



Guidance News

January 2012

After seeing the movie Toy Story 3 my 31/2 year old daughter has been intrigued with college, as the character Andy leaves home for the first time. She pretends she is going of to college. She even fills boxes with her toys and then gets into her make believe car. It is very cute to watch and know that she does not fully understand what college is. To her it is similar to a trip to the grocery store.

I have viewed the pretend game like any other she plays; school, house, and doctor. That is until about a month ago. She was getting her shoes on and she said "Mommy maybe by Christmas I will able to go to college." I reminded her that she doesn't get to go to college until she is a teenager. Then I started thinking about it more and more. It really seems that quick. One day your three year old is running around carefree and then she is applying to college. I am sure to many of you, especially the parents, the time really did feel like it went by that quickly.

So as we enter a new year we are only months away from the class of 2012 graduation. It is a good time to remind students to enjoy these moments in high school because they really do go by in a blink of an eye. Parents and families enjoy the moments with your teens before they move on to college, work, or the military. Time really does fly.

Sincerely,

Melanie Mazzone

Guidance Counselor Class of 2015



January Dates to Know

January 3rd back from holiday recess

January 16—Martin Luther King Day No School

January 23rd—FAFSA Assistance Filing at PHS



Upcoming Dates in February

February 16th - College Overview for Juniors 6:30-8:30 in the Little Theater

February 27th - Winter Vacation

JOINING THE MILITARY???

Five Questions you need to Ask

By Marco O'Brien, Courtesy of Military.com

Thinking about joining the military? Well, you probably have hundreds of questions. But it never fails: you have all these questions but once you walk into the recruiter's office you can't seem to remember any of them. Here are five important questions or things you need to ask or tell your recruiter.

WHEN DO I TAKE THE ARMED SERVICES VOCATIONAL APTITUDE BATTERY (ASVAB)?

This is an important question because what you do in the military is dependent on this test. Not everyone is ready to take the ASVAB right away. Being prepared and scoring as high as possible will give you the most options when you start your military career. There are several ways to prepare for the ASVAB. You can buy a study guide to visit the Military.com online. ASVAB Preparation and Practice Tests. Most recruiters will give you a practice test to predict your actual score on the ASVAB, a low score on the practice test might mean you need to do some prep work.

HOW SOON WILL I LEAVE FOR BASIC TRAINING?

Joining the military and leaving for basic training are two completely different things. When you join the military, you are qualifying first by testing and second by taking a physical. After qualifying in both areas, you will pick your job and be sworn in. You're not leaving for basic training at this time. It is important that your recruiter and the Military Entrance Processing Station (MEPS) liaisons know when you are available for basic training. It is always better to get your career started as soon as possible but not everyone can do this. For instance, if you are currently attending college you probably won't be available until the end of the semester. If you are a high school senior you need to make sure you will be available to leave. Whatever the reason make sure you discuss it with your recruiter.

WHEN WILL I GET MY JOB ASSIGNMENT?

This is a very important question. Each branch of the service has its own ways of assigning jobs. For example, the Navy will give you a job while you are at the MEPS. But, the Air Force can give you a job at the MEPS but usually will have you come up with a list of jobs and put you on a qualified and waiting list. Just make sure you understand what job you have been assigned and when it is leaving for basic training.

WHAT DOCUMENTS DO I NEED TO START THE RECRUITING PROCESS?

In a perfect world everybody would know where their important documents are at all times. In reality, most people know where their driver's license is and probably their social security card, but many people are not able to quickly find their birth certificate, high school diploma, etc.

Your recruiter will give you a list of the documents needed to process for the military, the sooner you start gathering the documents the sooner you can join the military. The list may include a government issued ID (driver's license), social security card, high school diploma, birth certificate, college transcripts, marriage license, medical documents, court documents, adoption documents. These are just some examples of the documents you may be asked to bring. If you are unable to locate the documents, you may need extra time to order the necessary replacement documents. An early start will make the process of joining much smoother.

DO YOU NEED MY COMPLETE MEDICAL AND LEGAL HISTO

Recruiters need to know your complete medical history and information about all legal infractions - traffic tickets, misdemeanors, felonies, etc. Recruiters are trying to help you, not disqualify you. The Recruiting commander may be able to grant a waiver or overturn many legal issues that are initially disqualifying. If your recruiter does not have the information, there is nothing he or she can do to help you with the process. Disclosing your medical history and getting supporting documentation for medical issues will give you the best possible chance of qualifying for the military. Law violations work pretty much the same way, disclosing them upfront will give the recruiter the best opportunity to run a waiver, if applicable. Being upfront with your recruiter about medical and legal issue will keep you from wasting your time and the recruiter's time.

Remember, there are many questions you need to ask your recruiter and many things you will need to tell your recruiter. Write down your questions! I had a recruit come into my office with a list of about 75 questions, all written out, we spent about an hour going over her list but she felt much better about the process because she was informed.

COUNSELORS IN THE CLASSROOM

The guidance counselors have all been in the classrooms first semester. We have worked with half of the 9th, 10th, 11th graders and will meet with the other half of each class second semester.

9th graders worked with Mrs. Mazzone to learn about Naviance and log in for the first time. They also started resumes to keep track of all of their activities. Students completed the "Do What You Are" survey, a personality profile to learn more about how their personality lines up with careers for the future. They then completed a 9th grade future planning survey.

10th graders worked with Mrs. Donovan and updated their resumes, reviewed the personality profile, and completed the 10th grade future planning survey. They also complete the Career Interest Profile and wrote a Career Reflection piece in conjunction with their English class.

11th graders in English first semester worked with Mrs. Garneau and attended a presentation called Destinations: Where Students Meet Their Future. This was an introduction to life after high school. Second semester juniors will also attend this presentation and all juniors will have a classroom visit with Mrs. Garneau and Mrs. Wiggin, the college counselor. They will be given a college information sheet and information about how to start preparing for senior year.

12th graders are busy apply to college, looking into work and military options. If your senior is still making decisions about next year they should contact Ms. Relinski for assistance.

All counselors will go into English classes at the beginning of January and February to begin the course selection process.

LOW COST AND FREE HEALTH COVERAGE FOR UNISURED KIDS & TEENS

New Hampshire Healthy Kids is a private non-profit organization working in partnership with the NH Department of Health and Human Services, Harvard Pilgrim Health Care, and Northeast Delta Dental to provide access to low-cost or free health coverage to NH's uninsured children.

Just a few of the services covered by the Healthy Kids program are:

Hospital services, doctor visits, dental Care, prescriptions, counseling

Did you know?

7 out of 10 of New Hampshire's uninsured children may qualify for Healthy Kids coverage.

A family of 4 earning \$66,150/year could potentially qualify.

NH Healthy Kids offers health & dental coverage.

NH Healthy Kids also covers pregnant women of any age as long as they fall within the HK Gold income guidelines.

For more information regarding the NH Healthy Kids income guidelines, please visit the NHHK website, www.nhhealthykids.com

Call today toll-free at 1-877-464-2447

Parents of Seniors:

Do you have questions about the FAFSA? On January 23rd you can receive assistance with this process. Call the guidance office to make an appointment for that day.

Counseling Department

Counselors

Laurie Relinski, Class of 2012

Jamie Garneau, Class of 2013

Amy Donovan, Class of 2014

Melanie Mazzone, Class of 2015

Pam Wiggin, College Counselor

Shanyn Grenier, College Consultant

Jean Fleischmann, Guidance Secretary

Debbie Paul, Registrar

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