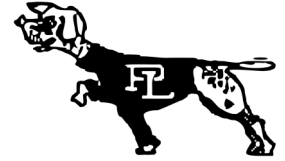


Parent Pointer



Point Loma High School Pointer Association Newsletter

January 2010 - Volume 50, Issue 2



PRINCIPAL'S MESSAGE

It's a new year and an exciting time for our seniors who have been busy planning for the future! It can also be a stressful time for them as they balance their normal school day and the extra work it takes to plan for life following high school. They have been focused on completing their college applications and researching scholarships. Our teachers and counselors have been at their disposal, offering help to them during and after school. We are very proud of our seniors!

I am continually amazed by all of our enthusiastic students who are off to a strong year academically, on the athletic fields and in the world of the visual and performing arts. They impress me each day. We are always looking for ways to enhance the PLHS experience for them. One change that took place this year was the addition of an extended lunch/intervention schedule. It is benefitting students at all levels. On intervention days, students are seeking out their teachers for further instruction or meeting fellow students in the library to get their work done. I'd like to commend them for using their time wisely.

We are fortunate in our community to have a Mandarin Chinese Magnet school, Barnard Elementary, and since PLHS has recently been awarded the Confucius Grant, we will be able to offer a comprehensive Chinese program for interested students. The Confucius Institute of San Diego State University was established in collaboration with the Office of Chinese Language International Council (Hanban) and will assist our school with the development of our Chinese language program and provide us with teaching resources. I am very excited about what this will bring to our community.

Thank you, parents, for working with us to ensure your student's success by assisting them academically and by making sure they attend school each day, on time. We know attendance is the first step toward success enabling students to keep up with their work and gain understanding of their subjects in the classroom. Their attendance helps our school financially and we all know that every penny counts during this difficult economic time.

Mark your calendars for our "New Family Night" on January 21st at 6:30 p.m. in the main gym. Our staff is looking forward to meeting 8th graders and their families. If you know of any students attending private schools who wish to attend PLHS next year, please tell them about this event. Administrators, coaches, counselors, parents, students and teachers will be in attendance that evening.

Prop S work is progressing and though the construction might cause some inconveniences, it is exciting to think about what this school will offer our students in the years to come with an athletic training facility, a state-of-the-art music center and motion picture studio. Meetings will

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The Parent Pointer newsletter is published four times annually

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Leslie Rose - President
Bobbie Samilson - Principal
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PRINCIPAL'S MESSAGE cont'd.

(Continued from page 1)

continue to be scheduled to communicate with those who live near Point Loma High School and the broader community to work on development of the details for the Prop S school-wide upgrades.

PLHS has a new site-tech, Leasa Estala-Cumper. She is the person to contact should your address change or if you need assistance with Parent Connection. Her email address is lestalacumper@sandi.net.

A milestone for Point Loma High School is coming up – the 85th anniversary of our school! The planning for an anniversary event is beginning and we welcome anyone who would like to assist with this. Please contact our Pointer Association Executive Director, Kim Jessop at pointers@pointerassociation.org if you would like to help.

I hope you had a wonderful holiday season!

Bobbie Samilson, Principal

ENGAGE, EMPOWER, AND EDUCATE ALL STUDENTS FOR THE 21ST CENTURY.

Class of 2012



Please help support the Class of 2012 by purchasing your boutonnieres and corsages for Prom from Flowers of Point Loma (located at 2170 Chatsworth Blvd). They have a wide choice of flowers and ribbons to choose from and 10% of your purchase will be donated back to the Class of 2012. Just tell the salesperson you are attending Prom at Point Loma High School and they will take care of the rest. Thanks - The Class of 2012.

The PLHS 85th Birthday Gala needs a Committee Chair!

DO YOU LOVE TO THROW A PARTY?

WANT TO BE IN CHARGE OF THE "MUST ATTEND" PL EVENT OF THE NEW DECADE?

Then please step forward!! STAT!

(We must have a chair committed by Feb. 8th for this event to happen!)

Traditionally, we have celebrated a PLHS birthday every five years with a big Gala party. They are always successful (raising lots of money for PLHS programs!) and fun for alumni, parents, and the community. (The 80th event sold out with over 800 people in attendance and everyone had a ball!)

It is time for us to celebrate 85 years of Pointer history and continued excellence in education. We have a venue (Liberty Station conference center), and a date (Nov. 13, 2010). There are people who have offered to be on the committee, and lots of great ideas have been tossed around (including keeping this casual and fun)....but we still need someone to lead the committee and delegate jobs. Working with an event planner is not out of the question....but we still need a chair to direct that person.

If you are the right person to chair, or co-chair, this not-to-be-missed event, please contact Kim at the Pointer Association office (619 226-4509) or call Laurie Hurl at PLHS (223-3121) ASAP!!

PLHS POINTER ASSOCIATION

"We make a living by what we get. We make a life by what we give."

Winston Churchill

Volunteering is all about giving - giving up your time for something or someone that is important to you. Our newest volunteer to the Pointer Association Board is freshman parent Eleanor Snyder. She has undertaken the humongous job as the head of all the Booster groups, and she hit the ground running! One of our many goals from our merger is to coordinate all fundraising activities from all the various groups on campus. Eleanor has a wealth of ideas on how to do this, and is a long-time volunteer in the Cluster. She is working with Athletic Director John Murphy with the sports Boosters, but is also cultivating academic boosters - we had our first Association academic booster fundraiser on November 28, 2009 at BookStar, benefiting the History Department. Eleanor, you rock!



College Night this year saw a huge turnout - both from college representatives and from PLHS students and parents. Beginning this summer, Susan Blair, Jean Peugh and Linda Pendleton worked with Head Counselor Laurie Hurl too plan this event. With a generous donation from our educational partner, San Diego County Credit Union, and dinner provided by Chipotle Mexican food, the night was a big success!



Aly Evans and her team have been busy with our Pointer Association Focus Meetings. The first meeting was held with community businesses on November 17, 2009. The second meeting was held with PLHS Alumni on December 8, 2009. Our final focus group is scheduled for current parents/guardians on January 13, 2010 in the PAC. We need your input on how we can best promote our school, our students and our programs - please look for the invites and R.S.V.P. The Pointer Association welcomes your ideas and your energy.

Yes, Point Loma High School Pointer Association needs your help!! We ask that you volunteer and join as members of our Association. Why? Because your time and your donations directly benefit the students of our high school, and in these tough times, your help is more important than ever before. Even a donation of \$10 will help - believe me, there is no amount too small. You have all read the newspaper articles... the SD School District is faced with an even bigger deficit this year than in years past. That means you and I, and our community partners, are needed more than ever to fill in the gaps.

PLEASE JOIN THE POINTER ASSOCIATION. MAKE A DIFFERENCE - GET INVOLVED! You can easily join online at www.pointerassociation.org, Thank you so much

Leslie Ann Rose
lroseadi@aim.com
PLHSPA President

Attendance Information for Parents

Regular school attendance is important. For students, regular attendance means:

- Developing good habits which are important at school, further education and work
- Meeting friends and developing lasting relationships
- Having the best possible opportunity to achieve their full potential



Absence and truancy can mean:

- Missing out on coursework; it can be very hard to catch up
- Losing touch with friends and teaching staff
- Having more opportunities to become involved in anti-social behavior and/or crime either as victim or perpetrator

How parents can help...

- Be aware of the impact of your child regularly missing school ...
- Don't let your child stay out of school for reasons like going shopping, birthdays, looking after brothers and sisters, or minding the house
- Try to avoid taking family holidays while school is in session
- Try to make non-urgent medical and dental appointments out of school hours
- Be involved with your child's education and school – ask questions, establish good habits of attendance and punctuality
- Contact school if your child is genuinely ill
- If there is a problem, speak to the school immediately

What can WE DO together?

- When parents and school work together the risks are much lower
- Talk to your student about school and what goes on there
- Take a positive interest in your student's work
- Support the school all you can; take every opportunity offered by the school for parents to become involved – for example go to parent visitation days, join the Pointer Association
- Keep in touch with school staff. Let them know if your student is absent with your permission, for example sickness, dentist appointment
- Make sure your children are not illegally employed and being exploited
- Be aware of the signs that your student may be missing school
- Know your Zangle Parent Connection password and monitor your student's attendance regularly

REMEMBER TO CALL IF YOUR STUDENT IS ABSENT!

DRUG USE: WHAT TO LOOK FOR



- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Loss of interest in activities they once loved
- Isolation or loss of motivation
- Mood changes/mood swings
- Attendance problems (truancies/tardies)
- Increased use of drug terms and talk
Example: “420,” “Irie” refers to marijuana, “40,” “belt” refers to alcohol
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Being more secretive (example: using “coded” language with friends or lying/denying/avoiding behaviors)
- Change in clothing choices (example: clothes that highlight drug use)
- Increase in borrowing money (stealing money, lying about money)
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- Increased or new use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs

***Trust your instincts! These are meant to be indicators but don't jump to conclusions. Be concerned if these signs are consistent. If you suspect a change in your child, don't wait. The problem will only get worse.**

What Can Parents Do?

- ☑ Set Rules. Establish clear expectations for your teen and follow through with consequences.
- ☑ Praise and reward your teen when they follow the rules and expectations you have established.
- ☑ Ask Questions. Find out what your teens plans are, who they are going places with, what they do when they hang out, what adults are around, etc...
- ☑ Know your teen's friends. Talk to your teen about the types of friends they have. Do they have friends that smoke/drink/do drugs?
- ☑ Talk to your teen every chance you have (in the car, shopping, at dinner, during commercials).
- ☑ Spend as much time as you can with your teen.
- ☑ Keep your teen busy with after school activities.
- ☑ Continually educate yourself about drug and alcohol facts and signs of use (www.theantidrug.com is a great site for parents).

Point Loma Support

The staff at Point Loma provides information and support for all students by offering the following programs:

- Life Skills Curriculum that provides education to students about drugs/alcohol and tobacco use.
- Special assemblies and rallies that address alcohol/drug/tobacco prevention
- Effective and trained security dedicated to keeping PL drug and alcohol free
- Community referrals for students and parents seeking support, information and help
- Intervention and discussion groups for students that use drugs/alcohol/tobacco
- Drug dog search team

News from the Counseling Center

Counselor Info

Counselors met with all seniors individually about graduation and college. Seniors received a packet with valuable college information during the counseling presentations.

THE UPPER LEVEL TUTORING CLUB !!

The Upper Level Club meets in the Media Center after school every Tuesday and Wednesday. Currently two teachers, one counselor, one private tutor, our English Language Support Teacher, and two classified staff members are involved with tutoring. Other teachers visit the club to cheer on their students. The Upper Level Club is available to all students.



The PLHS Pointer Association is going **GREEN**. Please collect your used cell phones and empty inkjet/laser jet cartridges and drop them at the following locations:

PLHS Campus: Attendance Office and Media Center
San Diego County Credit Union: 1004 Rosecrans Street
San Diego National Bank: 1075 Rosecrans Street
Ocean Beach Main Street Office: 1868 Bacon Street
Jungle Java: 5047 Newport Avenue
Bone Appetite: 4845 Newport Avenue

*Proceeds will fund PLHS Pointer Association's **GREEN** Scholarships for graduating Seniors!*

*Need Information?
Call Pat Baker at 619-223-9363
or email at p_t_baker@hotmail.com*

PARENT INFORMATION

Important information for the families of **Class of 2010** students will be mailed in the near future. Covered in this letter is information on Graduation Requirements, Citizenship Requirements, Senior Portfolio and Exhibition and Prom and Commencement dates. **Please keep this Senior Letter handy.** You will find the answer to questions regarding graduation announcements, cap and gown and commencement rehearsal. **College Panel** was held Thursday, December 17, 2009. Students who graduated in June 2009 presented their college experiences in classrooms throughout the day. A **Financial Aid Workshop Night** for senior families was held Thursday, January 7, 2010. If you are a parent of a student in grade 9-11, please plan on attending the **PSAT Results Night** at 5:00 p.m. on January 14, 2010. If you know families who will be starting PLHS September 2010, have them reserve 6:00-8:00 p.m. on Thursday, January 21, 2009 for our annual **New Family Night**. Parents who are sending their student to Point Loma, can call the Counseling Office 619-223-3121, extension 1129 for details. **Junior Parent Night** will be held on Thursday, January 28, 2010, and **Sophomore Parent Night** on Thursday, February 4, 2010; both meetings will begin at 6:00 p.m. in the PAC. Information was recently mailed to families. The next **Parent and Community Visitation Day** will be on March 25, 2010 from 8:00-11:00 a.m. All parents and prospective families are invited to the PLHS campus where they can visit any classroom during this time. Come meet the Principal, Vice Principals and counselors at 8:00 a.m. in the school library. Vice Principals will be available during this time to answer questions. For more information or questions, please email Vice Principal Julie Nydam at jnydam@sandi.net.

PSAT/NMSQT

Parents of grade 9–11 students, please plan on attending the PSAT Results Night at 5:00 p.m. on January 14, 2010; a speaker from Princeton Review will be explaining scores. This is a useful tool in preparing for the real exams. These tests are given only once each year.

The PSAT/NMSQT score reports provide three different scores on the 20-to-80 scale, one each for critical reading skills, math skills, and writing skills. The average critical reading, math, and writing skills score for students is about 49. Scores are expressed in a range, as indicated on the bar on the report.

Also on your score report is the Selection Index, which is the sum of the three scores (CR + M + W). The Selection Index ranges from 60 to 240. The average Selection Index of students is about 147.

Score reports include percentiles, which allow you to compare your scores with other students in your grade level who have taken the PSAT/NMSQT. If you take the PSAT/NMSQT as a junior, you will receive junior percentiles. If you take the PSAT/NMSQT as a sophomore or younger student you will receive sophomore percentiles. For example, a junior student with a percentile of 53 has earned a score better than 53 out of every 100 college-bound juniors who took the test. Visit www.collegeboard.com, to college board tests, click the PSAT/NMSQT link to [Score Report Plus](#) for more information about your score report.

Please remember that PSAT scores do not get reported to colleges. Some students who earn extremely high scores may qualify for recognition by the National Merit Scholarship Board. This is a practice test for the SAT Reasoning. This exam is

usually taken in the spring of the junior year and perhaps again in the fall of the senior year.

7 good reasons why more than 40% of students Register for the SAT[®]/ACT online.

- ☺ Instant confirmation of your registration
- ☺ Confirm where you're taking the test, right away
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Remember our school code:
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**TIPS FOR
SUCCESSFUL STUDENTS**
Students need to practice time management. It is a critical survival skill for college and life! Every week, have your student make a schedule for the week ahead. Make sure they allow a realistic amount of time for sports, studying, work, after school activities, and rest.

College

JUNIOR, SOPHOMORE AND FRESHMAN

- Continue academic course pattern (include Honors and AP classes)
- Do research on Naviance to decide which colleges are of interest (size, location, majors, etc.)
- Continue to develop extra curricular, volunteer and community service activities
- Read extensively...Vocabulary is an essential part of all tests
- Take appropriate college entrance exams (ACT, SAT Reasoning Test, SAT Subject Tests – know that UCs do not accept Math I as a Subject Test)
- Start college resume of activities and honors
- Make sure to take a visual or performing arts course before you graduate
- Use Naviance to review scholarships, college visits, and summer programs.

ALL STUDENTS

What are colleges looking for:

- A college admission office wants to see more than just high test scores and grades. How can your student separate themselves from the crowd?*
- A rigorous course schedule. While high school grades and SAT scores are important, colleges also want to see that you have selected challenging courses that will help you grow academically.
- Genuine interest in the school - make concrete connections between what you want out of your education and what the college has to offer.
- An interest in learning - emphasize less on what to do when you graduate and more on what you would like to learn when you are a college student.
- Willingness to lead - colleges want students who will enhance their campus community in some special way. Many times, your abilities are best reflected in carefully chosen extra curricular activities.

MOST COLLEGES WANT YOU TO APPLY ON-LINE

- Show parents packet from counselors regarding graduation and college requirements. All seniors were seen individually by their counselor.
- Submit private college applications (UCs and CSUs required a November 30th deadline).
- Have official test scores sent to colleges on your list if you have not done so.
- Make copies of applications before you send on-line (most colleges prefer applications sent on-line).
- If you applied for early decision, you should have your answer by now. If you are accepted, follow the instructions for admitted students. If the decision is deferred until spring or you are denied, submit applications now to other colleges.
- Allow counselors and teachers at least two weeks notice to complete recommendations. Provide pre-addressed, stamped envelope (PLHS envelopes available at the Registrar's office). Senior activity sheet, parent brag sheet and applications were due on Nov. 21st.
- Be sure they are clear on the deadlines and purpose of the letters. UCs & CSUs don't require letters of recommendations.
- Make copies of **everything** you send to admission and scholarship offices.
- Keep grades high-your senior year grades do count in college admission.
- Use Naviance to request official transcripts to be sent to colleges, to post the colleges you have applied to (2 & 4 year), and to search once a week for scholarships (which are posted continually).

The Top Ten Things that Parents Should Remember About the College Process

It is good, of course, that students and parents approach this process jointly, but we all know that at its best, the process itself can prepare students for the independence that they will experience in college. The following list contains some possible symptoms of parental over involvement.

10. Remember that this process is not about you. No matter how similar your children may be to you, they need to make their own decisions and observations.
9. Support and encouragement are more appropriate than pressure and unsolicited advice. Allow your children to seek you out and restrain yourself from imposing your viewpoint upon them.
8. Do not use the words “we” or “our” when referring to your children’s application process. Those little pronouns are surefire indicators that you have become too involved.
7. Help them prepare but let them perform. Encourage them to sleep well and put thought into a college visit, but once on campus, step back and let them drive the experience. This is good practice for the next phase of their lives – adulthood.
6. Encourage your children to make their own college appointments, phone calls, and e-mails. When a family arrives at an admissions office, it’s important that the student approach the front desk, not the parents. We notice! Having control over those details gives them a

sense of ownership. Don’t be tempted by the excuse that “I’m just saving them time” or “they are too busy” – students will learn to appreciate all the steps it takes to make big things happen if they do them.

5. Allow your children to ask the questions. They have their own set of issues that are important to them.
4. Prepare your children for disappointment. For many students this is the first time they could face bad news. Remind them there is no perfect school and that admissions decisions do not reflect on their worth as people or your worth as parents.
3. Never complete any portion of the college application – yes, even if it is just busy work. That also goes for friends, siblings, counselors, and secretaries. For many colleges, that overstep would be viewed as a violation of the honor policy at the school.
2. Do not let stereotypes or outdated information steer your children away from schools in which they would otherwise have an interest. Times have changed and so have colleges.

AND THE #1 THING FOR PARENTS TO REMEMBER ABOUT THE COLLEGE SEARCH PROCESS IS:

1. **Never, ever, during a college visit buy a sweatshirt or t-shirt from the bookstore in your size – it’s a dead giveaway!**

TEENS’ TOP WORRY IS GRADES

A survey released by the Department of Education reports that teenagers cite “the pressure to get good grades” as the top pressure they face. 44% claimed grades were their number one worry, while 32% identified getting into college as their greatest concern. 29% said fitting in was their greatest pressure and nineteen percent listed the pressure use drugs or alcohol. The poll surveyed over 1,000 teenagers from across the country, and was conducted by Peter D. Hart Research Associates and paid for by Shell Oil Company.

SAT/ACT Tests

SAT TEST DATES	TEST	REGISTRATION DEADLINE	REGISTRATION DEADLINE WITH LATE FEE
January 23, 2010	SAT & Subject Tests	December 15, 2009	December 30, 2009
March 13, 2010	SAT Test only	February 4, 2010	February 18, 2010
May 1, 2010	SAT & Subject Tests	March 25, 2010	April 8, 2010
June 5, 2010	SAT & Subject Tests	April 29, 2010	May 13, 2010
FEES: SAT (Reasoning Test): \$45.00 SAT Subject Tests: Basic Registration Fee: \$20.00 Language Test with Listening: \$20.00 additional fee All other Subject Tests: \$ 9.00 Late Registration Fee: \$23.00			

ACT TEST DATE	REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE WITH LATE FEE
February 6, 2010	January 5, 2010	January 6-15, 2010
April 10, 2010	March 5, 2010	March 6-19, 2010
June 12, 2010	May 7, 2010	May 8-21, 2010
TEST FEE: ACT (No Writing) \$32.00 ACT Plus Writing \$47.00 LATE FEE: \$21.00		

Report card dates

The end of the semester report cards will be mailed home after February 5th by the Board of Education.

FEE WAIVERS

Fee waivers for SAT, ACT and AP exams are available to students who qualify for the school lunch program. The School District will cover the cost of all Advanced Placement Exams! Exam dates are May 4 through May 21, 2010. Visit our website and go to Counseling Office for specific exam dates and times.

UPCOMING EVENTS!

01/21/10	6:00 p.m.	New Family Meeting in the Big Gym
01/28/10	6:00 p.m.	Junior Parent Night in the PAC
02/04/10	6:00 p.m.	Sophomore Parent Night in the PAC
02/11/10		Report Cards Distributed
03/14/10		Daylight Savings Time begins
03/29-04/05/2010		Spring Break

NAVIANCE

ARE YOU REGISTERED ON NAVIANCE?
 IF NOT, CONTACT THE SITE TECH AT EXT. 1133 FOR YOUR DEFAULT PASSWORD.

ASK UC!

The following are two frequently asked questions of the UC colleges:

1. Which UC campuses will be offering guaranteed admission to Eligibility in the Local Context students for fall 2010? UC Davis, UC Irvine, UC Merced, UC Riverside and UC Santa Barbara will guarantee fall 2010 admission to ELC students who satisfactorily complete the Subject and Examination requirements. UC Berkeley, UCLA, UCSD, and UC Santa Cruz will not; however, these campuses do take students' ELC status into consideration during comprehensive review.

2. If a student takes more than eight honors-level courses and completes them successfully, which eight courses will be used in calculating the GPA? For the eligibility GPA, UC will calculate the unweighted GPA and then simply add the maximum eight honors points, based on the number of honors courses taken, not which courses they are. In evaluating applications, campuses look at GPA in a variety of ways, including fully weighted. Although only eight semesters of honors work is counted in the GPA, evaluators consider all the honors courses taken compared to what the school offers, as one way of judging how an applicant took advantage of the available academic opportunities.

Scholarship Information

Applications for scholarships are posted on **Naviance**; information and applications are also available in the Counseling Office. Please read the criteria carefully before taking an application to be sure you are qualified and apply well before the deadline. Most colleges offer scholarships specific to their schools, all seniors should look into the financial need and merit based opportunities at the school to which they are applying. **Visit Naviance for weekly updated scholarship information. Seniors with home zip codes of 92106, 92107, or 92110** will receive special letters early in 2010 inviting them to apply for the Point Loma Optimist Club Scholarships. Applicants must be college-bound and have demonstrated citizenship, character, leadership, and financial need. Seniors who receive this letter in the mail must complete the application and mail it to the Optimist Club by the announced deadline. **Ford Salutes Education** will be giving \$1,000 each to 200 students in San Diego County. All seniors may apply regardless of their GPA. The application due date is February 19, 2010. Judges will select the scholars based on personal achievements, financial need, personal challenges, academic accomplishments, and contributions to their community school and overall character.



*Does your daughter need to earn
community service hours?
Join us and spend a couple of hours
sorting clothes for disadvantaged
teens in San Diego.*

*Our next SORTING EVENT is JANUARY 17TH
DISTRIBUTION EVENT is FEBRUARY 20TH!!*

*For more information, give us a call at 619-884-0844
or email girlfriendscloset@gmail.com.*

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www.mygirlfriendscloset.info*





The Free Application for Federal Student Aid (FAFSA) is now available online at www.fafsa.ed.gov. This is the basic form which families must use in order to apply for federal, state and college-based aid. Families should use their 2009 income tax information for this form. ***The first day to electronically submit these applications is January 1, 2010 and the deadline is March 2, 2010.***

For Seniors who are applying to 2 year or 4 year colleges or technical schools in California and want to qualify for Cal Grants, you won't need to do anything except file the FAFSA!! Our registrar will electronically file all seniors' GPA's to the state in February. Thank you Registrar! If you have any questions, please contact your student's counselor.

A Financial Aid Workshop for students, parents and/or guardians was held on Thursday, January 7th at 6:00 p.m. in the PAC. If you have questions, please contact the Counseling Dept.

CSS PROFILE-The College Scholarship Service (CSS PROFILE) is an application for financial aid that the College Board provides for a small fee. This form is not necessary for UCs or CSUs, but many private colleges do require it. For all seniors applying to private colleges, check your application to see if it is required and make sure to fill it out and send it in by the deadline, which each college specifies individually. You may register online www.collegeboard.org.

THE REAL COST OF COLLEGE

When evaluating college costs, the first numbers people usually consider are tuition, room, and board. However, there are many expenses that aren't always noted and that you might not consider up front, but that are very real expenses. When budgeting for college be sure to consider:

FEES: Some fees are required of all students, some are related to a student's major (such as a science lab breakage deposit), and some are optional student activity fees.

BOOKS AND SUPPLIES: This figure varies according to major and whether or not a student purchases "new" or "used" textbooks. In addition, there may be lab workbooks or photocopied that don't always get figured in. Add 10% to 20% to the figure the college financial aid office provides.

FOOD: Be sure to add dates, splurges, or late-night snacks to your budget, since "board" fees only include school meal plans.

TRANSPORTATION AND TRAVEL: This includes both the cost of commuting back and forth from the local residence to classes and the cost of getting to and from home during vacations and breaks. If a car is involved, there are parking fees, insurance payments, gas, oil, and maintenance costs.

PERSONAL: Incidental expenditures such as laundry, telephone, and entertainment.

MEDICAL AND DENTAL EXPENDITURES: While students can usually remain on a parent's health insurance plan while in school, some options may not be available if a student is away from home.

MISCELLANEOUS: Expenses beyond the basic cost of attending college, including fraternity/sorority dues, tutoring, summer programs, athletics, and clubs.

Adapted from Conquer the Cost of College by Elizabeth Cotè. Adapted from Kaplan PSAT 2003

MORE COLLEGE INFORMATION

COLLEGE VISITS: Many colleges and universities throughout the United States send their representatives to PLHS each year beginning in October. These visits will be advertised in the bulletin as well as on Naviance. Most college visits are held on Mondays, Wednesdays, and Fridays, during Periods 3, 4, and 5. Students should sign up in the Counseling Office prior to the day of the visit if they wish to attend.

COLLEGE INFORMATION EVENINGS AND PREVIEW DAYS: College Information Nights are evening and weekend programs which are held in our area by out-of-town colleges. Parents, guardians, juniors and seniors can talk with admissions officers, financial aid counselors and local alumni on a one-to-one basis. In addition, many out-of-town colleges hold weekend Preview Days. These large gatherings provide scheduled tours, information sessions, and lectures. Please check for postings on **Naviance**, which is continuously updated.

COLLEGE ATHLETICS/NCAA ELIGIBILITY: In order to participate in Division I or Division II college athletics, a student must be certified by the NCAA Initial-Eligibility Clearinghouse. This Clearinghouse was established by the NCAA member institutions in 1993. It ensures the consistent interpretation of NCAA initial-eligibility requirements. Students who wish to play Division I or Division II athletics should begin this process by the end of their junior year. Please see Head Counselor, Laurie Hurl, for details.

NCAA NEWS

The NCAA Eligibility Center has changed their web address. Any prospect that has not registered and plans to enroll in Fall 2010 or later must register at the following website: www.eligibilitycenter.org. Prospects who already registered with the old website will need to log onto their account using the old website www.ncaaclearinghouse.net. Once they have logged in, they will be required to confirm their email address. The prospect will then receive an email from the Eligibility Center with instructions on how to create a new account to transition their account to the new website.

COUNSELOR PRESENTATIONS: Eleventh and tenth grade parent presentations will take place on January 28th and February 4th, respectively.

SCHOLARSHIP OPPORTUNITIES: More than 200 scholarship and leadership opportunities are available to Point Loma students. Scholarships are posted on a regular basis on **Naviance**. Most of the scholarships are aimed at seniors with a few notable exceptions. **Families are reminded that they should not pay a fee for any scholarship search service.** Students can research opportunities on the Internet in the Counseling Center and the Media Center. In addition to public scholarships, the Point Loma community has established scholarships for our students. To donate to these or any other scholarships, please make checks payable to Point Loma High, attention Laurie Hurl.

Some of the upcoming scholarship/leadership opportunities that will be offered this year for students in grades 9 through 12 include: October – **The Links, Inc.**, for African American male seniors; **Hugh O'Brian Youth Program (HOBY)** for sophomores; **Inroads** – for minority seniors interested in business or engineering; January – **Bank of America Awards**, seniors selected by a the Scholarship Board; March – **Rotary Youth Leadership Camp, Camp Enterprise, and Pepperdine Summer Seminar** for juniors; March – **Aaron Price Fellows Program** for freshman.

IF YOU'RE THE FIRST IN YOUR FAMILY TO ATTEND COLLEGE, you don't have to do it alone. ACT has information that can help you and your parents figure out how best to prepare for college and a career.

Here are some things you can do to prepare for college; and the sooner the better. You don't have to wait for high school to do these things.

- Develop your reading, writing and thinking skills.
- Limit your TV time.
- Listen to music with positive messages.
- Join clubs in debate, science or writing.
- Read, read, read.
- Identify people who can help you in and out of school.
- Ask questions.
- Visit colleges.
- Sign up for college outreach programs.
- Talk to college students.
- Join groups at church, at school, and in your community that focus on positive values and support for each member.

You can download brochures for first-generation college students and their parents at www.act.org/path/secondary/resources.html. For additional college and career planning information, visit www.actstudent.org; for college planning resources in Spanish, visit www.act.org/path/spanish.

SENIOR ACTIVITIES



SENIOR FAMILIES: We are in the final stretch of Senior Year. Your Senior Activities Committee* has been very busy planning the following year-end Senior Activities:

Event/Date	Location	Cost
PROM: May 22	Bahia Hotel	Tickets \$50 per student (this sum does NOT include clothing costs, limousine rental, dinner or other extras)
DISNEY SENIOR NIGHT: June 16 Buses leave PLHS at 7 PM Return at 6 AM June 17	Disneyland	\$90 (admission and transportation only!!) \$50 (approx. sum for food, drink & souvenirs) \$140 = approximate total cost per student
GRAD NIGHT: June 18 Buses leave PLHS at 9 PM Return 6:30 AM June 19 Depending on chosen location, activities will include, but may not be limited to, some of the following: billiards, bowling, rock climbing wall, video game truck (with all the latest games), DJ with MTV break dancers, rock video, casino area with black jack & poker, crazy hair, henna tattoos	Unknown	\$140 per student (all-inclusive) (no extra spending money needed) All food & drink included: burger bar, pizza station, chocolate fountain, soft drinks & water; plus farewell breakfast.

FUNDRAISING EVENTS TO EARN MONEY FOR SENIOR ACTIVITIES

The Senior Activities Committee is coordinating fundraisers that students and/or their families may participate in to help defray the costs of their Senior Activities, such as a community 5K walk, a community rummage sale, scratcher cards where each student can earn \$100 per card, candy sales, and icy pop sales. If you would like to participate in any of these fundraisers, please contact Maureen McGrath at (619) 922-2441 or via email at mcmcgrath@prusd.com.

*Senior Activities Committee Members: Ivy Chester, Mike Dolphin, Megan Hannah, Julie Klein, Lisa Laube, Maureen McGrath, Josh Morse, Jean Peugh, Sandy Silverman, Darlene Truver & Lisa Tumbiolo.

JOIN THE POINT LOMA HIGH SCHOOL "POINTER" ASSOCIATION!

As you know, the all family/alumni/student/staff/community support for the Pointers is now **the Pointer Association**, a 501(c)3 nonprofit organization. We would love to have you join us! Your membership and donations enable a dedicated group of volunteers to raise funds for the school's Pointer Priorities...

- | | |
|-----------------------------|-----------------------|
| 1. Classroom Gifts & Grants | 4. Scholarships |
| 2. 21st Century Technology | 5. Underfunded Sports |
| 3. The new Music Center | |

Your personal volunteer time is also very important to ensure the success of Pointers. Our High School and students need lots of support – now more than ever! We're looking for people who want to...

- Serve on the new Pointer Association board
- Be active on a booster group, such as Band, Cheer, Football or others
- Volunteer on campus – regularly or as needed
- Assist with fundraising activities
- Help with planning for the school's 85th Anniversary Gala in Fall of 2010

Join today – and be a part of Pointers' next chapter in family and community support! THANKS!

Please print clearly:

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (____) _____ Email (print clearly!): _____

My volunteer interests are: _____

My PLHS Pointer Association membership level:

- Pointer \$35 Pointer Pal \$50 Maroon Pointer \$100 Gold Pointer \$250
 Purebred \$500 Top Dog \$1,000 Staff & Best Friend \$ _____ \$10

Total Amount \$ _____

Check enclosed (Payable to PLHS Association) ~OR~ Visa MasterCard American Express

Card Number: _____ Exp. Date: _____
Billing Address (if diff. from above): _____ Billing Zip: _____
Signature: _____

~ AND/OR ~

**Donate online at our secure site: www.PointerAssociation.org or mail to:
PLHS Pointer Association, 1220 Rosecrans, #247, San Diego, CA 92106-2674**

Your membership/donation is tax deductible as permitted by law. Consult your tax advisor. TID #95-38001



Sunset Cliffs, Saturday, January 10, 2010