

Student Services Newsletter

Plainfield High School-Central Campus
24120 Fort Beggs Drive Plainfield, IL 60544 (815) 436-3200

IMPORTANT DATES!!

- **Financial Aid
Night (English)**

December 2nd

- **Financial Aid
Night (Spanish)**

December 3rd

- **Explorations
Night**

December 9th

- **Semester 2
starts**

January 20th

ACT Test Dates

December 12, '09
February 6, 2010
April 10, 2009
June 12, 2009

Check out
www.actstudent.org
for more
information.

Post-Secondary Information

❖ *College Deadlines:* Seniors should watch their deadlines for applying to colleges. Most colleges have regular deadlines between January and February.

❖ *December/January College Visits:* There are numerous colleges and universities visiting PHS-CC daily to speak with students. Students can take advantage of these opportunities by getting a pass from Mrs. Bain in Student Services. Please check the PHS website for more information.

❖ *Scholarships:* Scholarship information is now available for all college-bound seniors. Seniors are encouraged to pick-up a Scholarship Newsletter in Student Services or on our website.

❖ *Financial Aid Presentations:* Plainfield High School-Central Campus will be hosting two Financial Aid Presentations – English and Spanish-speaking. The English presentation will be on December 2nd, 2010 at 7 PM in the PHS auditorium. The Spanish presentation will be on December 3rd, 2010. All PHS-CC families and students are encouraged to attend to learn more about their financial aid options for college.

❖ *JJC Entrance Sessions:* On December 10th and 11th, Seniors whom have committed themselves to attending Joliet Junior College next fall will have the opportunity to attend a JJC Admissions Session with the counselors in the computer labs. Students should sign up in Student Services or the Freshman Center main office and will miss one class period. They will be excused from that class period, but still responsible for any missed work.

❖ *Transcripts:* Seniors who need to have their transcripts sent to colleges need to fill out a Transcript Release Form and return it with a stamped envelope addressed to the college. Please allow 3 days time for the processing of transcripts and applications when given to registrars and counselors.

Academic Information

2009-2010 Course Planning: Counselors conducted group guidance with freshmen and sophomore students, discussing 4-year planning and finalize class selections for next year. Junior students will meet with their counselors the first week of December to finalize their classes.

PHS-CC News

- Effective for the 2009-2010 school year, the Student Services office, room 1413, will house counselors as well as deans. The social workers are now located in the Freshman Center office, room 100.
 - *New Cell phone procedures:* Students are to keep cell phones off and in their lockers. If a student is caught with a cell phone in class, the first offense is a warning. Multiple offenses will result in the teacher confiscating the phones and parents will be called for pick up.
 - *Hall Sweeps:* PHS-CC students are doing a great job of getting to classes on time, thereby increasing the amount of instructional time they receive. In addition, the amount of hallway incidents has significantly dropped since students are on time. Great job!!!
 - *College essay writing group:* Counselor Elaina Papageorge has completed 6 sessions of a college essay writing workshop. Students signed up for one session, consisting of 2 days during their lunch/study hall period. Students received information on what colleges are looking for, discussed sample essay topics, reviewed common essay blunders, analyzed good sample essays, and had their rough drafts edited by Ms. Papageorge in an individual session. Students still interested in this information can see Ms. Papageorge for an individual session.
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From the Social Workers:

Provider Fair 2010: 100 providers from various mental health agencies, county assistance programs, and recreation facilities will be available to the community on February 2nd from 10 AM-2PM. The Provider Fair will be held at the Romeoville Recreation Center, 900 West Romeo Road.

Personal Power Group: School social workers Nita Lueking, Alan Bank, and Jeremy Bell are facilitating anger management groups again this year at PHS-CC. The curriculum is based on “Transforming Anger to Personal Power” by Susan Gingras-Fitzell. The groups are voluntary and meet on an alternating schedule so the same class period is not missed every week. For more information please speak to one of the social workers.

Peer Communication Group: School social workers Nita Lueking and Jeremy Bell are teaming up with Speech and Language Pathologist, Pat Kiss to provide Peer Communication Groups for students who receive speech and language services. High school students were trained as volunteers to serve as appropriate role models in group activities focused on appropriate social and communication skills. Utilizing teenagers as role models has a significant positive impact and we value their service to their peers.

Stress Management:

Full article can be found at: <http://www.stressmanagementblog.com/>

University students are often said to be under great stress. The first year can be filled with stress as you respond to stressors such as... leaving home, new friends, new environment, heavy study load, new ways of learning, papers and difficult exams, and part-time work. The same can be said about high school students. Here are some ways to ease stress while enrolled in high school or college:

** Focus on the stressor, not the stress. If the stress is your response to a paper that will soon be due, focus on the paper, not on your feelings about the paper and the due date.*

** Consciously channel your “fight or flight” feelings into productivity. If you feel overwhelmed by an upcoming exam, channel the adrenalin energy into preparation for the exam.*

** Use toys to reduce physical stress. Desk toys such as swinging balls, metal puzzles, squeezable balls, and miniature pool tables really do help handle the frustrated responses to stressors.*

** Use a stress diary to record your day in 15 or 30 minute intervals. Note when you feel stressed and identify the stressor. After a week or so, read through the diary and consider better ways to handle the stressors you encountered.*