



COUNSELING CONNECTION

JOHN F. KENNEDY HIGH SCHOOL

1901 RANDOLPH RD. SILVER SPRING, MD 20902

PHONE: 301-929-2120 FAX: 301-929-2235

FALL 2009

A-BH: MS. FORTSON

BI-C & ESOL: MR. SOLOMON

D-I: MS. SCHNEIDER

J-M & AMATE: MR. MCNEIL

N-R: MS. RAMSEY

S-Z & SALTO: MRS. BENITEZ

Keys to HS Success

Grade 9

- Earn all 7 credits
- Earn at least a 3.0 GPA
- Join a club or sports team
- Develop a connection with an adult in the building
- Limit absences to 5 or less
- Always be on time & prepared for all classes
- Take challenging classes
- Meet your counselor

Grade 10

- Continue to follow keys to success from 9th grade
- Pass High School Assessments
- Take the PSAT
- Get ¼ of your SSL hours completed
- Attend lunch & learn

Grade 11

- Continue to follow keys to success from 9th & 10th grades
- Visit the Career Center and develop a list of college possibilities
- Review your credit count with your counselor
- Take the ASVAB if interested in the military
- Register for the most rigorous schedule for senior year
- Take SAT Prep

Grade 12

- Avoid developing 'senioritis'
- Take SAT Prep if needed
- Complete college applications by winter break
- Apply for scholarship money
- Ask for letters of recommendation
- Complete SSL hours
- GRADUATE!

HELPING TEENS COPE WITH STRESS

"Stress" is defined as the way our bodies and minds react to life changes. Since adolescence is a period of significant change, including physical, emotional, social, and academic changes, many teens are under more stress than at any other time of life.

Teenage Stress Factors

- Academic pressure and career decisions
- Pressure to wear certain types of clothing or hairstyles
- Pressure to try drugs or alcohol
- Pressure to fit in with peer groups and measure up to others
- Adaptation to bodily changes
- Family and peer conflicts
- Taking on too many activities at one time

Stress Management for Teens

- Take deep breaths accompanied by thoughts of being in control
- Set small goals and break tasks into smaller, manageable chunks
- Exercise and eat regular meals, and avoiding excessive caffeine
- Focus on things you can control and let go of things you cannot control
- Rehearse and practice feared situations (e.g., practicing public speaking or asking someone out on a date)
- Talk about problems with others, including parents, friends or teachers
- Accept yourself as you are and identify unique strengths to build on

NCAA ELIGIBILITY – High school athletes who would like to participate in any sport at an NCAA Division I or II school must register with the NCAA Clearinghouse. Division III athletes do NOT have to register. Students must take at least 16 core academic courses and obtain certain SAT or ACT scores. Students should obtain a free copy of the booklet "Guide for the College-Bound Student Athlete". These are available on the NCAA website at www.ncaaclearinghouse.net.

2009 SAT/ACT DATES

Test Date	Test	Regular Registration Deadline
October 10, 2009	SAT & Subject Tests	September 9, 2009
November 7, 2009	SAT & Subject Tests	October 1, 2009
December 5, 2009	SAT & Subject Tests	October 30, 2009
October 24, 2009	ACT	September 18, 2009
December 12, 2009	ACT	November 6, 2009