

## Summer Opportunities

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### Skill Building through Camps

- ◆ St. Mary's Good Samaritan is offering a Health Careers Camp June 19 & 20. Information is available in the Guidance Office or on the camp website [www.ilrhpguide.com/camp.cfm](http://www.ilrhpguide.com/camp.cfm).
- ◆ The Community Education Department at Rend Lake College will offer a variety of athletic camps. Contact Lori Ragland at 1-800-369-5321, ext. 1367 or 1267 for more information.
- ◆ S.I.U. – Carbondale will offer a variety of camp experiences. Check these out:
  - ✓ Camps for young writers, theatre, architecture, TV news, music, dance, athletics, robotics, or career exploration for pilots. Go to [www.dce.siu.edu](http://www.dce.siu.edu). Click on "Youth."
- ◆ Murray State will offer sports, art, and young writers camps. A complete list of summer camp opportunities can be viewed on the web: <http://ceao.murraystate.edu/noncredit/camps.htm>. In addition, a program for gifted juniors is available. It is called "Commonwealth Honors Academy," and it is open to juniors who have a grade point average of at least 3.5, and an ACT of 25 or higher. This residential program awards six hours of university credit, and is free to students. For more information, visit this website: [www.murraystate.edu/cha/](http://www.murraystate.edu/cha/).
- ◆ Eastern Illinois University will offer camps in a variety of areas. Visit the EIU website: [www.eiu.edu](http://www.eiu.edu). Type in "Summer Camp" in the search box.



### Summer Job Opportunity

The Summer Works Program, administered by Man-Tra-Con Corporation, provides area youth 16-24 years of age an opportunity to learn job skills while earning a paycheck. Applicants must meet income guidelines. Information is available in the Guidance Office, on their website at [www.mantracon.org](http://www.mantracon.org), or by calling 998-0970, ext. 212.

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## News for Juniors

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On April 22 and 23 members of the junior class took the PSAE test. This group of students is to be commended for their exemplary behavior, cooperative attitude, and serious approach to the testing process. Juniors who were absent on those days will have a chance to take the PSAE on May 6 and 7.

For your information:

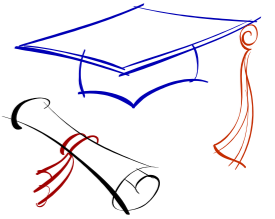
- The **ACT** scores (part of PSAE) will be mailed to the juniors by the end of May. Counselors will be happy to discuss score reports if students have any questions.
  - Juniors who wish to retake the ACT yet this school year can do so June 13, however the regular registration deadline is May 8 (\$31 fee). Late registration deadline is May 22 (\$51 fee). Nearby test sites for this date include John A. Logan College, Kaskaskia College, and SIU-C. The June ACT will not be given at MVTHS.
  - The **WorkKeys** scores (also part of PSAE) and the actual **PSAE** scores will be distributed to students in the fall, 2009.
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## News for Seniors

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The Student Services staff would like to take the opportunity to congratulate each of the 2009 graduates. We wish you much happiness and success as you begin life beyond high school.

**Notice to College-Bound Seniors:** A final *high school transcript* and *health record* can be sent to the college/university of your choice this summer only if you have a signed release of information form on file. Students who are 18 can sign the release for themselves, however parent signature is also required for seniors who are 17. Counselors gave seniors the release form on April 20. In addition, since the seniors took the dual credit physical education class, plus possible others, they must submit a *college transcript* from Rend Lake College to the school they are attending in the fall, 2009. The request can be made in the Student Records Office at RLC; it must be in writing with the student's signature and date.



## Scholarship Information

### *Scholarship Winners Are Being Announced!*

Throughout the year, college-bound seniors have been advised of scholarship opportunities, and since then applications have been completed and forwarded to the appropriate sources. Scholarship winners are then directly notified by the awarding group, or in the case of the local scholarship recipients, notification is made at the Honors Program for seniors on May 21. It is truly an honor to receive a scholarship from any source because it often is a direct reflection of a student's hard work during his/her high school career. The Student Services staff wishes to congratulate each and every winner!

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## Beyond the Books

### *Be Alert to Co-Existing Substance Use & Mental Health Disorders*

If a young person has a substance use disorder, take a second look at his/her general mental health.

The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that as many as 80% of young people who receive treatment for substance use disorder also have co-occurring mental health problems such as depression, anxiety, conduct disorder, developmental delays, or eating disorders.

Other studies show about half of all adolescents and teens who receive mental health services also have a substance use disorder.

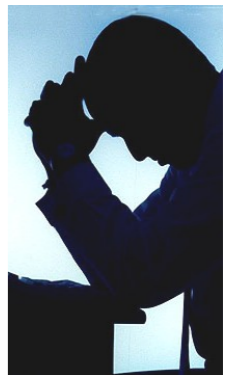
This adds up to a situation where kids need an informed advocate to ensure they get all the treatment they need to regain health.

First, make sure a young person is thoroughly evaluated by a mental health professional to determine if he or she suffers from more than one disorder. Second, if it's determined there are co-occurring disorders, insist that they both be treated.

Adults also are afflicted by co-existing disorders. SAMHSA reports that between 7 and 10 million people nationwide are debilitated by these illnesses.

For more help and guidance, contact your school's social worker, nurse, or guidance counselor.

Source: *Helping Hand*



### A Note of Thanks



A special note of thanks is extended to all of our Guidance assistants, whose never-ending willingness to run errands, answer the phone, stuff mailboxes, etc. is sincerely appreciated! This includes: Andy Hoppers, Shelby Timm, Sarah Herndon, Ryan Quick, Brooke Kujawa, Rya Heady, Joe Capps, Elana Nave, Justyn Flota, and Brett Tucker. You are the greatest!

Congratulations to our senior assistants Shelby and Ryan. Best of luck to you in the future!

Also, special congratulations to Joe Capps for winning second place in the poetry division of the statewide Lincolnland Legends Scholarship Competition!

### Third Quarter in Review

Congratulations to the 389 students who made the third quarter Scholastic Honor Roll. Success and progress is what education is all about!

### Mid-Term Reports Are Coming!

Fourth quarter mid-term progress reports are scheduled to be mailed home on May 1. With less than a month of this school year, there is only limited time left to correct grade problems. This is also the time of year that many students find it hard to keep working to finish that homework, to study for that test, or to attend ELO. Energy and determination can run low.


Parents can assist the student by supporting and encouraging their student's efforts or monitoring student homework. Call your student's counselor to set up parent conferences.

### Summer School

Any student who has failed a class that is required for high school graduation may want to consider attending summer school this summer.

Interested students should see their counselor to complete the sign-up procedure.

Congratulations 2009 Graduates!  
104<sup>th</sup> Annual Honors Program



# GUIDANCE GAZETTE

Mt. Vernon Township  
High School

mvths.org

May, 2009



## Summertime Plans

What will you do to make this a meaningful summer? Attend summer camps or take summer school classes? Work a job or volunteer at a local hospital? Compete on a baseball team or a swim team? Visit a college or take a family vacation? There really is "lots to do," but it takes forethought and planning. Keep reading for some great ideas!

### Resume-Writing for Job Seekers

Are you entering the job market for the first time? Or changing to a different job? An awesome resume may help turn a job application into actual summer employment.

What information is needed in a resume?

- 1) Proper identification so that potential employers can easily find the applicant. Include name, address, phone numbers, and even email addresses.
- 2) Employment history, starting with the most recent job first. List dates of employment, job title, name of employer, city and state.
- 3) Educational background, listing the name, location, and dates of the school that a student is currently attending.

Other optional information could include

- \* *Job Objective* that answers the question: What are you looking for in a job?
- \* *Summary of Qualifications* allows you to sell your skills, experiences, and personality traits.
- \* *Community or School Awards* allows you to share your accomplishments outside the classroom.
- \* *References* provide future employers with adults who can verify your strengths as a future employee.

More summer opportunities on next page ⇨⇨

### Quote of the Month

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

~ Henry David Thoreau, Walden

