November 21, 2014

Hi there Class of 2016!! I’ve been pulling together some information for you over the last several weeks that I think you will find helpful. If you have any questions or would like more information, please stop by the Career Center, email me or give me a call!

contests

There are quite a few contests (yes, for Juniors) out right now that can be worth money to you if you win:

Local Essay Contest – “Propose and defend a Twenty-eighth Amendment to the Constitution. —or— Explain why the Constitution should not be amended at this time.” Visit eldaradocountydemocrats.org or the Career Center for the application. Deadline is January 31. Prizes up to $1,500.

Local Essay Contest – “Why I am Proud to be an American.” Sponsored by the Fleet Reserve Assoc. Essays due December 1st. Cash prizes at each grade level. Applications available online at CALocalscholarships.org. Click on ‘Scholarships’ & look on the list (you don’t need to create a profile).

Regional Poster Contest – Theme: Job Safety for Teens. Visit youngworkers.org or the Career Center for details. Deadline is December 5th. Prizes up to $300.

Regional Video Contest – Theme: Job Safety for Teens. Visit youngworkers.org or the Career Center for details. Deadline is February 2nd. Prizes up to $300.


National Essay Contest on Ayn Rand’s The Fountainhead. Visit aynrandnovels.org or the Career Center for details. Deadline is April 26th. Prizes up to $10,000.

Nomination Opportunity - If you are playing a winter sport, apply for the CIF Spirit of Sport Award. There is no GPA requirement, only that you show good sportsmanship. EDHS is allowed to nominate one boy & one girl for the winter season. Visit the Career Center for the essay topic. Deadline is December 12th.

academic opportunities

Are you interested in learning or improving a job related skill? Are you looking for career opportunities? If so, consider taking ROP Classes next school year! Career paths are available in:

- Animal Health
- Diesel Engine/Auto Engine
- Medical Assisting/Health Careers
- Dental Careers
- Cosmetology
- Marketing Skills
- Architectural CAD
- Metal Fabrication/Welding
- Fire Control/Law Enforcement
- Computer Science
- Culinary Arts

If you’d like to take a class at Folsom Lake College this spring, check out their course schedule at flc.losrios.edu and stop by the Career Center for an Advanced Ed application and make an appt to see your counselor ASAP. The course schedule is online now, and classes start January 17th. Drop in counseling at El Dorado Center is Dec. 18 & 19 only.

get to know yourself

Knowing yourself gives you a strong foundation for making decisions about your future. Take the time to figure out what makes you who you are… Are you social? Do you like helping others? Are you a systematic person? Are you detail oriented? Do you enjoy problem solving? Are you willing to take risks? Do you like to
work with your hands? Are you a leader? Do you like to create things? You get the idea! Think about the things
you value, and which are most important to you. Maybe it’s family, or financial comfort, responsibility,
ambition, education, or having a social outlet. Here are some good websites for helping you explore:

- Naviance – find it on the Cougar hompage & if you forgot your password, ask in the Career Center
- mynextmove.org
- cacareercafe.com
- californiarealitycheck.com

Explore your world. The more you see and do, the more you’ll learn about yourself. When you get involved
you meet great people, learn new things, and you get a chance to make the world a better place. Volunteering
is an excellent way to get involved. Pick up a list from the Career Center of about 100 local agencies that
accept volunteers. Or join one of our the community service clubs at EDHS (Key Club & Interact Club) to
volunteer at local events with a group of friends. Volunteering helps you build experience, and it looks great
on your college and scholarship applications.

**representative visits**

We have frequent visitors to the Career Center who are here to introduce you to different options after high
school. I hope you were able to come in to talk to some of the many college reps that visited in October. UNR
will be visiting on Thursday December 4th at lunch. We also have regular visits by our military recruiters who
are here every first & third Wednesday. In December we’ll have military rep visiting on December 3rd.

**SAT / ACT / PSAT**

If you are hoping to attend a 4-year college directly after high school, sign up now to take the SAT and/or ACT
this spring. All of the CSU’s and UC’s require this test. Flyers are available in the Career Center, or just go to
collegeboard.com for the SAT and actstudent.org for the ACT. Here’s the schedule – but don’t wait for the
deadline, sign up asap:

- March 14th SAT: deadline is Feb 13
- May 2nd SAT: deadline is April 6
- June 6th SAT: deadline is May 8

- February 7th ACT: deadline is Jan 9
- April 18th ACT: deadline is Mar 13
- June 13th ACT: deadline is May 8

Most Juniors are still pretty unsure about where to send their scores, but if you don’t send scores now, you’ll
pay $11-12 each to send them later! Here are some shortcuts that may save you money:

For the SAT:
- Use Code 3594 (CSU Mentor) and your single score-send is automatically shared by all CSU’s.
- Send your score to one UC and it is automatically shared by all UC’s.
- Choose any private or out-of-state colleges, or NCAA for your remaining free score sends.

For the ACT:
- Send your score to one CSU, then later (when you’re a Senior, as part of your CSU application process)
  choose to share that single score-send with other CSU’s.
- Send your score to one UC and it is automatically shared by all UC’s.
- Choose any private or out-of-state colleges, or NCAA for your remaining free score sends.

If you’re registered with the NCAA Eligibility Center, be sure to list them as a test score recipient – their code is
9999. NCAA requires that scores from every sitting be sent to them. If you’re not registered with the NCAA
Eligibility Center but are interested in playing college sports, visit eligibilitycenter.org for more info and to register.

PSAT scores will be coming out just before winter break. After you get your score report, be sure to visit My College Quickstart at collegeboard.org. Put in your individual code (you’ll receive it with your results) to retrieve your personalized study plan. If you spend the time to study the recommended items, you will likely have a higher score when you take the real SAT.

**college planning**
Start thinking seriously about which colleges you might like to attend and request information from them. If your family travels during school vacations, stop by any colleges that interest you to get a feel for what they are like. You ARE a prospective student. Also, make sure you have a “professional” email address to use when corresponding with colleges – and don’t forget to check it regularly. Good websites to find college info are:
- csumentor.edu
- universityofcalifornia.edu
- californiacolleges.edu
- collegeboard.org
- nces.ed.gov/collegenavigator
- collegeweeklive.com (virtual college fair)

And here are some of my favorite links to random college information:
- Zinch – zinch.com: (Lots of college info and quite a few scholarships for 11th graders)
- Where do the freshmen come from? chronicle.com/article/ (Shows the origin of each year’s college freshman class.)
- Lynn O’Shaughnessy’s blog: thecollegesolution.com (Mostly parents will be interested in this.)

And finally, always remember to listen to (or find a copy of) the Daily Bulletin. We have so many awesome opportunities come through this office, and the daily bulletin is how we get the word out. If you miss it at school, you can also find it on the cougar website.

I hope to see each and every one of you in the Career Center sometime before the year is out. Believe it or not, a year-and-a half to graduation is not so far away. And while you certainly can’t know how you’ll be spending the rest of your life, it is beginning to be time to think about what your next step will be after graduation.

*Mary Bastian*
Career Guidance Specialist
El Dorado High School
(530) 622-3634 x1033
mbastian@eduhsd.net