



MHHS Junior Newsletter



February 2012

http://bombers.k12.ar.us/hs/hs_counselors/index.html

Orene Traylor, Counselor A-K
Leisa Simons, Registrar A-K
Keri Mahan, Receptionist

Nancy Parish, Counselor L-Z
Rose Liggett, Registrar L-Z
(870) 425-1224

JUNIOR TO DO LIST -

1. Visit colleges. Take campus tours and, at colleges you're serious about, schedule interviews with admissions counselors.

Make the Most of Your Trip

Here are things you shouldn't miss while visiting a college. Take a look at this list before planning campus trips to make sure that you allow enough time on each campus to get a sense of what the school—and the life of its students—is really like.

<http://www.collegeboard.com/student/csearch/college-visits/101.html>

- Take a campus tour.
- Have an interview with an admissions officer.
- Get business cards and names of people you meet for future contacts.
- Pick up financial aid forms.
- Participate in a group information session at the admissions office.
- Sit in on a class of a subject that interests you.
- Talk to a professor in your chosen major or in a subject that interests you.
- Talk to coaches of sports in which you might participate.
- Talk to a student or counselor in the career center.
- Spend the night in a dorm.
- Read the student newspaper.
- Try to find other student publications—department newsletters, alternative newspapers, literary reviews.
- Scan bulletin boards to see what day-to-day student life is like.
- Eat in the cafeteria.
- Ask students why they chose the college.
- Wander around the campus by yourself.
- Read for a little while in the library and see what it's like.

- Search for your favorite book in the library.
- Ask students what they hate about the college.
- Ask students what they love about the college.
- Browse in the college bookstore.
- Walk or drive around the community surrounding the campus.
- Ask students what they do on weekends.
- Listen to the college's radio station.
- Try to see a dorm that you didn't see on the tour.
- Imagine yourself attending this college for four years.

2. Request applications from colleges to which you'll apply. Check important dates; some universities have early dates or rolling admissions.
3. By the end of summer, you should narrow your college list to five to eight schools. The list should include "safety" schools as well as "reach" and "match" schools.

- Your list –
 - One or two colleges where you feel you will most likely get in—say, a 90-100 percent chance. These are usually called "safeties."
 - Two to four colleges that are overall good "matches"—say, a 75 percent chance of getting in. These are colleges that fit academically and socially.
 - One or two "reach" colleges – say, 25% or less chance at getting in.



BE A VOLUNTEER

If you plan to attend a college/university in the fall 2013 and hope to receive scholarships and/or grants, it might be a good idea to spend some time volunteering at various organizations. If you have volunteered previously, a list should be developed for future reference. Many times when making application for enrollment and scholarships, you will be asked on the application to list and explain your volunteer hours. There are many places where your services would be appreciated i.e. any thrift store that supports a cause (Salvation Army, Project Love, etc.), hospital, library, school, parks, etc. You can pick up a volunteer documentation form from your counselor.



ACT Testing

Registration Deadline – March 9, 2012 =

Test Date - April 14, 2012

Registration Deadline – May 4, 2012 =

Test Date – June 9, 2012



Tu Bishvat

Axciom/UCA Information Technology Careers Camp June 20-23, 2012

Applications are currently being accepted from Arkansas' brightest high school students for the 2012 Axciom/UCA Information Technology Careers Camp. This highly competitive, grant-funded camp targets high school student entering grades 8-12 from across the state interested in learning more about the field of information technology. **This application deadline is February 17, 2012.** For more information, go to <http://uca.edu/brewerhegeman/itcamp2012/>



2012 Washington D.C. Youth Tour Sponsored by NAEC

On June 16-21, 2012 North Arkansas Electric Cooperative, along with the state's 16 other electric cooperatives, will provide an all-expense-paid trip to the nation's capital for a selected group of high school juniors from Arkansas. For more information, get an application in MHHS Counseling Services and go to <http://www.ecark.org/community/youth-tour/> to read about previous trips and view photos.

Society of American Military Engineers (SAME)

The Society of American Military Engineers offers engineering and construction summer camps for high school students that are interested in pursuing a degree in engineering or associated fields. These camps are hosted by the U.S. Air Force Academy in Colorado Springs, CO, the U.S. Navy Seabees at Port Heuneme, CA, the SAME Vicksburg Post, in Vicksburg, MS, and the U.S. Marine Corps Camp at Camp LeJune, NC. For more information about this opportunity, go to MHHS Counseling Services and look in the Junior class opportunity notebook or see your counselor.



Operation: Military Kids (OMK)

Is a program to support children impacted by deployment, focusing on geographically dispersed youth. The 2012 Camps are available to the children of military personnel at no cost except for one low registration fee.

- CAMO CAMP – outdoor adventures including ExCEL leadership development, ATV Safety, and A TENT CAMPING EXPERIENCE. March 18-23
- MOVIE AND ARTS CAMP – for youth age 13-18, this camp offers movie making, story quilts, creative writing, and performing and visual arts. June 2-6
- 4-H HIGH ADVENTURE – a back country camping experience for youth age 14-18. 2012 is shaping up to go to the Boundary Waters in Minnesota. Register by February

For more information, contact Maureen Rose
mrose@uaex.edu; 501-671-2066



Henderson 100 Program, Henderson State University, Arkadelphia, AR

This is a two-day event scheduled for Friday, April 27, and Saturday, April 28, 2012. It will introduce students to various aspects of college life. Program participants will have the opportunity to visit college classes and participate in seminars designed to help them learn more about the academic disciplines in which they are interested. Students will also have the opportunity to learn about the various extra-curricular activities available to them at college: departmental clubs, student government, honor societies, athletics, and a variety of other activities that enrich students' lives outside the classroom. **There is no cost to students attending this program.** Deadline is March 6, 2012. For more information, see the Junior class opportunity notebook in MHHS Counseling Services.

University of Arkansas for Medical Sciences College of Pharmacy – Pharmacy Summer Camp – June 10-June 15, 2012

An Introduction to Career Opportunities in the Profession of Pharmacy and Opportunities in Pharmacy Education at UAMS

This camp is designed for high school rising juniors and seniors interested in learning more about the challenging career pathway opportunities in the profession of pharmacy. Camp tuition is \$400 and includes housing, all meals, camp instruction materials, laboratory exercise supplies, and field trip transportation expenses.

Electronic applications deadline is February 10, 2012. A limited number of stipends are available to those requiring tuition assistance.

http://uams.edu/cop/pharmacy_camp/ You can find more information in the Junior Opportunity notebook in MHHS Counseling Services.



Arkansas State University-Beebe

invites prospective juniors, seniors, parents and support members to one of its annual Preview Day Event.

To find out when the next Preview Day is scheduled, call the Office of Admissions at (501) 882-8860 or toll-free at 1-800-632-9985 or e-mail admissions@asub.edu.



Time Management Tips for Students

Organizing Your Life

Managing your time well is an important element of success — especially if you're a student. If you set priorities that fit your needs and lifestyle, you'll have a better chance of achieving your goals.

Here are some tips for taking control of your time and organizing your life.

1. Make a To-Do List Every Day.

Put things that are most important at the top and do them first. And don't forget to reward yourself for your accomplishments.

2. Use Spare Minutes Wisely.

3. It's Okay to Say No.

If your friend asks you to go to a movie on a Thursday night and you have an exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

4. Find the Right Time.

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

5. Review Your Notes Every Day.

Reviewing helps you reinforce what you've learned, so you need less time to study before a test. You'll also be ready if you get called on in class or have to take a pop quiz.

6. Get a Good Night's Sleep.

Your brain needs rest to perform at its peak. Lack of sleep makes the day seem longer and your tasks seem more difficult.

7. Communicate Your Schedule to Others.

If phone calls or text messages are proving to be a distraction, tell your friends that you are only available at certain times of day and not to expect a response at other times.

8. Become a Taskmaster.

Give yourself a time budget and plan your activities accordingly. Figure out how much free time you have each week before you add any commitments.

9. Don't Waste Time Agonizing.

Instead of agonizing and procrastinating, just do it. Wasting an entire evening worrying about something that you're supposed to be doing is not productive, and can increase your stress.

10. Determine Your Priorities.

You can't do everything at once. Establish the importance of each item. Then set realistic goals that are attainable.



SAY GO COLLEGE – February 13-19

[Say Go College Week](#) will be celebrated February 13-17 all across Arkansas and will wrap up with [College Goal Sunday](#) on February 19 at multiple venues across the state. SAY GO COLLEGE activities for the week --

Monday/Tuesday Seniors can get their name in a daily drawing if the student shows any counseling faculty/staff their acceptance letter or printed e-mail of acceptance to any facility of higher education.

Sophomores and JUNIORS can also get their name in the drawing if they show us any information that they have researched on the computer about careers or facilities of higher education.

Wednesday – College/career information presented in the counseling classroom during both lunches – those in attendance (either lunch) will be able to put their name in the Wednesday drawing

Thursday – Dress-up in the attire of the profession that most interests you (school appropriate clothes only, please). ANYONE who dresses up can come to the counseling office to get your name into the "Say Go College" drawing. This includes teachers!

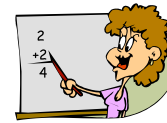
Friday – College T-shirt Day – Represent your chosen college/vocational school/military by wearing a sweat shirt, tee shirt, or the school colors for the college/vocational school/military to which they plan to attend. Teachers, we don't want to leave you out – represent your schools as well! Come by MHHS Counseling to get your name in the drawing if you are wearing any college/career clothing.



A NOTE FROM YOUR JUNIOR SPONSOR –

PROM – The sponsors are in need of parent volunteers to assist in planning and decorating for the prom. Please contact Traci Ohler or Toni Rogers by phone or e-mail tohler@mtnhome.k112.ar.us or trogers@mtnhome.k12.ar.us

MATH TUTORING IS STILL BEING OFFERED ON MONDAY AND THURSDAY – ASK YOUR MATH TEACHER!



Progress Reports – February 9th and 10th

February 9 – 3:30-6:0 p.m. and February 10 – 8:30-11:30 a.m. There will be no school for students on February 10, 2012.



Useful Sites for a Junior

<http://act.org/> - taking the ACT

<http://www.fundmyfuture.info/> - Fund My Future – financial resources for Arkansas Students

http://bombers.k12.ar.us/hs/hs_counselors/index.html - Mountain Home High School Career Academies Counseling Services website

<http://www.collegeboard.org/> - Get connected to your college.



Junior students are allowed one college day during their junior year. Where would you like to visit? See the principal for a College Day form.



ASVAB Test Interpretation – Have you taken the ASVAB test? Do you want to know more about what those results mean? See your counselor to get signed up for a test interpretation meeting.