

SHELDON HIGH SCHOOL

Paula D. Duncan, Principal

December 2007/January 2008

Vice Principals: • Britt Hammon • Maria Russell • Carl Steinauer

681-7500

Dates to Remember

Event	Date	Time	Location
Renaissance BBQ #2	Wednesday, 12/5	During Lunches	Quad
Josten's Ring Delivery	Thursday, 12/6	Lunches & 5:30-7:00	Cafeteria
SPAC Meeting	Monday, 12/10	6:30 pm	Career Center
Multicultural Fashion Show	Wednesday, 12/12	Lunches	Cafeteria
Band Performance	Thursday, 12/13	7:00pm-9:00pm	PAC
Multicultural Assembly	Friday, 12/14	All Day	Gym
Choir Performance	Tuesday, 12/18	7:00pm-9:00pm	PAC
Food Faire #2	Wednesday, 12/19	During Lunches	Quad
Minimum Day	Friday, 12/21	Dismiss @ 12:30	
AP Parent Night	Wednesday, 1/23	6:00pm-7:30pm	Cafeteria
Winter Break – NO SCHOOL	December 24 – January 4 - Return on January 7 - Office will be closed during break.		
Financial Aid Night	Thursday, 1/10	6:00-8:00 pm	Cafeteria
UR Dance Recital	Thursday, 1/10	7:00-9:00 pm	PAC
SPAC Meeting	Monday, 1/14	6:30 pm	Career Center
Term 2 Finals, Periods 4 & 3	Thursday, 1/17	8:00 am-12:10 pm	
Term 2 Finals, Periods 2 & 1	Friday, 1/18	8:00 am-12:10 pm	
Martin Luther King, Jr. Day Observance	Monday, 1/21	NO SCHOOL	
Winter Homecoming Rally	Friday, 2/1	2:20-3:04 pm	Gym
Incoming Senior Course Selection	Tuesday, 2/5	4:00-6:30 pm	Cafeteria
Winter Homecoming Dance	Saturday, 2/9	8:00pm-12:00am	Gym/Cafeteria
Lincoln's Birthday Holiday	Monday, 2/11	NO SCHOOL	
Incoming Junior Course Selection	Tuesday, 2/12	4:00-6:30 pm	Cafeteria
Mainstage Performance	Thursday, 2/14	6:00 pm-9:00pm	PAC
Mainstage Performance	Friday, 2/15	7:00 pm-10:00pm	PAC
Mainstage Performance	Saturday, 2/16	7:00 pm-10:00pm	PAC
Washington's Birthday Holiday	Monday, 2/18	NO SCHOOL	
Incoming Sophomore Course Selection	Tuesday, 2/19	4:00-6:30 pm	Cafeteria

Inside This Issue

Principal's Message	2
Mission Statement/Expected Schoolwide Learning Results	3
General Information	4
Academy News	5
Department News	6
Counseling News	9
ASB News	12
Athletics	13

PRINCIPAL'S MESSAGE

I know you will appreciate the beauty in this story. Don't look for a punch line. There isn't one. Read it anyway. My question to all of you is: Would you have made the same choice?

At a fundraising dinner for a school that serves learning disabled children, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question. "When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do. Where is the natural order of things in my son?"

The audience was stilled by the query. The father continued. "I believe, that when a child like Shay comes into the world, an opportunity to realize true human nature presents itself, and it comes, in the way other people treat that child."

Then he told the following story: Shay and his father had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging. Shay's father approached one of the boys on the field and asked if Shay could play. The boy looked around for guidance and, getting none, he took matters into his own hands and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning."

In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the outfield. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands.

In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat. At this juncture, let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher moved in a few steps to lob the ball in softly so Shay could at least be able to make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game.

Instead, the pitcher took the ball and turned and threw the ball on a high arc to right field, far beyond the reach of the first baseman. Everyone started yelling, "Shay, run to first! Run to first! Never in his life had Shay ever made it to first base. He scampered down the baseline, wide-eyed and startled; everyone yelled, "Run to second, run to second!" By the time Shay rounded first base, the right fielder had the ball. He could have thrown the ball to the second-baseman for the tag, but he understood the pitcher's intentions and intentionally threw the ball high and far over the third-baseman's head.

Shay ran toward second base as the runner ahead of him deliriously circled the bases toward home. Shay reached second base, the opposing shortstop ran to him, turned him in the direction of third base, and shouted. "Run to third!" As Shay rounded third, the boys from both teams were screaming, "Shay, run home!" Shay ran to home, stepped on the plate, and was cheered as the hero who hit the "grand slam" and won the game for his team.

"That day," said the father softly with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world."

We all have thousands of opportunities every single day to help realize the "natural order of things." Making a positive difference for another can be seen as a random act of kindness.

Footnote: Many of you may have read about the cross country runner (in the Sacramento Bee) who stopped to aide a runner from another school. The runner who needed aide was having an asthma attack. The two runners ran together until the young asthma runner could run on her own.

So many seemingly trivial interactions between two people present us with a choice: Do we pass along a little spark of love and humanity or do we pass up that opportunity, and leave the world a little bit colder in the process?

Happy Holidays,

Paula D. Duncan

MISSION STATEMENT

The mission of Sheldon High School is to empower students to meet standards of excellence which foster intellectual curiosity and ready them to be responsible, productive, employable citizens in a culturally diverse society.

1. Provide students with a quality academic program.
2. Personalize the education of students to the maximum extent possible.
3. Provide students with a consistent supportive 9-12 academic experience.
4. Provide students with opportunities for career exploration.

**EXPECTED SCHOOLWIDE LEARNING RESULTS
FOR SHELDON HIGH SCHOOL STUDENTS**

Following are the “Expected Schoolwide Learning Results” (ESLRs) for Sheldon High School students:

Effective Communicators who:

1. Demonstrate effective speaking skills utilizing the following:
Self-advocacy, tone, expression, inflection, meaning, subject appropriate terminology/vocabulary.
2. Demonstrate effective listening skills utilizing the following:
Follow instructions, infer meaning, resolve conflicts, respond to multiple communications, effective discussion participant.
3. Demonstrate effective writing skills utilizing the following:
Logs, research papers, essays, journals, lab reports, business letters, proofs/equations, theory, speeches (employ various forms of written communication), non-alphabet communication.

Critical Thinkers who:

1. Relate acquired knowledge to real life situations in a global society.
2. Recognize problems and apply appropriate methodology to reach a solution.
3. Make solid life decisions by assessing cause/effect relationships, consequences/possibilities.
4. Analyze, evaluate, synthesize by interpreting all areas of relevance; i.e., fact, details, propaganda, graphs, spreadsheets, etc.

Responsible Citizens who:

1. Respect self, others and all property.
2. Demonstrate the qualities of honesty and integrity in school, community, and home.
3. Positively contribute to group oriented social and academic environments.
4. Engage in activities which serve to better their school, community, nation, and global society.
5. Recognize their duty to follow through with their tasks at hand.

Self-Directed, Life-Long Learners who:

1. Utilize and discern effective resources for research.
2. Challenge themselves with goal setting beyond the classroom, in order to learn new concepts, apply new knowledge, and mentor their communities.
3. Function in an every growing technological society by incorporating current applications and by reading technical language.

Productive Workers who:

1. Manage time effectively by meeting deadlines.
2. Value learning opportunities by arriving on time and being prepared to pursue the tasks at hand.
3. Work effectively in collaborative settings.
4. Demonstrate reliability and responsibility by being accountable for their own actions.
5. Regard reflection and effective questioning as tools for success.

Diversity Advocates who:

1. Recognize the strength of diversity by embracing alternative views respecting multiple skill levels, and building a solid awareness of the world around us.
2. Promote acceptance by constructively challenging discriminatory attitudes and behaviors.
3. Work in a team environment while embracing and respecting individual differences.

GENERAL INFORMATION

Grade Reporting

Progress reports and semester grades will be *mailed home on the dates indicated below, with the exception of quarter grades*—these will be distributed to your student(s) during 2nd period. Please allow 3-5 business days after the mailing date for the report card to arrive.

Fall Term 2 – 10/29/07 – 01/18/08	
Mailed Home	Grades Issued
11/20/07	Progress Report
12/14/07*	Quarter Report Cards
1/9/08	Progress Report
1/30/08	Term Report Card and Credits

*Quarter grades distributed to students during 2nd period classes.

Tardy Policy

Due to the large number of students at Sheldon High School, you may want to leave the house a little earlier as traffic, car problems, and over-sleeping will not be excused. All students arriving to school late because they had a doctor or dental appointment are required to have a note from the doctor. Please see the tardy policy in the student handbook for more details.

Reporting Absences

We have an absence reporting line that can be called after 4:00pm and before 7:00am. Call 681-7500 and dial in 93278. You will be asked to leave the following information.

- Student's Name/Id Number/ Grade level
- Date of Absence (i.e., same day, or previous date, and time if student was only absent a partial day)
- Reason for absence (i.e., sick, doctor/dental appointment, etc.)
- Your name and relationship to the student and a daytime phone number.

Early Dismissal Policy:

Remember: If parent is picking up child to leave early – has sent a note or called in – the student's are no longer permitted to wait in front of campus on the street; the parent must be prepared to come into the office and show picture ID to Office Staff.

If you're calling to get a leave of grounds for your student, please allow us enough time to look up their schedule, contact the teacher, and time for your student to walk up to the office.

Please Note: If your student is in a P.E. class, it can take up to 20 minutes for them to come up to the office as sometimes the P.E. class may be hard to locate. The student will then need to go to the locker room and change back into their street clothes. We appreciate your understanding and patience.

NO Excuses Go to School

The **No Excuses – Go to School** Attendance Campaign is back – and its better than ever for the 2007/2008 school year! The campaign is centered around the theme of “responsibility.” Please help your student(s) understand that being in class means being a responsible person.

Back by popular demand, the monthly incentive campaign will start in September at the high school level. Various businesses have contributed incentives for high school students. Each month brings a new chance for one lucky student to win a new prize.

To be eligible for these monthly high school giveaways, students will have to achieve perfect attendance for the past immediate month (i.e. to be eligible for the drawing in October, the student would need to have perfect attendance for the month of September.)

In addition to the monthly high school giveaways, the district is proud to welcome back an intriguing incentive – just for graduating high school seniors. EGUSD is proud to announce the return of the Elk Grove Auto Mall 2007/08 Graduating Seniors Attendance Drive. The Attendance Drive will give one lucky senior the chance to win a \$20,000 check to purchase a vehicle from any of the 15 dealers at the Elk Grove Auto Mall. Seniors will have the opportunity to earn one raffle ticket for each calendar month they achieve perfect attendance in all classes. A finalist from each high school will be drawn in late May for a chance at the \$20,000 check.

Studies have shown that students who attend school consistently perform better. Please remind your child of the importance of attending school regularly.

REMINDER:



Cell phones are not allowed during the school day. Once a student is on campus the phone must be turned off and kept out of sight. Any cell phone that is heard or seen will be confiscated and a parent or guardian will have to pick the phone up from the Vice Principal's office.

Please note: Any item confiscated will be discarded if not picked up within 30 days.

Parent/Guardian Class Visitation

To minimize classroom interruptions, the administration and staff expects you to adhere to the following procedures when you visit your student's classes.

1. For security reasons, visitors must check in at the Main Office and state the person's name that they are here to visit. Attendance Office staff will call the staff member to verify that the visitor did make prior arrangements to visit.

2. The visitor will sign in on the "Visitor's Log" and write their name on the "Visitor's Pass" and place it visibly on their clothing. Visitors must sign out through the Main Office upon leaving the campus.
3. An office staff member will give you a map of our school, a copy of your student's schedule, and may assign a staff escort. Please follow the order of your student's classes.
4. When entering a classroom, quietly introduce yourself to the teacher and the teacher will direct you to a seat.
5. Because teachers will be involved in the instruction of their classes, we are requesting that you do not use this for conference time. If you wish to meet individually with any of your student's teachers, we ask that you meet with your student's counselor to set up a conference time.
6. Please do not "drop-in" before classes or after school expecting to have a conference with your student's teacher(s). Teachers need time to prep for their classes and will not be prepared to discuss your student with you as they may not have their grade book and other materials available to do it at the time you "drop-in."

your receipt to your class advisor. This fee must be paid as soon as possible to keep you in good standing with the academy.

We hope that you have enjoyed getting the academy newsletter and that it is helping you keep informed as to the various events that you can use for your "Arts in the Real World" requirements. The newsletter will also inform you of the upcoming meeting dates and activities for the academy.

Again, we look forward to a great year. If you have any questions, please contact your academy class advisor and they will be more than happy to help.

Freshman Advisor	Mrs. Roberts – Room K011
Sophomore Advisor	Mrs. Tubbs – Room 342
Junior Advisor	Ms. Mann – Room J005
Senior Advisor	Mr. Howard – Room PAC1

Biotech Academy

Sheldon's Biotech Academy has been extremely busy since the beginning of the school year. The year started off with a bang at the Welcome Back Ice Cream Social in order to introduce the new freshmen class as well as acquaint the upperclassmen. Fun was had by all as cones, sundaes, and floats were served- a tribute to the end of summer and the beginning of great year to come!

Academy officers attended the BloodSource annual seminar at the Esquire IMAX theatre where Sheldon High School was honored as 2006-07 High School Blood Drive of the Year. Sheldon was recognized for overall excellence and improvement in the large school category. BloodSource supplies blood products to support over 40 hospitals in Northern and Central California.

Speaking of Blood Drives, the Biotech Academy held the first of its biannual blood drives on November 1st with a Halloween theme. Thanks to teachers, staff, students, parents, and academy members, it was our biggest and best blood drive in Sheldon High School history! As a whole, our school raised over 190 pints of blood. Thank you for all of your support- we look forward to another successful blood drive in Spring 2008!

After working so hard on the blood drive, academy members took time out of their busy schedule in order to take a tour of Stanford University- a prospective school for many academy members. It is renowned worldwide for the distinction of its faculty and students, the scope of its research and publications, and the quality of its libraries. Academic rigor and FUN are just two phrases that sum up our ultimate Cardinal experience!

Upcoming events:

- Ronald McDonald House Christmas Decorating
- Care Packages for Soldiers
- Shriners Hospital

Monthly Meetings:

- first Tuesday of every month @ 3:15 pm in D119
- make-up meetings next Wednesday morning @ 8:45 am in D119

SPAC MEETINGS

(Student/Parent Advisory Council)

2nd Monday of Each Month

Sheldon High School's Career Center

Monday, December 10, 2007, 6:30 p.m.

Topic: Academic Improvement Goals
and approval of plan

Monday, January 14, 2008, 6:30 p.m.

Hope you can come!

****PARENTS OF SENIORS****

Graduation will be upon us sooner than you think. If you wish your student's name to appear on his or her diploma differently than what we have on our records, please have your student go to the Registrar's office located in Room H-13 to pick up a Diploma Name Change form. **The name can only be changed if it is the student's legal name.** If you have any questions, please call our Registrar, Mrs. Cervantes at 681-7500, Ext. 8230. Also, if you are in need of a Transcript Request form, they can be picked up in our main office, counseling office or the career center.

ACADEMY NEWS

Our 2007-2008 "Kick-Off" meeting, held in the Little Theatre, was a huge success. It was wonderful seeing familiar faces and new faces throughout the audience. We are excited about the upcoming year and look forward to all the activities that are in store for the academy.

If you have not already done so, please pay your Artwork Academy fee of \$30.00 to the student store and then turn in

EQUITAS Academy

New Website and E-mail Correspondence

The EQUITAS Academy would like to draw your attention to our new website, conveniently located at <http://equitas.edublogs.org/>. We are hoping to encourage more interactivity within the academy and this is one of the tools with which we hope to see some positive change. Although it is still a work in progress, check out our interactive polls, contact information, and potential debate in the quad topics.

Similarly, paper reminders of upcoming meetings are now a thing of the past. All students who submit their e-mail addresses to Mr. Diehl will now be receiving electronic reminders about academy information. If you are a parent of an academy member or just another interested party, drop us a line and we will be sure to get you in on the information as well.

Field Trips

We would like to thank the staff at the Sacramento County Courthouse for opening their doors to our Academy Students. While there, we witnessed courtroom procedures and spoke with judges, lawyers, and bailiffs. It was a great experience for all who attended. We plan to have more field trips later in the year so stay tuned!

Monthly Meetings

The EQUITAS Academy meetings are held on the fourth Wednesday of every month 3:15 pm to 4:15 pm. The Academy has a variety of speakers scheduled for the year who will discuss contemporary topics effecting American society.

At our October meeting, we debated topics for approval for our first Debate in the Quad. Hopefully, the debate participants will be as enthusiastic as our academy members were about the debate topics.

Currently, we have a spokesperson for Barrack Obama's campaign scheduled to speak at our November meeting. If anyone has any connections to a Republican campaign, we would love to do some equal opportunity political promoting. Send us a note and we will see what we can schedule for the February, March or April meetings.

Attendance at Academy meetings is mandatory for all EQUITAS Academy students. If you have any questions about the Academy, ideas about new opportunities or guest speakers, or would like to speak at one of the Academy meetings, please contact Josh Diehl at jdiehl@egusd.net. Additional contact information is available at: <http://equitas.edublogs.org/contact-information/>.

DEPARTMENT NEWS

AVID (Advancement Via Individual Determination)

The AVID teachers wholeheartedly thank the AVID Parents/Guardians and Sheldon staff for continually supporting the AVID students and the AVID Program. The extra time and effort you provide to help AVID students with tutoring/study

hall and with *signing the progress reports* is helping students take responsibility for their academic success. We are proud of the improvements students are making. *Remember, any student with a C- or lower must attend additional tutoring / study hall each week.*

RECRUITING

Recruiting for next year's AVID classes has officially begun. Similar to the college application process, we are going to have priority admission as well as general admission. Priority admission is for current AVID students and/or family members of current AVID students; the deadline for applications is January 25, 2008. General admission is for all other students interested in the AVID program, and the deadline for the application is February 15, 2008. If you know an 8th grader who might be interested in joining the AVID program, they can *pick up an application in the Counseling Office at T.R. Smedberg or online*. Applications can be found online at www.sheldonhuskies.com.

AVID Activities

Below is a list of tentative dates for the AVID functions for Term 2. In order to get the true AVID experience, it is important for the student to participate in as many of these functions as possible, especially college tours and family nights. A few of these activities will require a fee in order to assist with our expenses, so various fundraising events will be held to help defray the costs. Parents who can help with any AVID activities would be greatly appreciated.

TERM 2 AVID ACTIVITIES		
Event	Tentative Date	Approximate Cost
Study-a-thon	Friday, January 11	Pledges raised by students
AVID Senior Banquet	Friday, January 18	
Food Faire (fundraiser on campus)	Wednesday, February 20	
AVID Family Night at Country Club Lanes Pizza, Bowling and Laser Tag	March, TBA	No cost to bowl-covered by AVID. \$5.00 for all you can eat pizza. Must pay for own Laser Tag game
Food Faire (fundraiser on campus)	TBA	
Spring College Tour	TBA	\$15
AVID Awards Night	Mary 1	

Family Night

Our next Family Night is coming up in March. This event has become an annual highlight for the AVID students and families. The lane and shoe rentals will be paid by AVID, thanks to the fundraising efforts. Attendees can eat dinner beforehand or purchase all-you-can-eat pizza and soda passes for \$5 per person, a great deal! The *lanes are only reserved from 6 to 8*, so get there as early as you can. Whether you are an expert bowler or need to use the gutter guards to keep the ball in the lane, everyone will have a good time.

AVID Curriculum

Seniors – We are so excited that many of our AVID seniors have already been notified they have been accepted into the college of their choice! We congratulate them on their consistent efforts and will post their names in the spring when the majority of students will receive their acceptance letters. The deadline for submitting applications to the UC and the CSU schools has passed, but most private colleges have their second round of due dates in January. *Remember, all students must apply to at least one California college to be eligible for a Cal Grant.* Even though students may plan on going out of state, sometimes the best laid plans need to change. *Go AVID Seniors!!*

AVID 12 students are thrilled to have their senior papers nearly completed, and SATs and ACTs have been taken! In January, we will begin *financial aid* and *scholarship applications*. Remember, FAFSA applications will be due soon. Any student who plans on getting grants or federal loans must fill out the FAFSA.

Our Senior Banquet is quickly approaching, and the date is set for January 18, 2008. All AVID seniors and families are invited to celebrate the end of this amazing four-year journey and all of the hard work the students have put into their education. If you have any questions, please contact Jennifer Lawson at 916-681-7500 vm 93470 or email at jlawson@egusd.net.

Juniors – The AVID 11 class is working on the college majors project that will help students determine the possible fields they will major in. Working in the Career Center weekly will help them complete this project. We are focusing on the analysis of our work. All AVID 11 students must take the SAT and ACT this year, so we are working diligently on vocabulary and test preparation.

Sophomores - The AVID 10 class is currently focusing on tutorials and Cornell notes to improve reading and critical thinking skills. Our AVID sophomores will take the CAHSEE in the spring and I am confident our students will be successful! After all, AVID is all about being prepared for success and our 10th grade AVID students model that everyday. We are also using Socratic seminars which teach excellent critical thinking skills.

Freshmen – The AVID 9 class continues to fine-tune their note-taking skills with weekly Cornell Notes. Tutorials are practiced twice a week, and the results have been very positive! We will continue to work on SAT vocabulary and strengthening our writing skills. All of this, and we are also honing our ability to speak in public and argue a point with our “Philosophical Chairs” series.

FINANCIAL AID

FAFSA applications (free application for federal student aid) should be completed and sent in as soon as possible. We highly recommend you send your application electronically to be assured your application is complete (www.fafsa.ed.gov). If you have not already done so, obtain a PIN number from <http://www.pin.ed.gov>. Students will work through most of the application in class, so it should not take more than an

hour to actually complete and submit the application on line. If you prefer regular mail, make sure you *pay to get a verification of mail receipt from the post office.*

Financial Aid Workshop will be held in December at Sheldon, date to be announced. Although this is great for all students, it is especially important for juniors and seniors. Most of your answers about money for college can be answered by the experts.

Cal Grant - Submit the application / grade verification as soon as possible after the FAFSA has been filled out and *before March 1, 2008*. There is only so much money in the state, and the sooner you fill out the application, the better.

AP Parent Night will be held January 23, 2008 at 6:00 in the Sheldon High School Library. Find out answers to questions about advanced placement classes and tests.

SHS Students Participate in World Water Monitoring Day 2007

On October 11, twenty-eight Sheldon students participated in the World Water Monitoring Day™. The students conducted water quality tests at Jack Hill Park in Elk Grove, collected and analyzed data, then posted their results at: <http://www.worldwatermonitoringday.org>. In addition, the high school students worked in teams to mentor 4th graders from Arlene Hein Elementary School about water quality testing, the conditions of water quality, and the impact of poor water quality. The goal of the day was to educate and engage students in the awareness of water quality and the impact of pollutants in aquatic ecosystems. Not only did the SHS students achieve their goal, but they had a great time interacting with the elementary school students. To view the student's data and previous data collected, see the web site listed above.

Senior Project News:

The last day for all Senior Projects to be approved without any penalties is January 16th!

SHELDON HIGH ACADEMIES

ATTENTION PARENTS OF NINTH GRADE STUDENTS: The application process for 2008-09 to one of Sheldon High School Academy programs ends JANUARY 28, 2008.

Sheldon has four Academy programs which explore career fields in Science and Biotechnology, Government and Public Service, Engineering and Building Trades, and Visual and Performing Arts. The process to apply to one of these Academies usually begins in the 8th grade, but the current Ninth Grade Students are eligible to apply. Sheldon's Academies require 70 credits in designated academy courses.

The EQUITAS Academy is intended for students interested in fields of government and public service, exploring careers in law, government, the justice system, and other areas of civil and public service. ARTSwork Academy is designed for students who want to explore in depth their interest in visual

or performing arts. The Biotech Academy prepares students for both post-secondary education and employment in the field of science. The Engineering and Building Trades Academy is intended for students interested in careers in building construction, engineering or architecture.

Sheldon Academy programs offer specialized courses, job shadowing and internship opportunities, service learning, guest speakers in related fields, student support and meetings, and Academy-related field trips to explore career pathways.

Academy applications are now available in the Counseling office, and must be turned in to the Counseling Office at **Sheldon High** by Monday, January 28. Applicants who have submitted a complete application will be interviewed by a panel of teachers and/or Academy students after school during the week of February 11th. Letters will be mailed home notifying students whether or not they have been selected by the Academy prior to Sophomore Registration night on February 19th. There will be a **Parent Information Night for parents in the Sheldon High Cafeteria on Wednesday, January 9, from 6:00-7:00 pm**. Flyers will be mailed home with the details.

LIBRARY NEWS

Karin Ledford—Library Media Teacher
Michele Saylor—Library Technician

The SCHOLASTIC BOOK FAIR is coming to Sheldon High School! This exciting fundraiser will start on December 5th and run until December 11th. Parents are welcome to shop the BOOK FAIR after school during those dates. This is a great time to get some convenient Christmas shopping out of the way while supporting the school library.

Late start Wednesday mornings are now QUIET STUDY TIMES. We have designated Wednesday mornings as a time when students can come in and read or study in a quiet atmosphere. The students have been very appreciative of QUIET STUDY TIMES. We hope to provide tutoring Wednesday mornings in the spring.

The library is also accepting donations from the public. We will accept books and magazines. Whatever we cannot use will be donated to the Yolo County SPCA Thrift Store.

Be sure to check out the Sheldon High Library Website at <http://shshuskies.wordpress.com>. You'll find great book recommendations, homework help, research help for all the research projects that go on in the core classes, and much more. It is updated about every 2 weeks so check back often.

The Sheldon High School Website now has a library link from the schools website. Go to <http://sheldonhuskies.com> to read about library policies and procedures, hours of operation, damages and fines assessments, and other important library information.

January is fast approaching, and that means the term change will be here soon! ***This is a reminder to all parents and students that ALL textbooks and library books must be returned to the library to avoid delays in checking out***

material for the 3rd term. Please also make sure that all library fines are paid. I am so very proud of the students here at Sheldon that take care of their textbooks and recognize how important it is to get them turned in on time. Let's keep up the good work!

FITNESSGRAM

Dear Parents/Guardians:

There is a new law requiring all 9th grade students to pass the state-mandated FITNESSGRAM test in physical education. It became effective July 1, 2007. A subsequent Senate Bill 601 was signed by our governor in October, 2007, which defined "passing" as **5 out of 6 tests**. Students who do not pass the FITNESSGRAM must be enrolled in physical education continuously throughout high school until they pass it.

The FITNESSGRAM categories include the following: aerobic capacity (**PACER**), flexibility (**Sit and Reach and Shoulder Stretch**), abdominal/trunk strength and muscular endurance (**Curly-ups and Trunk Lift**), upper body strength/muscular endurance (**Flexed Arm Hang**) and body composition (**Body Mass Index** using height/weight). Your student will be receiving a copy of the FITNESSGRAM "passing" requirements for each test administered. A copy of the requirements will also be posted on the school web site, sheldonhuskies.com.

Thank you,

The Sheldon High School Physical Education Department

English Language Learner Program

Thank you to all those teachers who helped with the smooth administration of this year's annual California English Language Development Test (CELDT) by sending your EL students for testing at the requested time. We completed assessing our 273 EL students well before the October 31st deadline thanks to your efforts. Special thanks to Rachel Ensele; we are so fortunate to have her skills at handling the monumental task of arranging the scheduling of our CELDT. Thanks also to Ann Marie Santana, substitute teacher, who worked to complete the group Listening, Reading, and Writing sections of the CELDT. Another thanks to Barbara Cortopassi, district substitute clerical employee, for her work in completing the one-on-one Speaking portion of the CELDT. Through the combined efforts of Rachel Ensele, Ann Marie Santana, Barbara Cortopassi, as well as, all the teachers who so willingly sent their students at the requested time, we were able to smoothly and accurately complete the annual CELDT at Sheldon, THANK YOU!

New to Sheldon this year is an EL pilot program in conjunction with Smedberg Middle School. EL Instructional Coach, Christina McColley is helping to build capacity within the Sheldon and Smedberg faculties so that each teacher will be more informed and confident about providing various modifications to aide the English fluency progress of all of our EL students. Christina is scheduled at Sheldon on

Wednesdays and Thursdays and will be providing support and training throughout the 2007-08 school year. Christina may be reached via district email or at ext. 8206, in room 338.

Our EL program was able to purchase ten new computers and a new printer to update the EL computer lab in room 338 and they are all up and running. The computers were greatly needed and are in almost continuous use, throughout each day, by various EL students enrolled in the EL Beginner and EL Lab classes, as well as, higher level EL students during their lunches.

We have new and returning Bilingual Teaching Associates (BTAs) on our campus who continue to provide native language support for our EL students, families, and teachers. Rita Khanna, Punjabi fluent BTA, is scheduled at Sheldon on Mondays and Tuesdays. Nikolay Derebenskiy, Russian fluent BTA, is schedule here on Mondays. Dalila Martinez, Spanish fluent BTA, is at Sheldon on Tuesdays and Fridays. And Khai Tran, Vietnamese fluent BTA, is here on Wednesdays and Fridays. All of our BTAs may be reached through Micaela Dimos, EL Coordinator, in room 338 or at ext. 8206.

If you have any questions or concerns regarding EL or FEP/IFEP students in your classes, please contact Micaela Dimos, via email or at ext. 8206. Please include the student's full name, grade level, and ID number for ease of looking up information.

Thanks to all the teachers, counselors, administrators, and support staff who continue to help our EL students as they are steadily working to improve their overall English fluency.

~Micaela Dimos, EL Coordinator

COUNSELING NEWS (681-7501)

The Sheldon High School Counseling and Guidance Program works to ensure that every student will have an opportunity to develop academically, vocationally, personally and socially through supportive relationships and sequential guidance activities. Counseling services fall within three main areas: Academic, Career/Vocational and Personal/Social. Please feel free to call your student's counselor to discuss your student. Students are assigned a counselor by their last name as indicated below.

Counselor's Name	Student's Alpha
Petra Pohl-Alai	A - Cap
Toni Singh	Car - Ge
Amy Cassell	Gh - I
Janice Beaver	J - Mc
Kenneth Watkins	Me - P
Leanne Ward	Q-R & T-U
Jen Gardner	S
Ana Hidalgo	V - Z

Financial Aid Night
Thursday, January 10th, 2008
6:00-7:30 p.m.
Sheldon High School's Cafeteria
FINANCIAL AID STARTS HERE!

Mark your calendar for **Sheldon's Financial Aid Night**. Seniors and Parents, please join us for an informative evening and get your financial aid questions answered. FAFSA forms will be available.

CSUS and CRC Outreach Counselors are available to students on Thursdays in the Career Center during both lunches. Students can drop-in, or see Ms. McCabe in the Career Center to schedule an appointment.

Start With The FAFSA – It's Free!

To apply for federal and state financial aid, you'll need to complete the Free Application for Federal Student Aid, or **FAFSA**. Whether you apply online at www.fafsa.ed.gov or on paper, it's free. Many colleges and state agencies also use the FAFSA to award their own student aid dollars.

TIPS FOR COMPLETING THE FAFSA

You will need records of income for the year prior to when you will start school. For example, for students planning to attend college in the 2008-2009 school year, you will need financial information from 2007. Dependent students and their parents should gather these materials before hand:

- The FAFSA, if filing on paper (obtain a paper FAFSA by calling the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or by visiting www.edpubs.org. Students may request up to three copies of the paper application and should receive their FAFSAs in three to seven business days.
- Your PIN (required for parent and student) if filing online. Get your PIN early, at www.pin.ed.gov
 Student's and Parent's Social Security Number
 Student's driver's license (if any)
 Parent's 2007 Income Tax return with all schedules and W-2 forms
- 2007 bank statements, mortgage information, business, farm, stock, bond and other investment records
- Records of untaxed income – welfare, Temporary Assistance to Needy Families (TANF), veterans and Social Security benefits
- Your Alien Registration Card, if you are not a U.S. citizen

You should file your FAFSA as soon as possible after January 1, 2008, and no later than March 2nd, as required for the Cal Grant Program. Make sure that you complete the 2008-2009 form, not 2007-2008.

The easiest, fastest and smartest way to file the FAFSA is online using **FAFSA on the Web** at www.fafsa.ed.gov. The site is available in both English and Spanish.

Don't disqualify yourself! If your family's income is too high, you may not receive need-based aid, but you could still qualify for scholarships, work-study or low-interest student loans. So be sure to apply- it's also a good safety net if your financial situation suddenly changes.

Cal Grants

Cal Grants are free money for college. Every high school senior that meets the academic, financial and eligibility requirements, and applies on time, is guaranteed a Cal Grant to attend a qualifying California college. The guarantee also extends to high school seniors who first go to a California Community College and then transfer to a four-year college within five years. To be eligible for a Cal Grant, you must:

- Submit both the FAFSA and the Cal Grant GPA Verification form by the March 2nd deadline.
- Be a US citizen or an eligible non-citizen
- Be a California resident
- Attend a qualifying California college
- Have family income and assets below the allowed ceilings (changes each year – check them out at www.csac.ca.gov)

Avoid Financial Aid or Scholarship Scams

If you have to pay to get money for financial aid, it is probably a scam. Every year students and parents, just like you, are cheated out of more than \$100 million dollars. Common signs of a scam which you should watch out for include:

- Companies or organizations using names such as "National," "Federal," "Foundation," or "Administration."
- "There is a scholarship application fee."
- "This scholarship is guaranteed or your money back."
- "You can't get this information anywhere else."
- "May I have your credit card number, social security number, ATM pin number, or bank account number to hold this scholarship?"
- "We'll do All the work for you."
- "This scholarship may cost you some money"
- "You've been selected by a foundation to receive a scholarship," OR "You're a finalist" in a contest in which you NEVER entered.

Numerous free services are available for you online (see suggested websites list). Be a smart consumer!

PSAT Results

We had a great turn out for PSAT on October 17th. 569 Juniors, Sophomores, and Freshmen completed the test this year. Test taking went smoothly, and we commend our students on the manner in which they conducted themselves for the test!

The PSAT Student Score Reports will be received by Sheldon in December. Scores are not mailed home or delivered to

students. Details about PSAT Score Report distribution will be announced in the Daily Bulletin once the scores arrive at Sheldon.

Welcome to Bridges Online!

www.access.bridges.com

Username: 0048777

Password: huskies

To explore Career and Education Options *Choices Explorer* and *Choices Planner* are Internet-based, and designed to excite students about their future with engaging education and career exploration tools.

Scholarships Available

Scholarships will be available for students planning to attend a trade school, four year university/college, or community college after high school graduation.

In 2007, the Elk Grove Community Foundation awarded 168 scholarships in the total amount of \$138,441 to seniors graduating from the Elk Grove Unified School District high schools. In 2008, the Foundation will provide even more scholarships than were awarded last year. Sheldon Seniors can apply and compete for over 50 of the scholarships. These scholarships will be presented in amounts ranging from \$500 to \$2,500. They will be available for a large variety of career goals and with a wide range of requirements to high school students graduating in 2008. Many are based on a student's experiences and career choice rather than on a high grade point average.

The 2008 application will become available in early December and completed applications are due to Ms. McCabe in the Career Center by Friday, February 25th. Students and Parents can access the details, criteria and the application for each scholarship on the Elk Grove Community Foundation Website at www.egcommunityfoundation.org (link available from the sheldonhuskies.com website) or see the Scholarship Board in the Career Center.

*Students are encouraged to apply for multiple scholarships to increase their selection possibility, but are allowed to receive only one scholarship each.

The 2007-2008 National Merit Scholarship Program

34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2008 competition for Merit Scholarship awards, Commended Students placed among the top five percent of more than one million students who entered the 2008 competition.

The following students achieved a national Selection Index score of 200 or more on the 2006 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT), as juniors last October.

Congratulations to Sheldon's Commended Students:
MATTHEW KING and RYAN LE

16,000 academically talented high school seniors (less than 1% of U.S. high school seniors) were designated Semifinalists in the National Merit Scholarship Competition based on their exceptional PSAT scores. This distinction provides selected students with the opportunity to advance to Finalist standing, and the competition for some 8,000 Merit Scholarship Awards.

Congratulations to Sheldon's National Merit Semifinalist:
AMY VO

EGUSD launches new College and Career website

It's never too early to start planning for college. Elk Grove Unified has launched a new College and Career website at www.egusd.net/collegeandcareer to help with this process.

There are two main sections of the website – college and career. The college section contains a wealth of information, including information on colleges in California and throughout the country, as well as 360 degree virtual tours of campuses and information on how to apply, prepare and pay for college.

The career section gives students and parents the ability to create resumes and complete job applications live. This section also includes a link to a national job bank which will allow students the opportunity to conduct a live job search.

ScholarShare: California's College Savings Program

The Scholarship Investment Board (SIB) and the Sacramento County Office of Education (SCOE) are pleased to announce that **Sheldon High School** is one of the 12 schools selected in the Elk Grove Unified School District to participate in a scholarship pilot project. The ScholarShare Project for Achievement & Recognition of Creativity, (SPARC) will award 200 scholarships totaling \$150,000 throughout Sacramento County to children in grades K-12.

The scholarship recipients will be chosen based upon contests centering on the theme **"I will become..."** Both a poster and essay contest will be offered for grades K-6 (100 scholarship worth \$500 each), an essay contest for grades 7-9 (50 scholarships worth \$750 each), and a contest to create a 30-second video will be offered for grades 10-12 (50 scholarships worth \$1250 each). All scholarships will be invested in college savings accounts, kept in trust for the recipients with the ScholarShare College Savings Plan.

The Students will be able to use the awards, plus the investment earnings they accrue, to help pay their tuition and other college expenses. The goal is to provide needed funds to help more students pay for the rising cost of college, get students excited about their futures, and encourage families to save early for college.

Scholarshare enables Californians to save for college by putting money in tax-advantaged investments. Earning on investments grow tax-deferred, and disbursements, when used

for tuition and other qualified expenses, are federal and state tax-free.

For a complete listing of participating schools, general SPARC information or contest rules and deadlines, visit www.Cal529.org. or contact Angie McCabe in the Career Center.

For information on Scholarshare, visit www.scholarshare.com

PEPSI-COLA SUPPORTS SHELDON STUDENTS



Receive the **Tuition Funding Sources** program and access to **TuitionFundingSources.com** during the 2007-2008 school year. Pepsi has paid all access fees so that students can register and login to the TFS website free of charge. This website contains the world's largest scholarship database along with college and career information. Unlike other scholarship search websites, the TFS website does not collect student's names and other personal information for resale. And there is no advertising – not even for Pepsi-Cola, which pays for the program.

Use the following steps to login to the Tuitions Funding Sources website.

1. Go to www.TuitionFundingSources.com Click on Login and then the "First Time User?" link.
2. Select the state where you live and school you attend
3. Enter your email address as your username and then create a password.
4. Students wanting to use the automatic letter writing feature in the website will also need to enter their name and address. This information is secure and will never be shared with anyone.

Registration is now complete. You can access the TuitionFundingSources.com website with your username (email address) and your password from any computer that is connected to the internet.

NEWS FROM THE DISTRICT OFFICE

The Ask Anne column featuring District Nutritionist Anne Gaffney, R.D., appears in EGUSD school newsletters and is designed to help families build healthy lifestyles. You can email questions to Anne at Communication@egusd.net.

Dear Ask Anne,

My son likes to take a sports drink to soccer practice instead of water. Are sports drinks better for him than water?

-- Soccer Mom

Dear Soccer Mom,

The idea is that sports drinks help replace the electrolytes that our bodies lose when exercising. The problem is that most of us, including children, do not exercise to a level where electrolyte replacement is needed. Electrolyte replacement only becomes an issue for individuals who are exercising for a sustained period of time, like a marathon runner. Studies have shown that in five out of six times, trained athletes performed just as well with water than with sports drinks during intense exercise of less than one hour.

While the name "sports drink" implies that it is healthy, sports drinks actually contain a lot of sugar. The average 20 oz. sports drink has eight teaspoons of sugar and 130 calories. So if a child substituted a 20-oz sports drink for water every day (and changed nothing else), he or she would gain 13 extra pounds over the course of a year. Water is best for hydrating our bodies before, during and after exercise.

Signed,
Ask Anne

Drug Dog Program

After a highly successful inaugural year, the EGUSD Drug Dog program will return for the 2007-2008 school year.

As a part of the program, drug dogs make unannounced, random visits to all EGUSD high schools. The dogs sniff student lockers, restrooms, vehicles parked on campus and other public areas of the school. The dogs do not sniff students, nor will students be removed from class so that dogs can sniff their possessions.

The program is intended to be a proactive deterrent to remind students to make good decisions and not use drugs or bring drugs to schools.

The drug dog program is a partnership between EGUSD Police Services Department and the Sacramento County Sheriff's Department. The City of Elk Grove Police Department also contributes its K-9 resources to ensure success. It is one several preventative measures the district takes as a part of a comprehensive safety program.

Other measures include the possible placing of undercover officers at high school sites, the We-Tip program, Safe School Ambassadors, gang awareness workshops, conflict managers, the use of uniformed School Resource Officers at every comprehensive high school and the district's Police Services Department.

ASB News

Multi-Cultural Assembly

The multicultural assembly takes place on December 14th, and is an opportunity for students to celebrate the different cultures on campus. On this day, the school

attends an assembly to observe the multiple forms of cultural dance or performances exhibited by their peers. It is an exciting time for both the performers and the audience. Prior to this event, students participate in clubs that allow themselves to explore a variety of cultures, whether their own or another's, and in turn, learn a variety of dance styles. The assembly allows students to become involved in a common interest and show that interest to their friends, families, and teachers. But more than anything, this assembly shows a sense of unity, that although we are different on campus, we are still united on this campus, and ultimately, in the world.

Renaissance BBQ

To award students for academic excellence and improvements, they are given Renaissance awards. Students who fall into one of the following categories are eligible for Renaissance: Gold (4.0 GPA or better), Silver (3.0 GPA or better), or Blue (0.5 increase in GPA). Renaissance will be set up differently for this distribution. Instead of having distribution and the BBQ on separate days, the Renaissance Distribution and BBQ will be on the same day. This will happen on Wednesday, November 28th out in the quad, during your student's lunch. Students must come pick up their packets in order to receive the benefits of Renaissance waivers, local business coupons, and front of the line Renaissance sticker. After picking up their packets, they will continue down the line to pick up their free BBQ. Students MUST bring their ID card in order to be able to pick up their packet and lunch. If your student(s) do not pick up their packets during distribution days, they will have two remaining days to pick up their packets. Thursday and Friday, November 29 and 30, packets will be available for pickup in the Activities Office. Any unclaimed packets will be destroyed due to storage constraints and they cannot participate in any Renaissance benefits. Please keep track of your packet as we will not replace lost items either. Congratulations to all who received Renaissance.

Food Faire #2

Come and enjoy a diverse selection of foods to tickle your taste buds at Sheldon's second food faire of the year on December 19th! Even though the new laws on school food items restrict sales of certain foods, the food faire will still have a wide spread of great tasting foods. Occurring during both lunches, the food faire is a chance to hang out with friends, eat great food, and help support Sheldon's clubs!

Multicultural Fashion Show

The multicultural fashion show occurs on December 12th to celebrate Sheldon High School's diverse campus. This fashion show consists of different clubs on campus that

wear traditional clothing to demonstrate their background, as well as the associated festivities. From the different colors of the Hispanic heritage to the silk gowns of Asia, comes an event for the entire student body to enjoy during their lunch period. Students who participate in the fashion show are able to relay to their friends one of the aspects that makes them who they are.

ATHLETICS

Winter Sports

Women's basketball, men's basketball, and wrestling started practicing on, November 11th or 12th. Competition begins after Thanksgiving. Come out and support the Huskies.



All-Sport Passes

These passes are on sale at the home basketball games and wrestling matches. The cost for one is \$50 and a special family rate of \$150 for an immediate family of 4. This pass gets you free admission to all home athletic events except for CIF playoffs and foundation games. You can save money and time as the general admission for basketball is \$6 and wrestling \$5. Remember that you are not guaranteed a seat if it's a sell-out.

Spring Sports

Practices begin February 11 or 12, 2008. All athletes must be cleared before practicing. Clearance requires the following:

1. Student-athletes need 2.0 minimum GPA's on the Term 2 report card and no F's on progress report.
2. A physical exam must have been taken after June 1, 2007 and have a form on file in the Athletic Office.
3. **RETURNING ATHLETES** must complete and return all required paperwork: EGUSD Athletic Handbook, Liability Waiver, and the Emergency Information Form.
4. **NEW ATHLETES must attend the New Athlete and Parent Mandatory Meeting with a parent or guardian on Monday, February 4, 2008, at 7:00 p.m. in the Sheldon Cafeteria.** The required paperwork, except the physical form, will be handed out and completed at this meeting.
5. Sign up at the advertised sign-up meetings for spring sports.

<i>Husky Country Phone Numbers & Websites</i>	
<i>Athletic Event Line</i>	<i>681-7500, VM# 93072</i>
<i>Athletic Office</i>	<i>681-7500, Ext. 8126</i>
<i>Listing of Athletics/Activities</i>	<i>www.sheldonhuskies.com</i>
<i>Directions to Athletic Events</i>	<i>www.cifsjs.org</i>
<i>Delta River League</i>	<i>www.deltariverleague.com</i>

SHELDON ATHLETICS MISSION STATEMENT

The Sheldon High School Athletic Department's Mission is to develop the complete student-athlete. We envision students who embrace sportsmanship, teamwork, and dedicated work ethic. Our ultimate goal is to produce responsible, productive, employable citizens who recognize the value and enjoyment of athletics. The school's exceptional coaching staff is dedicated to these goals as we prepare each competitive team to represent our school and community.



Pursuing Victory with Honor

Adults play an important role in athletics. As adults, we must remember the purpose of sports and athletic contests. Our teams are created for the students to learn the values of teamwork, ethics, and citizenship. We cannot let our own goals and aspirations for the outcome to interfere with the learning of these values. If adults lose sight, we create confusion and a sense of negativity for teenage athletes. The answer is to praise the efforts of our athletes and reap the reward of their gratitude.

NEW ATHLETE AND PARENT MANDATORY MEETING FOR SPRING SPORTS
Monday, February 4, 2008
7:00-9:00 p.m.
Sheldon High School's Cafeteria

SAT and ACT 2007-2008

Sheldon School Code: 052792

Most college-bound students know that a necessary component of an admission application is a college admission test score. Most colleges and universities will not process an application without one. The two national tests are the **SAT** (Scholastic Assessment Test) and the **ACT** (American College Test) – and almost all four-year colleges and universities in the nation accept either SAT Reasoning Test or ACT scores equally. Because research indicates that many students perform quite differently on the SAT and the ACT, it may benefit students to take both tests since colleges typically use the higher of the two scores for admission, scholarship, and athletic eligibility. **It is recommended that students take the SAT I and/or ACT in the spring of their Junior Year, and again in the fall of their Senior year.**

SAT

The SAT Reasoning Test is a 3-hour-and- 45- minute test that measures critical reading, mathematical reasoning and writing skills related to successful performance in college. It is used by college admissions officers as a supplement to the secondary school record.

The SAT: Reasoning Test fee for the 2007-2008 school year is \$43.00

Fee Waivers are available to high school juniors and seniors (limit 2) who demonstrate financial need. See Ms. McCabe in the Career Center.

Registration can be completed by mailing in the registration form available in the Career Center during the school year, or by registering online at www.collegeboard.org (credit card required). **Online registration is accessible during the summer beginning August 15th.**

The SAT Subject Tests are a battery of one-hour, mostly multiple-choice tests that measure how much students know about a particular academic subject and how well they can apply that knowledge. Students take the SAT Subject Tests to demonstrate to colleges their mastery of specific subjects like English, history and social studies, mathematics, science, and languages. It is recommended that Subject Tests be taken at the completion of a particular course or series of courses related to the subject area. **(Required by the UC's and some private colleges in addition to the SAT Reasoning and/or ACT.)** Visit the website or pick up an SAT Registration Bulletin in the Career Center for information on Subject Test Fees.

SAT Test Dates during the 2007-2008 school year:

<u>Test Date</u>	<u>Registration Postmark Deadline</u>	<u>Late registration Deadline (\$22.00 Late Fee required)</u>
December 1	October 30	November 8
January 26	December 26	January 4
March 1	January 29	February 7
May 3	April 1	April 10
June 7	May 6	May 15

Seniors must test by December 1st or earlier (some colleges require testing to be complete in October).

SAT Reasoning and SAT Subject Tests **can not** be completed on the same test date. Students wishing to complete both tests must register for 2 test dates – one for each test.

ACT

The ACT is a group of tests administered by ACT and required or recommended by most colleges as part of the admission process. Tests measure educational development in English, mathematics, reading and science reasoning. Students may register for one of two Test Options: the ACT or ACT Plus Writing which includes a 30-minute Writing Test. Check the website (www.actstudent.org) for a list of institutions that recommend, require, or do not need the results from the ACT Writing test.

Students may register by completing the mail-in registration packet available in the Career Center, or by using the online registration option at www.actstudent.org (credit card required). Online registration available during summer.

The ACT test (no writing) fee for the 2007-2008 school year is \$30.00 The ACT Plus Writing fee is \$44.50

Fee Waivers are available to high school juniors and seniors (limit 2 waivers per student) who demonstrate financial need. See Ms. McCabe in the Career Center.

ACT Test Dates during the 2007-2008 School Year:

<u>Test Date</u>	<u>Regular Registration Deadline</u>	<u>Late Registration Deadline (19.00 Late Fee required)</u>
December 8	November 2	November 15
February 9	January 4	January 18
April 12	March 7	March 21
June 14	May 9	May 23

THE LAST TEST FOR SENIORS IS DEC.

Recommended Websites



www.csac.ca.gov
www.fastweb.com
www.finaid.org
www.fafsa.ed.gov
www.studentaid.ed.gov
www.calgrants.org
www.scholarshare.com
www.icanaffordcollege.com

College Testing

www.actstudent.org
www.collegeboard.com
www.uccp.org
www.number2.com

Financial Aid Information

California Student Aid Commission
 The largest free database of scholarships
 SmartStudent Guide to Financial Aid
 FAFSA (Free Application for Federal Student Aid) on the Web
 Fed Government Grants and Loans – Student Guide
 Information on Cal Grants
 State of California College Savings Plan

ACT (American College Testing) Program
 College Board – SAT Testing Program
 Free Online SAT / ACT Exam Prep
 Free Online SAT / ACT / GRE Test Prep

Postsecondary Education Websites

www.universityofcalifornia.edu
www.calstate.edu
www.csumentor.edu
www.cccco.edu
www.losrios.edu
www.aiccu.edu
www.californiacolleges.edu
www.ncaaclearinghouse.net

University of California
 California State University
 California State University
 California Community Colleges
 Los Rios Community College District
 Independent California Colleges and Universities
 California Public and Private Postsecondary Institutions
 Information, eligibility requirements, and Clearinghouse registration for potential Division I and Division II student athletes..

www.campustours.com
www.embarc.com
www.commonapp.org

An index of college and university visual material on the internet
 Search for colleges that match your goals and interests
 Recommended application for 277 selective colleges and universities for admission to their undergraduate programs.

www.nces.ed.gov/ipeds/cool
www.cavhs.org
www.assist.org

Information on all public and private schools in California
 Tips on writing an essay
 Student-transfer information system reports how course credits earned at one California college or university can be applied when transferred to another
 college majors exploration
 college and scholarship exploration

www.mymajors.com
www.cappex.com

Career / Job Search Sites

www.studentsearch.com
www.spb.ca.gov
www.monter.com
www.snagajob.com
www.cacareerzone.org

Student Search System – job search for students
 State of California Personnel Board
 Employment Search Database
 Employment Search Database
 Interest Inventory and Career Exploration