



# Pisgah High School

## Freshman & Sophomore Newsletter

Pisgah High School Counseling Center, 1 Black Bear Drive, Canton, NC 28716  
(828) 646-3440

We are on the web at [teacher.haywood.k12.nc.us/phs-counselingcenter/](http://teacher.haywood.k12.nc.us/phs-counselingcenter/).  
Follow us on Twitter @ [pisgahcounselor](https://twitter.com/pisgahcounselor)

**September 2015**

### COMING EVENTS:

- **Picture Day: Friday, September 11 (Auditorium)**
- **Monday, September 14** is COLLEGE NIGHT at Haywood Community College, 6:00 to 7:30 pm. This is a great opportunity to meet over forty two-year and four-year college representatives in one location! *Come by the PHS Counselors' table to say hello and sign up for door prizes!* (Representatives will also be available at UNC Asheville on Thursday, September 17, 6:00 to 9:00.) A complete list of colleges planning to participate is on the Counseling Center bulletin board.  
*NOTE: Plan to take notes! Dress professionally; you would be surprised how many representatives will actually remember meeting you. It's okay to take a resume or list of your activities, your tentative college major, and your contact information. Bring a folder to organize and carry home information packets.*
- **US Service Academy Day, September 19:** Representatives from all Military Academies (West Point, the Naval Academy, the Air Force Academy, the Coast Guard Academy, and the Merchant Marine Academy) will be available 1 to 3 PM at the National Guard Armory, East Flat Rock, NC to answer questions and provide information to students and families. RSVP to Congressman Mark Meadows's office (828) 693-5660 and/ or see your counselor for more information.
- **The PSAT will be administered at Pisgah on Wednesday, October 14.** Juniors interested in competing for the National Merit Scholarship OR sophomores wanting SAT practice should sign up with Mrs. Case in the counseling center no later than September 23. Cost is \$15.
- **ZAPS Test Prep Seminar, September 19** from 9 AM to 3 PM: Students interested in preparing for the NEW versions of the PSAT, SAT, or ACT are invited to attend this seminar at the Haywood County Schools Education Center (in Clyde). **Cost is \$79.99.** More information and registration is available at [register.doorwaytocollege.com](http://register.doorwaytocollege.com), or call (877) 927-8378.
- **North Carolina School of Science and Math:** North Carolina claims the "world's first public, residential high school for juniors and seniors [for] curriculum in math, science, and technology." Any student interested in NCSSM should plan to attend an informational meeting Tuesday, September 29 at 4 PM in the PHS Media Center. Parents are encouraged to attend!
- **Tuesday, October 6: Pisgah High School Open House, 4:30 to 6:30 PM.**

### Opportunities at MAHEC

Mountain Area Health Education Center, 121 Hendersonville Road, Asheville, NC

- **SAT Prep Strategies**, Saturday, September 12, 8:00 to 3:45 and Sunday, September 13, 1 PM to 3 PM (\$80)
- **How to Study** and **College Planning and Scholarships:** September 10, 6:00 to 9:00 PM (Free!)

For more information or to register, call (828) 257-4461 or (828) 257-4479. Families and students planning to attend are expected to register in advance at [sys.mahec.net/res/hcclasses.aspx](http://sys.mahec.net/res/hcclasses.aspx).

### North Carolina Graduation Requirements

**English:** 4 courses

**Math:** 4 courses (Math 1, Math 2, Math 3, and an advanced math)

**Science:** 3 courses (Earth/ Environmental Science, Biology, and a Physical Science—either physical science or chemistry)

**Social Studies:** 4 courses (World History, American History I, American History II, Civics and Economics)

**Health/PE:** 1 course

**Electives:** 2 courses from any combination of Career and Technical Education (CTE), Arts (Band, Chorus, Drama, Art), or Foreign Language. (Note: Foreign language is NOT required to graduate; Two credits in the same foreign language IS required IF you plan to apply to a four-year college.)

**Concentration Area:** 4 courses—all from one of the following categories—with at least one being a "level 2" or higher:

- A Career and Technical Education (CTE) cluster
- JROTC
- Arts
- Academic (advanced—i.e. beyond minimum requirements—math, science, social studies, or foreign language)

**Total Credits** (1 "credit" for each course) needed: 28

**Ninth and Tenth Grades DO count!**

### Smart Lunch

Students have a 1-hour block between 2nd and 3rd periods for working with teachers in small groups (or individually) and for lunch. Freshmen are expected to see each teacher at least once each week. Sophomores must see each teacher at least twice each 3-weeks. This is a great opportunity to get help with homework, re-test, complete make-up work, etc. The following schedule outlines which days which teachers are available during Smart Lunch:

**English:** Wednesday (Tutorial A), Friday (Tutorial B)

**History:** Mon (A), Wed (B)

**Science:** Mon (B), Thurs (B)

**Math:** Tues (A), Thurs (A)

**Foreign Language:** Tues (B), Fri (A)

**Fine Arts:** Mon (B), Thurs (A)

**CTE / D Bldg:** Tues (B), Wed (A)

**CTE / E Bldg:** Thurs (B), Fri (A)

**ROTC:** Mon (A), Fri (B)

**PE:** Mon (B), Tues (A), Wed (B)

## **Ninth Grade Planning Guide:**

- ⇒ **Develop good habits!** Do your homework every day, attend school every day, and arrive on time every day! Good grades are sure to follow!
- ⇒ Begin thinking about your **interests** and your **strengths**.
- ⇒ Talk to your school counselor, your family, and your teachers about **jobs** that interest you or about jobs that might use the skills that you develop in your favorite classes.
- ⇒ **Become involved** in your school and your community. Join a club, a team, or an organization: You'll meet people with similar interests, develop valuable skills, learn more about yourself, and have fun!
- ⇒ **Get organized:** Make sure you have a planner/calendar to keep track of coming events and long term assignments.
- ⇒ **Stay organized:** Clean your book bag, locker, and room weekly. You might find something important!
- ⇒ Look for opportunities to **volunteer** in your community. You will learn a lot about yourself and others!

## **Tenth Grade Planning Guide:**

- ⇒ All 10th graders will take the **PLAN** test this fall, which is a great practice for the ACT (which you will take in the spring of your 11th grade year). Do your best!
- ⇒ **Begin researching colleges and careers that interest you.** Make sure that you are taking the classes that fulfill minimum admissions requirements. And keep an open mind: Not all jobs/opportunities require four years of school. Many 6 month or one year programs can significantly improve your earning power!
- ⇒ **Listen for information about essay contests and other competitions.** Participation (and/or winning) will look great on college/work applications—and could even earn you money or scholarships!
- ⇒ **Keep all awards in a file.** You will be asked to list these on college admissions, scholarship, and job applications your senior year—and you don't want to forget anything!
- ⇒ **Think about how you spend your time.** If you haven't already done so, join a club or team or an organization that offers skills or activities that match your interests. If you are already involved, take a look at your level of involvement. Are you spread too thin—too many clubs and too little involvement in any of them? Choose the activities that mean the most to you, and look for opportunities to lead small groups, represent the club in regional meetings, etc. If no club exists that matches your interest or hobby, you can always ask a teacher to help you start one!
- ⇒ Talk with your counselor and your teachers about **Honors/Advanced classes, Advanced Placement courses, and internships** that will be available to you in the next two years. Make sure that you are meeting minimum requirements for those courses now. Challenge yourself academically!
- ⇒ Listen for information about **summer enrichment programs or weekend opportunities** to learn about careers or colleges.
- ⇒ **Think about part time jobs** that will help you learn more about yourself and your interests.

### **Opportunities for 9th and 10th graders:**

- **Prudential Spirit of Community Award:**  
Are you a student who had made a difference volunteering? Learn more about possible recognition AND scholarship money at [spirit.prudential.com](http://spirit.prudential.com); apply online by November 3 and bring print-out to your counselor.
- **SportQuest Playing with Purpose Scholarship Program:**  
Varsity level athlete grades 10-12 committed to the Christian faith with a minimum "C" grade average or higher can learn more about a \$2000 scholarship, an opportunity to apply for other scholarships, and summer ministry opportunities. Learn more at [www.playingwithpurpose.org](http://www.playingwithpurpose.org).  
Deadline **February 1**.

A lot of people THINK that prescription drugs won't hurt them because they are prescribed by a doctor or are "easy" to get.

But **PRESCRIPTION DRUGS CAN BE AS DANGEROUS AS ILLEGAL DRUGS** and can cause trouble breathing, seizures, passing out, addiction, coma, and even **DEATH**.

Call **Carolinas Poison Center** at 1-800-222-1222 (**CONFIDENTIAL and FREE**) if you have a question: It's a one-on-one private conversation between you and someone who knows about drugs.  
[www.ncpoisoncenter.org](http://www.ncpoisoncenter.org)

**1 in 4 investigated deaths in HAYWOOD COUNTY are a result of prescription drug abuse. —Hay Co Medical Examiner, 2014**

**"IT ONLY TAKES ONE TEXT MESSAGE TO CRASH YOUR DREAMS.**

**Don't text and drive... The conversation can wait."**

**—Governor's Highway Safety Program**



PHS Counseling Center

Dr. Allen: Counselor for students with last names A-G  
Mr. Lawing: Counselor for students with last names H-O  
Mrs. Heinz: Counselor for student with last names P-Z

Mrs. Case: Administrative Assistant  
Mrs. Inman: Lead Teacher  
Mrs. Ray: Career Development  
Mrs. Frazier: School Social Worker  
Mrs. Clark: School Nurse  
Officer Deaver: School Resource Officer

PHS "Habit" for September:  
**"Be PROACTIVE"**

from 7 Habits of Highly Effective Teens by Sean Covey

**"People are just about as happy as they make up their minds to be."**

**—Abraham Lincoln**