

# Caper Notes

## From LCMRHS Counselors

March 2009

### Seniors and Senior Parents



**This newsletter will be mailed home every month. It will contain information about scholarships as well as other information important to seniors and their parents. Most of the local scholarships will be offered after the first of the year. It is the student's responsibility to obtain a copy of the application and to return it completed to the guidance office.**

As always students and parents are invited to visit with the Guidance Counselors:

Senior assignment as follows:

|                                |                    |
|--------------------------------|--------------------|
| Mr. Courtney                   | A-Cra & Ho-Knapp   |
| Ms. Markovitz                  | Da-Hi & Koc-Les    |
| Ms. Last                       | Linn-Mil & O-Ro    |
| Ms. Kuhlberg                   | Mo-No & Ru-Z       |
| Ms. White (Department Liaison) | Freshmen Counselor |

~~ Ms. Kuhlberg will be out on maternity leave for the remainder of the school year. Please direct all questions to Mr. John Quinn, former LCMR guidance counselor, who will be filling in for her while she is gone.

### **\*\*NJ STARS ALERT\*\***

The Higher Education Student Assistance Authority has just ratified legislation that states that the NJ STARS cut off is now the top 15% instead of 20%. For our students right now, that means the top 40 kids are eligible. Please contact your guidance counselor to determine whether you are eligible.

## **Financial Aid Forms** **Available at [fafsa.ed.gov](http://fafsa.ed.gov)** **NOW**

**It is now time to file your financial aid application. Forms are available online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). The preferred, easiest and quickest method of application is on the web. DO NOT DELAY. FILE EARLY!!**

### **FINANCIAL AID**

**FAFSA:** The Free Application for Federal Student Aid is an important part of the college application process if you are interested in receiving grants, loans or scholarships. January 1, 2009 is the earliest the application can be submitted to the Department of Education due to year end financial information that is required. This is the accepted form for most colleges and universities.

**PROFILE:** Many private colleges, universities, graduate and professional schools and scholarship programs use the information collected on the

PROFILE to help them award private, nonfederal student aid funds. If one or more of the schools to which you are applying requires the PROFILE you can pick up a form in the Guidance Office or register on line at [www.collegeboard.org](http://www.collegeboard.org)

Note: You will need to collect financial records (both yours and parents') to complete financial aid forms. Make sure these papers are close at hand: tax returns, W-2 forms, bank statements, records of benefits from the Social Security Administration, Department of Veterans 'Affairs, and other agencies.

## **ALSO IMPORTANT!!**

**AS YOU RECEIVE  
ACCEPTANCE LETTERS AND  
SCHOLARSHIP AWARDS  
EITHER FROM THE  
COLLEGES OR OTHER  
SOURCES PLEASE BRING A  
COPY OF THE LETTER TO  
THE GUIDANCE OFFICE**

## **IMPORTANT**

When you register for the SAT/ACT, you must list our high school code or scores will NOT be sent to LCMRHS and therefore will NOT be listed on your transcript.

**LCMR High School code:  
310210**

### **COLLEGE ADMISSIONS TESTING**

Seniors who plan to attend a four-year college and have not taken a college admissions test need to do so very soon. Those who have tested may choose to retake either test in order to try for a higher score. The registration packets for the SAT I, SAT II Subject, and ACT tests are now available

in the Guidance Office. You may check the college catalogs or talk with your counselor if you are unsure which test(s) to take. The high school code number for Lower Cape May Regional High School is **310210**. Students planning to attend a community college will not need to take the SAT or the ACT.

The testing schedule for the 2008-09 school year is listed below.

### **SAT I & SAT II SUBJECT TESTS**

| <b>Test Dates</b>  | <b>Registration Deadlines</b> |
|--------------------|-------------------------------|
| October 4, 2008    | September 16, 2008            |
| November 1, 2008 * | September 26, 2008            |
| December 6, 2008   | November 5, 2008              |
| January 24, 2009 * | December 26, 2008             |
| March 14, 2009     | February 10, 2009             |
| May 2, 2009        | March 31, 2009                |
| June 6, 2009 *     | May 5, 2009                   |

\*test given at LCMRHS

The cost of the SAT I is \$45.00; the SAT II Subject Tests fees vary depending on the test. Late registration dates are available for an additional \$23.00.

### **ACT**

| <b>Test Dates</b>   | <b>Registration Deadlines</b> |
|---------------------|-------------------------------|
| October 25, 2008    | September 19, 2008            |
| December 13, 2008 * | November 7, 2008              |
| February 7, 2009    | January 6, 2009               |
| April 4, 2009       | February 27, 2009             |
| June 13, 2009       | May 8, 2009                   |

\*given at LCMRHS

The cost of the ACT without the writing component is \$31.00 and with the writing component is \$46.00. Please check the registration packet for test site locations.

### **ASVAB TESTING**

There are opportunities available to young men and women who can qualify for today's Armed Forces. Each branch of the military offers programs of training and technical schooling as well as an excellent college scholarship program. Any senior interested in taking the vocational test for the Armed Forces needs to sign up for the test in the Guidance Office. The test is free and will be administered at LCMRHS on **April 22, 2009.**

## ADMISSIONS: EARLY DECISION OPTION

If you are considering early decision for admission, check immediately with your college of choice for their specific requirements. These deadlines are rapidly approaching and you must plan now if this option is important to you.

### College Application Reminders

1. Register and take the SAT or ACT as quickly as possible, if needed. **NOW!**
2. After investigation, narrow your college list to a manageable number. **NOW!**
3. Write, call, fax, or go on-line with each college to request information and applications for admissions, scholarships, financial aid, housing, etc. **NOW!**
4. Complete and submit application for admissions well in advance of deadlines. Do the same for housing, scholarships, and financial aid. **SOON!**
5. Attend the **Financial Aid Meeting in December** at LCMRHS (12-2-08). The **FAFSA (Free Application for Federal Student Aid)** will be distributed at the meeting and will be available in the Guidance Office following the meeting. This form is to be mailed on or after January 1, 2009. (Note: some private schools use the CSS Profile application also. Follow your school's instructions.)

Remember: The best source of information about a particular college is their own catalog or website. Also, the best source of financial aid information is the Financial Aid office of the college to which you are applying.

## COLLEGE APPLICATIONS

**Now** is when you should be in contact with colleges, securing their applications, filling out their applications, and submitting the different kinds of paperwork required. All colleges have deadlines, some in the fall and others early in the new year. Check your catalogs and don't be caught by a passed deadline. **It is your responsibility to determine where you want to apply and what the specific requirements are.** Information is available in the Counselors' Office to assist you.

**Note: It is important that you give teachers and/or counselors 2-3 weeks notice if you want them to write a letter of recommendation. Please plan ahead so you won't miss any deadlines.**

## COMMON APPLICATION

The Common College Application is available through the National Association of Secondary School Principals. Students need only to complete this application once when applying to any of the participating independent colleges and universities who utilize this form. The list of schools using the common application is available in the Guidance Office.

## ATTENTION SENIOR BOYS

Something to add to your list of things to do today-you need to register with Selective Service. It is not the Army, it's not the draft, no one's going to your house-it's just one of the things a man's gotta do. If you are 18, you have to register within 30 days of your 18<sup>th</sup> birthday. It's the law. If you are 17, you can submit registration information and when you're 18, you'll be registered automatically. Registering keeps you eligible for Federal college loans, grants, and student aid in most states. You can register on-line at [www.sss.gov](http://www.sss.gov), you can fill out a registration card at any U.S. Post Office or you can send back the registration card you may have received in the mail. If you have any questions, check with your Guidance Counselor.

## JUNIOR/COMMUNITY COLLEGES

Junior or community colleges offer two types of programs. One is the transfer program for those students who plan to attend a four-year college. The other program is a career preparation program that leads to an associate degree or some type of certification program.

Many students attend a junior college and pursue a degree program that stresses competency in job entry skills. Others attend to complete courses, which will transfer to a four-year institution. Care should be taken to establish whether particular credits would transfer to a particular four-year school.

The junior college also offers programs which provide competency certificates. These programs are sometimes only one year in length. The junior college will provide information regarding Associate of Applied Science Degrees or competency certification.

### WHAT DO COLLEGES LOOK AT?

Admissions officers consider these factors in roughly the following order of importance:

1. Grade Point Average/Difficulty in Curriculum
2. SAT I & SAT II scores
3. Class Rank
4. Application essays
5. Extracurricular activities
6. Recommendations
7. Interviews
8. Intangibles

Of course, every college is different. The larger the school, the less time it has to spend with your application (sometimes less than five minutes). Big state schools rarely reach number three on this list. Small schools may look past weak grades or test scores if they see something special about you.

### SCHOLARSHIP INFORMATION

*As scholarship information is received in the Counselors' Office, it will be publicized through the "Caper Notes" and/or announcements. It is important to pay close attention to information on eligibility criteria, deadlines, etc. If you are interested in any of these scholarships, please contact the Counselors' Office for applications and/or additional information.*

### IT IS THE STUDENTS RESPONSIBILITY TO

1. READ THIS NEWSLETTER,
2. OBTAIN THE APPLICATION,

3. FILL OUT THE APPLICATION CAREFULLY AND COMPLETELY
4. ATTACH ANY REQUESTED DOCUMENTS OR REQUEST IN WRITING THAT THE DOCUMENTATION BE ATTACHED BY THE GUIDANCE COUNSELOR
5. RETURN THE APPLICATION TO GUIDANCE PRIOR TO THE DEADLINE SET BY THE GUIDANCE OFFICE.

### FYI

THE REASON THAT SOME OF THE DEADLINES PRINTED IN THE CAPER NOTES DIFFER FROM THE DEADLINES ON THE FORMS IS THAT THIS OFFICE NEEDS TIME TO PROCESS TRANSCRIPTS AND OTHER INFORMATION.

### SCHOLARSHIP ANNOUNCEMENTS

**Body By Milk SAMMY 2009 Award:** \$7500 awarded to an exceptional student athlete that demonstrates excellence in academics, athletics, community leadership, and includes milk as part of their healthy lifestyle. Students can apply online at [www.sammyapplication.com](http://www.sammyapplication.com). Deadline is **March 2, 2009.**

**New Jersey School Counselor Association Scholarship:** This scholarship is awarded to a high school senior who has been accepted to a post secondary institution. A 300-500 word essay about how a school counselor has influenced your life in a positive way is required. Deadline is **March 6, 2009.**

**Dana Kull Memorial Scholarship for Christian Vocations:** This scholarship goes to students interested in pursuing a vocation in Christian Service. Deadline is **March 9, 2009.**

**Cape May City Elementary School Scholarship:** Awarded to a student who attended Cape May City Elementary for at least two years and are planning to attend a higher education institution. Deadline is **March 9, 2009.**

**Jersey Cape Military Spouses' Club**

**Scholarship:** Awarded to a student who is a dependent of a Coast Guard member, either officer or enlisted. Student must also have a GPA of 2.8 and be ranked in the top 20% of their graduating class. Deadline is **March 13, 2009**.

**New Jersey Burglar & Fire Alarm Association**

**Youth Scholarship:** Awarded to a student whose parent or natural guardian is a full time paid member of the police or sheriff's department or fire department. Volunteer firefighters are considered as well. Deadline is **March 13, 2009**.

**Polish-American Association of South Jersey**

**Scholarships:** One application for both awards:

**Monsignor Leon S. Winowicz Memorial**

**Scholarship:** \$1000 award to a student of Polish ancestry

**Monsignor Edward H. Bucia Memorial**

**Scholarship:** \$500 award to a student of Polish ancestry

Deadline is **March 20, 2009**.

**Soroptimist of Cape May County Medical**

**Award:** Student must be enrolled or accepted in a medical or medically related educational program. Student must also demonstrate dependability, leadership, and a clear sense of purpose. Deadline is **March 23, 2009**.

**Foster and Adoptive Family Services of New Jersey Scholarship and Grant Programs:**

Many different scholarships and grants available to students who are or have been in foster care or in an adoptive home, and have been under the care and custody of the New Jersey Division of Youth and Family Services (DYFS). Please see Ms. Markovitz for details on how to apply. Deadline is **March 23, 2009**.

**American Red Cross Penn Jersey Blood**

**Services Region Sickle Cell Essay Contest:**

Awarded to a senior who has actively participated in the planning and/or recruitment of donors for the schools blood drive. An essay and verification of involvement in the blood drive is required. Deadline is **March 23, 2009**.

**Tzu Chi Scholars 2009:** Awarded to a student that demonstrates financial need, academic achievement, and community involvement. Must have a GPA of 3.0 or better and planning to attend college full time next year. Deadline is **March 24, 2009**.

**Fred Baker Memorial Scholarship:** \$2000

awarded to a student who is pursuing a career in either Law Enforcement or Fire/Rescue fields with a GPA of 3.0 or higher. Essay required. Deadline is **March 24, 2009**.

**The Lower Township Rotary Club Scholarship:**

Awarded to a student living in Lower Township and planning to attend an academic or vocational two or four year accredited institution. Deadline is **March 25, 2009**.

**New Jersey Utilities Association EEO**

**Scholarship:** \$1500 awarded to a minority, female, or disabled student pursuing a Bachelor's Degree at an accredited college or university. Student must have demonstrated academic excellence and financial need. Deadline is **March 25, 2009**.

**New Jersey State Elks Special Children's**

**Scholarship:** Two renewable scholarships, one for a male and one for a female senior with physical disabilities. Deadline is **March 25, 2009**.

**Eden Institute Foundation Scholarship:** \$1000

for a student who plans to pursue special education or a related field as his/her major field of study in college. Deadline is **March 25, 2009**.

**LCMR Education Association Grant:** This award goes to a student with a parent or guardian who is an LCMREA member. Student must have a GPA of 3.0 and show some type of school activity or community involvement. Deadline is **March 25, 2009**.

**Italian American National Hall of Fame**

**Scholarship:** Student must have at least one parent of Italian extraction and have demonstrated academic excellence and be an active participant in school and community activities. Deadline is **March 25, 2009**.

**Cape Shore Chorus, Sweet Adelines**

**International Scholarship:** Awarded to a female student who is enrolled in an accredited college or school of music. Deadline is **March 25, 2009**.

**New Jersey Center for Tourette Syndrome**

**Scholarship:** Awarded to a student who has been diagnosed with Tourette Syndrome. Deadline is **March 27, 2009**.

**ACCC Marjorie Ward Leaders Scholarship:**

Awarded to a student who shows leadership potential through school, community, and/or sports

activities, as well as a GPA of 2.5 or better.  
Deadline is **April 1, 2009**.

**Women's Community Club of Cape May:**

Scholarship awarded to a female student who is going on to higher education. Deadline is **April 1, 2009**.

**Penn State Alumni Association Southern NJ**

**Chapter Scholarship:** Awarded to students planning to attend Penn State University. Deadline is **April 1, 2009**.

**Caper 10 Alumni Association Scholarship:**

several \$3000 awards given to seniors who are not in the top ten of their class and have attended LCMRHS for all four years. Deadline is **April 1, 2009**.

**Morgan Hand, II Memorial Scholarship:**

Awarded to a student pursuing an undergraduate degree at **Rutgers University**. Preference is given to students majoring in engineering, however all students planning to attend Rutgers are encouraged to apply. Deadline is **April 3, 2009**.

**Lower Township Optimist Club Scholarship:**

Awarded to a member of this years class of 2009. Deadline is **April 3, 2009**.

**New Jersey School Building & Grounds**

**Association:** An award of \$1000 goes to a high school senior seeking admission to a college, university, or vocational college program. Recipients will be chosen based on financial need and application information. Deadline is **April 5, 2009**.

**Robert J. Rittweger Memorial Scholarship:**

Awarded to a resident of Lower Township who attended a Lower Township Elementary School and has a parent who is or was an employee in any phase of work in a school in Cape May County. Deadline is **April 8, 2009**.

**Lower Township Elementary Education**

**Association Scholarship:** Awarded to a student whose parent has been or is currently an employee and member of the Association of the Lower Township Elementary School District. Deadline is **April 8, 2009**.

**Christopher J. Loftus Memorial Scholarship:**

A \$1000 scholarship awarded to a student who has personally been affected by violence. A one page essay is required explaining what you have done to

turn your life around and what you have done to turn those experiences into positive actions.

Deadline is **April 8, 2009**.

**Cape May County Bar Foundation Jeffrey K. Israelow and R. Robert Fleming Scholarship:**

Awarded to students who foster the ideals of scholarship, public service, and assistance to the community. Deadline is **April 8, 2009**.

**New Jersey's Vietnam Veterans' Memorial**

**Scholarship:** \$2500 awarded to a senior who has visited the memorial in North Jersey (exit 116 on the Garden State Parkway). An essay about his or her visit is required. Deadline is **April 10, 2009**.

**ACCC ACCESS Scholarship:**

Awarded to a student with a GPA of 2.5 or higher who demonstrates leadership abilities. Student must complete an application with two letters of recommendation and a school transcript. Deadline is **April 20, 2009**.

**Ben L. Frishmuth Memorial Scholarship,**

**Transportation Department:** Awarded to a senior who plans to attend a 2 or 4 year college. Student must be a B or C student. Deadline is **April 20, 2009**.

**James "Pop" Johnson Memorial Chapter 602, Vietnam Veterans Scholarship:**

\$1000 scholarship for a student in Cape May County. Eligibility includes but is not limited to: child, spouse, or grandchild of a veteran (preference given to those related to Vietnam Era veterans), child, spouse, or grandchild of a former POW, a veteran MIA or veteran killed in action. Deadline is **April 20, 2009**.

**National Black Coalition of Federal Aviation**

**Employees:** Scholarship awarded to a senior who has been accepted to an institution of higher learning for the advancement of their academic skills. Deadline is **April 23, 2009**.

**John & Irene Papines Scholarship:** Awarded to a senior of Greek heritage. Deadline is **April 24, 2009**.

**The Billy Consalo Memorial Agricultural**

**Scholarship:** Awarded to a student planning to pursue a career in agriculture or an agriculturally related field at a college, university, technical, business, trade school, or other institute of higher

learning. Student must have a "C" average or higher. Deadline is **April 24, 2009**.

**Cape May County Emerald Society Scholarship:**

Awarded to a student of Irish heritage and who is active in the community. An Essay is required explaining why "Irish Americans are attracted to the Public Safety Sector" (i.e. Police, Fire, and EMT). Deadline is **April 24, 2009**.

**Woody Hall Memorial Surfer Scholarship:** Award sponsored by the Atlantic Surfers' Organization and available to a senior in Cape May County who is an avid surfer. Essay required. Deadline is **April 24, 2009**.

**Cape May County Rotary Club Scholarship:**

\$1000 awarded to a student residing in Cape May, West Cape May, or Cape May Point who plans to attend a 2 or 4 year school. Deadline is **April 24, 2009**.

**Class of 2009 Scholarship:** \$500 awarded to a deserving senior who is in the top 20% of the class and participated in Class of 2009 activities. Deadline is **April 24, 2009**.

**The William C. & Mabel D. Hunt Memorial**

**Scholarship:** Available to students with a strong financial need. Deadline is **April 24, 2009**.

**Cape May County Chamber of Commerce**

**School Counts! Scholarship:** Student must have obtained a "C" or better in each course, achieved a 95% attendance record, taken more than the minimum graduation requirements, have participated in community service, and is a member of Renaissance for their entire senior year. Deadline is **April 24, 2009**.

**LCMRHS PTA Scholarship:** Awarded to seniors with a preference given to those with parents who are members of the PTA. **Deadline is April 24, 2009**.

**William J. Moore Scholarship:** Awards given to a Cape May County student who endeavors to pursue a "formal education in a college, university, or equivalent post-high school vocational training institute." Deadline is **May 8, 2009**.

**Epilepsy Foundation of New Jersey:** \$1000 scholarship awarded to a student who is diagnosed with Epilepsy and plan to attend a college or university. Deadline is **May 8, 2009**.

**Dan Ross Memorial Scholarship:** Available to a senior with a GPA of 3.0 or higher who is pursuing a degree in a sports related field (sports medicine, physical therapy, physical education, etc.) and/or has been recruited to play a sport at a Division I or II college or university. Deadline is **May 26, 2009**.

**SENIOR AWARDS NIGHT INFORMATION**

As soon as you receive notification of awards, financial aid and/or scholarships, it is important for you to bring a copy of this information to the Guidance Office. The information will be kept on file for recognition at the annual LCMRHS Senior Awards Day Program on **May 21, 2009**.

**SENIORS WHO HAVE ACCUMULATED A SIGNIFICANT NUMBER OF COMMUNITY SERVICE HOURS (BOTH SCHOOL RELATED AND NON-SCHOOL RELATED) SHOULD SEE Ms. Last IMMEDIATELY.**

Most universities offer scholarships for students planning to attend that school. You should contact the financial aid office at each of the schools that you are interested in attending.

**THIS NEWSLETTER WILL PROVIDE YOU WITH INFORMATION ABOUT MANY LOCAL SCHOLARSHIPS OVER THE NEXT FEW MONTHS. IT IS IMPORTANT TO STAY ORGANIZED AND DO NOT MISS THE DEADLINES IN THE UPPER RIGHT HAND CORNER OF THE APPLICATION.**

**REMEMBER YOU CAN NOT BE AWARDED A SCHOLARSHIP IF YOU DO NOT APPLY**

**SCHOLARSHIP SCAM WARNING SIGNS**

Watch out for the following claims companies will make in an effort to scam you:

- "For a fee, we will provide a comprehensive list of scholarships." Don't spend money on

a fee-based matching service. The biggest and best scholarship databases are available for free on the Web.

- **“Billions of dollars of award monies going unclaimed.”** Statements about funds going unclaimed are simply untrue. If funds are available, students will compete for them.
- **“We have a money-back guarantee.”** Legitimate scholarships are always competitive. No one can guarantee that you will win a scholarship.
- **“We need your credit card or bank account number.”** No legitimate scholarship should require your credit card number or bank account numbers.
- **“We will do all the work.”** To receive a scholarship students must complete the application and essays themselves. No one else can do the work for them.

### Tips for a Killer Essay

With more colleges asking unique essay questions, the student’s job of writing an interesting essay has become more challenging and more time consuming. Those students applying to multiple colleges are no longer able to simply rehash the standard question for each school. Here are seven tips to guide you through the evolving world of the college essay.

1. Treat the essay seriously, but be creative and original.
2. Allow yourself at least a month to think about, write, review, and revise your essay.
3. Outline your ideas first, so you know where you’re going.
4. Make sure you answer the question completely, providing specific examples to back up your points.
5. Use your own voice, and don’t just respond with what you think a college would like to hear.
6. Get a second opinion on your first draft—from a friend, family member, or teacher.
7. Proofread carefully, and submit a neatly typed version.

### WHY TWO TESTS?

Many high school students may wonder why there are two tests. Originally, there was only the SAT. The SAT as we know it today (scored on a scale of

200 to 800) was first administered in 1941, and was used primarily by Ivy League schools to determine who would be successful. In the late 1950’s, state schools and other private universities, mostly in the Midwest, wanted their own standardized test that was more tied to the curriculum. To fulfill this need, a separate organization was born called American College Testing, which administered its first test (scored on a scale of 1 to 36) in 1959.

Today, the ACT and SAT are administered in all 50 states. College applicants must be aware of which test results their prospective schools require.

### Test Strategy

- **Get Familiar.** Learn the content and format of the test.
- **Practice, Practice, Practice!!**
- **Get your rest.** Get plenty of sleep the night before the test, and leave yourself enough time to get to the test site. Arrive at least 30 minutes before the exam and bring necessary materials to the test site: admission ticket, photo identification, several pre-sharpened pencils with good erasers and a calculator.
- **During the test,** remember to:
  - \*read the directions and questions carefully
  - \*pace yourself
  - \*answer easy questions first
  - \*use logical reasoning and process of elimination for tougher questions
  - \*review your work
  - \*be precise in marking your answer document
  - \*erase wrong answers completely
- **The most important advice:** Stay cool, calm, and collected. Don’t let the test stress you out!!

