



JUNIOR CLASS



NEWSLETTER

October/November | 2023

Class of 2025

Volunteering - Good for you, Good for the Community



Much has been written about the benefits of volunteering for high school students and junior year is a great time to get started. Volunteer activities can teach you new things about yourself, help you find new interests and possibly start your path to a specific career. Volunteering gives you a chance to meet new people and to experience the real world through hands-on activities. Above all, it gives you the opportunity to help in your community and consider the larger world around you.

The Counseling and Guidance Office often has volunteer opportunities posted in the Google Classroom and on the announcements. Options include volunteering at the concession stand for the Junior class fundraising, the Discovery Center, CHOW, participate in a walk-a-thon for GIGI's Playhouse. Many options exist - find something that gets you excited to help others. Many of these opportunities will also lend itself to satisfy requirements for the Seal of Civic Readiness. You can find out more about that special award from any Social Studies teacher.

Updates

- PSAT's will be held on Saturday, October 14th - please bring your charged chromebook
- Results will be available in November - watch for more information



Important Dates

- Oct 13th | Permission Slips due for College and Career Day
- Oct 14th | PSATs
- Oct 18th | College and Career Day
- Nov 1st | Last day to Register for IB and AP Registration

Google Classroom
Code:
ptxazgj





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College Searching

Junior year is the perfect time to start looking at colleges. Whether it is a virtual visit or a drive around a campus, start thinking about what characteristics are important to have in the campus of your choice. Students can take advantage of the many college visits that are posted in the Counseling and Guidance Google Classroom. Additionally, many college representatives have been meeting with Vestal students. These are excellent opportunities to learn more about the different colleges and what they have to offer.

Students can begin exploring college options by visiting [Big Future](#) on the College Board website. Here they can search based on major, location, size of school and many other features. Counselors will meet with Juniors in the spring time to discuss post graduation plans!

Working Papers

Interested in getting a job? Many students who are 16 years old may begin looking for a part-time job to start saving for their future expenses. Many companies such as Weis Markets, Wegmans, Target and others will hire students for hourly wages. Talk to family and friends to see where they worked when they were your age. There may be many opportunities within your circle of connections that can help you land that first job.

However, before you can begin, you must get your Working Papers. Working Papers can be picked up from the Counseling and Guidance Office. Please fill this out in its entirety. You must also have an up-to-date physical to be eligible. Stop into the Counseling and Guidance Office if you have any questions.

Good luck landing that first job! Remember, they will looking for students who have good time management skills, those who work well with others, and those who will show up on time. Put your best foot forward. These skills will help you with future employment opportunities.

Career Searching

How many times have you been asked, "What do you want to be when you grow up?" Do you have an answer? Many students are completely uncertain of what they would like to do for a career. In some cases, many careers are being created as our students progress through school and they may not be aware that these careers even exist. It is okay not to know. Think about what you like to do. What is enjoyable? What skills do you have? Students can begin searching for careers on many different websites. The Counseling and Guidance Office uses multiple websites with students in classrooms to work on interest inventories, career match makers, and to create personal goals. The U.S. Department of Labor Statistics has an [Occupational Outlook Handbook](#) that will help students look at different careers, salaries, and degree required to start the job. Similarly, The HESC (Higher Education Service Corporation) utilizes [My Next Move](#) where students can look up careers and take an interest inventory. For those students who already have been on the College Board website, you can also use their [Road Trip Nation](#) career finder. You can start exploring and create a plan to reach your goals.

Did you know that a Wind Turbine Service Technician is the fastest growing job in the United States? Do you know what a Solar Photovoltaic Installer does? Did you know that Nurse practitioners are in extremely high demand? Check out these occupations and more at the Occupational Outlook Handbook Fastest Growing Careers.

It is never too early to start exploring. See what is out there and what sparks your interest.



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2023-2024 TESTING CALENDAR

❖ SCHOLASTIC APTITUDE (SAT) REASONING TESTS - \$60

Register online at www.collegeboard.org

EXAM DATE	REGULAR	Registration Closes		LOCATION
		LATE (\$30 add'l)		
Aug. 26, 2023	July 28, 2023	Aug 15, 2023		Area Schools
Oct. 7, 2023	Sept. 7, 2023	Sept. 26, 2023		Vestal High School
Nov. 4, 2023	Oct. 5, 2023	Oct. 24, 2023		Vestal High School
Dec. 2, 2023	Nov. 2, 2023	Nov. 21, 2023		Vestal High School
March 9, 2024	Feb. 23, 2024		Digital	Area Schools
May 4, 2024	April 19, 2024		Digital	Vestal High School
June 1, 2024	May 17, 2024		Digital	Area Schools

❖ AMERICAN COLLEGE TEST (ACT) – Register online at www.act.org

Cost: ACT (no writing).....\$66.00 ACT with writing.....\$91.00

EXAM DATE	REGULAR	Registration Closes		LOCATION
		LATE (\$36.00 add'l)		
Sept. 9, 2023	Aug. 4, 2023	Aug. 18, 2023		Area Schools
Oct. 28, 2023	Sept. 22, 2023	Oct. 6, 2023		Area Schools
Dec. 9, 2023	Nov. 3, 2023	Nov. 17, 2023		Area Schools
Feb 10, 2024	Jan. 5, 2024	Jan. 19, 2024		Area Schools
April 13, 2024	Mar. 8, 2024	Mar. 22, 2024		Area Schools
June 8, 2024	May 3, 2024	May 17, 2024		Area Schools

Khan Academy is a great website to help prepare for the SAT's. Additionally, students who took the PSAT's will receive a personalized code to access study materials specific to their needs for further preparation.



Interested in playing Division I or Division II sports in college?
Don't forget to register on the [NCAA Eligibility](http://www.ncaa.org) website.