



# SENIOR FUTURES

**REMINDER: COLLEGE APPLICATIONS  
DUE 12/12/08 TO MR. TOMASIK**

**COLLEGE OPEN HOUSES :  
Contact Schools to Register.**

SUNY BUFFALO	10/18
BUFFALO STATE	11/8
CANISIUS COLLEGE	contact
HILBERT COLLEGE	10/25
SUNY FREDONIA	10/25
ST. BONAVENTURE	10/5
DAEMEN COLLEGE	10/18
D'YOUVILLE COLLEGE	10/25
SUNY BROCKPORT	11/8
TROCAIRE COLLEGE	10/18
NIAGARA UNIVERSITY	10/18
SUNY GENESEE	Contact

**What Will Be Happening:**

- Seniors attend Futures Program Workshop .
- Erie Community College will have an open house on October 29, 2008.
- Western New York College Consortium visited Lake Shore High School September 25th.

## WELCOME TO YOUR FUTURE

This is going to be a busy year for all of you. Graduation will soon be your primary thought, but there are some future decisions to be made: "What do I want to do?", "Where do I want to go?", "Do I stay home or in a dorm, in-state or out-of-state?". Decisions, decisions, decisions!!!

Hopefully, this newsletter is going to help make the process a little bit more tolerable. We have put together some helpful guidelines to make your SENIOR year less stressful.

This year you will research and apply for college, ask for a letter of recommendation, write col-



"Opportunities are endless."

lege essays, take and/or retake the SAT or ACT exam. You will also meet with Mr. Tomasik, school counselor to discuss your future and review your high school career. All of this will need to be done, plus you will continue with your sports, practice your instruments, work on the yearbook, plan for the

prom and attend numerous social events.

The Counseling Center Department will do its part to help guide and support you through this final year, but the responsibility of meeting deadlines and challenges lie with you.

Please follow these guidelines so you can enjoy *your* SENIOR year.

Have a terrific year!

Sincerely,  
Lake Shore Counseling  
Center Department

## SAT AND ACT TEST DATES – SCHOOL CODE 330195

To register for these exams you may sign up at [collegeboard.com](http://collegeboard.com) for the SAT exam and [ACT.org](http://ACT.org) for the ACT exam. Both exams are accepted by most colleges and universities.

**SAT EXAM**

**Register**  
Nov 5

**Test**  
Dec 6

Please be aware that the test location is not Lake Shore High School.

**ACT EXAM**

**Register**  
Nov 7

**Test**  
Dec 13

Please be aware that the test location is not Lake Shore High School.

## COLLEGE RECOMMENDATIONS – WHO TO ASK

Seniors, you need college admission counselors to find out about all the excellent qualities you possess to excel at their college. Therefore, you need to put your best foot forward and start requesting letters of recommendations.

Two to three letters of recommendation are usually required for your application. Request recommendations from people who know your strengths. Teachers, school counselors, club advisors, and coaches are usually the best choices. An employer,

community leader, or church leader can be another option if he or she knows you well and can emphasize your good qualities and achievements.

It is important to ask for recommendations early, so there is enough time to get them in comfortably before the deadline. It's considerate on your part. It is also not smart to wait until the last minute for it will cause you and the recommender undue stress, which could directly affect your letter.

- Give your recommender a deadline, allowing at least three weeks to complete the letter.
- Provide the recommender with a stamped envelope addressed to the school.
- Provide a list of your activities and awards to facilitate the process.
- Send thank you notes to your recommender.
- Let recommenders know your application results.



**“Take the time to create a high school resume.”**

## CREATE A HIGH SCHOOL RESUME

As mentioned, it is time to put your best effort in, in your pursuit in sway the decisions of college admission representatives. With more and more students than ever before applying to college, and academic standards rising at all institutions, you need to separate your applica-

tion from the rest of the pack. First, a high school resume will foster that positive first impression that you want an admission counselor to know about you. It tells the review committee you are a well disciplined student. Bonus! Second, it is a well organized

piece of information that reflects your academic skills, awards, school involvement activities, and employment opportunities throughout high school.

## COLLEGE ESSAY – WHERE TO BEGIN

The most important part of your essay is the subject matter. You should devote at least one week to simply brainstorming ideas. To begin brainstorming a subject idea, consider the following points:

What are your major accomplishments, and why do you consider them accomplishment?

What skill or attribute distinguishes you from another person ?

How has your favorite books, movies, music selections influenced your life?

What was the most difficult thing in your life, and why? How did this change your perspectives in life?

Have you ever struggled for something and succeeded or failed? How did you respond to the situation?

What have you done outside of the classroom that universities would look fondly upon?

Now you have the idea, so start writing and create that great college essay.

## CHOICES AND MY COLLEGE OPTIONS WEBSITES

The counseling center offers a **web-based career and college program called CHOICES**. This program allows students to set up and access their account from any computer, which in turn will help students make better decisions about their future. Students will have access to career majors, college searches, scholarship information, test prep for the SAT exam, and resume creations.

If you have not accessed your account or need to **create one, follow these steps:**

1.) Type in the location

**bridges.com**

2.) **Enter Site ID #: 0037447**

3.) **Enter password lshs**

4.) **Click 'Student and Create Account'**

Once you have your account you can start exploring and deciding on your future plans.

**IMPORTANT:**

Seniors, you should explore **My College Options.com**.

This website is excellent in narrowing down your school choices based upon your personal goals and interests

(including, academics, co-curricular activities, and location preferences), and matching them to colleges across the country.

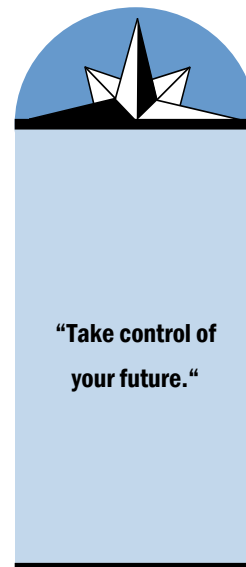
Once you log onto the site and complete a short interest survey online, you will receive a comprehensive profile listing up to twelve schools called, "My College Options." From there you may explore each college, access their websites, and apply online.

## ARMED SERVICES

Have you ever thought about serving for your country? You have many options to look at with regard to the armed services. You might choose the Air Force, Army, Navy, or National Guard for a career choice. You also might go onto college and join an ROTC program which

can help you pay for college with a commitment to service after you graduate. Whatever your reasons are for making a decision, know that the armed services are an opportunity for you to gain valuable skills, as well as future money to attend college.

At the Counseling Center Office, we encourage you to discuss this with your family and be cautious in your decision-making. We can assist you in meeting with representatives with parental consent.



**"Take control of your future."**

## PLAYING SPORTS IN COLLEGE – NCAA REGULATIONS

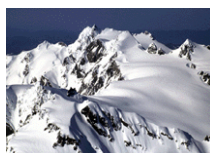
**Attention Student-Athletes:**

You might be thinking about choosing a college that offers a competitive sport you want to play, but before you begin, you must make sure the **NCAA Initial- Eligibility Clearinghouse form has been filled out.**

**This form must be filled online if you plan to play a**

**sport at a NCAA Division I and II institution.**

The NCAA strongly encourages students to fill out this form online. However, if a prospective student wishes to pay by check and not credit card, they must fill out the paper application



**"Nothing ventured, nothing gained."**

which you can get in the career center. Please be aware that the NCAA has sent us a limited supply, so we

strongly encourage the online process.

To register, student-athletes should access the registration materials by clicking on:

[ncaaclearinghouse.net](http://ncaaclearinghouse.net)

## APPLYING TO COLLEGES

### THINGS YOU NEED TO KNOW!

1.) We strongly urge you to apply to colleges online for they are faster and a reliable service. If you are applying to one of the SUNY schools, you may click on:

[www.suny.edu/student](http://www.suny.edu/student)

Follow the prompts and make sure you answer all questions. Once you are done, you will click “submit” and it will then prompt you for payment. **You now can pay by credit card or print off the payment form and send in a**

**check.** After this process is done you will be asked to print off the **SUNY Transmittal Form, which needs to be handed into your school counselor as soon as possible.** Please be aware this is Part One of applying to a SUNY school. After Part One is processed, you will receive in the mail a supplemental application for some of the colleges you have applied too. This form must be completed and returned to the college.

2.) You also may apply to private schools online. **The fee is usually waived.** Please

follow the appropriate instructions and print off the counselor recommendation form and return it to your guidance counselor.

3.) **We will forward your transcript, letters of recommendations, test scores, college essays, and resumes. WE SEND EVERYTHING INTO THE COLLEGES.**

4.) **If you are applying for Early Decision, make sure all your ducks are in order by the deadline. Check with the college for this date.**



“Apply online to colleges. It is a faster service.”

## EOP – EDUCATIONAL OPPORTUNITY PROGRAM

The State University of New York, Educational Opportunity Program (**EOP**) **provides college access to economically disadvantaged, and academically under prepared students who wish to attend a SUNY institution.** However, under prepared students accepted into

the Educational Opportunity Program must show promise to master college-level work with support from program resources (academic, tutoring, career coaching, financial aid assistance, individual and group counseling, mentoring etc.).

Offered primarily for full-time students of New York, EOP applicants must meet both academic and financial guidelines.

Please contact your child’s school counselor to see if your child qualifies.

## SCHOLARSHIPS – IT WILL TAKE SOME WORK

Dear Seniors:

You are going to have to do some work to find scholarships. The counseling office will help provide you the resources, but it will be up to you to apply and meet scholarship deadlines.

First, **in the counseling center is a RED BINDER** that will hold an updated docu-

ment of scholarship opportunities that are available for Western New York students each month. New scholarships arrive weekly mostly from November until April. It is your responsibility to check out the binder on a consistent basis. **DO NOT WAIT!**

**FASTWEB.COM**

**This is the place to go for searching for national scholarships. All you have to do is register and put in your profile, You will then receive via email scholarships you qualify for based upon your personal profile.**

## FINANCIAL AID – FIRST STEP – FAFSA

If you are planning to attend college in the *Fall of 2009*, **then please target January 2009 to submit the FAFSA (Free Application for Federal Student Aid).**

To maximize your chances of receiving financial aid, submit your FAFSA as soon as possible **after the January 1st of the year for which you are requesting aid.** Do not apply before January 1 or without your Social Security Number, your application will not be processed.

Apply via the Internet with the FAFSA on the web or

complete a paper FAFSA (available in the guidance office early December). No charge to submit either way.

### **FAFSA on the Web:**

**Submit your FAFSA on the Web ( [fasfa.ed.gov](http://fasfa.ed.gov)).** You will be prompted to request a personal PIN. After receiving your PIN, instructions to sign the FAFSA electronically will be provided.

Online help is available to identify potential errors. Using the internet, your FAFSA is processed faster.

### **Pre-Application Worksheet**

Many prepare to complete the FAFSA on the Web by downloading the Pre-Application Worksheet:

**([fafsa.ed.gov/preappwk.pdf](http://fafsa.ed.gov/preappwk.pdf))**

It contains the questions on the 2008-09 application in the same order as they appear on the web.

**1-800-FED-AID**



The High School  
Counseling Center  
will be sponsoring a  
Financial Aid Night  
on January 14th at  
7:00 pm at High  
School

## FINANCIAL AID: PROFILE REQUESTED BY SOME PRIVATE COLLEGES

The PROFILE form is administered by the College Scholarship Service (CSS), the financial aid division of the College Board. The CSS PROFILE is required by many private colleges and universities to determine your eligibility for non-government financial aid, such as the institution's own grants, loans and scholarships. The CSS PROFILE was formerly known as the FAF. The biggest differences between the CSS PROFILE and the FAFSA are:

- **Submission dates:** The CSS PROFILE can be submitted in the fall; FAFSA cannot be submitted before January 1.
- **Specific questions:** The CSS PROFILE contains questions specific to the school or program you're applying to; FAFSA contains the same questions for everyone.
- **Different methodology:** The CSS PROFILE determines your financial need differently than the FAFSA, taking into account such factors as whether your family owns a home. In general, the CSS PROFILE asks for more detailed information than FAFSA.
- **Minimum student contribution:** The CSS PROFILE requires this; the FAFSA doesn't.
- **Greater reliance on professional judgment:** The CSS PROFILE gives financial aid counselors greater freedom to grant aid based on a student's particular circumstances.
- **Cost:** CSS PROFILE costs \$5 plus \$18 for each school or scholarship program selected; the FAFSA, as the name implies, is free.

## COLLEGE PLANNING NIGHT AT HIGH SCHOOL

The Lake Shore High School Counseling Center realizes that college planning can be stressful for both parents and students. In addition to presenting and meeting with seniors we know it is imperative that we offer an educational opportunity for parents to learn how to navigate the college and career planning process. All parents of seniors are encouraged to attend this presentation. Please bring your questions and thoughts to this program for there will be an opportunity for you to get those an-

swered. We look forward to seeing you at the event.

**WHEN: Wednesday, October 22nd**

**WHERE: High School Auditorium**

**TIME: 7:00 pm**

**TOPIC: College and Career Planning**



## COLLEGE NIGHT FOR STUDENTS WITH DISABILITIES

This excellent college night has helped over hundreds of families to make appropriate decisions with regard to students with disabilities. Topics that will be discussed are how to pick the right college, the legal differences between high school and college, and the experiences of current college students with disabilities.

**WHEN: Tuesday, October 28, 2008**

**WHERE: University Center for Tomorrow (Amherst Campus)**

**TIME: 6:30-9:00 pm**

**QUESTIONS: 851-1832**

**“ Plan on attending these college nights to further your own education on the process.”**

## UPCOMING: COLLEGES VISITING COUNSELING CENTER

**Oct 8 - Edinborough – 11:30 a.m.**

**Oct 9 - Oswego – 9:00 a.m.**

**Oct 22 - St. John Fisher – 11:30 a.m.**

**Oct 23 - Lake Erie College -12:00 a.m.**

**Oct 27 - RIT -10:30 a.m.**

**October 30 - Mercyhurst – 2:00 p.m.**

**If your child is interested in meeting with any of the college representatives they can see Mr. Tomasik for a pass. If your child mentioned interest in a college during their scheduling meeting last year, they will automatically be sent a pass!**

## SENIOR YEAR CALENDAR – THINGS TO ACCOMPLISH!

### October

- Take the SAT and/or ACT.
- Work on your admissions essays.
- Attend Lake Shore High School College and Planning Night on October 22<sup>nd</sup>, 2008
- Visit your top school choices. If possible, make appointments with faculty, staff, and students.
- Complete applications for every scholarship for which you may be eligible.
- Apply for Early Decision – check schools deadline on their website
- Finalize portfolios, audition tapes, writing samples, or other evidence of talent if required for admission.

### November

- Complete admissions applications by their regular deadlines.
- If you haven't already done so, attend college planning and/or financial aid information nights and college fairs.
- If necessary, register to retake the SAT and/or ACT.
- Follow up to ensure your employers, teachers, and school counselors have completed letters of recommendations

### December

- Sign up for a PIN, to complete your FAFSA online. (Parents/students both need a PIN.)
- Urge your parents to file their taxes as soon as possible after January 1. This will ease the financial aid process.
- Watch for early admissions notices (they tend to arrive in December or January).

### January

- As soon as possible after January 1, complete your FAFSA online (or go to [www.FederalStudentAid.ed.gov](http://www.FederalStudentAid.ed.gov) to download a PDF version of the FAFSA). Keep copies of all documents, including your PIN, in a file.
- Attend Lake Shore High School Financial Night on January 14<sup>th</sup>, 2009

### February

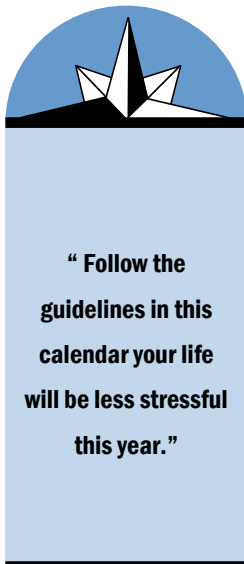
- Watch for the e-mail notice indicating your Student Aid Report (SAR) is ready.
- Review your SAR for errors and make any corrections as indicated.
- Rank your top school choices.

### March

- Be on the lookout for acceptance letters.

### April

- Compare financial aid award letters.
- Make your final school decision and mail deposits, as required.
- Notify the schools you have chosen NOT to attend.



## Lake Shore High School Counseling Center

Ms. Boncore – 926- 2325  
9th grade

Mr. Brown – 926-2322  
10th Grade

Mr. Kelley – 926-2323  
11th Grade

Mr. Tomasik – 926-2325  
12th grade

Mrs. Manney – 926-2326  
At-Risk Counselor



"The journey begins now."

[Lakeshore.wnyric.org](http://Lakeshore.wnyric.org)

THE LAKE SHORE COUNSELING CENTER IS  
COMMITTED TO COMMUNICATING WITH YOU  
THROUGH TRADITIONAL MAILINGS AND  
ELECTRONIC COMMUNICATIONS. CHECK OUT THE  
SCHOOLS MAIN WEBSITE FOR CURRENT UPDATES.

Lake Shore Counseling  
Center  
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Angola, New York 14006

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Parent/ Guardian  
Mailing Address