PASFAA (Pennsylvania Association of
Student Financial Aid Administrators)

PHEAA/AES (Pennsylvania Higher Education
Assistance Agency/American
Education Services)

Pertinent financial aid and financing information for postsecondary education will be presented through:

- Panel presentation by financial aid professionals
- Topic sessions
- Computer Labs
- Availability of representatives from lending institutions



Secretaries: Mrs. Leslie Feerick
Mrs. Jeanne Slata

Counselors:

A - Da Mrs. Karen Brodsky
De - H Mrs. Kelly McCool
I - Mi Mr. Shane Elison
Mo- Sg Mrs. Lin Donato
Sh - Z Mr. Ray Betz

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