

Guidance Department

Director of Guidance: Mrs. Debbie McQuaid

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The Guidance Department provides many services including: guidance, counseling, consultation, coordination, assessment, referral, college planning, and program management. The Director of Guidance is available on a daily basis to assist students, parents, teachers, administrators, and the school community with the myriad of concerns that may arise throughout the school year.

The Director of Guidance is first and foremost a student advocate and is there to help students learn about themselves and develop positive self-concepts. Students' personal development and helping them realize their full potential as unique individuals is a primary concern. She is available to help students research their interests, whether personal, vocational, or career.

Students are encouraged to meet regularly with the Director of Guidance and to establish a good working relationship. Students are welcome to visit the Guidance Office should they have a problem, question, or just need to talk to someone they can trust. Confidentiality is respected, and an atmosphere to discuss personal feelings and explore alternatives is provided.

The Director of Guidance can assist with personal problems, social adjustments, current concerns, class selection, vocational choices, and more. Every effort is made to be non-judgmental and to create an atmosphere where students can grow and develop in positive ways. So, when the pressures of life, such as selecting a college, looking for a career, peer relationships, academic concerns, etc., seem overwhelming, the Guidance Department is a great place to go for prayer, encouragement, advisement, help and support!

Students can drop by the Guidance Office before school, at lunch, after school or make an appointment to be seen during the school day. Students may make an appointment with the Director of Guidance, or the Director of Guidance may make an appointment with the student based upon a referral from a teacher, administrator, or parent. Parents and students are urged to contact the Director of Guidance to discuss any area of concern. Questions, concerns, or comments regarding the Guidance Department should be directed to the Director of Guidance or the Principal.

College Planning Information:

Freshman

- Remember, every grade counts towards your cumulative grade point average, so come to school with the determination to do your very best in each class!
- Think about the kinds of things you like to do and how they might develop into a college major or career. Be prepared to discuss this with me.
- Learn as much as you can about different kinds of jobs.
- Think about becoming involved in diverse and challenging academic & extracurricular programs.

Sophomores

- Remember, every grade counts towards your cumulative grade point average, so come to school with the determination to do your very best in each class!
- It's never too late to improve your grades.
- You will need to start preparing for the PSAT/NMSQT to be held in October.
- Continue with or begin to think about the kinds of things you like to do and how they might develop into a college major or career. Be prepared to discuss this with me.
- Continue or begin learning as much as you can about different kinds of jobs.
- Continued involvement in diverse and challenging academic & extracurricular programs.

Juniors

- Remember, every grade counts towards your cumulative grade point average, so come to school with the determination to do your very best in each class! (Sound familiar?)
- You will want to develop leadership skills by accepting responsibility.
- Begin the college search by identifying student & family needs (and limits). Consider things like cost, location, campus size, type of school, academic offerings, campus setting and student life. Be prepared to discuss this with me.
- Start collecting information.
- Start visiting colleges.
- Create your "long list."
- Research information about scholarships and other kinds of financial aid.
- SAT preparation. Take the SAT in the spring.
- Student athletes need to register with the NCAA Clearinghouse

Seniors

- Remember, every grade counts towards your cumulative grade point average, so come to school with the determination to do your very best in each class!
- College essay
- Obtain letters of recommendation
- Have you read thoroughly through all mail received from colleges?
- Have you been visiting those colleges of interest?
- Don't forget to sign up to meet with college representatives.
- Are you prepared to take/re-take the SAT?
- Start thinking about narrowing your college choices down and create your short list. Be prepared to discuss this list with me.
- College applications should be complete by the first week in October.

Internet Information and Searches

www.campustours.com

www.catholiccollegesonline.org

www.collegeboard.com

www.petersons.com

www.princetonreview.com

Financial Aid Sites

www.ed.gov/offices/OPE

www.fafsa.ed.gov

www.pin.ed.gov

www.targetusa.com

Scholarship Search Sites

www.afcea.org

www.aasa.org/discover.htm

Military Academies

www.usafa.af.mil

usma.edu

www.cga.edu

www.nadn.navy.mil

Air Force

Army

Coast Guard

Navy

Other Aid

www.afas.org

www.nmcrcs.org

www.cgmahq.org

www.finaid.org/scholarships

Air Force Aid Society

Navy Marine Corps Relief Society

Coast Guard Mutual Aid