



The Counseling Corner

June/Summer 2008 Contact: Mrs. Brady or Miss Piscitello at the Counseling Center at 834-2101 ext. 314

Sacred Heart College Acceptances for the Class of 2008

Congratulations to the Graduates of the Class of 2008!

We have 73 graduates who were awarded a scholarship amount of:

\$8,477,714!

Our students were accepted at the following colleges/universities:

Albany College of Pharmacy, NY
Alfred University, NY
American University, DC
Baldwin-Wallace College, OH
Canisius College, NY
Clark Atlanta University, GA
Clarkson University, NY
Cleveland State University, OH
Colgate University, NY
College of the Holy Cross, MA
Columbia College, IL
Daemen College, NY
Denison University, OH
Duquesne University, PA
D'Youville College, NY
Edinboro University, PA
Elizabethtown College, PA
Emerson College, MA
Fisk University, TN
Fordham University, NY
Franciscan University of Steubenville, OH
Gannon University, PA
Hilbert College, NY
Hiram College, OH
Hobart William Smith, NY
Holy Cross College ND, IN
Iona College, NY
Ithaca College, NY
Jackson State University, NY

John Carroll University, OH
John Hopkins University, MD
Keuka College, NY
Lemoyne College, NY
Loyola College Chicago, IL
Loyola College, MD
Manhattan College, NY
Manhattanville College, NY
Marist College, NY
Marquette University, WI
Marymount Manhattan, NY
Mass. College of Pharmacy, MA
Medaille College, NY
Mercyhurst College, PA
Miami University of Ohio
Misericordia University, PA
Nazareth College of Rochester, NY
Niagara University, NY
Norfolk State University, VA
Northeastern University, MA
Ohio University
Roberts Wesleyan College, NY
Rochester Institute of Technology
Savannah State University, GA
Seton Hill University, PA
Siena College, NY
Slippery Rock University, PA
St. Bonaventure University, NY
St. Francis University, PA
St. John Fisher College, NY
St. John's University, NY
St. Michael's College, VT
Syracuse University, NY

State University of New York at:

Albany
Binghamton
Buffalo
Potsdam
Stony Brook

State University College at:

Buffalo
Cortland
Fredonia
Geneseo
Oswego
University of Dayton, OH
University of Iowa
University of Maryland Eastern Shore
University of New Haven, CT
University of Notre Dame, IN
University of Pittsburgh, PA
University of Richmond, VA
University of Rochester, NY
University of Sciences in Philadelphia, PA
University of Tampa, FL
University of Vermont
Utica College, NY
Villa Maria College, NY
Villanova University, PA
Wheeling Jesuit University, WV
Wheelock College, MA
Youngstown State University, OH
Xavier University, OH

John Hopkins University



Message From Our Office

First and foremost...Congratulations to the Sacred Heart Academy Class of 2008! The acceptances have been outstanding this year. The Scholarship awards have surpassed \$8 million dollars! We are so proud of all of you. We are still receiving Scholarships.

On May 29, our Senior Baccalaureate evening was a great success at St. Benedict's Church. The seniors received their many awards and distinctions. The Commencement Ceremony June 9, was also a lovely event at the UB Center for the Arts. The SHA graduates looked beautiful and made us all very proud. This year's Valedictorian, Janine Myszka, and our Salutatorian, Anna Hoffman, delivered wonderful speeches.

Seniors, we will be sending out your final transcripts the first week of July. If there have been any changes to your college plans, please let us know.

All of our Junior class should have taken their first SAT exams by now. We have received the March and May exam results, and they look impressive.

We hope the Junior class is planning on making the most of their summer by volunteering, working, reviewing for the fall SAT exam, and visiting colleges. Colleges look most carefully at the junior year for good grades, steady improvement, and a challenging curriculum. Regents exams are a big part of the junior year. We wish you all the best.

Mrs. Brady has been meeting with all of the juniors

and reminding them of their assignments for the summer which is to work on their college essays and activities resumes. The juniors have all been given a personalized "short list" of colleges to research on line. Do not forget when visiting colleges to remember to write a short synopsis of each visit. The counseling assignment will be posted on www.myteacherpages.com this summer.

The sophomores and freshmen are gearing up for their final exams and looking forward to a much needed and deserved summer rest.

***** Important Information*****

End of the year failures and summer school.

All students returning to SHA in September must be current in fulfilling graduation requirements for their grade levels. Course and/or Regents exam failures must be made up in summer school at the student's public school district. Faculty will phone parents of students who fail a required course and/or Regents exam. Parents must call the SHA Counseling Center (716)834-2101 ext. 314 as soon as possible after speaking with the teacher to obtain summer school registration material. Registration for most summer school programs begins the last week of June. For Regents exam re-takes only, school districts require students to attend a review session or receive 10 hours of tutoring with a NYS certified teacher.

In an attempt to forge a greater connection with prospective applicants, admissions offices across the U.S. have begun recruiting current students to write blogs about their college experience. Although these officially sanctioned (but uncensored) blogs can sound a bit like a promotional tool, they often do provide a real insider's view of life at that institution. Happily, bloggers are likely to tell you about both the good and the bad. Ideally, the reader will come away with an idea of what makes that college unique and interesting. Blogs put a very human face on the institutional façade.

Bloggers are generally selected by the admissions office staff. At some schools these students receive a small stipend each month, while at others they are volunteers. This is similar to the practices involving student tour guides. But are they really helpful? At MIT, the admissions website gets 15,000 page views a day. When MIT surveyed admitted students last year, they discovered that the blogs were among the three most useful things in helping students decide to attend that university.

Try out some of these blogs yourself for an insider's view of college life;

MIT: www.mitadmissions.org/blogs.shtml

Cornell: www.cornell.edu/studentlife/blogs.cfm

Johns Hopkins: <http://Hopkins.typepad.com>

Dartmouth: <http://dartlife.blogspot.com>

Olin: <http://studentblog.olin.edu>

Hampshire: <http://rockintheshire.blogspot.com>

Preparing Yourself for College

Your mission during your high school years is to learn as much as you can. Students grow through both academic endeavors and extracurricular activities; don't sacrifice one for the other. Your academic program needs to be rigorous enough to provide intellectual challenge and varied enough to give you opportunities to develop competency in many areas. Although you can get a high school diploma with a minimum number of academic units, selective colleges are looking for much more.

For selective colleges, success in a challenging academic program is the most important factor in the admissions decision. Your high school program should include at least four years of English with additional courses in expository writing being a plus. Applicants need to have taken a minimum of three years of mathematics (through Algebra II), but many selective colleges expect four or more years including advanced math courses like calculus. While two years of foreign language study may be acceptable, you'll be a more competitive applicant with three or more years of study of the same foreign language. Most selective colleges expect three or more years of science; most prefer that you have taken the basic courses including biology, chemistry, and physics before going on to more advanced classes. Two or more years of social sciences such as U.S. history and world history are expected, supplemented by at least three or more additional courses from the five course areas described above. Advanced Placement, honors level classes, and International Baccalaureate courses are desirable. Complete your program with selections chosen from the fine arts, performing arts, computers, and other electives.

Remember, learning doesn't end when the school day is over. You'll learn and grow from community service activities, an after-school job, volunteer programs, and participation in clubs and sports. The qualities that you gain by taking part in these activities are the ones that often make the difference in admission to a selective college. More importantly, the experiences you'll have will shape the person you become.

Summer Opportunities

Rochester Institute of Technology. Discover your future now. College and careers 2008. This program is designed for students who will be entering their senior year of high school in the fall. Students will explore career options through personal experience, including demonstrations and discussions. Students will experience life as a college student. Sleeping in the residence halls, eating in the cafeteria, and Friday night social activities are just some of the experiences they will share with other college-bound seniors. \$120. RIT.EDU

Roswell Park Cancer Institute needs volunteers in many areas of the hospital over the summer. Students must be 15 years old. If interested, call 845-5708.

Dale Carnegie Summer Youth Program: July 7th to July 31st

Freshman/Sophomore program \$295, Junior/Senior program \$495. Mon. and Thurs. 9:00 am-12:00 pm.

SAT Courses: Atlas Test Prep. www.atlastestprep.com, 716.361.6413. Jantzi Test Prep. www.4satprep.com. 1.800.881.4sat. Test preps - Melissa Cook 574-7349 small group setting.

Contact our office for a complete list of courses.

Canisius Summer Information Days:

*Business Information Day: Thursday, July 31, 2008.

*Science Information Day: Tuesday, August 5, 2008. (Biology, Chemistry and Pre-Med only).

*Education Information Day: Thursday, August 7, 2008.

ECC Summer College Experience: visit www.ecc.edu/academics/hssummer

Those Lazy Days of Summer

As competition for college admission increases, those lazy days of summer are a distant memory for most high school students. Some colleges allow high school students to attend summer sessions where they can study subjects that are not offered in high school, explore possible college majors, and earn transferable college credits. This is serious school, and students need to be motivated to spend two or three hours in class and then study several hours every day.

Spending six weeks at University of Pennsylvania or Boston University is a great way to find out if urban life is as exciting as it sounds. For those who prefer a more scenic environment, Cornell has a strong summer program and a beautiful campus.

While summer college programs are expensive, often costing more than \$1,000 a week (financial aid is limited), for motivated students, they provide a head start on the transition to college. Learning how to do research in a university library, how to live with a roommate, even how to do laundry, can help students feel more independent and self-confident.

There are many enrichment programs that don't offer college credit but do provide an opportunity for students to pursue their interests. Students who want to perfect their Spanish may want to do a homestay in Spain or Latin America. A budding engineer might enjoy a camp where they build robots. For others, community service is the way to create a meaningful summer experience.

The Student Conservation Association sends crews of six to eight students, with two adult leaders, to national parks, forests and urban green spaces. Crews spend their days repairing hiking trails, building shelters, fighting invasive species, and protecting wildlife habitats.

Of course, you don't have to travel across the country to be involved in community service.

There are many local organizations that also offer the opportunity to stay involved through the school year as well as during the summer. Some students need or want to earn money over the summer. Having a job can help you learn how to work with people, prioritize tasks, and manage time. Earning a paycheck can also provide a wonderful boost to self-esteem.

Summer jobs can also offer opportunities to explore career interests. If a student wants to be a veterinarian, a job at an animal hospital is an excellent way to see what's involved in being a vet. Working as a camp counselor is great for students who may be interested in teaching or psychology.

Students may worry that a job won't look impressive on college applications. But admissions officers say they would love to read an essay from a student describing the experience of working as a supermarket checker.

Time line Summer 2008

Read, Read, Read
Do something interesting
Volunteer
Job
Internship
Summer Program

Juniors:

Explore college choices
Visit Campuses
Write your essay
Put together Activities resume
SAT prep for next test: October 4, 2008
ACT prep for next test: September 13, 2008