



Upperclasswoman Update



Your sophomore year is almost over, and when you return in the fall you will officially be upperclasswomen! During junior year, your serious journey toward graduation and life after high school really begins. You probably have lots of questions, a few fears, and some excitement about your last two years at Regina. Maybe you have heard stories from older students about the stress of junior year. While junior year is busy and important in your overall academic career, it does not need to be stressful. With proper planning, the practice of good study habits, and knowledge of the resources available to you, it is definitely possible to keep a calm and positive attitude next year. Here are a few of the important things to be aware of next year.

TESTING: School-wide testing will be held Wednesday, October 12, and, as juniors, you will take the PSAT. This test is practice for the SAT, which some of you may choose to take later in the year. Even if you do not plan to take an SAT, the PSAT is important because it is the qualifying test to identify National Merit Scholars, a prestigious award for students who achieve the very top scores on the PSAT. You will not need to do anything to register for the PSAT, as the school will take care of that. We **STRONGLY** advise that you visit <http://www.collegeboard.com/student/testing/psat/prep.html> to prepare and work on sample questions well in advance of the PSAT. The PSAT is very different from the PLAN, EXPLORE, and other standardized tests you have already taken, and the best way to prepare is to familiarize yourself with the test format and types of questions. A counselor will visit your classrooms to give you more information about the PSAT before testing day.

The three letters on every junior's mind are **A-C-T**. The ACT will be offered to all Regina juniors on March 6, 2012, as part of the Michigan Merit Exam (MME). The MME consists of three days of testing right here at Regina: the ACT, the WorkKeys exam, and the MME subject tests. When you take the ACT at school as part of the MME, it is free to you. You will have many other opportunities to test again at area locations on national test dates, for which you will have to register and pay on your own. Your counselor can give you instructions on how to register for national ACT test dates. Remember, ALL pre-registration for the March ACT will be done at school, so you do not need to do anything except pay attention to announcements and make sure you are present on days when testing and pre-registration occur.

There are many books, websites, and courses that will help you prepare for the ACT. You can start preparing right now at <http://www.actstudent.org/testprep/index.html>. Regina will offer a 7-week ACT preparation course beginning in January and a one-day full-length practice test and review session the weekend before the test. Both are held in the school building and led by Scott Allen of College Quest, who offers a lower rate to Regina students. If you are interested in summer ACT classes, they are offered at a discount to Regina students through College Quest: www.collegequestmi.com.

COLLEGE REPRESENTATIVES AND COLLEGE FAIR: Representatives from colleges begin visiting Regina in the fall. Check the Counselors' Notes for details of who is coming. The bulletin board outside the counseling office is always full of information on college visits both inside our building and around the community, so make sure you stop by frequently to check it out. You will only be allowed to attend a very limited number of college representative visits during the school day, so choose wisely. Regina will also host a College Fair in October. You will have an opportunity to get information and speak to representatives colleges represented at the fair. To get a jump-start on the college exploration process, check out <http://www.campustours.com/> and <http://collegesearch.collegeboard.com/search/index.jsp>.

CAREER AND EMPLOYMENT: Make sure to update your My Dream Explorer profile to reflect any changes from last year. Your counselor will refer you to other career exploration resources during the school year, and there is always a list available in the Guidance section of the Regina website. If you plan to seek employment this summer, be persistent, patient, and professional. The job market is tough, so try to keep a positive attitude as you search. If paid work is proving difficult to find, you can always volunteer! It will keep you busy, give you a sense of accomplishment, look great on your college applications, and help you meet your Christian Community Service requirement next year. Don't forget to check the job board in the counseling office when you return in the fall to see if there are any new opportunities.

PLANNING AHEAD FOR COLLEGE APPLICATIONS AND SCHOLARSHIPS: The most important thing you can do right now to prepare for senior year is GET INVOLVED! With a varied list of activities and accomplishments to your name, you will not have to struggle to describe your extracurricular activities on applications. Joining teams and clubs now also opens up the possibility of leadership positions in the future. Colleges are interested in well-rounded students, and you can have some fun and meet new people in the process. If you are already very involved, start putting together a resumé to showcase your involvement and interests. You're going to need it sooner than you think! It's also a good idea to start thinking about all the possible connections you have that might lead you to scholarships. Your parents' and grandparents' community organizations or employers can be a great first step to finding scholarships, so start making a list of all the groups with whom they are affiliated.

We would like to congratulate you on completing the first half of your high school career! We have great expectations of you as you grow in maturity and responsibility to become respectful role models to the underclasswomen. Have a wonderful, productive, fun-filled, and SAFE summer! When you come back in August, remember to appreciate the time you have left at Regina – it starts to go VERY quickly now.

☺ Mrs. Berschback, Mrs. Dulgerian, and Ms. Forys