



**St. Charles High School**  
Home of the Spartans



## **November 2022 College and Career Center Newsletter** **Events, Opportunities, and Resources**



Mrs. Janet Malherek - College & Career Advisor, [jmalherek@ccboe.com](mailto:jmalherek@ccboe.com), or through synergy **November 2022**

### ***UPCOMING EVENTS & OPPORTUNITIES!!!***

#### **VIRTUAL FINANCIAL AID NIGHT PRESENTATION**

**Monday, November 14<sup>th</sup> at 6:00 PM**



Class of 2023 and their parents/guardians are invited to attend the **Virtual Financial Aid Night!!!** Information will be provided on the **FAFSA, FSA ID, Scholarships, Grants, Loans, and MORE!!!** A question-and-answer session will also be available!!!

Click the link below to join the presentation:  
<https://csmd.zoom.us/j/92639290136?from=addon>

#### **FREE NACAC Virtual College Fair!!!**

**Sunday, November 6, 2022**

**1:00 PM to 6:00 PM**



- ✓ Connect with **hundreds** of colleges and universities.
- ✓ **Live** sessions available for students to talk to college representatives.
- ✓ Sign up to attend their live and interactive **Zoom sessions** on how to apply, financial aid, and more.
- ✓ Get your **questions answered** about academics, athletics, diversity, study abroad, and other topics.

To register to participate in this event, see a schedule of what colleges will be participating, and the times of the college fairs, please click on the link below:

[www.nacacattend.org/fairs](http://www.nacacattend.org/fairs)

**(CLICK on the VIRTUAL tab.)**

## DUAL ENROLLMENT INFORMATION NIGHT (VIRTUAL)

### Sophomores and Juniors

Wednesday, November 2, 2022 at 6:00 PM –  
**VIRTUAL**

The College of Southern Maryland (CSM) will be having a **Virtual Dual Enrollment Information Night** for 10th and 11th grade students and parents/guardians with the La Plata Campus on **Wednesday, November 2nd at 6:00 PM**. The Dual Enrollment Program provides students with opportunities to start earning college credits while they are still in high school. Students must register to participate in this event.

To REGISTER for this event, visit:  
[www.csmd.edu/DualEnrollment](http://www.csmd.edu/DualEnrollment)



beyond  
expectations

## Dual Enrollment Information Nights

Learn about the opportunities to enroll in college classes on our campuses or receive college credits with our partnerships with the local school system for our In-School Dual Math, English, and other classes.

The Dual Enrollment Program and the Career and Technology Education Program at the College of Southern Maryland (CSM) gives high school students the opportunity to simultaneously earn college credits and possible credit toward a high school diploma.

Students who are home-schooled or gifted and talented may also participate in dual enrollment courses.

### High school students who enroll:

- Start ahead of their peers on college
- Earn transferable college credits
- Receive 50% discounted tuition
- Experience the benefits of a CSM student including free access to fitness centers, tutoring, and libraries

Please RSVP by visiting:  
[www.csmd.edu/DualEnrollment](http://www.csmd.edu/DualEnrollment)

Please join us in our virtual meetings on the following dates:

St. Mary's County:  
November 1 | 6:00 p.m.

Charles County:  
November 2 | 6:00 p.m.

Calvert County:  
November 3 | 6:00 p.m.

All sessions will be held virtually via Zoom. You must RSVP to receive the meeting log in information.

Contact us at 301-934-2251, option 0 for information.



## 17TH ANNUAL GO TO HIGH SCHOOL, GO TO COLLEGE VIRTUAL COLLEGE FAIR

SATURDAY  
NOVEMBER 12, 2022  
10 AM TO 12:45 PM EST  
• SCHOLARSHIP GIVEAWAY  
• DOOR PRIZES

ALPHA PHI ALPHA FRATERNITY, INC.  
KAPPA EPSILON LAMBDA CHAPTER & ETA ZETA CHAPTER  
KAPPA EPSILON LAMBDA EDUCATION FOUNDATION, INC.  
SOUTHERN REGIONAL TECHNOLOGY & RECREATION COMPLEX

### CONFIRMED COLLEGES FROM 2021 COLLEGE FAIR

AIR FORCE ROTC	FROSTBURG STATE UNIVERSITY	THE COLLEGE OF NEW JERSEY
ALABAMA A&M UNIVERSITY	FULL SAIL UNIVERSITY	OHIO STATE UNIVERSITY
ALABAMA STATE UNIVERSITY	GRAMBLING STATE UNIVERSITY	U.S. MILITARY ACADEMY AT WEST POINT
ALBRIGHT COLLEGE	HAMPTON UNIVERSITY	UNIVERSITY OF NORTH CAROLINA AT PEBROKE
ALLEN UNIVERSITY	HARRISBURG UNIVERSITY OF SCI & TECH	TOWSON UNIVERSITY
ARCADIA UNIVERSITY	HIGH POINT UNIVERSITY	TRINITY WASHINGTON UNIVERSITY
AUBURN UNIVERSITY	HOOD COLLEGE	UNIVERSITY AT BUFFALO
BENEDICT COLLEGE	JOHNSON & WALES UNIVERSITY	UNIVERSITY OF ALABAMA
MORRIS COLLEGE	JOHNSON C. SMITH UNIVERSITY	UNIVERSITY OF ARKANSAS AT PINE BLUFF
STEVENSON UNIVERSITY	KEYSTONE COLLEGE	UNIVERSITY OF BALTIMORE
SHENANDOAH UNIVERSITY	LINCOLN UNIVERSITY OF MISSOURI	UNIVERSITY OF MARYLAND
BENNETT COLLEGE	LINCOLN UNIVERSITY OF PA	BALTIMORE COUNTY (UMBC)
BOWIE STATE UNIVERSITY	LOYOLA UNIVERSITY MARYLAND	UNIVERSITY OF PITTSBURGH
CENTRAL STATE UNIVERSITY	MESSIAH UNIVERSITY	UNIVERSITY OF TENNESSEE
CHEYNEY UNIVERSITY OF PENNSYLVANIA	MOREHOUSE COLLEGE	UNIVERSITY OF VIRGINIA
CLEMSON UNIVERSITY	MORRIS COLLEGE	US AIR FORCE ACADEMY
COASTAL CAROLINA UNIVERSITY	MOUNT ST MARY'S UNIVERSITY	VIRGINIA COMMONWEALTH UNIVERSITY
COPPIN STATE UNIVERSITY	NORTH CAROLINA STATE UNIVERSITY	VIRGINIA STATE UNIVERSITY
DAEMEN COLLEGE	OHIO UNIVERSITY	VIRGINIA TECH
DAVIDSON COLLEGE	OLD DOMINION UNIVERSITY	WEST VIRGINIA STATE UNIVERSITY
DREXEL UNIVERSITY	PACE UNIVERSITY	WINSTON-SALEM STATE UNIVERSITY
DUKE UNIVERSITY	PAINE COLLEGE	
EAST CAROLINA UNIVERSITY	PRINCE GEORGE'S COMMUNITY COLLEGE	
EASTERN UNIVERSITY	RUTGERS UNIVERSITY - NEW BRUNSWICK	
ELIZABETH CITY STATE UNIVERSITY	SAVANNAH STATE UNIVERSITY	
ELON UNIVERSITY	SHAW UNIVERSITY	
FAYETTEVILLE STATE UNIVERSITY	SHENANDOAH UNIVERSITY	
FORT VALLEY STATE UNIVERSITY	SOUTH CAROLINA STATE UNIVERSITY	
	SPELMAN COLLEGE	
	STEVENSON UNIVERSITY	
	TALLADEGA COLLEGE	

## 17th ANNUAL GO TO HIGH SCHOOL, GO TO COLLEGE VIRTUAL COLLEGE FAIR - ALL STUDENTS

Saturday, November 12, 2022,  
from 10:00 AM to 12:45 PM - **VIRTUAL**

A variety of over **100 colleges and universities** will be participating. There will also be **Scholarships, Internship Opportunities, and iPad giveaways**. This event is **FREE** and **OPEN** to **ALL** students and parents/guardians. **SENIORS** should have their Transcript/Latest Report Card/SAT & ACT Scores!

For more **INFORMATION** and to **REGISTER**, go to: [www.aphiakel.org/chapter-programs](http://www.aphiakel.org/chapter-programs) (Scroll down to the College Fair section.)



## High School Innovation Challenge

If you are interested in...

- ✓ Tackling hands-on engineering problems
- ✓ Solving challenges in a collaborative environment
- ✓ Learning more about the work conducted by the Naval aviation community

Check out the High School Innovation Challenge!

### Please Join Us to Learn More

Virtual Information Session #1:

September 28, 2022 at 7:00 PM

<https://bit.ly/3CrFnXk> or 410-874-6751, ID: 882293070#

Virtual Information Session #2:

November 16, 2022 at 7:00 PM

<https://bit.ly/3K96FUI> or 410-874-6751, ID: 807856123#



[usn.patuxent.nawcad.mbx.AirTalent@us.navy.mil](mailto:usn.patuxent.nawcad.mbx.AirTalent@us.navy.mil)

## PAX River Naval Base HIGH SCHOOL INNOVATION CHALLENGE

Virtual Information Session #2

Thursday, November 16 at 7:00 PM  
(See link on flyer below)

## Accelerated Learning Academy (ALA) – W.E.B DuBois Scholars Institute

ONLINE Interactive Workshops for STEM fields for 10<sup>th</sup> & 11<sup>th</sup> grade students!

### DATES

January 6-8, 2023

February 24 – 26, 2023

April 21 – 23, 2023



W.E.B. Du Bois  
Scholars Institute

**10<sup>th</sup> and 11<sup>th</sup> Grade Students**.....Good at math and science? GPA of 3.0 or higher? Want a STEM major in college? Want a career in the STEM fields? If so, apply to ALA and learn from other youth and top scientists to explore career options, take STEM workshops online, and strengthen your college application!!!

Choose from 4 Tracks:

**Medical Science, Biomedical Engineering & Technology, Applied Mathematics,  
or Artificial Intelligence & Technology**

**For more INFORMATION and to APPLY, visit:**

<https://www.duboissscholars.org/programs/accelerated-learning-academy.html>

**DEADLINE to apply – December 6, 2022**

**Seats are limited and are on a first come, first served basis – APPLY EARLY!**



## Capitol Technology University – Cyber Saturdays

Are you a high school student interested in **computers, coding, gaming** and **cybersecurity**? Capitol Technology University offers a series of Cyber Saturdays that will provide you with the opportunity to explore those activities in a fun, game-like environment. CyberSaturdays are scheduled regularly throughout the year.

For more information and to register, go to:  
[www.captechu.edu/degrees-and-programs/cyber-saturday](http://www.captechu.edu/degrees-and-programs/cyber-saturday)

## Art Students National Portfolio Days....

### Virtual & In-Person Events

The National Portfolio Day Association will host virtual and in-person events throughout the year. Click on the link below to see the schedule of upcoming events and how you can register to participate in them!!!

[www.nationalportfolioday.org](http://www.nationalportfolioday.org)




# SCHOLARSHIP FAIR

Please join Charles County Public Schools and CSM at our annual scholarship fair. High School juniors and seniors and their parents are invited to come learn about scholarship and financial aid opportunities. Representatives will be present to assist with FAFSA applications.

**Thursday, December 1, 2022**  
**6-8 p.m.**  
**College of Southern Maryland-BI Building**  
**8730 Mitchell Road**  
**La Plata**




**MARK YOUR  
CALENDARS!!!**

**Charles County Public  
Schools and CSM**

**ANNUAL  
SCHOLARSHIP  
FAIR\$\$\$**

**Thursday, December 1<sup>st</sup>**  
**6:00 – 8:00 PM**

**College of Southern Maryland**  
**BI Building**  
**8730 Mitchell Road**  
**La Plata, MD**

***\*\*Students are encouraged to visit college, military, and apprenticeship websites to see what possible in-person and virtual opportunities they may be hosting. Students are also encouraged to schedule an appointment (phone or virtual) to meet with a college admissions counselor, military recruiter, or apprenticeship sponsor. College, military, and career representatives are always excited to talk to students and encourage you to reach out with any questions you may have.***

# PREPARING FOR YOUR FUTURE AFTER HIGH SCHOOL



Your plans for the future are important! There are many post-secondary options open to high school graduates. Some serious thinking and planning will make your post-high school transition easier. It is important to organize your thoughts and ideas about your goals and what you need to do to achieve them.



## POST-SECONDARY EDUCATION

- 4-year Colleges and Universities
- 2-year Colleges/Community Colleges
- Vocational/Technical/Trade/Career Schools

All high school graduates are eligible to attend the College of Southern Maryland (CSM). Students who attend CSM can earn a 2-year degree (Associate Degree). CSM also has many partnerships with 4-year colleges, which enables students to have the opportunity to complete their first two years at CSM and then transfer to a 4-year school to complete their last two years of a 4-year degree. Students may attend CSM and then transfer to a 4-year college in Maryland or an out-of-state college. CSM is an option for many graduates who would like to work full-time or part-time and also take college level courses. For more information about the College of Southern Maryland, you can visit their website: [www.csmd.edu](http://www.csmd.edu). Please be sure to visit the Career Center to take advantage of the resources that are available to help you with your post-secondary plans.

## MILITARY

### Recruiters

- |   |   |  |
|---|---|--|
| ➤ Air Force                                     | <a href="http://www.af.mil">www.af.mil</a>                                      | 240-530-0177   |
| ➤ Army  | <a href="http://www.goarmy.com">www.goarmy.com</a>                              | 301-645-9190   |
| ➤ Coast Guard                                   | <a href="http://www.uscg.mil">www.uscg.mil</a>                                  | 202-543-8313   |
| ➤ Marine Corps                                  | <a href="http://www.usmc.mil">www.usmc.mil</a>                                  | 301-843-0353   |
| ➤ Navy  | <a href="http://www.navy.mil">www.navy.mil</a>                                  | 301-843-8572   |
| ➤ Maryland Army National Guard                  | <a href="http://mdarmyguard.com/index.htm">http://mdarmyguard.com/index.htm</a> | <a href="mailto:mdarmyguard@gmail.com">mdarmyguard@gmail.com</a> |
| ➤ DC Air National Guard, 113 <sup>th</sup> Wing | <a href="http://www.113wg.ang.af.mil">www.113wg.ang.af.mil</a>                  | 240-857-5449   |

The Armed Forces can provide a wide range of opportunities, valuable training, and educational benefits. To find the type of technical training you are best suited; take the ASVAB (Armed Services Vocational Aptitude Battery). This **FREE** test is given at school twice during the school year (fall and spring) and is available for juniors and seniors only. Seniors who are considering the military should plan on taking the ASVAB the fall of their senior year. Recruiters visit the high school throughout the year and are always happy to answer your questions. The recruiters can be reached at the numbers listed above. For more information about the military, please go to: [www.military.com](http://www.military.com).

## APPRENTICESHIPS

An APPRENTICESHIP is a combination of on-the-job training (OJT) and related classroom instruction under the supervision of a journey-level craft person or trade professional. These programs vary in length, pay, and intensity among the various trades. More information is available at: [www.apprenticeship.gov/become-apprentice](http://www.apprenticeship.gov/become-apprentice), [www.dllr.state.md.us/employment/appr/](http://www.dllr.state.md.us/employment/appr/)

## WORKFORCE

- |   |   |
|---|---|
| ➤ Full-time permanent jobs                  | ➤ Contract services on short-term basis |
| ➤ Combination of two or more part-time jobs | ➤ Self-employment                       |

Explore careers and try to identify jobs and occupations that interest you. Become familiar with and practice good job interviewing techniques. Prepare a resume. Come to the Career Center and utilize the resources that are available on interviewing and resume writing. To start your career search, visit [www.Linkedin.com](http://www.Linkedin.com), [www.onetonline.org](http://www.onetonline.org),

[www.careeronestop.org](http://www.careeronestop.org), [www.indeed.com](http://www.indeed.com), [www.glassdoor.com](http://www.glassdoor.com), [www.snagajob.com](http://www.snagajob.com), [www.careerbuilder.com](http://www.careerbuilder.com), [www.monster.com](http://www.monster.com)

The **Southern Maryland Job Source** is located at 175 Post Office Road in Waldorf, Maryland. Office hours are from 8:00 am-4:00 pm daily. Contact the Southern Maryland Job Source at 301-645-8712 or go online at: [www.dlir.state.md.us/county/smd](http://www.dlir.state.md.us/county/smd) OR visit the **Maryland Workforce Exchange** website at: <https://mwejobs.maryland.gov/vosnet/Default.aspx>

**Federal Jobs and Internships** - Students and recent graduates may be eligible for federal internships and job opportunities through the Pathways and other student programs: [www.usajobs.gov/Help/working-in-government/unique-hiring-paths/students/](http://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/students/)

### START PLANNING NOW!!!

Visit the Career Center and the Career Center page on the SCHS website often! Use the Career Cruising website and the other numerous resources available in the Career Center to help you prepare for **YOUR FUTURE!!!**



## NOVEMBER GRADE LEVEL MONTHLY REMINDERS



**REMEMBER...If you have questions, please stop by the CAREER CENTER or email the College and Career Advisor, Mrs. Janet Malherek, at [jmalherek@ccboe.com](mailto:jmalherek@ccboe.com), or through StudentVue!!!**

### Freshmen: (**Freshmen year DOES count!**)

- Be sure you are doing your best to earn the highest grades...**freshman year counts toward your cumulative GPA** which will be used for college admissions and job applications!
- Please take advantage of the resources in the College & Career Center and on the College & Career Center webpage of the St. Charles High School website to help you start thinking about the future.
- Use the **XELLO** link on the Clever App in your Office 365 account, Study Island, and other resources for exploring your career options.
- Get involved in clubs and extracurricular activities. Do volunteer work/community service! All of these things are important and can be added to your resume!!!



### Sophomore:

- Focus on your academics. Ask for help if you need it. Don't fall behind in your classes. Do extra credit whenever it is offered. Use tutoring services for help, such as the Activity Period, [www.khanacademy.org](http://www.khanacademy.org), or the **FEV Tutor app** found on the Clever App on your Office 365 account – click on “more apps” then on the FEV Tutor app’s student dashboard, click “Book a Session.”
- Use the **XELLO** link on the Clever App in your Office 365 account and other resources in the Career Center and on the Career Center webpage of the St. Charles High School website to investigate possible career paths and possible college majors. Explore!



- Stay involved in clubs and community service activities. Being involved helps you develop good time management skills, builds your resume, and could lead to leadership positions!!!
- Keep in mind that some colleges require more than the minimum high school graduation requirements (math, foreign language). Continue to take the most challenging classes!!!



## Junior:

- College, Military, and Apprenticeship presentations and lunchroom visits will be scheduled to help you explore your options after high school.
- Visit college websites and sign up for information sessions, tours, open houses, etc.
- Participate in **In-Person** and **Virtual College Fairs**. These fairs provide you the opportunity to learn more about the colleges, the programs they have to offer, how the application process works, and ask any questions you may have.
- Take advantage of college tours and information sessions to learn more about the school.
- Get to know your teachers well as your academic teachers will need to give you letters of recommendation for college admissions, scholarship applications, and job applications.
- There are many books available containing sample college application essays and information about writing the college application essay. College Board also has information on their website, go to: <https://bigfuture.collegeboard.org/plan-for-college/your-college-application/write-your-essay>
- Thinking about enlisting in the military? The county has scheduled an **ASVAB** test to be administered on Saturday, November 19. Look in your StudentVUE for an email about how to register for it. **Deadline to register is Tuesday, November 8<sup>th</sup>.**
- Get/Stay involved in clubs and community service activities. Being involved helps you develop good time management skills, builds your resume, and could lead to leadership positions!!! Most college and scholarship applications ask about extracurricular activities, volunteer/community service, and leadership positions!!!
- Keep your grades up and use your resources such as Study Island, XELLO, Khan Academy, College Board (SAT) website, and ACT website to practice for college entrance exams. Resources are also available in the Career Center!
- Keep in mind that some colleges require more than the minimum high school graduation requirements (math, foreign language). Continue to take the most challenging classes!!!
- It is recommended that Juniors plan to take their **FIRST** SAT and/or ACT no later than the end of their junior year. Start thinking about when you will take these tests!!!

## Senior:

- Filling out College Applications???? Here is **SCHS CEEB Code – 211067**
- College-bound seniors need to **File Your FAFSA Form for Academic Year 2023-2024 (the year you will be in college)**. Complete your FAFSA as early as possible!!  
The FAFSA (Free Application for Federal Student Aid) **OPENED October 1!!!** If you need help completing your FAFSA, go to: <https://studentaid.gov/apply-for-aid/fafsa/filling-out>. If you are ready to complete your FAFSA, go to: <https://studentaid.gov/h/apply-for-aid/fafsa>
- Some colleges are TEST OPTIONAL meaning they don't require SAT/ACT scores for their college application. **HOWEVER**, check to see if there is a GPA requirement to apply test optional and if SAT/ACT test scores are required in order to be considered for scholarships. **YOU DO NOT WANT TO MISS OUT ON FREE \$\$\$!!!**
- If you are a four-year college bound student, make sure you check on every college's website where you plan to apply to see what documents and/or test scores they require to have a **COMPLETE** application.



- Visit college websites and sign up for information sessions, tours, open houses, etc. This is a great way to help you decide which college is the RIGHT FIT for YOU!!!
- Participate in **In-Person** and **Virtual College Fairs** that are available. These fairs provide you the opportunity to learn more about the colleges, the programs they have to offer, how the application process works, and ask any questions you may have.
- **DON'T MISS DEADLINES!!!** Save copies of your applications and complete any college entrance exam testing your college is requesting.
- Look on college websites for separate applications to apply for scholarships and grants. It will be beneficial to you to complete your college applications by Thanksgiving so you can focus on your course work to keep a strong GPA—**SENIOR YEAR COUNTS TOO!**
- Be sure to send your test scores directly from the testing agency to your colleges, scholarship programs, NCAA, or tech schools.
- College, Military, and Apprenticeship presentations and lunchroom visits will be scheduled to help you to continue to explore your options after high school.
- Thinking about enlisting in the military? The county has scheduled an ASVAB test to be administered on Saturday, November 19. Look in your StudentVUE for an email about how to register for it.
- Thinking about an Apprenticeship? Apprenticeship applications are starting to OPEN and are opened for a limited time. Stop by the Career Center to pick up information!!!
- Be sure to take advantage of resources in the Career Center and on the Career Center webpage of the SCHS website to help you complete college applications, including application essays, and apply for scholarships. Keep working!
- Did you know there is a **List of Scholarships** and **Scholarship Search Engines** on the Career Center page of the St. Charles High School website??? Don't miss out on ALL these opportunities for FREE \$\$\$!!!
- There are many resources available with sample college application essays and information about writing the college application essay. College Board also has information available on their website, go to: <https://bigfuture.collegeboard.org/plan-for-college/your-college-application/write-your-essay>.





# \*COLLEGE/CAREER SCHOOL INFORMATION & RESOURCES\*

## WRITING A COLLEGE ESSAY

### Writing a College Essay



With a number of schools going test-optional for admissions, the essay becomes an even more important factor. Take time to write a strong, well-thought essay. It should be proofread and revised at least twice!!!

#### ➤ Do some self-exploration.

Your college essay is all about showcasing yourself. Think about which of your strengths and interests you would most like colleges to know about you. What are you passionate about? What's most important to you? What are you best at?

#### ➤ If you need to pick the topic, be focused and specific.

Writing about a single experience is usually a good idea: Your essay should prove a single point or message. Try to avoid cliché topics like "winning a big game" or "taking a trip" – these may not help your application stand out from the group.

#### ➤ Show your thoughtfulness.

Be thoughtful in both your topic choice and the tone of your writing. Colleges look for students who have dealt with adversity, have overcome challenges, and continue to grow from their experience. Admitting shortcomings is a sign of maturity and intelligence, so there is no need to portray yourself as a superhero – they will see through it.

#### ➤ Get started early.

Self-exploration can be fun, but don't procrastinate on the actual writing. You don't want to rush or be up against a tight deadline; it will affect your work.

#### ➤ Create an essay outline.

Sometimes creating an outline for your essay can help you get started. It will also help you organize your thoughts and develop a framework.

#### ➤ Read the instructions and follow them.

Be conscious of any length limits, and – if the topic is provided for you – analyze the question carefully. You want to be aware of everything they ask and answer everything thoroughly.

#### ➤ Use your own voice.

Don't use big words just for the sake of using big words. They can distract from the essay when misused. Remember, this essay is about you – so use words you would use.

#### ➤ Use quotations and examples to show personal detail.

Instead of just stating your point of view, you want to make your reader feel the experience. Adding detail will help convey your stance. However, don't use quotations simply to use them; make sure they make sense.



➤ **Try to be concise.**

While adding personal detail is good, you don't want to be wordy or long-winded; short sentences can be more powerful.

➤ **Don't use slang words.**

Generally speaking, slang words conjure the feeling of someone being unpolished, uncaring or not that serious. These are three things you don't want your admissions reader thinking about you. Likewise, avoid clichés and overuse of contractions.

➤ **Be honest.**

The point of this essay is to show who you are, not who you wish you were. Stick to what you know, and your true personality will shine through.

➤ **Don't be afraid to use humor if it's part of who you are.**

Admissions officers can have a sense of humor too, and, when used appropriately, humor can make you stand out. However, don't make being funny one of your top goals in your college essay.

➤ **Step away from your essay and come back later.**

Sometimes it helps to take a break from your work and come back in a few days. Review what you've written and make sure it still makes sense and conveys what you want it to.

➤ **Write multiple drafts.**

Sometimes you need to write a couple of drafts to get your essay right where you want it.

➤ **Type your essay.**

Sometimes you may need to mail your essays in separately. No matter how good your essay, if people can't read your handwriting, they won't appreciate the work. So, if possible, always try and type your essay.

➤ **Proofread your essay.**

You want to make sure you've used proper spelling, grammar, and punctuation, so ask an expert (such as your English teacher) to proofread your essay.

➤ **Get feedback from others.**

Ask your friends and family to read your essay and tell you what they think. Be open to suggestions and ways to improve it, even if this means going back to the drawing board.

➤ **Revise if necessary.**

You want to edit your essay down to what is important. Make every word count. There are many resources available with sample college application essays and information about writing the college application essay. College Board has information available on their website, go to: <https://bigfuture.collegeboard.org/plan-for-college/your-college-application/write-your-essay>.

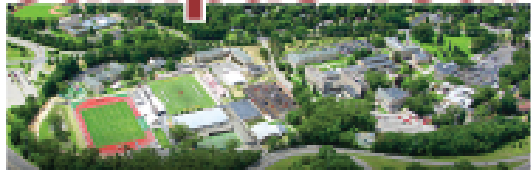
***The goal of the essay is to show colleges why they want you on their campus;  
show what values you will bring!!!***

***The essay also gives admissions advisors a different perspective on you beyond  
achievements, test scores, and extracurricular activities.***

## Touring College Campuses...VIRTUALLY!!!



### virtual Campus Tour



**If an in-person tour is not available, colleges usually have virtual tours available. Please check the college's website for information about what types of tours they offer**

Ideally, touring the college campuses you are considering is the best way to find out if a college is for you. However, you may not have the opportunity to personally visit a college campus and...just because you may want to attend a school out of state doesn't mean you have to spring for plane tickets to every university on your Top 10 list. Many of the college websites also

provide a virtual tour of their campus....be sure to check it out! To help whittle down the choices, there are also websites where you can find **VIRTUAL COLLEGE TOURS!!!**

**You can take virtual tours at:**

[www.campustours.com](http://www.campustours.com)



**OR**

[www.youvisit.com](http://www.youvisit.com)

**YOU | VISIT**

## College Testing Information

**\*\*Several colleges are TEST OPTIONAL again this year for admissions. However, some schools have a GPA requirement in order to apply for admissions as test optional. In addition, some schools are still requiring an SAT or ACT score in order to qualify for certain scholarships. Check with each college's website you are interested in to see what their test optional policy is for this year.**

**Fair Test:** This list includes institutions that are "test optional", "test flexible" or otherwise de-emphasize the use of standardized tests by making admissions decisions about substantial numbers of applicants who recently graduated from U.S. high schools without using the SAT or ACT. For more info, visit:

[www.fairtest.org/university/optional](http://www.fairtest.org/university/optional)

**Scoring:** Colleges will use their own method to evaluate scores sent. Some colleges take your best single sitting; others take your best score from each test section over multiple sittings (SuperScore).

### ACT and SAT Testing

- ✓ Students must register to take the ACT and/or SAT using the links below.
- ✓ **ALL** colleges/universities accept scores from **BOTH** the ACT and SAT!!!
- ✓ There are 2 testing sites in Charles County – Westlake High School & College of Southern Maryland. Seats are limited, REGISTER EARLY so you can reserve a seat at one of these local testing sites.
- ✓ Pay attention to DEADLINES!!!
- ✓ Students who qualify for **FREE/REDUCED LUNCH**, please see your counselor for a **FEE WAIVER**.



Register to take the ACT at: [www.act.org](http://www.act.org)

**Pay attention to REGISTRATION DEADLINES!!!**

2022|2023

## TEST DATES

## REGISTRATION DEADLINES

	Regular Deadline	Late Deadline	Photo Upload Standby Deadline
<b>September 10, 2022</b>	<b>August 5</b>	August 19	September 2
<b>October 22, 2022</b>	<b>September 16</b>	September 30	October 14
<b>December 10, 2022</b>	<b>November 4</b>	November 11	December 2
<b>February 11, 2023</b>	<b>January 6</b>	January 20	February 3
<b>April 15, 2023</b>	<b>March 10</b>	March 24	April 7
<b>June 10, 2023</b>	<b>May 5</b>	May 19	June 2
<b>July 15, 2023*</b>	<b>June 16</b>	June 23	July 7

\*No test centers are scheduled in New York for the July test date.



Register to take the SAT at: [www.collegeboard.org](http://www.collegeboard.org)

**Pay attention to REGISTRATION DEADLINES!!!**

## 2022-23 SAT Test Dates & Registration Deadlines

Test Date	Registration Deadline	Online/Phone Late Registration Deadline	Online Score Release
August 27, 2022	July 29, 2022	August 16, 2022	September 9, 2022
October 1, 2022	September 2, 2022	September 20, 2022	October 14, 2022
November 5, 2022	October 7, 2022	October 25, 2022	November 18, 2022
December 3, 2022	November 3, 2022	November 22, 2022	December 16, 2022
March 11, 2023	February 10, 2023	February 28, 2023	March 24, 2023
May 6, 2023	April 7, 2023	April 25, 2023	May 19, 2023
June 3, 2023	May 4, 2023	May 23, 2023	June 16, 2023



### ***When should you take the SAT or ACT?***

Most students take the SAT or ACT for the FIRST time in the spring of junior year. Students who choose to take the SAT or ACT a second time typically do so in the summer or fall of senior year.

### ***How do I know which test to take: SAT or ACT?***

There really is not a straightforward answer to this question. The best way to decide is to take a timed full-length practice test of each. A few general differences are that the ACT has more geometry and trigonometry, ACT has sections where you cannot use a calculator, SAT provides more time per question, SAT provides some diagram of math formulas, and ACT has a science section testing your critical thinking skills (not your specific science knowledge). There is no longer a penalty for getting questions wrong on SAT. The old adage of if you do better in English take the ACT and if you do better in Math take SAT is not true for every student. Again, take a full-length practice test of each to see which test is best for you. Full-length practice tests are available on the **College Board website (SAT)**

<https://satsuite.collegeboard.org/sat/practice-preparation> and the **ACT website**  
[www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html](http://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html).

### ***Resources to help you prepare to take the SAT or ACT:***

The best thing you can do is take time to prepare and get familiar with the test format before you take the test and **PRACTICE!** There are many resources out there to help you prepare for either the SAT or ACT. Some resources require a fee, while many others are completely **FREE!** Students are also welcome to visit the Career Center to find additional resources or to use the computers to start preparing for the tests!!!

The websites below have **FREE** practice questions, study guides, articles, flashcards, quizzes, formulas, exam strategies, punctuation rules, grammar rules and more!!! You have no more excuses...it's time for YOU to get started!!!

**Activity Period:** There will be SAT/ACT Prep available during the Activity Period. Be sure to sign up for it!!!

**Study Island:** Students have access to Study Island by going into their Office 365 account and clicking on their "Clever App" and then clicking on the Study Island icon. Once they are in Study Island, click on the *US PROGRAMS* tab on the left, and then click on *ACT* or *SAT*.

<http://www.princetonreview.com/college/sat-act>

[www.march2success.com](http://www.march2success.com)

[www.quizlet.com/subject/act/](http://www.quizlet.com/subject/act/)

<https://www.number2.com/>

<https://www.revolutionprep.com/programs/test-prep/sat/>

[www.4tests.com](http://www.4tests.com)

[www.majortests.com](http://www.majortests.com)

[www.quizlet.com/subject/sat/](http://www.quizlet.com/subject/sat/)

[www.freevocabulary.com/](http://www.freevocabulary.com/)

<https://www.testprepreview.com/>



## **Looking for a SAT/ACT Prep Class???**

The College of Southern Maryland (CSM) offers SAT/ACT Prep classes. For more information, visit [www.csmd.edu](http://www.csmd.edu).

**Students who qualify for FREE/REDUCED LUNCH** should see their counselor or the College and Career Advisor to get a **FEE WAIVER** so you do not have to pay to take the ACT or SAT.

For more information, stop by the Career Center.

## Transcript Policy

Students have several options regarding transcripts.

- Each senior will be given one free unofficial transcript in the beginning of his or her senior year.
- Hard copies of transcripts cost \$2.00.
- Transcripts for scholarships are free.
- Transcripts are free for students who qualify for Free or Reduced Lunch.
- Transcripts sent electronically are free.
- All seniors will receive a free official final transcript mailed to the school/employer/etc. of their choice after they graduate.
- All seniors will have a free unofficial copy, included in their high school diploma envelope at the end of the year.
- A Transcript Request Form must be completed for each transcript and payment must be made at the time of the request. The forms are available in the Career Center, Counseling Office or on the St. Charles High School website.



*Seniors must give the Counseling Office a minimum of five school days to complete their transcript requests unless extensive additional paperwork is required.*

All transcript requests and other related forms should be turned in to the Counseling Office.

## Research and Compare Colleges



### ➤ **Big Future – The College Board:**

Choosing a college is a big and exciting decision. Explore your interests and take the time to find a college that will put you on the path to a bright future!!! Go to: [www.bigfuture.collegeboard.org](http://www.bigfuture.collegeboard.org)

### ➤ **CappexConnect Online:**

Connect with colleges, faculty and admissions, watch live presentations from a variety of institutions on your computers and learn more about specific colleges or college in general. Go to: [www.cappex.com](http://www.cappex.com)

### ➤ **College Fair Guide:**

Gather information about upcoming Regional and National College Fairs. Search for locations, dates, times, workshops, and attending colleges and universities. Go to: [www.collegefairguide.com](http://www.collegefairguide.com)

### ➤ **College Fairs Online:**

Students can chat with admissions reps and get financial aid information as well as ask any questions they have about college. To participate, register at [www.collegefairsonline.com](http://www.collegefairsonline.com)

### ➤ **College Majors 101:**

There are so many majors to choose from! College Majors 101 provides information and videos about college majors, lists of accredited schools, student/professional associations, examples of employers, industry publications and more! Go to: [www.collegemajors101.com](http://www.collegemajors101.com)

### ➤ **College Navigator:**

From the US Department of Education, this website gathers admission, retention, graduation, and financial aid data for every college in the country. Go to: [www.nces.ed.gov/collegenavigator](http://www.nces.ed.gov/collegenavigator).

### ➤ **College Results Online:**

This is an interactive, user-friendly Web tool designed to provide parents and students with information about graduation rates for nearly any four-year college or university in the country or to compare colleges. Go to: [www.collegeresults.org](http://www.collegeresults.org)

➤ **College Simply:**

**College Simply** provides clear, **easy to understand** admission chances, rankings and tools to help **simplify** the college search process. Go to: [www.collegesimply.com](http://www.collegesimply.com)

➤ **College Visits Tours:**

Tours are led and supervised by trained staff and high school counselors. Tours are set up across the United States and Canada. For more information, go to: [www.college-visits.com](http://www.college-visits.com)

➤ **College Xpress:**

Connect with colleges to help find the right fit and search for scholarships at [www.collegexpress.com](http://www.collegexpress.com)

➤ **Exploring College Options:**

Exploring College Options is a special informational program sponsored by the undergraduate admissions offices of five of the country's leading universities: *Duke University, Georgetown University, Harvard University, University of Pennsylvania, and Stanford University*. Go to: [www.exploringcollegeoptions.org](http://www.exploringcollegeoptions.org)

➤ **Exploring Educational Excellence:**

Information sessions presented by *Brown University, Columbia University, Cornell University, Rice University, and the University of Chicago*. Go to: [www.exploringeducationalexcellence.org](http://www.exploringeducationalexcellence.org)

➤ **Find YOUR College Match!!!**

College and Scholarship programs are looking for students!!! Help them find **YOU** by joining the **Student Search Service**. Students can create an account and then start receiving emails from colleges about degree programs, campus life, financial aid, or scholarship opportunities. For more information, please visit: <https://studentsearch.collegeboard.org>

➤ **Harvard, Princeton, UVA, Wellesley, Yale Information Sessions:**

For more information and to register, please visit: [www.hpuwy.com](http://www.hpuwy.com)

➤ **HBCU Interactive Directory:**

The Prince George's County Alumnae Chapter (PGCAC) of Delta Sigma Theta Sorority Incorporated is pleased to present the inaugural publication of the "**PGCAC Interactive HBCU Directory**" to celebrate, support and recognize the excellence of HBCUs. You can access this HBCU Interactive Directory to find information about the HBCUs at:

[www.flipsnack.com/BBC66666AED/pgcac-interactive-hbcu-directory.html](http://www.flipsnack.com/BBC66666AED/pgcac-interactive-hbcu-directory.html)

➤ **HBCU First:**

HBCU First provides a map of HBCUs by state and information and resources for each HBCU.

Visit: <https://hbcufirst.com/resources/hbcu-list-map>

➤ **NACAC College Fairs:**

NACAC (National Association for College Admission Counseling) provides many opportunities for students to participate in college fairs throughout the year. [www.nacacfairs.org](http://www.nacacfairs.org)

➤ **Niche:**

Niche helps you find the college that's right for YOU! Search college reviews, rankings, and statistics. [www.niche.com](http://www.niche.com)

➤ **Petersons:**

This website provides information and tools to help you find, get in, and pay for school.

Go to: [www.petersons.com](http://www.petersons.com)

➤ **XELLO:**

**Xello** is a Career Exploration tool students can use!!! Every student has their own individual **Xello** account they can access through the **Clever** app on their Office 365 account. Students can take **Career and Skills Assessments**; explore **Careers, Schools, & Majors**; view **Career and College Profiles**, create their own **Plan**, save items to a **Personalized Student Portfolio** and **MUCH MORE!!!** Start exploring **Xello** NOW!!!

Some colleges will have students use their own school's application to apply for admission to their school or will require students to use one of the online application platforms listed below. Students **MUST** check on each college's website to find out what application they will need to use to apply for admission. Below are the two main college application platforms.

## *College Application Platforms*

➤ **The Common Black College Application, EDU, Inc.**

Common Black College Application: **Apply to 65 member institutions with ONE \$20.00 application fee - <https://commonblackcollegeapp.com> or call (770)716-0616. (\*Includes 3 Maryland schools – Coppin State University, Morgan State University, & University of Maryland Eastern Shore!!!)**

➤ **The Common Application:**

There are nearly 900 Colleges and Universities using the Common App. While they represent tremendous diversity in size, mission, location, and selectivity, they all share a commitment of promoting access through holistic admission. For more information and to see which colleges and universities accept the **Common Application** go to: [www.commonapp.org](http://www.commonapp.org).

Need **HELP completing the Common App**, please visit: <https://www.commonapp.org/help>

## *Did You Know???*



➤ **Khan Academy** – **A personalized learning resource for all ages!!!**

Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. We tackle **math, science, computer programming, history, art history, economics, and more**. Our math missions guide learners from **kindergarten to calculus** using state-of-the-art, adaptive technology that identifies strengths and learning gaps. We've also partnered with institutions like NASA, The Museum of Modern Art, The California Academy of Sciences, and MIT to offer specialized content. For more information go to: [www.khanacademy.org](http://www.khanacademy.org)

**They also provide SAT Prep – Go to: [www.khanacademy.org/test-prep/sat](http://www.khanacademy.org/test-prep/sat)**

➤ **AP Exams and Earning College Credit:**

Your AP Scores can provide you the opportunity to earn credit and placement in college. For more information go to: <https://apstudents.collegeboard.org/getting-credit-placement>

➤ **FEV Tutor** – **One-on-one VIRTUAL tutoring available to CCPS students!!!**

FEV Tutor is available to students in Charles County Public Schools. Students can schedule a virtual tutoring session any time. To book a virtual tutoring session students will need to open the Clever app in their Office 365 account then click on the FEV Tutor app under the section, “more apps”. Once on the FEV Tutor app's student dashboard, click “Book a Session” to schedule a tutoring session. Homework help is available seven days a week, 24 hours a day. For more information, visit [www.fevtutor.com](http://www.fevtutor.com).





# MARYLAND RESOURCES



## ➤ Maryland Higher Education Commission (MHEC)

The Maryland Higher Education Commission (MHEC) is the State of Maryland's higher education coordinating board responsible for establishing statewide policies for Maryland public and private colleges and universities and for-profit career schools. MHEC also administers state financial aid programs. Their website provides information and numerous resources for students and parents. For more information, please go to:

[www.mhec.state.md.us](http://www.mhec.state.md.us)

## ➤ Academic Common Market: *Possible in-state tuition for some out-of-state colleges!!!*

The Academic Common Market is a tuition-savings program that enables students who live in the 15 states that are members of the Southern Regional Education Board (SREB) to pursue a degree not available in the student's home state at an out-of-state college at discounted tuition rates. To find out more information visit:

[http://mhec.maryland.gov/institutions\\_training/Pages/acadaff/commonmarket.aspx](http://mhec.maryland.gov/institutions_training/Pages/acadaff/commonmarket.aspx)

## ➤ Artsys: The Articulation System for Maryland Colleges and Universities

**ARTSYS** is intended to aid the transfer of students from Maryland community colleges to the University System of Maryland institutions and other participating institutions. For more information, go to:

<https://artsys.usmd.edu/>

## ➤ College Resources & Financial Aid Programs:

The state has an extensive range of college resources and financial aid programs in the form of grants, scholarships, and other awards for students who want to further their education beyond high school. For more information, please go to: <https://mhec.maryland.gov/preparing/Pages/default.aspx>

## ➤ Maryland College and University Search:

Search for colleges in the state of Maryland by school type, degree type, population, and more. Other resources available include Net Price Calculator, Statewide Community College Programs, Academic Programs by School, etc.

Go to: [https://mhec.maryland.gov/institutions\\_training/Pages/colleges\\_universities/index.aspx](https://mhec.maryland.gov/institutions_training/Pages/colleges_universities/index.aspx)

## ➤ Maryland Community College Promise Scholarship:

The Promise Scholarship creates opportunities for students to attend one of Maryland's public community colleges by providing tuition assistance for any student eligible for in-state tuition. For further information, please visit:

[https://mhec.state.md.us/preparing/Pages/FinancialAid/ProgramDescriptions/prog\\_MDCommunityCollegePromiseScholarship.aspx](https://mhec.state.md.us/preparing/Pages/FinancialAid/ProgramDescriptions/prog_MDCommunityCollegePromiseScholarship.aspx)



## ➤ Maryland Private Career School Search:

Search for Private Career Schools by school, county, training type, or occupation.

Go to: [https://mhec.maryland.gov/institutions\\_training/Pages/career/pes/search.aspx](https://mhec.maryland.gov/institutions_training/Pages/career/pes/search.aspx)

## NCAA Eligibility Center Information



Any junior wishing to play collegiate sports at the Division I or Division II level needs to register with the National Collegiate Athletic Association (NCAA) Eligibility Center at this time. Visit [www.eligibilitycenter.org](http://www.eligibilitycenter.org) for all the pertinent information you will need to compete in college.

Remember ACT/SAT test scores are reported directly from the testing agencies to NCAA Initial-Eligibility Center. When registering for the exams, include "9999" in the send score reports section.

### For a Complete List of NCAA Courses:

Visit [www.eligibilitycenter.org](http://www.eligibilitycenter.org) and enter the site as an NCAA College-Bound Student-Athlete. Navigate to the "Resources" tab; click "U.S. Students" and then "List of NCAA Courses." Follow the prompts to search for your high school's list by name. The NCAA works with more than 430,000 student-athletes participating in 23 sports at more than a 1,000 colleges/universities. Good Luck!

### **Want to PLAY COLLEGE SPORTS??? You MUST know your CORE COURSE GPA!!!**

St. Charles High School has teamed up with CoreCourseGPA.com to provide custom online software to all student-athletes to assist in tracking their progress towards meeting NCAA initial eligibility requirements. **Be sure to double check your Core Classes with your counselor to be sure they count for eligibility requirements.**

**CoreCourseGPA.com** calculates core course GPA for both Division I and II, provides corresponding minimum SAT/ACT scores, and a detailed report of core course credits earned and needed. All student-athletes are encouraged to activate their FREE membership to begin tracking their core course GPA and learn more about important recruiting topics. The sooner, the better.....**EVERY SEMESTER COUNTS!!!**



#### **How to ACTIVATE your FREE Membership:**

**Step 1:** Go to [www.CoreCourseGPA.com](http://www.CoreCourseGPA.com)

**Step 2:** In the "New Member Account Creation" box, enter:

**School ID:** 211067

**School Code:** 796712340

### NJCAA - National Junior College Athletic Association



### **Don't have the GPA or college entrance exam scores needed for a four-year college?**

Think junior colleges! Think community colleges! Many community and junior colleges across the country have full athletic programs including **tackle football**. Visit the **National Junior Collegiate Athletic Association's** website at [www.njcaa.org](http://www.njcaa.org) and find out where you can use your talents while building your academic skills for transfer to a four-year college or university program.



# \*APPRENTICESHIP INFORMATION & RESOURCES\*

## *Local Apprenticeships and Apprenticeship Websites*



### **Maryland and U.S. Apprenticeship and Training Programs -**

Apprenticeships combine supervised, structured, paid on-the-job training and related technical instruction to teach apprentices the skills necessary to succeed in a specific occupation. The apprentice works full time and receives training from the sponsoring organization:

#### **U.S. Apprenticeship and Training Program:**

<https://www.apprenticeship.gov/career-seekers>

#### **MD State Apprenticeship and Training Program:**

[www.dllr.state.md.us/employment/appr/apprbecomeapr.shtml](http://www.dllr.state.md.us/employment/appr/apprbecomeapr.shtml),

[www.labor.maryland.gov/employment/approcc/approc.shtml](http://www.labor.maryland.gov/employment/approcc/approc.shtml)

#### **Baltimore DC Building Trades:**

<https://www.bdcbt.org/>

**If you are ready to dream big and achieve your full potential,  
then an apprenticeship may be right for you!!!**

- **Earn while you learn.** Apprentices are paid a progressive wage while they learn valuable job skills.
- **Increase your earning potential.** The average annual starting salary for an apprentice graduate is \$50,000 (according to U.S. Department of Labor statistics).
- **Be in demand.** Learn the skills and gain the credentials that employers want.
- **Become more confident.** Gain self-assurance by working independently under the tutelage of a journeyman.

**Make new friends.** Apprenticeship training classes attract people of all ages and backgrounds.

**Boilermakers:** Fabrication (and repairs) of steel, iron, or copper into boilers. Local #45- Zone 193, (410) 355-2344, [www.boilermakers.org](http://www.boilermakers.org)

**Bricklayer:** Laying and binding of building materials, such as brick, structural tile, concrete block, cinder block, glass block and terra-cotta block, with mortar and other substances to construct or repair walls, partitions, arches, sewers and other structures. Local #1, (240) 695-9463, <http://www.bacweb.org>

**Carpenters:** Fabrication, building and installation of a variety of materials. KML Carpenters Local #197, (301) 736-1696, <http://www.mactc.net>

**Pile Drivers:** Specialize in earth retention. Local #441, (301) 735-6660 ext. 123, <http://www.mactc.net>

**Millwrights:** Install, erect, dismantle and clean heavy machinery, equipment, and other heavy materials. Millwrights Local 219, (215) 569-255), <http://www.easternmillwrights.com/>

**Plasterers and Cement Masons:** Work primarily with concrete and plaster materials to conduct the “finishing” work such as curbs, sidewalks, decorative molding, etc. Local #891, (202) 398-5859, <http://www.opcmia.org>



**Electricians and Telecommunications Technicians:** Electricians install and repair the wiring that brings electrical power into any type of building or structure. Telecommunications install and repair the wiring for telecommunications (phone, cable, internet) into a building. Local #26, (301) 429-2575, [www.ibewlocal26.org](http://www.ibewlocal26.org); <http://electricalalliance.org/get-charged-up/>

**Elevator:** Repair, install, maintain, and modernize systems that move us such as elevators, escalators, moving walkways, home lifts and wheelchair and handicap lifts. Local #10, (301) 459-0497, <http://www.iuec10.org>

**Heat and Frost Insulators:** Installs, repairs, and maintains insulating material to prevent or reduce the passage of heat, cold, vapor, moisture, sound, or fire. Local #24, (301) 498-9162, <http://www.insulators24.org>

**Ironworkers:** Construct and reinforce iron or steel components outlined in a structure plans. Local #5, (301) 599-0940, <https://www.ironworkerslocal5dc.com/>

**Plumbers and Gasfitters:** Install, remove, and maintain plumbing and gas systems for piped fixtures, fixed appliances, and accessories. Local #5, (301) 552-3505, <https://local5plumbers.org/>

**Sheet Metal Workers:** Designs, fabricates, installs, air balance, repairs, and alters sheet metal products. Local #100, (301) 5688655 ext. 3, <http://www.smart100trainingcenter.org/>



**Sprinkler Fitters:** Sprinkler fitters are pipefitters who specialize in the repair and installation of sprinkler systems that help prevent the spread of fires in residential and commercial buildings. Local #669, (410) 312-5202, <http://www.sprinklerfitters669.org/>

**Steamfitters:** Maintain, repair, assemble, and even create pipe and piping systems. Local #602, (301) 341-1555, <http://steamfitters-602.org>

**Skilled Equipment Operators in the Construction Industry:** Operate every type of construction equipment used in the construction industry. Highway and building construction, mining, and utility work. IUOE Local 77, 301-283-3476, <https://iuoelocal77.org>



## A career in the construction trades can change your life!

It's time to **CONSTRUCT YOUR FUTURE!** There are numerous benefits available to you through a career in the construction trades – and they all **BEGIN WITH AN APPRENTICESHIP!!!**

An apprenticeship provides the training to learn a craft. You'll earn a living wage, from day one! There's no education related debt and you can start to build the life you deserve. That includes a secure retirement plan and health benefits.

Learn about the construction trades by visiting: <https://www.constructyourfuture.com/>



# \*MILITARY INFORMATION & RESOURCES\*

## MILITARY NEWS



## MILITARY WEBSITES

### ARMY

[www.goarmy.com](http://www.goarmy.com)

### NAVY

[www.navy.com](http://www.navy.com)

### ARMY RESERVE

[www.goarmyreserve.com](http://www.goarmyreserve.com)

### AIR FORCE

[www.airforce.com](http://www.airforce.com)

### MARINE CORPS

[www.marines.com](http://www.marines.com)

### NAVY RESERVE

[www.navyreserve.com](http://www.navyreserve.com)

### ARMY NATIONAL GUARD

[www.nationalguard.com](http://www.nationalguard.com)

### AIR NATIONAL GUARD

[www.goang.com](http://www.goang.com)

### AIR FORCE RESERVE

[www.afreserve.com](http://www.afreserve.com)

### COAST GUARD

[www.gocoastguard.com](http://www.gocoastguard.com)

### COAST GUARD RESERVE

[www.uscg.mil/reserve/](http://www.uscg.mil/reserve/)

### MARINE CORPS RESERVE

[www.marines.com/eligibility/service-options/reserve](http://www.marines.com/eligibility/service-options/reserve)

### UNITED STATES SPACEFORCE

[www.airforce.com/spaceforce](http://www.airforce.com/spaceforce)

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## ***“Highlight on the U.S. Coast Guard”***

### The Unique Role of the U.S. Coast Guard

Military.com

#### Coast Guard Missions

The Coast Guard does not fall under the Department of Defense. Until recently, the Coast Guard was under the Department of Transportation. Recent legislation has moved the Coast Guard to the Department of Homeland Defense. However, the Coast Guard is considered a military service, because, during times of war or conflict, the President of the United States can transfer any or all assets of the Coast Guard to the Department of the Navy. In fact, this has been done in almost every single conflict that in which the United States has been involved. The Coast Guard is commanded by a four-star admiral, known as the Coast Guard Commandant.



The Coast Guard is the nation's oldest continuous seagoing service with responsibilities including Search and Rescue (SAR), Maritime Law Enforcement (MLE), Aids to Navigation (ATON), Ice Breaking, Environmental Protection, Port Security and Military Readiness. In order to accomplish these missions, the Coast Guard has 43,000 active-duty men and women, more than 8,000 Reservists, and 30,000 Auxiliary personnel who serve in a variety of job fields, ranging from operation specialists and small-boat operators and maintenance specialists to electronic technicians and aviation mechanics. The Coast Guard, during an average day, will:

- Conduct 109 search and rescue cases
- Save 10 lives and assist 192 people in distress
- Protect \$2,791,841 in property
- Launch 396 small boat missions
- Launch 164 aircraft missions, logging 324 hours
- Board 144 vessels
- Seize 169 pounds of marijuana and 306 pounds of cocaine worth \$9,589,000
- Intercept 14 illegal migrants
- Board 100 large vessels for port safety checks
- Respond to 20 oil or hazardous chemical spills totaling 2,800 gallons
- Service 135 aids to navigation

#### Contact Information:

**Baltimore - Coast Guard Recruiting Office**, 6499 Baltimore National Pike, 40 West Plaza, Catonsville, MD (No Walk-ins) Call 410-747-3963 and visit their website at: [www.gocoastguard.com](http://www.gocoastguard.com)

**Washington, DC - Coast Guard Recruiting Office**, 645 Pennsylvania Avenue, SE, Washington, DC – Call 202-543-8313 or visit their website at: [www.gocoastguard.com](http://www.gocoastguard.com).

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## Registering with Selective Service –



***Attention all 17 and 18 year old male students:*** If you are not registered with Selective Service, you must do so within 30 days of turning 18. You MUST register. This is not a school requirement, it's the law. If you fail to register, it will affect your ability to receive Federal college loans, grants and student aid. In addition, it will affect your ability to receive job training or to gain citizenship. It will even curtail opportunities to get many good jobs in the future. Register online at [www.sss.gov](http://www.sss.gov) or fill out a registration card at any U.S. Post Office.

### Local Military Recruiting Offices

#### **U.S. Air Force Recruiting Office**

173 St. Patricks Drive  
Waldorf, MD 20603  
240-530-0177  
240-304-4476

#### **U.S. Navy Recruiting Station**

173 St. Patricks Drive  
Waldorf, MD 20603  
301-843-8572

### **U.S. Army Recruiting Station**

173 St. Patricks Drive  
Waldorf, MD 20603  
301-645-9190

### **U.S. Marine Corps Recruiting**

173 St. Patricks Drive  
Waldorf, MD 20603  
301-843-0353

### **U.S. Coast Guard Recruiting Office**

645 Pennsylvania Avenue, SE STE 202  
Washington, DC 20003  
202-543-8313

### **DC Air National Guard Recruiting, 113<sup>th</sup> Wing**

7529 Old Alexandria Ferry Road  
Clinton, MD 20735  
240-857-5449

### **Maryland Army National Guard**

6025 Rose Hill Road  
La Plata, MD 20646  
240-805-0418

<https://military.maryland.gov> (Click on Military Recruiting link on the left.)

## **ROTC Scholarships**

Students who are interested in going into the **military** and would also like to go to **college** should consider applying for a **ROTC Scholarship**. Each military branch has ROTC scholarship opportunities that consist of two- three- and four-year scholarship options. For more information about how to apply for a ROTC Scholarship, please look at the following websites.

**\*\*YOU DO NOT NEED TO BE TAKING ROTC IN HIGH SCHOOL TO APPLY FOR A ROTC SCHOLARSHIP.\*\***

**U.S. Army ROTC Scholarships - [www.goarmy.com/rotc/scholarships.html](http://www.goarmy.com/rotc/scholarships.html)**

**U.S. Air Force ROTC Scholarships - [www.afrotc.com/scholarships/](http://www.afrotc.com/scholarships/)**

**U.S. Navy ROTC (U.S. Marine Option) Scholarships - [www.navy.com/what-to-expect/education-opportunities/college-options-and-scholarships](http://www.navy.com/what-to-expect/education-opportunities/college-options-and-scholarships)**

## **Military Service Academies**

One of the ways you can earn an officer commission in the United States armed forces is through one of the federal service academies, also referred to as military academies. The academies are colleges for the undergraduate education and training of commissioned officers for the United States Armed Forces.

**The United States operates five service academies:**

- **United States Military Academy** - West Point, New York - [www.usma.edu](http://www.usma.edu)
- **United States Naval Academy** - Annapolis, Maryland - [www.usna.edu](http://www.usna.edu)
- **United States Coast Guard Academy** - New London, Connecticut - [www.uscga.edu](http://www.uscga.edu)
- **United States Merchant Marine Academy** - Kings Point, New York - [www.usmma.edu](http://www.usmma.edu)
- **United States Air Force Academy** - Colorado Springs, Colorado - [www.academyadmissions.com](http://www.academyadmissions.com)

## How to Receive an Appointment to a Military Academy:

Applicants to all service academies, **except** for the United States Coast Guard Academy, must obtain a nomination to the school either through a **Senator or Representative**, the **Vice President**, or the **President**. Applicants to the Coast Guard Academy compete in a nationwide competitive process for nominations. Applicants are encouraged to seek nominations from ALL nominating sources.

## ***PLANNING TO ENLIST??? YOU MUST TAKE THE ASVAB???***

**Juniors & Seniors** - If you are **planning to ENLIST in the MILITARY**, you **MUST** take the ASVAB. If you missed signing up for the FALL ASVAB offered at SCHS, you can sign up for the ASVAB test session the Charles County Public Schools Career and Technical Department is sponsoring on **Saturday, November 19, 2022, at Maurice J. McDonough High School at 9:00 am**. The ASVAB test is a series of short subtests that is designed to help students identify their skills in a variety of areas. The results of the test may be able to assist students in determining their career path after high school. To be eligible to participate in the November 19th test session, students must be at least 16 years old, and a current 11th or 12th grade CCPS student. Interested students can use the link below to register. Additional test site information will be sent (via Synergy) after registration closes. DEADLINE to sign up is Tuesday, November 8<sup>th</sup>. **PLEASE NOTE:** Students who took the ASVAB at SCHS on Monday, October 31, 2022, **CANNOT** take the November 19<sup>th</sup> ASVAB test – THERE MUST BE 30 DAYS BETWEEN YOUR TESTING DATES. Please see Mrs. Malherek for more information.

Link to REGISTER for the ASVAB on November 19<sup>th</sup>: <https://forms.office.com/r/4bEvAffB2f>

## **\*JOB and CAREER INFORMATION & RESOURCES\***

### *Research JOBS and CAREERS*



- **CareerOneStop** – Sponsored by the US Department of Labor. Learn about careers, find career information, and locate career resources and advice. Visit <https://www.careeronestop.org>
- **Career Coach: Explore Career Paths** – College of Southern Maryland has a website that is available for students to use as they prepare for their future. It is designed to help you find a good career by providing the most current local data on wages, employment, job postings, and associated education and training. Visit the website at: [www.csmd.edu/student-services/advising/career-services/explore-careers.html](http://www.csmd.edu/student-services/advising/career-services/explore-careers.html)
- **Charles County Sheriff's Office (CCSO)** – There are several student/career opportunities available at the Charles County Sheriff's Office. For more information, visit: [www.ccsso.us](http://www.ccsso.us) **CLICK** on “Career Opportunities”.
- **College Majors 101** – Wondering what you can do with a major? College Majors 101 provides information and videos about college majors, lists of accredited schools, student/professional associations, examples of employers, industry publications and more! Go to: [www.collegemajors101.com](http://www.collegemajors101.com)
- **Dental Assistant Training** – Contact Dr. Coleman at 703-963-8969
- **Divers Academy International** – Career opportunities in commercial diving and underwater welding, hands-on learning, comprehensive certifications, 5-month program, career assistance, high job placement, high income potential. [www.diversacademy.edu](http://www.diversacademy.edu)



➤ **DOD Provides a Website to Help Youth Explore Pathways for Their Future:**

Figure out what's next! This website presents career, college and the Military as options, allowing students to explore all possibilities and gain insight into each option. More than 1,000 civilian and military career fields and nearly 7,000 accredited colleges and trade schools are featured. Go to: [www.myfuture.com](http://www.myfuture.com).

➤ **Employment Information –**

- There are many **websites** available for you to be able to **browse jobs** that are available in a certain area and/or use their resources to learn some tips to help you when you are finding a job. Go to: [www.indeed.com](http://www.indeed.com), [www.glassdoor.com](http://www.glassdoor.com), [www.careeronestop.org](http://www.careeronestop.org), [www.snagajob.com](http://www.snagajob.com), [www.onetonline.org](http://www.onetonline.org), [www.careerbuilder.com](http://www.careerbuilder.com), [www.linkedin.com](http://www.linkedin.com)
- The **Maryland Job Service** is located at 175 Post Office Road in Waldorf, Maryland. Office hours for Job Service referrals are from 8:00 am-3:00 pm daily. Maryland Job Service: 301-645-8712 or go online at: [www.dllr.state.md.us/county/smd/](http://www.dllr.state.md.us/county/smd/) OR the **Maryland Workforce Exchange** website at: <https://mwejobs.maryland.gov>

➤ **Federal Government Jobs and Internships** – Opportunities for jobs with the Federal Government: [www.USAJOBS.gov](http://www.USAJOBS.gov) Under “Explore Hiring Paths” CLICK on “Students and recent graduates.”

➤ **Lundeberg Maryland Seamanship School, Inc.** – A vocational school dedicated to preparing students for successful careers as U.S. merchant mariners. Tuition-free training, no prior experience necessary, [www.seafarers.org](http://www.seafarers.org) Located on the campus of the Paul Hall Center for Maritime Training and Education, 45353 St. Georges Ave., Piney Point, MD 20674

➤ **Marine Trades Association of Maryland** – Career opportunities in the boating industry. [www.mtam.org](http://www.mtam.org)

➤ **Maryland Dental Assistant School** – 10 weeks, entry-level dental assistant program, Dr. Evelyn Leach, 888-401-4555, fax 240-253-2673, 15638 Livingston Road Unit 9, Accokeek, MD 20607

➤ **Maryland Natural Resources Police** – Natural Resource Cadet, high school graduate (men and women) between ages of 18 and 20, full-time position. Apply at: [www.dnr.state.md.us/nrp](http://www.dnr.state.md.us/nrp)

➤ **My Next Move** – U.S. Department of Labor’s Career Search Tool: [www.mynextmove.org](http://www.mynextmove.org)

➤ **O\*NET OnLine** – This is a tool for career exploration and job analysis! This site has detailed descriptions of the world of work! Build your future with **O\*NET OnLine**: <http://www.onetonline.org/>

➤ **XELLO – Search for careers!!!**

Every student has their own individual **Xello** account that they can access through the **Clever** app on their Office 365 account. Students can take **Career and Skills Assessments**; explore **Careers, Schools, & Majors**; view **Career and College Profiles**, create their own **Plan**, save items to a **Personalized Student Portfolio** and **MUCH MORE!!!** Start exploring **Xello** NOW!!!

➤ **STEM Jobs** – Discover your career, do what you love, go to [www.STEMjobs.com](http://www.STEMjobs.com) click on “Find Your STEM Type”, take a quiz and get results, see which jobs match your type.

➤ **U.S. Department of Labor Occupational Outlook Handbook** – This site offers in-depth career profiles as well as degree and wage statistics for hundreds of occupations including projected outlook and work environment. Go to: <https://www.bls.gov/ooh/>

➤ **United States Intelligence Community Intelligence Careers** – The Intelligence Careers (IC) offers students a wide variety of excellent programs to get a jumpstart on a career in intelligence. Choose your agency, education level, field of study and the type of opportunity you’re looking for and match

your needs to theirs. For more information go to:

<https://www.intelligencecareers.gov/icstudents.html?Agency=NSA>

- **Way to Be Magazine (2021-2022)** – The magazine is separated into three parts: high school, college, and career. Students will be able to use the tools and information to help them find a college and/or career path. **FREE** copies of the magazine are available for students to pick up in the Career Center. Here is a link for the **digital copy** of the magazine: [www.pageturnpro.com/The-Daily-Record/101303-Way-to-Be-2021/sdefault.html#page/1](http://www.pageturnpro.com/The-Daily-Record/101303-Way-to-Be-2021/sdefault.html#page/1)
- **Work Permits** – Students who are between 14 – 17 years of age and would like to work are required to get a work permit. For more information and to apply online, go to: <https://www.dllr.state.md.us/labor/wages/empm.shtml>
- **Year Up (National Capital Region)** – Year Up is a one-year, intensive training program that provides low-income young adults from the National Capital Region, ages 18-24, with a combination of hands-on skill development, college credits and corporate internships. The first six months of the program focuses on technical and professional skill building, while the second six months focuses on applying these skills through corporate internships. **Year Up is FREE of charge and students earn a weekly stipend.** For more information, go to: [www.yearup.org](http://www.yearup.org) and [www.yearup.org/about-us/our-locations/national-capital-region](http://www.yearup.org/about-us/our-locations/national-capital-region). You can also contact the admissions office at 703-312-9327 or [NCRadmissions@yearup.org](mailto:NCRadmissions@yearup.org) and attend an Open House (see website for dates)!!!

## **\*ADDITIONAL RESOURCES\***

### *VOLUNTEER OPPORTUNITIES*



**Volunteer opportunities are a very important part of your resume', college application, and job application. Make sure you take advantage of getting involved and volunteering!!! Colleges and businesses are looking for well-rounded individuals who are making a difference!!!**

**Charles County Children's Aid Society:** This is a volunteer opportunity for students to give back to the community. Volunteers are needed on a daily basis. You can visit their website at [www.childrens-aid-society.org](http://www.childrens-aid-society.org) or contact the volunteer coordinator at 301-645-1561.

**\*Charles County Sheriff's Office TEEN COURT:** **TEEN COURT** is seeking youth volunteers to serve as jurors and prosecution and defense attorneys. Volunteers earn community service hours, gain experience in the legal system, try real court cases, take part in free field trips, and help their community. To find out more about this program including a schedule of Teen Court dates, please visit [www.ccsso.us/community/youth-outreach](http://www.ccsso.us/community/youth-outreach) and click on **TEEN COURT** or contact Ms. Sarah Vaughan, Teen Court Coordinator, at 301-609-3916.

**\*Charles County\*Rotary Interact Club:** The Rotary Club is a service organization whose stated purpose is to bring together business and professional leaders in order to provide humanitarian service and to advance goodwill and peace around the world. It is a non-political and non-religious organization open to all. For more information, visit: [www.neighborhoodcreativeartscenter.org/rotary-interact](http://www.neighborhoodcreativeartscenter.org/rotary-interact) or email [msgeorgia@neighborhoodcreativeartscenter.org](mailto:msgeorgia@neighborhoodcreativeartscenter.org)

**\*Humane Society of Charles County, Inc.:** The Junior Volunteer Program is set up for those who are under 18. Volunteers are needed for many kinds of work and activities. You can visit their website at [www.humanesocietycc.org](http://www.humanesocietycc.org). For questions, please call 301-645-8181.

**\*LifeStyles of Maryland Foundation, Inc.:** Volunteers are needed to help provide services to those who are economically disadvantaged. For more information, call 301-609-9900 or visit <https://lifestylesofmd.org/volunteer>.

**\*Melwood:** Volunteers are needed to assist in many areas that help individuals of differing abilities. If you are interested in volunteering with **Melwood**, contact the volunteer coordinator at [volunteer@melwood.org](mailto:volunteer@melwood.org), call 301-599-2724, or visit <https://melwood.org/volunteer-opportunities>.

**\*Our Place Soup Kitchen:** Volunteers are needed to sponsor dinners, set up, clean up, and serve the meals. To find out more information about volunteering go to: [www.OurPlaceWaldorf.com](http://www.OurPlaceWaldorf.com), call 240-210-9813 or email [support@ourplacewaldorf.com](mailto:support@ourplacewaldorf.com).

**\*Sagepoint Senior Living Services:** Volunteers are needed to assist in several areas to help senior citizens. For more information and to download an application go to: <https://www.sagepointcare.org/about-us/volunteering/> or you may contact a Volunteer Services Representative at 301-934-1900.

**\*Southern Maryland Food Bank:** Volunteer opportunities for ages 16+ or 12-15 with an adult. Volunteers work in the Food Pantry stocking, bagging, and distributing food. You can visit their website at <https://southernmarylandfoodbank.com/volunteering> or contact them at 301-274-0695.

**\*Spring Dell Center, Inc.:** Volunteers are needed to assist in many areas that help people with disabilities. For more information, visit: <https://springdellcenter.org/index.php/online-forms/volunteer-application>, call 301-934-4561 or 301-870-3758

**\*Tri-County Youth Services Bureau, Inc.:** The TCYSB is looking for volunteers to help a young person realize his or her fullest potential. For more information call 301-645-1837, email [info@tcysb.org](mailto:info@tcysb.org) or visit <http://tcysb.org>.

**\*University of Maryland Charles Regional Medical Center - Nursing and Healthcare Career Exploration Opportunity:** Volunteer Program Teens between the ages of 14 and 17 are exposed to the healthcare environment while deciding if healthcare is the career for them. The program also offers teens an opportunity to serve their community and its residents. Volunteers learn about the hospital setting while assisting staff members and patients. Volunteers spend between 4 and 30 hours each week at the University of Maryland Charles Regional Medical Center over the summer. For more information visit <https://www.umms.org/charles/about/volunteer-opportunities>. Volunteer Applications are usually accepted beginning April 1<sup>st</sup> of each year. Please pay attention to the deadline for submitting your application.

## VOLUNTEER AT SCHOOL!!!

There are numerous clubs available for you to join at St. Charles High School. Many of the clubs participate in several service projects throughout the year that benefit members of our community.

Make sure you join at least one of these clubs so you can

VOLUNTEER and MAKE A DIFFERENCE!!!

### Make A Difference



## ~ CAREER CENTER CALENDAR ~

Throughout the year, representatives from various colleges, the armed services, technical schools and apprenticeship programs will be hosting both **IN-PERSON** and **VIRTUAL VISITS**. Information about the visits including the date, time, and location will be available in the Career Center, on the morning announcements, and emailed to students through Synergy. The information will also be posted on the Career Center page of the St. Charles High School website.

Wednesday, November 2

**1<sup>st</sup> Marking Period Ends**

**\*VIRTUAL Dual Enrollment Information Night with College of Southern Maryland (CSM) – 6:00 PM**

You must REGISTER to participate in this event, visit: [www.csmd.edu/DualEnrollment](http://www.csmd.edu/DualEnrollment)

Thursday, November 3

**\*2 Hour Early Dismissal**

**2<sup>nd</sup> Marking Period Begins**

Saturday, November 5

**SAT for those students who registered to take it – Don't be late!!! 😊**



Sunday, November 6

**\*Standard Time Begins – Turn clocks back 1 hour**

**\*NACAC VIRTUAL College Fair – 1:00 – 6:00 PM**

To register to participate in this event, please click the following link:

[www.nacacattend.org/fairs](http://www.nacacattend.org/fairs) (Click on **VIRTUAL** tab.)

Tuesday, November 8

**\*Schools Closed for Students – ELECTION DAY**

Saturday, November 12

**\*“Go to High School, Go to College” VIRTUAL College Fair – 10:00 AM – 12:45 PM**

To register to participate in this event, please click on the link below:

[www.aphiakel.org/chapter-programs](http://www.aphiakel.org/chapter-programs) (Scroll down to the College Fair section.)

Wednesday, November 23 to Friday, November 25

**Thanksgiving Break – Schools and Offices CLOSED**

**Visit the College & Career Center webpage on the St. Charles High School website  
for more information and resources to help you plan for your future.**

**Take advantage of the upcoming events, opportunities, and scholarships too!!!**

*These programs and scholarships are provided as a courtesy.*

*Charles County Public Schools and St. Charles High School do not rate the quality or value of any of these.*

*For more information on items in this newsletter, please see Mrs. Malherek in the Career Center.*

### **Nondiscrimination statement – July 1, 2022**

The Charles County public school system does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, age or disability in its programs, activities or employment practices. For inquiries, please contact Kathy Kiessling, Title IX/ADA/Section 504 Coordinator (students) or Nikial M. Majors, Title IX/ADA/Section 504 Coordinator (employees/adults), at Charles County Public Schools, Jesse L. Starkey Administration Building, P.O. Box 2770, La Plata, MD 20646; 301-932-6610/301-870-3814. For special accommodations call 301-934-7230 or TDD 1-800-735-2258 two weeks prior to the event.

CCPS provides nondiscriminatory equal access to school facilities in accordance with its Use of Facilities rules to designated youth groups (including, but not limited to, the Boy Scouts).