

EXTREME

A MONTHLY NEWSLETTER FROM THE COUNSELING DEPARTMENT OF
SOUTHERN WAKE ACADEMY

Adding/Dropping Classes

If you want to add or drop a class, you must come see Mr. Thomas, fill out an add/drop form and get your parents signature! It's still not too late!

Job Shadows and Community Service

Make sure you are getting your job shadows complete and your community service hours taken care of. If you need help setting them up please see Mr. Thomas.

Remember:

30 hours of community service

4 Job Shadows

Ask your advisor about online job shadows!!!

Job Shadow Requirements:

1. A total of 4 per year, 4 hours each.
2. Should be focused on a career choice, specific project or college information sessions
3. Tour of site
4. Hands-on experience at job
5. Completion of reflections report

Resolving conflicts

If you are having a conflict with a fellow classmate, please see Mr. Thomas and get the conflict resolved before it gets out of hand!



Block Classes

Southern Wake introduces block classes this year!

Regular Schedule

Block 1: 8:20-9:40

Block 2: 9:44-11:04

Block 3: 11:08-12:38

“Skinny”: 12:46-1:30

The “skinny” class is a shorter class and meets the entire year. Most “skinny” classes are electives.

Honors Classes

If you are planning on going to a 4 year university, taking honors classes are a great idea. These classes not only challenge you but can boost your GPA!

Most core subjects have both standard and honors classes.

Honors Classes Offered:

All English classes

All History classes

Earth Science Honors

Electives

We are proud to be offering the most electives in SWA's history this school year!

Spanish I and II

French I

Psychology

Journalism

Criminal Justice

Chemistry

Photography

Travel/Tourism

Sports Marketing

Team Sports

Announcements:

Tests

Many colleges require that you take the SAT or ACT. Please don't wait to sign up. If you cannot afford to pay for the SAT, please see Mr. Thomas about a waiver. The website for the SAT is www.collegeboard.com

IMPORTANT:

If you are a student with an IEP and need specific accommodations for testing, visit this web-link, print the forms and bring them to either Mr. Thomas or Mr. Buck

<http://www.collegeboard.com/ssd/student/time.html>

SAT Test Dates:

2010

October 9: Register by September 10

November 6: Register by October 8

December 4: Register by November 5

2011

January 22: Register by December 23

March 12: Register by February 11

May 7: Register by April 8

June 4: Register by May 6

Seniors:

Mr Thomas will be meeting with you individually to discuss internships and plans after graduation. You will sign up for your advising time with him in your English IV class.

If you have not started on your internship, it is imperative that you begin that ASAP in order to get all 265 hours before graduation!

If you are applying for colleges and have taken the SAT, please see Mr Thomas about college application fee waivers! Why pay \$65 for a college application fee when you don't have to?

Campus Tours: If you would like a virtual tour of a college campus, visit www.campustours.com

IMPORTANT:

You may also use college campus visits as a job shadow. You will need to provide the necessary documentation! See Mr. Thomas if you have any questions!

Sports:

If you are interested in playing a sport, please see Mr. Keith for details.

Remember: There are no tryouts! If you show up and want to play, then you've made the team. Dedication is the key!!

Parent Corner

Our New Home:

We are excited about our first year in our new building! We are also very excited about the many opportunities that our expanded property will offer us!

WE NEED YOUR HELP!

If you are as excited about our new facilities and land as we are, then please tell others! Our best recruiting tool is by "word of mouth." As a parent of a student here at SWA, people want to know your opinion! Spread the word!

We are still accepting students for the 2010-2011 school year! If you recruit new students, you can log that as your volunteer hours!!

Upcoming Dates:

Interims

September 13

Community Service/ Job Shadow Day

September 20

Labor Day Holiday: September 6

Contact Information

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