

WINSLOW HIGH SCHOOL

Guidance Newsletter

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FRESHMAN/SOPHOMORE

FALL 2009

WHS SOPHOMORES TAKE PSAT'S

Since 2005, the Maine Department of Education has required all sophomores to take the Preliminary Scholastic Aptitude Test aka PSAT. The test was administered here on October 14th. The PSAT is great practice for the SAT Reasoning Test-used by many colleges to gauge student academic progress.

Test results are usually distributed in December, giving students a few months to brush up on certain skills before taking the test again as juniors. Junior year scores may result in scholarship opportunities. Students will receive scores in Critical Reading, Math Reasoning and Writing and will see how their scores compare to those of other sopho-

mores across the country. Best of all, with their Score Report, students receive a personalized statement of specific academic skills that need attention, along with suggested steps to improve those skills. Students will also have access to the planning tool, My College Quick Start at www.collegeboard.com



A NOTE FROM GUIDANCE:

WE WOULD LIKE TO COMMEND THE SOPHOMORE STUDENTS FOR APPROACHING THE TEST WITH THE APPROPRIATE ATTITUDE AND FOR TREATING EACH OTHER RESPECTFULLY DURING THE 3 HOUR EXAM.

KUDOS!

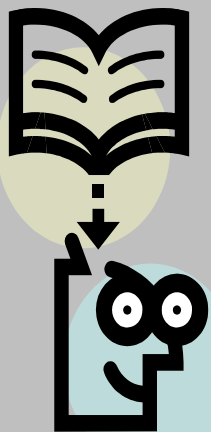
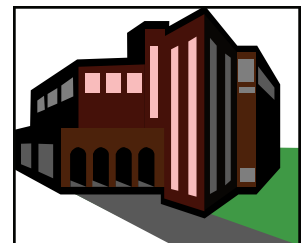


ALL SOPHOMORES VISITED THOMAS COLLEGE

On Thursday, October 22nd all sophomore students toured Thomas College thanks to Winslow's MELMAC grant. The goals of the MELMAC grant are to help high school students to go onto college and to help more college students persist to a timely graduation.

"College is defined as any post-secondary educational opportunity which provides credentialing such as military, certificate and 2 or 4 yr. colleges."

Students were good Winslow High School citizens. Again, KUDOS!



ALL FRESHMEN VISIT UNIVERSITY OF MAINE AT AUGUSTA

On Thursday, October 22nd all freshmen students toured the University of Maine at Augusta thanks to Winslow's MELMAC grant. The goals of the MELMAC grant are to help high school students to go onto college and to help more college students persist to a timely graduation.

"College is defined as any post-secondary educational opportunity which provides credentialing such as military, certificate and 2 or 4 yr. colleges."



Student favorites

- Liked the scavenger hunt
- Made me start thinking about college
- The food was good
- The library was nice
- The holocaust room was my favorite
- Liked learning about the music & art programs
- Touring the campus and seeing the classes.

GET INVOLVED IN HIGH SCHOOL!

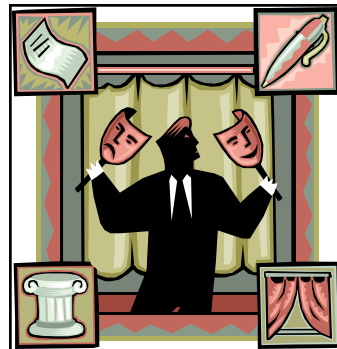
How can you cure the boredom blues and make school more enjoyable? By getting involved in afternoon school activities. From sports to drama, extracurriculars. .

- help teens make friends;
- provide the opportunity to learn teamwork and responsibility;
- fill time in a positive way—so kids are less likely to get into trouble;

-may lead to better attendance and grades.
-these types of activities are extremely important for job, scholarship, and college applications.

"THE FUTURE DEPENDS ON WHAT WE DO IN THE PRESENT"

- GANDHI



Check out our website www.winslowk12.org

Winslow Schools & AOS 92 have adopted a new school information system called Infinite Campus. It is planned that the parent-student portal will open in December. Parents will notice some differences in the format of student grade & attendance reports.

MATH & LANGUAGE LABS

Math and Language Arts labs are available for any student who may be struggling in math or English or who may simply need help with their homework. Please see your Guidance Counselor or your teacher if you have any questions.

Maintain a good Grade Point Average (GPA). Beginning your freshman year your grades are officially documented on your high school transcript. The grades that you acquire this year will have a tremendous impact on your cumulative GPA. *Take challenging classes.* Talk to your parents and counselor about developing strategies for maintaining your grades.