



# Class of 2018

**“Always find opportunities to make someone smile and to offer random acts of kindness in everyday life.”**

**—Roy T. Bennett, The Light in the Heart**

## SAT

**LHS Test Center Code: 47155**

<u>Test Date</u>	<u>Registration deadline</u>	<u>Late Fee Required</u> <u>Online registration/phone</u>
August 26, 2017	July 28	July 29-August 15
October 7, 2017@LHS	September 8	September 9-27
November 4, 2017@LHS	October 5	October 6-25
December 2, 2017	November 2	November 3-21
March 10, 2018@LHS	February 9	February 10-28
May 5, 2018	April 6	April 7-25
June 2, 2018@LHS	May 3, 2018	May 4-23

## ACT

**LHS Test Center Code: 202760**

<u>Test Date</u>	<u>Registration deadline</u>	<u>Late Fee Required</u>
September 9, 2017	August 4	August 5-18
October 28, 2017@LHS	September 22	September 23-October 6
December 9, 2017@LHS	November 3	November 4-17
February 10, 2018	January 12	January 13-19
April 14, 2018@LHS	March 9	March 10-23
June 9, 2018	May 4	May 5-18
July 14, 2018	June 15	June 16-22

Fee for SAT with essay is \$60.00

Fee for SAT no essay is \$46.00

Fee for SAT late registration is \$29.00 additional

Fee for SAT waitlist is \$49.00 additional

The SAT II Subject Test basic fee is \$26.00 each registration, language with listening tests are \$26.00 per test in addition to base fee, all other subject tests are \$21.00 per test

Fee for the ACT writing test is \$62.50

Fee for the ACT no- writing is \$46.00

Fee for ACT late registration is \$29.50 additional

ACT standby fee is \$53.00 additional

Fee for test date change is \$25.00 additional

Fee for test center change is \$26.00 additional

Fee waivers are available for eligible students-see your school counselor for more information.

Students who qualify for a Fee Waiver are eligible for 2-SAT, 2-ACT, and 4 college application waivers. Fee waivers cannot be used for late registration. Every student who takes the SAT with a fee waiver will, as a senior, receive four college application fee waivers directly from the College Board. These seniors will access these waivers through their online College Board account. NCAA eligibility center does not use the writing section to determine athletic eligibility.

**High School CEEB Code: 470-175**

# SAT vs ACT

The SAT is scored on a scale of 400-1600	The ACT is scored on a scale of 1-36
The SAT questions require more time to understand and answer	The ACT questions tend to be more straightforward
The SAT has 5 reading passages	The ACT has 4 reading passages
The SAT does not have a science section	The ACT has a science sections that tests your critical thinking skills
Arithmetic, Algebra I, Algebra II, Geometry and Trigonometry. Problem solving & data analysis. Formulas provided	Arithmetic, Algebra I, Algebra II, Geometry and Trigonometry, no formulas provided
You do not get to use a calculator on all of the math questions	You may use a calculator on all of the math questions
Essay is optional- 50 minutes and tends to be more comprehension focused.	Essay is optional-40 minutes and wants to see how well you can evaluate and analyze complex issues
No penalty for wrong answers	No penalty for wrong answers
Difficulty level- questions increase in difficulty level as you move through that question type in a section( except reading passage questions)	Difficulty level of questions is random
Score Choice is available. You can choose which sets of scores to submit to colleges	Score Choice available. You can choose which sets of scores to send to colleges
<a href="http://www.collegeboard.com">www.collegeboard.com</a>	<a href="http://www.act.org">www.act.org</a>

Princeton Review.com  
Studypoint.com

## Some factors to consider:

- ACT math sections typically test a wider range of mathematical concepts, such as logarithms, graphs of trig functions, and matrices. The ACT also has significantly more questions on geometry and trigonometry than the SAT does. SAT tends to focus more on algebra, data analysis and modeling. The ACT doesn't give any formulas at the beginning of the test, so you'll need to have them memorized, the SAT will give you the formula you need. How confident are you without a calculator? SAT has 20 questions that you may not use a calculator with, and 38 questions you may. ACT allows a calculator for all math questions.
- Are you comfortable with scientific terminology? The ACT science section is not really so much about science as it is about scientific language. It also uses charts and graphs that will be familiar to students with strong science backgrounds. Comfort with scientific terms and experience gathering scientific data from charts and graphs will give you a greater advantage on the ACT.
- In the Reading sections, the SAT tends to give the student more information to work with. Both the SAT and ACT tests will include questions about small, specific details from the readings, but the SAT will usually tell you what line they're talking about, while the ACT frequently does not.

## School Counseling Department

Mrs. Crouch- School Counseling Clerk

[mcrouch@bedford.k12.va.us](mailto:mcrouch@bedford.k12.va.us)

Mrs. Northrup- Registrar

[vnorthrup@bedford.k12.va.us](mailto:vnorthrup@bedford.k12.va.us)

Ms. Whorley- Director of School Counseling

[rwhorley@bedford.k12.va.us](mailto:rwhorley@bedford.k12.va.us) Students A-D

Ms. Nealy- School Counselor

[enealy@bedford.k12.va.us](mailto:enealy@bedford.k12.va.us) Students E-N

Mr. Olson- School Counselor

[erik.olson@bedford.k12.va.us](mailto:erik.olson@bedford.k12.va.us) Students O-Z

Telephone: 540-586-2541

Fax: 540-586-7720

### Career Coach

Mrs. Gregory works at the high school to assist students with post-secondary planning. She can provide students with interest, career and skills assessments in an effort to explore educational opportunities and career clusters. She is available to help students with employment applications, job shadowing, and FAFSA. She provides information regarding the Virginia community college class enrollment and registration process. Students may request an appointment with her by completing the school counseling appointment slip and placing it in her door pocket located in the school counseling suite or students/parents may email her at [jgregory@bedford.k12.va.us](mailto:jgregory@bedford.k12.va.us).

### Student Record Request- until PARCHMENT is up and running

Bedford County Public Schools charges a processing fee of \$5.00 per document for all agency and former student records which include GED/graduation verification, official/unofficial transcripts and proof of immunization. Current students may obtain up to five transcripts each year at no charge with each subsequent transcript costing \$5.00 each. The fee for copies of all other student records will cost 25cents per page.

A transcript includes the academic record of subjects taken, grades, credits completed and attempted, grade point average (GPA), class rank, and ACT/SAT scores. Students are reminded that some colleges will not accept SAT/ACT scores unless the scores come directly from the testing agency.



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# SENIOR PLANNING CALENDAR

## September

- Check the high school website <http://bedfordlhs.sharpschool.net> for scholarships and morning announcements
- Decide on post-secondary schools to research
- Check college websites for test requirements
- Check with school counselor, for college application information
- Make sure you let your school counselor know if you've applied online
- NOTE APPLICATION DEADLINES
- Consider early decision applications
- Work on college applications, personal statements and essays
- Create list of academic, community service and leadership achievements
- Meet with college representatives and/or military recruiters
- Attend Open House at perspective college campuses
- Register at [www.fastweb.com](http://www.fastweb.com) for scholarships
- Attend College Night at Heritage High School on September 13 from 6-8pm
- Attend College Night at SRHS in cafeteria on September 18, 6:30-8:00PM.
- Register for the October SAT/ACT
- Some colleges will only accept SAT/ACT scores directly from the testing agency and not from your high school transcript. Check college websites for procedures and policies.

## October

- Check writing requirements for colleges
- Check school website for announcements
- College campus visits
- Submit early decision applications
- Attend financial aid workshop on October 16<sup>th</sup> @ 6PM in the LHS library (students are not in school- please remind your parents/guardians)
- Begin submitting regular decision applications
- Ask your counselor, teachers, employers, or coaches to write a letter of recommendation for you (2 weeks' notice for 1<sup>st</sup> letter) and then send them a thank-you note.
- Meet with college representatives
- Arrange to take the ASVAB if interested in the military
- Register for November SAT
- Make sure your scores are sent to each college you plan to apply to
- Proof-read your college essays and/or personal statement
- Take the October SAT and/or ACT at LHS

## **November**

- **Submit early decision applications on time**
- **Follow up with your references to ensure that letters of recommendation meet your deadlines**
- **Mail applications as early as possible for colleges with rolling deadlines (colleges make decisions as applications are received)**
- **Take the November SAT at LHS. Make sure your scores are sent to each college you plan to apply to.**
- **College campus visits**

## **December**

- **Try to wrap up college applications before winter break (SNOW!!!)**
- **Turn in all college and scholarship applications with early January deadlines to your school counselor 2 weeks PRIOR to winter break**
- **Take final SAT/ACT test if needed (seniors should complete all testing by January)**
- **Search for scholarships**
- **Check FAFSA deadlines for each college**

## **January**

- **Check on local scholarships**
- **Check school website and daily announcements**
- **Begin inquiring about summer employment and internships**
- **Submit regular decision college applications and notify your school counselor to send your transcript and/or fill out secondary school report**
- **CHECK JANUARY APPLICATION DEADLINES (SNOW!!!)**

## **February**

- **AVOID SENIOR SLUMP!!! NO SENIORITIS please! Accepting colleges do look at second semester grades**
- **Check on general scholarships on college websites**
- **Inform your school counselor of college acceptances**
- **Check February deadlines (SNOW!!!)**
- **Contact colleges and confirm all necessary application material is received**
- **Check for scholarships and apply**

## **March**

- **Check March application deadlines**
- **Begin reviewing and exploring summer employment opportunities**
- **Apply for scholarships**
- **Contact colleges and confirm all necessary application material is received**
- **Keep active in school. If you are wait-listed, the college will want to know what you have accomplished between the time you applied and the time you learned of its decision**

## **April**

- Many admissions decisions and financial aid award letters arrive this month, read everything carefully, as some may require action on your part
- Notify each of the schools to which you were accepted that you will not attend in writing, so that your spot can be freed up for another student
- On the waiting list? Contact the admissions office and let them know of your interest in the college and update them on your spring grades
- Make a final decision, and mail the enrollment form and deposit check to the school you select so that they receive it before May 1 (the enrollment deadline for most schools)
- Continue to apply for scholarships
- Follow up with scholarships
- Inform your school counselor each time you receive a scholarship so it can be announced at the Senior Awards Night on May 17th.

## **May**

- Take Advanced Placement exams
- Finalize post-secondary plans
- Study for final exams
- Senior breakfast and graduation practice at the Vines Center on May 15th
- Attend the Senior Awards Night on May 17<sup>th</sup> at 7:00PM in the LHS auditorium.
- If you plan on competing in Division I/II college sports, have your final transcript sent to the NCAA Eligibility Center by submitting a records release form to your school counselor
- Inform your school counselor where to send your final transcript , release forms are required for all post-secondary institutions
- Check with post-secondary institution about immunization records
- If you have taken any dual enrollment classes, you must send an official transcript from CVCC to the college/university you will be attending , your school counselor does not have access to this transcript
- Write thank-you notes for all scholarships you receive
- GRADUATION! (May 26, 2018)

## **DETAILS TO REMEMBER**

- In all written communications to financial aid offices , put your name, address and date of birth on every page
- Keep your financial aid worksheets. Always keep photocopies for your records
- If you have questions about an item, do not guess, contact your school counselor or speak with the college financial aid office directly
- Do not leave blank spaces on the forms. Use zeros instead
- Proofread!

## **WHY SHOULD YOU APPLY FOR FINANCIAL AID?**

- Many four year private institutions have resources in addition to federal and state aid. When comparing financial-aid packages, you should consider the amount of grants, academic scholarships, loans and work-study awards you are offered from each school. You may find that many private colleges are quite affordable and comparable in cost to public institutions once all financial aid resources are applied.

## **WHAT HAPPENS AFTER YOU HAVE FILED THE FORMS?**

- If you properly complete the FAFSA, you will receive a Student Aid Report (SAR) that will give you your eligibility index for federal and state aid
- If there are errors or incorrect information on the SAR, you can make corrections online
- Financial aid offers are sent by colleges either with or shortly after you receive a letter of acceptance. You will be asked to sign an acceptance of the amount received, and the money will be sent to the postsecondary institution.

## **TIME MANAGEMENT TIPS**

1. Make a “to do” list every day
2. Use spare time wisely
3. It is ok to say “no”
4. Find the right time to work more efficiently
5. Review your notes every day
6. Get a good night’s sleep
7. Communicate your schedule to others, limit distractions
8. Become a taskmaster, budget your time
9. Don’t waste time agonizing and procrastinating...BE PROACTIVE

## **IMPORTANT CONSIDERATIONS**

Balancing high school academics with sports, part-time work, community service etc. can be very stressful. Focus on your organizational skills and study habits. Time management is the key to success.

Colleges are interested in well-rounded students. Students are encouraged to participate in activities outside the classroom.

## **KEEP THINGS IN PERSPECTIVE**

Setting goals that are unrealistic sets you up for failure. Reflect on your dreams and aspirations, setting goals that are challenging, yet reachable with hard work. Setting goals that fit your life and learning style increase your success.

## **STUDY GROUPS**

Study groups are powerful tools in the learning community. Studying with others in a small group is beneficial because it encourages the sharing of ideas. As the saying goes, “two heads are better than one.” Study groups provide a support system for common academic goals in a social setting. It is more fun to study with others while sharing ideas and perspectives.



# CHOOSING A COLLEGE

## VISIT... VISIT... VISIT...VISIT... VISIT...

- Visit when classes are in session
- Visit more than once
- Spend the night in the residence hall
- Eat in the dining hall
- Chat with the faculty and students
- Attend a class
- Meet with admissions staff
- Tour the campus

### When comparing campuses:

- Location....small town or large city
- Climate
- School size
- On campus and off campus housing
- Distance from home
- Financial aid available
- Student/Faculty ratio
- Diversity of school
- Technology on campus
- The library
- Extracurricular opportunities
- Single sex options
- ROTC options
- Food
- Reputation
- Athletic programs
- Professors with PhD, accessibility, graduate school assistants
- Atmosphere on campus
- Safety on campus
- Were the brochures accurate? Did you see what you expected?
- Academic services available for special needs students, tutoring, honor programs
- Majors available
- Average admissions requirements

# IDENTIFYING IMPORTANT FACTS ABOUT COLLEGES

- **Location** distance from home
- **Environment** type of school (2 or 4 yr.)  
school setting (urban/rural)  
location & size of nearest city  
co-ed (male-female)  
religious affiliation
- **Size** enrollment  
physical size of campus
- **Admission requirements** deadlines  
test(s) required  
GPA, ranking, strength of schedule  
special requirements
- **Financial Aid** deadlines  
required forms  
scholarships  
work study
- **Housing** dorm requirements  
availability  
food plans  
types and sizes
- **Facilities** academic  
recreational
- **Activities** clubs, organizations  
sororities/fraternities  
athletics/intramural
- **Academics** majors offered  
special requirements  
accreditation  
student-faculty ratio  
typical class size
- **Campus Visits** when to visit  
open house or private tour
- **College Expenses** tuition, room/board  
estimated total budget  
application fees/deposits  
in-state/out of state  
private or state supported  
food, books

## College Comparison Worksheet source ACT

<b>College Name:</b>			
<b>Location</b> <ul style="list-style-type: none"> <li>Distance from home</li> </ul>			
<b>Size</b> <ul style="list-style-type: none"> <li>Enrollment</li> <li>Physical size of campus</li> </ul>			
<b>Environment</b> <ul style="list-style-type: none"> <li>Type of school (2yr., 4yr.)</li> <li>School setting (urban, rural)</li> <li>Location &amp; size of nearest city</li> <li>Co-ed, male, female</li> <li>Religious affiliation</li> </ul>			
<b>Admission Requirements</b> <ul style="list-style-type: none"> <li>Deadline</li> <li>Tests required</li> <li>Average test scores, GPA, rank</li> <li>Notification</li> </ul>			
<b>Academics</b> <ul style="list-style-type: none"> <li>Your major offered</li> <li>Special requirements</li> <li>Accreditation</li> <li>Student-faculty ratio</li> <li>Typical class size</li> </ul>			
<b>College Expenses</b> <ul style="list-style-type: none"> <li>Tuition, room &amp; board</li> <li>Estimated total budget</li> <li>Application fee, deposits</li> </ul>			
<b>Financial Aid</b> <ul style="list-style-type: none"> <li>Deadline</li> <li>Required forms</li> <li>Percentage Receiving aid</li> <li>Scholarships</li> </ul>			
<b>Housing</b> <ul style="list-style-type: none"> <li>Residence hall requirement</li> <li>Food plan</li> </ul>			
<b>Facilities</b> <ul style="list-style-type: none"> <li>Academic</li> <li>Recreational</li> <li>Other</li> </ul>			
<b>Activities</b> <ul style="list-style-type: none"> <li>Clubs, organizations</li> <li>Greek life</li> <li>Athletics, intramurals</li> <li>Other</li> </ul>			
<b>Campus Visits</b> <ul style="list-style-type: none"> <li>When</li> <li>Special opportunities</li> </ul>			

## **ACADEMIC COMMON MARKET**

The Academic Common Market is an arrangement among southern states allowing students to pay in-state tuition rates while attending out of state schools. This partnership agreement is program –specific. Information is provided at [www.schev.edu](http://www.schev.edu)

## **SCHOLARSHIP ANNOUNCEMENTS**

All seniors and their families are encouraged to use REMIND and check the home page of Liberty High School for scholarship announcements. Paper applications for scholarships are located in the file cabinet in the school counseling office. Seniors are reminded to be mindful of scholarship deadlines and to note if the deadlines are postmark or receipt deadlines.

## **GROW YOUR OWN TEACHERS PROGRAM**

There is a new initiative with CVCC and Lynchburg College for seniors who are interested in pursuing a career in teaching. The GROW YOUR OWN TEACHERS program participants with complete two years of course work at CVCC while also taking selected classes at Lynchburg College. Students enrolled in this program will also be eligible to participate in Lynchburg College club sports as well as many other activities through Lynchburg College. Additionally, the program allows for participants to graduate in four years (including student teaching). Scholarships and financial aid opportunities are available for participants.

## **ENGINEERING MENTORING PROGRAM**

The opportunity to participate in the 2017-2018 Engineering Mentoring Program is available to students who are interested in pursuing a career in engineering. For over 30 years, BWXT, Areva, and NovaTech have provided the students at the local school districts the opportunity to work on projects with engineers to learn about engineering principles. Students who are interested in participating in this program should contact Ms. Whorley.



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## SCHOLARSHIP SCAMS

According to the Federal Trade Commission's scholarship scams, if you or your student hears these lines from a scholarship service, you may be getting duped:

- **"The scholarship is guaranteed or your money back."**  
No one can guarantee that they'll get your student a grant or a scholarship.
- **"You can't get this information anywhere else."**  
There are many free lists of scholarships available. You and your student should start researching scholarships online or at the high school or library before you decide to pay someone to do the work for you.
- **"I just need your credit card or bank account number to hold this scholarship."**  
You or your student should never give out credit card or bank account numbers on the phone without getting information in writing first. It may be the setup for an unauthorized withdrawal.
- **"We'll do all the work."**  
Don't be fooled. There's no way around it. Your student must do the work to apply for scholarships or grants.
- **"The scholarship will cost money."**  
Don't pay anyone who claims to be "holding" a scholarship or grant for your student. Free money shouldn't cost a thing.
- **"You've been selected by a national foundation" to receive a scholarship or "You're a finalist" in a contest your child never entered.**  
Before you or your student sends money to apply for a scholarship, check it out. Make sure the foundation or program is legitimate.

Be a smart consumer. Parents should check with their employers, community clubs and organizations about possible scholarships.

For more information on scholarships scams go to [FinAid.org](http://FinAid.org). This site provides advice on how to identify scams, how to protect yourself from, and what to do if you are scammed.



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## Top 10 College Application Mistakes

1. **Misspellings and grammatical errors** - Misspellings on something as important as your college application might communicate that you do not care or that you are not good at spelling. Do not stop with spell-check...proofread for grammatical errors.
2. **Applying online, but the application is not actually submitted** - You should receive confirmation from the college or university in an email. Follow through and make sure that your application has been received.
3. **Forgotten signatures** - Make sure you sign and date all forms, checking the front and back of forms. Check that all spaces have been filled in.
4. **Not reading carefully** - For example, if it asks what county you live in, do not misread it as country and put the United States.
5. **Listing extracurricular activities that are not** - Those that make the cut include sports, the arts, formal organizations and volunteer work. Make sure your information is accurate, since colleges may check with your high school for verification.
6. **Not telling your school counselor where you've applied** - Let your school counselor know to which colleges you are applying, and ask her to review your school transcript before sending it to colleges. Sometimes transcripts have errors. Ask the community college to send an official transcript to colleges to which you apply if you have dual enrollment credits. Print off the Secondary School Report for your counselor when applicable.
7. **Handwriting** - first impression counts, so take your time and use good handwriting. It will make a better first impression.
8. **Using an email address that friends might laugh about, but colleges will not** -Select a professional email address. Keep your fun addresses for your friends, but select an address using your name for college admissions. Be smart when posting to social networks.
9. **Not checking your email regularly** - if you have given an email address to the admissions office, they will use that address to communicate with you. You do not want to miss out on important information such as deadlines or scholarships.
10. **Letting mom or dad help you fill out your application** - Admissions know if your parents help, whether you have two different styles of handwriting or your admissions essay sounds more like a 45-year old than a 17-year old wrote it. It is fine to get advice, but do the work yourself.

# **JOB INTERVIEW TIPS**

An interview gives you the opportunity to showcase your qualifications to an employer, so it pays to be well prepared. The following information provides some helpful tips.

## **Preparation:**

- Learn about the organization
- Have a specific job(s) in mind
- Review your qualifications for the job
- Prepare answers to broad questions about yourself
- Review your resume'
- Practice an interview with a friend or relative
- Arrive before the scheduled time for your interview

## **Personal appearance:**

- Be well groomed
- Dress appropriately
- Do not chew gum or smoke

## **The interview:**

- Relax and answer each question concisely
- Use good manners
- Learn the name of your interviewer and greet him or her with a firm handshake
- Use proper English-avoid slang
- Be cooperative and enthusiastic
- Use body language to show interest
- Ask questions about the position and the organization, but avoid questions whose answers can easily be found on the company web site. Avoid asking about salary and benefits unless the job is offered. Thank the interviewer when you leave and follow-up in writing

## **Test (if the employer gives one):**

- Listen closely to instructions
- Read each question carefully
- Write legibly and clearly
- Budget your time wisely and don't dwell on one question

## **Information to bring to an interview:**

- Social Security card
- Government issued identification (driver's license)
- Resume. Although not all employers require applicants to bring a resume, you should be able to furnish the interviewer with information about your education, training and previous experience
- References. Employers typically require 3 references. Get permission before using anyone as a reference. Make sure they will give you a good reference. Try to avoid using relatives
- Transcripts. Employers may require an official copy of your transcript to verify grades, coursework, dates of attendance, and highest grade completed or degree awarded

# **BUILDING BLOCKS FOR CAREER SUCCESS**

Building blocks for career success include hard-skills, people skills, and self-management skills.

What are soft skills? Soft skills are your people skills, these are skills used to interact with others.

Examples of soft-skills are:

- Work ethic
- Attitude
- Communication skills

Examples of hard-skills are:

- Knowledge about math or biology or computer programming etc.
- Subject matter expertise

Examples of people-skills are:

- Communication skills
- Networking skills
- Leadership skills
- Team work skills

Examples of self-management skills are:

- Awareness
- Emotion-control (stress management)
- Confidence
- Resilience
- Patience



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## **MILITARY OPTIONS**

The largest employer in the U.S. today is the military. The military provides job training to enlisted men and women. While most job training is in a classroom setting, for some occupations, training is provided on the job.

Military personnel in all five branches are paid according to the same pay scale and receive the same basic benefits. Military pay and benefits are set by Congress, which normally grants a cost of living pay increase once a year. In addition to pay, the military provides many of life's necessities such as food, clothing, housing, or provides allotments for them. For many students, being a member of the military provides financial means to finance a college education.

The decision to be member of the military is one that should be made after carefully weighing the opportunities each branch offers and finding the best fit for you. Some branches have sign-up bonuses; some have generous financial college assistance programs, while some guarantee job placement, rather than field placement...do your homework!

## **ROTC**

Reserve Officers' Training Corps programs are offered at many colleges and universities in conjunction with the Air Force, Army and Navy. Tuition, books, and fees are usually subsidized by the military and the student receives a stipend to cover personal expenses. Students accept the obligation to serve a specific number of years in the military after graduation.



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