

THE NEXT STEP

ESSEX HIGH SCHOOL GUIDANCE DEPARTMENT

Teens and Work

Maybe you want to have some fun on the weekends. Perhaps you want to buy some clothes, or CDs, or books. Before you start making plans for your first paycheck, and even before you start job hunting, there are some things you need to know.

If you are under 14 years of age, you may be out of luck. The *Fair Labor Standards Act (FLSA)* set the minimum age of employment at 14. It also limits the number of hours worked by minors under the age of 16. In addition, the *FLSA* generally prohibits the employment of a minor in

work declared hazardous. Included is work involving excavation, driving, and operation of many types of power-driven equipment. There are exceptions for those minors employed by their parents or guardian. Youths of any age may deliver newspapers; perform in radio, television, movies, or theatrical productions; and baby-sit or perform other minor duties around a private home.

If you need a worker's permit, please see Mrs. Barley.

Study Skills 101: Eight Simple Rules

#1- Decide what to study, how long, and how many (pages, chapters, problems) to study. (Set and stick to deadlines.)

#2- Do difficult task first. (For procrastination, start off with an easy, interesting aspect of the project.)

#3- Have special places to study. (Take into consideration lighting, temperature, and availability of materials.)

#4- Study 35-45 minutes

and then take a 10 minute break. (Stretch, relax, have an energy snack)

#5- Allow longer time periods for organizing relationships and concepts, outlining, and writing papers. Use shorter time intervals for rote memorization, review, and self-testing. Use odd moments for recall and review.

#6- Do rote memory tasks and review, especially details, just before

SOL Retakes

Now is the time! The SOL retakes will be given in December. If you need to know which SOL you need for graduation, please contact your school counselor. Practice tests are available online and you are welcomed to get help during academic block.

An Advanced Diploma requires you to pass 9 SOLs and a Standard Diploma requires the passing of 6 SOLs.

Remember: Your education is your responsibility!

you fall asleep.

#7- Study with a friend. Quiz each other, compare notes, and predict test questions.

#8- If you get tired or bored, either switch task/activities, subject, or environments. (STOP studying if you are no longer being productive.)

Visit: www.how-to-study.com and www.UCC.vt.edu for more information.

SAT Prep

Attention Juniors and Seniors!

EHS will offer SAT prep classes on November 12th and 19th. The workshop will be from 9-12. Mr. LaFollette will be conducting the math session and Mrs. Sershen will be conducting the reading session. **Students who register are expected to attend both sessions.** Space is limited. Please sign up in the guidance office. The **December 3, 2011** SAT registration is **November 8, 2011.** It will be given here at EHS. Use our school code (472237) when you register.

Register at collegeboard.org. Fee waivers are available to students who qualify.

November Web Sites

www.doe.virginia.gov/VDOE/Assessment/releasedtests.html

Download SOL practice test

Thinking about the military? Sign up in the guidance office to take the ASVAB.

It will be given at EHS on November 2, 2011.

asvabprogram.com.

www.collegeboard.org

SAT, College search

NOVEMBER 2011

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The Next Step

Freshmen and Sophomore Timelines

Plan for the Year Ahead

FALL Freshmen

• In your first year of high school, college may seem far away, but get on the right track now and you'll be ahead of the game.

Sophomores

• Take a good look at all your classes and extracurricular this year. They'll help you prepare for the next two years and get you on the road to college.

• Meet with your [counselor](#) to discuss your college plans. Review your schedule with him or her to make sure you're enrolled in [challenging classes](#) that will help you prepare for college. Colleges prefer four years of English, history, math, science, and a foreign language.

• Use [College Search](#) to find out the required courses and tests of colleges that you might be interested in attending.

• Start a calendar with important dates and deadlines.

• Get more involved with your [extracurricular activities](#).

• Learn about [college costs](#) and how [financial aid](#) works.

Learn about Colleges

• Use the [College Savings Calculator](#) to see how much money you'll need for college, whether you're on track to save enough, and what you need to do to reach your goal. Talk to your parents about financing college.

• [Visit colleges](#) while they're in session.

Find out about college firsthand from college friends who are home for the holidays.

Prepare for Tests

Talk to your counselor and teachers about taking [SAT Subject Tests](#)™ in your strong subjects this spring. Take Subject Tests such as World History, Biology E/M, and Chemistry while the material is still fresh in your mind.

HEY Jocks, Grades Matter too!

Now that school is in full swing, you should keep in mind that student-athletes-YES, even YOU superstars, must meet minimum requirements and have the grades to be accepted into college. The NCAA Clearinghouse (soon to be the NCAA Eligibility Center, [ncaaclearinghouse.net](#)) collects the information on each student-athlete to determine eligibility. The courses you take, your GPA, and your test scores are important. Remember, the college coach will talk to school staff about your ability to succeed academically at college. Coaches need students who are eligible. Why make a coach nervous about your potential to compete at the next level in the classroom? No matter how well you perform on the field/court, coaches can not recruit student-athletes who are not prepared academically.

Avoid being labeled a “dumb jock” by: Communicating early and often. Keep an open line of communication with your teachers. Ask for help and complete assignments.

Exemplify good classroom behavior. Sit near the front of the class room. When the teacher asks for volunteers, be one of them. Be an enthusiastic learner. Sit up straight, and make eye contact as much as possible when the teacher is talking.

Learning to balance academics and athletics can help you make a college team.

Out: [athleticinspiration.com](#)
Laura Mitchell, CEO of Sports Dreammakers Inc.

[www.nextSTEPmag.com/Athletes](#)

WINNING EVERY DAY

1) EVERY VICTORY IS WON BEFORE THE GAME IS PLAYED

(It's all in the power of attitude)

2) THE BEST PART ABOUT GETTING KNOCKED DOWN IS GETTING BACK UP

(Tackle adversity)

3) PUT THE WHY BEFORE THE WHERE OR WHAT

(Have a sense of purpose)

4) GET “GAME READY”

(Make sacrifice your ally)

5) ADAPT OR DIE

(Be prepared for change to stay successful)

6) RUN FOR DAYLIGHT

(Chase your dreams with all you've got)

7) YOU ARE WHAT YOU THINK

(Nurture your self-image)

8) BE TRUST WORTHY

9) COMMIT TO EXCELLENCE

10) CARE ABOUT OTHERS

LOU HOLTZ

HEAD COACH

UNIVERSITY OF SOUTH CAROLINA