Greetings from the CHS Counselors & Career Specialist

You are likely familiar with the old adage “time flies.” As a child, time seemed to be in perpetual slow motion and certain milestones, such as earning a driver’s permit followed by a license, and high school graduation, were impatiently anticipated and couldn’t arrive fast enough. With the holiday season now behind us and a new year unfolding before us, the staff at CHS are wondering “how can it be 2015 already?”

The month of January also ushers in the end of semester one and the fresh beginning of semester two. With that in mind, any support and guidance you can offer your student is invaluable. Some key areas you can help with include tips on study skills and test taking. For example:

♦ Inquire what will be covered on the final exam and be sure to understand all that will be expected.
♦ Assess which topics have been mastered and which need additional support.
♦ Gather past homework, quizzes, and exams and use them as a study guide.
♦ Take advantage of extra study sessions offered by teachers.
♦ For essay questions, teachers are typically assessing the student’s understanding of content, the application of it, and the student’s writing skills. Be sure to understand what the question is asking so reread it at least once.
♦ Before writing a response, create a short, informal outline. Make sure to stay on topic.
♦ For multiple choice questions, be sure to understand what the question is asking so reread it at least once before responding.
♦ Eliminate answers that are obviously incorrect.
♦ For true false questions, read each statement thoroughly, and pay attention to qualifiers such as usually, always, never.
♦ Adequate sleep and proper nutrition are key factors on test performance. What students eat, drink and the amount of sleep they get impacts both long-term and short-term memory, critical thinking ability, and reasoning skills.

In closing, encourage your student to not delay, and instead, to make a plan today. Studying does not mix well with texting, television and social media, so plan which day(s) each subject will be focused on then block out time in 45-60 minute increments that will be preserved solely for studying.
College and Career Information...

SCHOLARSHIPS
Please check out the full list of scholarships on the Counseling and Career Center Website.

- www.thewashboard.com
- www.fastweb.com
- www.wiche.edu/wue
- www.thecsbascholarship.org
- www.nationalmssociety.org
- www.microsoft.com/scholarships.com/en
- www.washingtonjustice.org/index.cfm?pg=scholarship#HighSchool
- http://www.waopportunityscholarship.org/scholarship/overview?srctid=1&erid=734746&trid=a9f2fc43-aa16-40d6-bdb6-5f63a18e94fc
- http://www.collegesuccessfoundation.org/wa/students/leadership1000/eligibility?srctid=1&erid=734746&trid=a9f2fc43-aa16-40d6-bdb6-5f63a18e94fc
- http://www.collegesuccessfoundation.org/wa/students/governors-eligibility?srctid=1&erid=734746&trid=a9f2fc43-aa16-40d6-

Did you know that according to the Bureau of Labor & Statistics, some of the fastest growing occupations through 2020 are:

<table>
<thead>
<tr>
<th>Job</th>
<th>%growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Industrial organizational psychologist</td>
<td>53%</td>
</tr>
<tr>
<td>Home health aides</td>
<td>49%</td>
</tr>
<tr>
<td>Interpreters/translators</td>
<td>46%</td>
</tr>
<tr>
<td>Medical sonographers</td>
<td>46%</td>
</tr>
<tr>
<td>Brick masons, block masons, tile &amp; marble setters</td>
<td>43%</td>
</tr>
<tr>
<td>Genetic counselors</td>
<td>41%</td>
</tr>
</tbody>
</table>

Financial Aid Information:

- www.ed.gov
- www.finaid.org
- www.petersons.com/resources/
- https://studentaid.ed.gov/redirects/students-gov
- https://studentaid.ed.gov/fafsa/filling-out
- http://www.finaid.org/scholarships/scams.phtml

Top 10 Personal Qualities/Skills Employers Seek:

1. Strong communication skills (verbal and written)
2. Teamwork skills (works well with others)
3. Decision making and problem solving skills
4. Ability to plan, organize and prioritize work
5. Ability to obtain and process information
6. Analytical skills
7. Technical skills
8. Computer software skills
9. Ability to create and/or edit written reports
10. Ability to influence others

(Source: National Association of Colleges and Employers' “Job Outlook 2013.”)