

# LHS Guidance Newsletter

August 2011

## Faith That Moves Mountains

Our school theme for the year is from Matthew 17:20, which says if one has faith as small as a mustard seed, he can move mountains. Many of us have mountains in our lives that seem impossible to move. Whether it be illness, broken relationships, or the stress of a new job, there is one place we can turn - to our Father's loving arms.

Psalm 121 has always been one of my favorites, and it gives a different perspective on the mountains (difficulties) in our lives:

### Psalm 121: A song of ascents.

- 1 I lift up my eyes to the mountains—  
where does my help come from?
- 2 My help comes from the LORD,  
the Maker of heaven and earth.
- 3 He will not let your foot slip—  
he who watches over you will not slumber;
- 4 indeed, he who watches over Israel  
will neither slumber nor sleep.
- 5 The LORD watches over you—  
the LORD is your shade at your right hand;
- 6 the sun will not harm you by day,  
nor the moon by night.
- 7 The LORD will keep you from all harm—

he will watch over your life;  
8 the LORD will watch over your  
coming and going  
both now and forevermore.

Did you hear that? He won't let your foot slip. He never sleeps. He will keep you from all harm.



This “song of ascents” is really about getting closer to God. Rather than viewing the mountains in our lives as *problems*, we can view them as *possibilities*. With each mountain we encounter, we have another opportunity to get closer to God - to lean on Him and let Him work His wonders. May God bless us all with a few mountains this year - and the increased faith and reliance on HIM that those are sure to bring.

## Powerschool for Dummies



This is something I included in my newsletter last fall, but it seems relevant every year for all our new students and parents. Plus, it's likely that parents forget as much information over the summer as the students do! So whether you are an old pro or completely new to this Powerschool thing, the following are some facts that may help you get even more out of this handy tool.

\*Access Powerschool from the LHS website or by typing in [www.lutheranhigh.powerschool.com](http://www.lutheranhigh.powerschool.com) in your web browser.

\*If you do not know your username and/or password, call or email Kathy VanDeKreeke, Myrna Lastusky or David Pratt.

\*When you log on, you will see a chart with the student's classes and current grades. Anything **BLUE** can be clicked to receive further information. For example, the quarter grade will be blue. If you click on the grade (e.g. "B"), it will take you to another page where every assignment or test that contributed to that grade is listed. That page will show the raw score and percent for each grade and help parents and students understand WHY the grade is what it is.

\*Another place to watch for this **blue** text is when looking at the student's assignment grades. If the grade appears in **blue**, there may be a note underneath it to explain. For example, if a student has an unusually low grade on a paper, a teacher may write, "The assignment was handed in 3 days late."

\*At the top of your Powerschool page are several icons. Clicking on these will give you additional information.

The "Teacher Comments" icon is a good place to look at the end of quarters and semesters, as this is a time when many teachers make special comments regarding students' progress.



\*Clicking on the "Email Notification" icon will allow you to set your email to get automatic updates of a student's grades.



\*The "School Bulletin" icon allows you to view the daily announcements that are read to the student body.

\*Most importantly, if you are struggling with Powerschool or have questions, please contact Myrna Lastusky or David Pratt. We want to help you stay informed and actively involved in your student's progress. Let us know how we can help!

## Alumni Advice for Seniors

The following are some tips given by Chloe VanDerWeele, 2011 LHS graduate. After winning several nice scholarships, Chloe averaged the money by the hours she spent on applications and she earned \$98 per hour. Not bad for a part-time job! I encourage all seniors (and younger students, too!) to take seriously the search for scholarship dollars.



### Chloe's Tips to the Class of 2012:

1. Apply for everything you qualify for.
2. Take the time to write quality essays.
3. Have multiple people proofread your essays.
4. Put 100% effort into each application.

Chloe concludes by saying, "When you sit down and look at your finances to pay for college, how much you're going to have to work and how many loans you need to take out, you're going to wish you

applied for more. Scholarships = free money. Well worth the time!"

## Upcoming Events

**Lutheran College Fairs:** These college fairs and workshops allow students and parents to meet representatives from member colleges and gain valuable insight into Lutheran higher education. Each one has a 30-minute Financial Aid Seminar followed by a 60-90 minute college fair where students and parents can find out more about various colleges. These are completely free, and better yet, students who attend will receive four application fee waivers for use at Lutheran colleges and universities. Check one of them out!

\* Sun, Aug. 28 in Middleton, WI  
from 2:15-4:00 pm

\* Sun, Aug. 28 in Hartland, WI from  
7-9 pm

\* Mon, Aug. 29 in Appleton, WI from  
6:45-9 pm

For more information on locations and times, visit <http://www.lutherancolleges.org/events>.

**Experience LTC:** Thursday, Oct. 20th at Lakeshore Technical College. This event is geared toward juniors and seniors and is a great opportunity to visit LTC's campus. Participants select two

programs to explore, and they get to spend hands-on time learning more about that area. Whether or not a student is interested in attending LTC, this is a great chance to explore different fields. Students can attend multiple times



and thus explore many different programs. Students will also be able

to speak with LTC students and staff and hear all about the services the college offers. For more information, contact Nikki Kiss at 920-693-1354 or ask Mrs. L. for a registration form.

## Upcoming College Rep Visits

**Monday, Aug. 29:** Concordia-St. Paul at lunches

**Tuesday, Aug. 30:** Concordia-Nebraska at 2:00 pm.

NOTE: These are constantly being scheduled, so watch the guidance website for updates!

## Growth Opportunities

### Air Force ROTC Scholarship:

Current seniors can begin the application process now. The deadline is Dec. 1, 2011. Air Force ROTC scholarships cover up to full tuition, \$900 per year for books, and provide a monthly stipend (tax-

free) ranging from \$300 to \$500 per month during the school year. Additionally, Michigan Tech gives a free Room and Board grant to their first 12 High School Scholarship winners that choose Tech as their school. That could equal a free ride to college!

The scholarship board bases their decisions on a whole person concept. They look at grades, class ranking, leadership experience (school clubs, sports teams, church, boy scouts, etc...), community service, and fitness score (timed mile and half run, number of push-ups in a minute and sit-ups in a minute).

There is no commitment to the Military for applying for a scholarship. As a matter of fact, there is no commitment the first year of college. With the freshman option, they can walk away before their second year and they won't have to serve or pay back any money. Log on to [www.afrotc.com](http://www.afrotc.com) to begin the application process or find out more.



**Rep. Tom Petri is now accepting applications** to Air Force Academy, Merchant Marine Academy, Military Academy (West Point), and Naval Academy (Annapolis). This is open to 17-22 year old residents of the 6th Congressional District of Wisconsin. For information, visit <http://petri.house.gov>. The application deadline is Oct. 15, 2011. NOTE: Students interested in this opportunity should take the ACT as soon as possible.

### **Wisconsin Covenant for 9th**

**Graders:** Any freshmen who did not complete this in the spring should take the time to do it before the deadline. Students who sign the



Covenant promise that they will:

- ❖ Earn a high school diploma
- ❖ Maintain at least a “B” average in high school
- ❖ Complete the classes needed to prepare them for higher education
- ❖ Demonstrate good citizenship and participate in their community
- ❖ Apply for state and federal financial aid in a timely manner
- ❖ Take the necessary steps to gain admission to a UW system institution, a Wisconsin technical

college, and/or a Wisconsin private college/university.

Visit <http://wisconsin covenant.wi.gov/> to learn more about the Wisconsin Covenant and get registered by September 30, 2011.

## **General Notes**

**College Visits:** Seniors, if you have not made any college visits, plan them immediately. You should be applying and making decisions in the next few months, and stepping foot on campus is important to this process. Most colleges have special Open Houses and Visit Days during the fall. Juniors, this is a great chance for you to start checking out a few schools, as well. Don't wait until next year!

**College Rep Visits:** The next 3 months will be the busy season for college reps to visit our high school. Check the Guidance website and watch the daily announcements for the schedule of these visits. It is a good idea to visit with a few different reps, even if you are not necessarily interested in their school. It will help you to see what options are available and what different schools have to offer.

**Scholarships:** The scholarship link on the Guidance Page will be up and running in the next few weeks.



Local scholarship opportunities do not start arriving until late September and beyond. Students and parents should check

this regularly throughout the year, as I receive a steady stream of applications through April. While most scholarship opportunities are for seniors, there are a few for underclassmen, and I will try to draw attention to these.

## Student Achievements



**NEWAHEC Health Careers Summer Camp:** Two of our students attended this annual camp this year and had great experiences. Sophomore **Bianca Castellano** and senior **Calli Ames** give an overview of their experiences below:

*I applied for the Health Careers Camp because I had an idea of what kind of doctor I wanted to be. I thought that by doing this camp I would find out if that's really what I want to be. What I learned at*

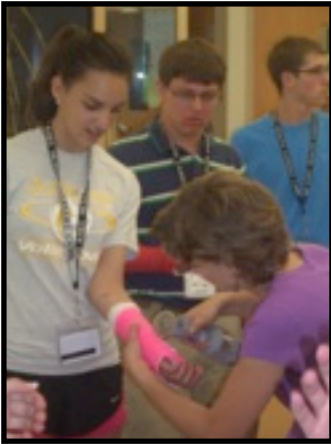
*camp confirmed that I would like to get into the medical field some day.*

*Each day of the camp we would travel to either a clinic or a hospital. There, we would learn about different medical fields and participate in hands on activities. We got to put casts on each other, take each other's vital signs, make a tooth mold, and much more. We also were able to go in an ambulance, see an intensive care unit, watch how radiation in the oncology department works, and go behind the scenes of the hospitals. Every day we would listen to a medical professional share how his/her job works and be able to ask questions.*

*My favorite part of the week was when we got to go inside the ambulance. I asked many questions and found out exactly how a paramedic's job works. A paramedic is able to do nearly as much a doctor is able to do. They take care of the first very important life or death minutes. I also really liked learning about what nurses do. We were taught how to read blood pressure, how to listen to someone's heart beat, and how different technology is used in the medical field.*

*I think others students should apply for this camp because if you are interested in getting into a medical field, this is where you need to start. This camp can help*

*you decide what you have an interest in. It also informs you what you need to do to prepare to get*



*into a profession of your choice. I had such a great time at this camp and learned more than I could have ever imagined. I am so glad I had the opportunity to do this and I can't wait to get into the medical field.*

*~Bianca Castellano*

*I was recently given the opportunity to attend a Health Careers Camp at Lakeland College. The camp is sponsored by NEWAHEC, an organization that educates students in health care, and is meant for students that are interested in pursuing a career in health care. The camp was held from Sunday, July 10 through Thursday, July 14, and throughout the week I was given the opportunity to learn directly from health care professionals about their careers. We traveled to different facilities including colleges, hospitals, and clinics to see and learn from different health care professionals. Some of the professions we learned about, for*

*example, were nursing, dentistry, art therapy, physicians, physical therapy, pharmacy, and many more. Aside from just learning about the careers, we were able to take part in hands-on activities such as applying a cast, creating tooth molds, and lab testing. The last day of camp each camper was able to take part in a one on one job shadow with a professional in a health care field in which we showed interest.*

*While there is a small fee to attend the camp, it is well worth it for students that have a desire to pursue a career in health care. I was able to find what I would really be interested in doing, and what I definitely don't think I would be interested in. The camp was a great experience and I was able to meet other students that showed interest in health care. Overall, I highly recommend this camp to anyone that has an interest in the medical field and would like to learn about different health care professions and whether or not it would be the right fit for them.*

*~Calli Ames*

### **Badger Girls/Boys State:**

Three LHS students had the honor and privilege of attending Badger State this summer. **Nicole Beine, Ben Steinert, and Josh Wheeler** spent a week with hundreds of other Wisconsin students learning about

government and how it works. The week was paid for by local American Legion and Ladies Auxiliary posts.

Badger State is a youth leadership program designed to educate teenagers in the duties, privileges, rights, and



responsibilities of Americans. The program has been developed on the fundamental principle that young people

learn best by actively participating in the process. As much as possible, the mechanics of government in Badger State are modeled after Wisconsin's own government at the city, county and state level.

Learning about government may not sound like much fun to the average teenager (or adult!), but all three students said it was a positive experience.

"I really had a great time," **Nicole Beine** said of her week at UW-Oshkosh for Badger Girls State. "I met so many great people, and I still keep in touch with the friends I made."

**Ben Steinert** commented that he met many people he could relate to. "There were a lot of other motivated students who enjoyed working hard. It was a great environment. Plus, we learned a

great deal about our government and how it works." Ben added that the week was more about leadership than government, so any student who wants to improve on his leadership skills should attend Badger Boys State.

**Josh Wheeler**, who joined Ben at Ripon College for BBS, said, "It was such a good experience. I learned so much about levels of government and how to get elected. We also got practice on giving speeches and thinking on our feet." Like Ben & Nicole, Josh enjoyed getting to know successful students who set high goals for themselves.

Students will receive information on Badger State later this fall. All juniors are encouraged to apply for this once in a lifetime opportunity.

## Spotlight on ... UW-Stevens Point

Just two hours from Sheboygan, UW-SP has been a popular choice for many LHS alumni. The mid-sized school in a mid-sized town seems just perfect for many students.

UW-SP is considered one of the top schools in the world for Natural Resources. Their nearby Schmeckle Nature Reserve is 275 acres of fishing, walking, boating and wildlife watching. The

university also owns 2 off-campus environmental centers for student experiential learning.

There is much more to UWSP than just environmental studies. They offer 120 undergraduate programs and have exceptional placement into careers or graduate schools.



For more information on UW-Stevens Point, visit their website at [www.uwsp.edu](http://www.uwsp.edu).

## Welcome Back to School! God's Blessings on a Great Year!



### Quick Facts about UWSP

- ◆ Enrollment: 8,800 students
- ◆ Average Class Size: 28
- ◆ Student to Faculty Ratio: 22:1
- ◆ Highest percentage of undergraduate courses taught by regular faculty in the UW system.
- ◆ 1 of 5 graduating seniors has participated in a study abroad program.
- ◆ 180 student organizations
- ◆ 25 intramural sports & 22 club sports
- ◆ 20+ music ensembles

