



# Central Catholic

## PARENT NEWSLETTER

May 2015

### Principal's Message

Dear Parents,

Happy Spring! We have had our first 80 degree day and Portland is in bloom. So many things are happening, it is hard to know where to begin. I will start with our latest and greatest academic achievement. If you have not seen our social media, Senior Will Paustian was recently named a prestigious Stamps Scholar, awarded through the University of Oregon. We had a fantastic signing ceremony for Will this week. It was great to see so many of his classmates in the gym rooting for him in this way.

Our AP numbers have again set a record. Beginning May 4 and going for two weeks, our students, mainly juniors and seniors, will be taking 339 tests in 18 subjects. And the seniors should be getting around to finally making a final decision on THE question for them: what will you be doing next year? Many decided long ago, some are squeezing in a last minute campus visit. We wish them all well!

The Development Office just wrapped up another successful Presidents' Dinner and Auction. Thank you to all our generous donors and to our guests in attendance Saturday evening! RAMS 75 was all about celebrating our community and the gifts we have to share – and the performers in our Student Showcase exemplified the worthwhile cause we were all gathering to support. Thank you to everyone who played a part in the Twentieth Annual Presidents' Dinner and Auction!

We are counting students for next year. This past Wednesday, I was able to meet and greet our next crop of Rams, the Class of 2019. They are energetic and eager to begin. Each day we creep a little bit closer to 900 students. Thank you so much for those who registered on time, as we are also putting the final touches on our master schedule for next year based on the forecasting choices of your students.

Last, but so exciting it could be first, is the new Monsignor Tim Murphy Center. The "Murph," I think we'll call it. I walked though it one evening as the sun was setting. From the second floor looking west, the sky had cleared, the sun was shining, and the view of the West Hills was stunning. I may have to charge a tuition stipend for that location; you won't believe those views! The technology, classrooms, and new student spaces are really going to energize our community. I am excited for the ribbon cutting this coming August. To all who helped make this happen, thank you so much.

And as usual, the Rams are competitive in their athletic endeavors. I expect to be reporting more great news when their seasons are completed. Good luck to all Rams in their league and playoffs to come.

Go Rams!

John Garrow '76  
Principal

### Events to Remember

**Late Start:** Fri., May 1. *Classes begin at 9:30 A.M.*

**Mother-Daughter Brunch:** Fri., May 1, 8:00 A.M., New Cafe.

**Crowning of Mary:** Fri., May 1, 9:00 A.M., Courtyard.

**Open Mic Night:** Fri., May 1, 7:00 P.M., PAC.

**Second Semester Junior Service Due:** Tues., May 5, 8:00 A.M.

**Late Start:** Wed., May 6. *Classes begin at 9:30 A.M.*

**Prom:** Sat., May 9, 8:00 P.M., Columbia Edgewater.

**Late Start:** Wed., May 13. *Classes begin at 9:30 A.M.*

**Class Council Elections:** Fri., May 15, 9:30 A.M.

**Senior Retreat:** Fri.-Sun., May 15-17.

**Fine Arts Week:** Mon.-Fri., May 18-22.

**Theater Performances:** Mon.-Tues., May 18-19, 7:00 P.M., PAC.

**Late Start:** Wed., May 20. *Classes begin at 9:30 A.M.*

**Spring Music Concert:** Thurs., May 21, 7:00 P.M., PAC.

**End of the Year Mass:** Fri., May 22, 9:30 A.M., East Gym.

**Memorial Day Holiday, No School:** Mon., May 25.

**Powderpuff Football:** Tues.-Thurs., May 26-28, during lunch.

**Student Recognition Assembly:** Wed., May 27, 9:30 A.M., East Gym.

**Food Carts Community Block Party:** Fri., May 29, 12:30-2:30 P.M.

**Senior Final Exams:** Mon.-Tues., June 1-2.

**Second Semester Freshman and Sophomore Service Due:** Tues., June 2, 8:00 A.M.

**Senior Graduation Practice:** Tues., June 2, 9:30 A.M.

**Endowed Scholarship Ceremony:** Wed., June 3, 7:00 P.M., East Gym.

**Senior Awards Assembly:** Thurs., June 4, 9:30 A.M., East Gym.

**Baccalaureate Mass:** Thurs., June 4, 7:00 P.M., East Gym.

## Get Involved - Volunteer

At Central Catholic, involvement is not an obligation...it's an opportunity! There are volunteer opportunities to suit just about anyone's availability and schedule. We can use your help with chaperoning, mailings, fundraising, committee work, and much more!

Go to [centralcatholichigh.org/parents/volunteer-get-started.html](http://centralcatholichigh.org/parents/volunteer-get-started.html) to register as a volunteer or to continue your volunteer status at Central Catholic. Check out how you can contribute your time, energy, and talents to projects large and small. Thank you for your support and service to Central Catholic High School!

### Volunteer Opportunities for May:

- Parent Hospitality
  - Data Entry
  - Senior All-Night Party\*
  - JSC Basketball Tournament
  - Mailings
  - Library Assistance\*
  - Student Activities Assistance\*
- \* Called to Protect Training Needed*

To sign up, go to  
[centralcatholichigh.org/parents/volunteer-get-started.html](http://centralcatholichigh.org/parents/volunteer-get-started.html)

## Track Your Volunteer Hours

In order for your time to be counted, you must log your activity following the event. Go to [centralcatholichigh.org/volunteerlog](http://centralcatholichigh.org/volunteerlog) and complete the online form. For record keeping purposes, please log your hours within 14 days of the event.

## Student Art on Display

Over 30 Central Catholic students will be represented at an art show in Beaverton running May 7-31. The work is primarily digital and darkroom photography with some examples of ceramics and images of student stained glass.

### Show Opening:

Thursday May 7 • 5:00-7:00 P.M.

### Location: The Round

12725 SW Millikan Way • 2nd Floor  
Beaverton OR 97005

## Donate Your Used Vehicle

Why donate your used vehicle to Central Catholic High School?

- Tax benefit to you
- Tuition Assistance to Central Catholic students
- Everyone wins!

For more information contact:

[jwinczewski@centralcatholichigh.org](mailto:jwinczewski@centralcatholichigh.org)

## Attention Incoming Freshman Volleyball Players

An informational tryout packet will be available beginning May 15 from head coach Rick Lorenz. E-mail [rlorenz@centralcatholichigh.org](mailto:rlorenz@centralcatholichigh.org) with your name and address and one will be sent to you.

## Book Drive

The English Department is organizing a school-wide children's book drive to benefit the Children's Book Bank (CBB). CBB collects gently used and new children's books and distributes them to young readers across Portland who do not have access to books in their homes. Look around the house and declutter those bookshelves! Board books up to simple chapter books are accepted, and CBB especially needs books in Spanish, books in other languages, or multicultural books.

Central Catholic will be collecting books in English classrooms during the week of May 11-15 and then delivering them to CBB. Check out their website, [childrensbookbank.org](http://childrensbookbank.org), or contact Kate Molony, English teacher, at [kmolony@centralcatholichigh.org](mailto:kmolony@centralcatholichigh.org) with questions or if you want to help. Thanks for your support of every child in Portland knowing the joy of owning a favorite book!

## 2015 AP Exam Times and Locations

### Monday, May 4

8:00 A.M. Chemistry UP Franz Hall 223

### Tuesday, May 5

8:00 A.M. Calculus AB UP Franz Hall 214, 223

8:00 A.M. Calculus BC UP Franz Hall 231

### Wednesday, May 6

8:00 A.M. English Literature and Composition UP Franz Hall 223, 231

Noon Japanese Language and Culture CC Room 114

Noon Physics 1: Algebra-Based CC Conference Room

### Thursday, May 7

8:00 A.M. Spanish Language and Culture CC Room 114

### Friday, May 8

8:00 A.M. United States History UP Franz Hall 214, 223, 231

### Monday, May 11

8:00 A.M. Biology CC Conference Room

Noon Physics C: Mechanics UP Franz Hall 223

2:00 p.m. Physics C: Electricity and Magnetism UP Franz Hall 223

### Tuesday, May 12

8:00 A.M. United States Government and Politics UP Franz Hall 223, 214

Noon French Language and Culture CC Room 118

Noon Spanish Literature and Culture CC Conference Room

### Wednesday, May 13

8:00 A.M. English Language and Composition CC Room 118

Noon Statistics CC Conference Room

### Thursday, May 14

8:00 A.M. Comparative Government and Politics UP Franz Hall 223, 214

Noon Macroeconomics CC Conference Room

### Friday, May 15

8:00 A.M. Microeconomics CC Conference Room

## Boys' Basketball

The following are key dates for both High School and Youth Boys' Basketball opportunities:

### Monday and Thursday Workouts: Dates are online

5:30-7:00 P.M.-High School Workouts

7:00-8:00 P.M.-Second-Sixth Grade Workouts (Current Grades)-\$25 a Session

8:00-9:00 P.M.-Seventh and Eighth Grade Workouts (Current Grades)-\$25 a Session

### Rookie League:

Incoming Ninth Graders Only

Dates and Sign up online

### High School Summer Basketball: May 26- July 1

More info to come.

### Ram Camp: June 22-25

8:30 A.M.-Noon • Second-Sixth Graders (Incoming Grades)

12:30-4:00 P.M. • Seventh-Tenth Graders (Incoming Grades)

### Ram Camp July 13-16

8:30 A.M.-Noon • Second-Sixth Graders (Incoming Grades)

12:30-4:00 P.M. • Seventh-Tenth Graders (Incoming Grades)

Sign up on line at [centralcatholichigh.org/athletics/camps.html](http://centralcatholichigh.org/athletics/camps.html)

Follow and keep up to date on schedule changes at:  
[centralcatholichigh.org/athletics/sports-schedules/boys-basketball.html](http://centralcatholichigh.org/athletics/sports-schedules/boys-basketball.html)

## Parent Association

Be a part of your child's education and participate in some of the most memorable events of his/her life. Unlike grade school associations, our group does not require an enormous commitment. We are not a fundraising arm of the school. We focus on executing programs to help build a dynamic Central Catholic community. We facilitate wonderful traditions such as the Faculty Appreciation Luncheon, Father-Daughter Dance, Mother-Son Brunch, Senior All-Night Party, hospitality for Senior Breakfast, Back-to-School Night, and more through organized committees. We also offer grants to teachers and host the Parent Speaker Series.

**Monthly Meetings:** Meetings are open to all parents, all the time. Attend and learn what is going on at school with academics, student activities, development, alumni, and special events, as there are always faculty/staff representatives present. The next meeting is May 14, 2015, at 8:00 A.M. in the New Cafeteria.

**Stay Tuned:** Keep posted to the Parent section of the website for more information and events: [centralcatholichigh.org/parents/](http://centralcatholichigh.org/parents/)

**Join the Parent Association on Facebook:** [facebook.com/pages/Central-Catholic-High-School-Parents-Association-Portland-OR/220330581324640](https://facebook.com/pages/Central-Catholic-High-School-Parents-Association-Portland-OR/220330581324640)

## RAMS 75 Event Spots Still Available

**Cornhole Tournament** • May 23, 2015 • \$75 per 2-person team

**Father-Son Golf Tournament** • October 8, 2015 • \$50 per person

**Lobster Dinner with the Archbishop** • August 9, 2015 • \$100 per person

**Seafood Boil** • August 1, 2015 • \$50 per person

**Martinis in the City** • September 12, 2015 • \$50 per person

**Personalized "You Are Here" Framed Art** • \$99 each

**Click here to purchase:**

[cchs.ejoinme.org/MyEvents/RAMS75/EaselItemsBuyinParties/tabid/570844/Default.aspx](http://cchs.ejoinme.org/MyEvents/RAMS75/EaselItemsBuyinParties/tabid/570844/Default.aspx)

## The Blanchet House

Central Catholic is responsible for the dinner shift every Monday (including summer and holidays) at the Blanchet House located at NW 4<sup>th</sup> and Glisan. The shift is 4:30-6:30 P.M. for the first 10 students, staff, or parents who sign up in the Christian Service Office. Meet other members of the Central Catholic community while working in service to others! To sign up, contact Aaron Uchikura, Director of Christian Service, via e-mail at [auchikura@centralcatholichigh.org](mailto:auchikura@centralcatholichigh.org) or 503.235.3138 ext. 131.

## Kleenex Please

As allergy season kicks into high gear we are in need of Kleenex. Any donations would be greatly appreciated. Kleenex may be dropped off in the Attendance Office. Thank You!



## Counselors' Corner

The following was adapted from a US News and World report article by Julie and Lindsey Mayfield.

We have just under six weeks until the last final exam is administered. The hallways and upper floors especially retain the heat of the warm spring sun. Summer is rapidly approaching just as our energy and stamina seem to evaporate when we need them the most. Here are some tips to make the last few weeks of school an opportunity to continue to grow academically rather than succumbing to "Summer-itis":

- The time leading up to final exams is a great time to check in with your child to see how she or he is doing and to offer advice and support as needed. This is especially true if you have taken a hands-off approach.
- Even though there are just a few weeks left, grades can significantly change with last minute projects, final exams, and projects due so encourage your child to keep up on assignments and class expectations.
- As the weather improves and social life events increase it is especially critical to manage time well. Help your child recognize when they can spare a few hours and when they can't.

- Remind your child to stay in communication with teachers and staff for support. Seek out tutoring, stay after school and attend help sessions, establish study groups, and review progress on CANVAS to make sure work is in.

Speaking of social life events, prom is rapidly approaching which in many ways is the culminating social event for students at our school. As such, guiding and teaching your children how to celebrate safely are necessary parts of family conversations.

Prom has become a rite of passage that has taken on a life beyond the actual dance, often becoming a three-day event. From the pre-prom activities to the extensive and long-distance post-dance parties, prom becomes an expansive, expensive, and exhausting activity. Some students try to set this formal dance up to be as unsupervised as possible.

The counseling staff at Central Catholic encourages all parents/guardians to give your children clear guidelines and expectations about planning safe and substance-free activities, including prom. Some recommendations are:

- Set a curfew and stick to it. Usually 90 minutes after the dance is to end is appropriate.

- Consider making your house the "safe" house where kids can come for movies, breakfast, and other activities.
- Check with parents in your child's party to confirm plans, to ensure students are going to be where they say they are going to be, and if there will be adult supervision.
- Fatigue is a major contributor to crashes; driving to the coast or a mountain cabin should not be an option.
- Even though prom is a special occasion, Oregon State Law is specific: serving alcohol to a minor is against the law. If a minor is stopped after consuming alcohol in a private residence, both they and the adult who served the alcohol can be cited.
- Talk to your child about your behavioral expectations for them.
- While talking about sexuality can be awkward, discuss with your child your expectations and values regarding sexual expression.

Prom should be and can be a wonderful culminating event for our students. As with all rites of passage, parental guidance is necessary for healthy choices to be made and lifelong values to be formed.

April 2015

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2



# Central Catholic

## HIGH SCHOOL

Celebrating 75 years!

June 2015

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

### May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	1	2	
					GM 7:30 AM Mother/Daughter Brunch (New Cafe) 9:00 AM Crowning of Mary (Courtyard) 9:30 AM Late Start 7:00 PM Open Mic Night (PAC)	SAT Test 9:00 AM NWEA Map Testing	
3	4	5	6	7	8	9	
	A 2:45 PM Academic Council	C 8:00 AM 2nd Semester Junior Service Due	GM 7:30 AM Faculty and staff Meeting 9:30 Late Start	C	G	8:00 PM Prom (Columbia Edgewater)	
10	11	12	13	14	15	16	
	A	C	GM 7:30 AM Department meetings 9:30 Late Start	C	G 9:30 AM Class Council Elections		
	Senior Retreat...						
17	18	19	20	21	22	23	
	A 7:00 PM Theater Performances (PAC)	C 7:00 PM Theater Performances (PAC)	GM 7:30 AM Staff and Faculty Meeting 9:30 AM Late Start	C 7:00 PM Spring Music Concert (PAC)	GL 9:30 AM End of Year Mass (New Gym)		
..Retreat		Fine Arts Week					
24	25	26	27	28	29	30	
	NO SCHOOL Memorial Day	C 11:00 AM Powderpuff Football	GA 9:30 AM Student Recognition Assembly (New Gym) 11:00 AM Powderpuff Football	C 11:00 AM Powderpuff Football	MG 12:30 - 2:30 Food Carts Community Block Party		
31	1	2	3	4	5	6	



Outdoor Plaza: Location of personalized bricks

# Monsignor Tim Murphy Center

## Show your Ram Pride: Buy a Central Catholic Brick

Central Catholic is proud to be celebrating 75 years of faith, community, and education.

Become part of this rich history by purchasing a commemorative brick in the new Monsignor Tim Murphy Center.

Create a lasting memory with your name, your family name, or the name of a loved one on a personalized brick.

You may also honor or memorialize someone who has made a difference in your life, such as a parent, teacher, classmate, coach, or friend.

Show your support of this lasting legacy by purchasing a tax-deductible brick in the long-awaited, beautiful Monsignor Tim Murphy Center.

Bricks ordered by May 22 will be installed Summer 2015.



## Purchase your brick today and take advantage of special 75<sup>th</sup> Anniversary pricing!

- 4"x 8" Brick** • Up to 3 lines of text • Up to 18 characters per line, including spaces  
\$75 per brick


Please  
Print  
Clearly

- 8"x 8" Brick** • CC logo • Up to 5 lines of text • Up to 18 characters per line, including spaces  
\$150 per brick


Please  
Print  
Clearly

*Are you an alum? Please include your grad year after your name.*

**Mail completed form and payment to:** Central Catholic Bricks • 2401 SE Stark Street • Portland, Oregon 97214

To order online or to order multiple bricks visit [centralcatholichigh.org](http://centralcatholichigh.org) • Orders placed by May 22 will be installed Summer 2015.

Questions? Contact Jolyn Winczewski: 503.230.1056 ext. 126 or [Jwinczewski@centralcatholichigh.org](mailto:Jwinczewski@centralcatholichigh.org).

Name(s): \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

Method of Payment:  
 **Check** (payable to Central Catholic High School)  
 **Credit Card**  
 Card Number: \_\_\_\_\_  
 Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_  
 Credit Card Billing Address (if different): \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

# PREPARING FOR COLLEGE – JUNIOR YEAR

## MAY 2015

### TO DO LIST

- **Take the SAT Reasoning Test and/or the ACT plus Writing Test.**
  - The deadline to register for the June 7 SAT Reasoning or Subject Tests at <http://sat.collegeboard.org/home> is May 8.
  - The deadline to register for the June 13 ACT plus Writing Test at [www.actstudent.org](http://www.actstudent.org) is May 8.
  - Some students may also need to take two or three SAT Subject Tests if they are required by the colleges they may be applying to for admission. Visit <http://sat.collegeboard.com/practice/sat-subject-test-preparation> for more information. Ideally if students need to take the Subject Tests, it is best to take them after completing the class related to the subject area.
- **Complete a college search and generate a list of possible colleges.** The Family Connection site allows students to complete and save online searches plus compare GPA, test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past. Be sure to visit <http://www.centralcatholichigh.org/academics/student-assistance/counseling/index.html> and click on Naviance Family Connection.
- **Determine your Expected Family Contribution (EFC).** Students and their families can receive an estimated Expected Family Contribution (EFC) by entering their information into FAFSA4caster, a simplified version of the *Free Application for Federal Student Aid* (FAFSA). FAFSA4caster also provides guidance on next steps for applying for admission, applying for federal student aid, and paying for education beyond high school. There is also a Spanish version of FAFSA4caster online. Visit <http://www.fafsa4caster.ed.gov/complete001.htm> to access to the FAFSA4caster.
- **Begin searching for scholarships online.** Visit [www.fastweb.com](http://www.fastweb.com) and [www.meritaid.com](http://www.meritaid.com) for scholarship and financial aid information. It is never too early to begin this process. Also visit [www.finaid.org](http://www.finaid.org) for comprehensive information about financial aid.
- **Get a jump-start on summer activities.** Looking for something interesting to do this summer? We have compiled a list of programs in Family Connection under "enrichment programs" in the College section. Materials on some of the programs can be found in the College Counseling Office. Many of these programs are expensive but most offer limited grants and tuition breaks. Central Catholic provides this information as it is received to its students and families as a service and cannot endorse or verify claims made in the information. The student assumes responsibility for the value of the experience.
- **Visit colleges.** Seeing colleges firsthand, taking a tour and talking to students can be the greatest help in deciding whether or not a school is right for you. Although it is ideal to visit

colleges during the academic year, going in the summer will also be valuable. Check out <https://bigfuture.collegeboard.org/find-colleges/campus-visit-guide/campus-visits-before-you-go-college-visit> for assistance preparing for your visits.

## UPCOMING COLLEGE EVENTS

**May 12** - Students interested in **Duke, Georgetown, Harvard, Penn & Stanford** are encouraged to attend the Exploring College Options Information Session at 7 pm at the Hilton Portland & Executive Tower. Visit [www.exploringcollegeoptions.org](http://www.exploringcollegeoptions.org) for details and registration information.

**May 19** - CCHS will be hosting the **Jesuit Colleges Fair** featuring Jesuit colleges and universities. The fair runs from 10:30 to 11:30 am in the Old Gym. The fair will be open during the last part of 2<sup>nd</sup> Period as well as lunch. Students will need a pass signed by their teacher if they choose to attend during 2<sup>nd</sup> Period. Visit Family Connection for a comprehensive list of participating colleges.

**May 19** – Students interested in **Claremont McKenna, Colorado College, Connecticut College, Grinnell, Haverford, Kenyon, Macalester, & Sarah Lawrence** are invited to the “8 of the Best Colleges” Program at the Marriott Downtown Waterfront (1401 SW Naito Parkway) at 6:30 pm. Visit <http://8ofthebestcolleges.org/> to RSVP.

## WOMEN IN TRADES CAREER FAIR

On May 15 & 16, Oregon Tradeswomen, Inc. hosts an interactive Career Fair to increase the overall number of women working in the trade and to help fill the imminent gap in the labor force that will be created with record-levels of upcoming retirements of skilled trades people. There will be hands-on activities and workshops. Visit <http://www.tradeswomen.net/fair/> for more information.

## CHRISTIAN SERVICE REMINDER

You may want to start planning ahead for your Senior Year service requirement. Starting or completing service over the summer may help alleviate some of the stress during senior year and the college application process. It also allows you to include this accomplishment in your college and scholarship applications. Service can also be an opportunity to explore career interests as well. There are some specific requirements for senior service hours. All service performed must be direct service benefiting the same marginalized person or group such as the homeless, disabled, shut-ins, etc. Please contact the Christian Service Office if you have any questions or need assistance.

## SCHOLARSHIPS

### MAY

**B Davis Scholarship.** Students will need to write an essay of less than 1000 words on what they consider to be the single most important societal problem of our day. Visit <http://www.studentawardsearch.com/scholarships.htm> for details. Deadline: May 25.

**Miss Oregon Teen USA Competition.** Over \$50,000 in cash, scholarships and prizes were awarded to last year’s Miss Oregon Teen USA and the rest of the participants shared in almost \$300,000. To



participate, entrants must be an Oregon resident for a minimum of the last 6 months, and must be 14 to 19 years of age as of January 1<sup>st</sup> 2016. The nominated girl will have a phone interview by the selection committee and from there will be notified if she has been selected to compete for this year's title. To be considered for a nomination, students must contact Ms. Calcagno by May 6.

Positive Coaching Alliance (PCA) Triple-Impact Competitor® Scholarship. PCA awards scholarships of up to \$2,000 to 11th grade high school athletes, based on their essays explaining how they meet the standard defined in Elevating Your Game: Becoming a Triple-Impact Competitor by PCA Founder Jim Thompson. Visit <http://www.positivecoach.org/our-awards/triple-impact-competitor-scholarships/default.aspx> for details. Deadline: May 31.

## JUNE

Abbott & Fenner Business Consultants. The A&F Scholarships are available to all high school juniors and seniors as well as all students currently registered in any accredited post-secondary institution, between the ages of 16 and 30. Visit [www.abbottandfenner.com/scholarships.htm](http://www.abbottandfenner.com/scholarships.htm) for details. Deadline June 15.

Delete Cyberbullying Scholarship. The Stop Online Harassment Project is offering students the chance to submit an essay and win one of two \$1,500 scholarships for educational expenses. Visit <http://endcyberbullying.squarespace.com/scholarship> for details. Deadline: June 30.

Fraser Institute Student Scholarship. Showcase your ideas on public policy and the role of markets by entering this essay competition. Each year the Institute holds a competition for students, designed to encourage and develop student writers. Winning essays may be published in Fraser Institute journals. Visit <http://www.fraserinstitute.org/education-programs/students/essay-contest.aspx> for details. Deadline: June 1.

## PLANNING AHEAD...SCHOLARSHIPS OF INTEREST

Next year, you will continue to receive a monthly college newsletter insert. In it there will be information regarding scholarships that we receive in the mail. Here are a few examples that might be worth checking out now...

**Act Six Scholarship** -- Act Six is a full-ride urban leadership scholarship to attend George Fox University or Warner Pacific College. Seeking Portland's most promising emerging urban leaders, Act Six rewards scholars with George Fox University tuition, room and board, and books, fully funded, without loans, for four years. Warner Pacific allows students to attend PCC for two years and live on-campus during that time, and then enroll at Warner Pacific for the last two years. Visit <http://www.actsix.org/nw/portland/> for details.

**Chick Evans Caddie Scholarship** -- The Evans Scholarship is a grant that covers full tuition at the University of Oregon or Oregon State University for Oregon residents or the University of Washington or Washington State University for Washington residents. Applicants must have caddied, successfully and regularly, for a minimum of two years and are also expected to caddie

and/or work at their sponsoring club during the summer when they apply for the scholarship. Applicants must have above a B average in college preparatory classes. Applicants must clearly establish their need for financial assistance. Visit [www.wgaesf.org/site/c.dwJTKiO0JgI8G/b.6021411/k.8F77/Scholarships.htm](http://www.wgaesf.org/site/c.dwJTKiO0JgI8G/b.6021411/k.8F77/Scholarships.htm) for scholarship details.

**Emory University Scholars Program** -- The University will award scholarships ranging from two-third tuition scholarships to full-tuition scholarships including room and board and fees. Scholars also receive a stipend to attend cultural, social and educational events. Nominees should have outstanding academic records, extraordinary personal qualities, and have made significant contributions to their class, school or community. Visit <http://apply.emory.edu/apply/scholars.php> for more information.

**Intel Science Talent Search** -- To compete, students must submit a written report on an independent research project. Forty finalists will win a trip to Washington, DC to exhibit their research at the National Academy of Sciences. Students will compete for the top prize of \$100,000 in scholarship funds over four years. Visit <http://www.societyforscience.org/sts> for details.

**North Carolina State University Parks Scholarship** -- Sixty scholarships will be awarded covering tuition and fees, room and board, textbooks, academic supplies, and living expenses. Each Park Scholar will receive a one-time stipend for the purchase of a personal computer. Visit [www.ncsu.edu/park\\_scholarships/](http://www.ncsu.edu/park_scholarships/) for more information.

**Seattle University Sullivan Leadership Scholarship** -- The University annually awards renewable full-tuition scholarships to high school graduates from the states of Washington, Oregon, Montana, Idaho, California and Alaska who have shown outstanding leadership skills. Candidates must have a minimum GPA of 3.5 and show outstanding leadership ability. Visit <https://www.seattleu.edu/sullivan/> for further information.

**The Robertson Scholars Program** -- The Program provides full tuition, room and board, for students at University of North Carolina-Chapel Hill and Duke University. Students also receive funding of for domestic summer and for the international and exploration summers. Although all Scholars do matriculate at one of the two universities, they have full student privileges at both Duke and UNC-Chapel Hill. Visit <http://www.robertsonscholars.org/index.php?type=static&source=2> for more information.

**University of Oregon Stamps Leadership Scholarship** -- Scholars receive UO tuition, room, and board for four years of undergraduate study. Recipients will also benefit from up to \$12,000 in enrichment funds to be used over four years to help them pursue study abroad, unpaid internships, or other experiences. Scholars are automatically granted admission to the University of Oregon's Robert D. Clark Honors College. Visit [http://financialaid.uoregon.edu/stamps\\_scholarship](http://financialaid.uoregon.edu/stamps_scholarship) for details.

# Senior College Planning Newsletter

May 2015 ♦ Issue 9

## **SENIOR GRADUATION SURVEY DEADLINE IS MAY 7**

All seniors will need to complete our online Graduation Survey. The survey will indicate plans for next year and let us know where to send final transcripts. All admission decisions and scholarship offers should be included in this survey. Even if you are not planning to accept them, please list everything so we can recognize your accomplishments. The survey can be found in Family Connection at <http://www.centralcatholichigh.org/academics/counseling.html>. Once students are logged in, click on the "About Me" tab to find the Graduation Survey. If you do not remember how to login, please see Ms. Calcagno as soon as possible. If the survey is not completed on time, we cannot guarantee that your information will be included in the Commencement Program or recognized at the Senior Awards Assembly. Please note: This is a different survey from the one that is used for the Rampart ☺

## **STILL LOOKING FOR A COLLEGE?**

If you have not deposited at a college or have waited to apply, see me immediately as there are still schools accepting students.

## **PREPARATION FOR ATTENDING COLLEGE**

Students will be receiving a lot of information from their college. It is important to review everything that is sent and respond in a timely manner. Here are some items students can expect to receive:

**1) Housing Contract.** It allows students to select where they prefer to live next year. In some cases, students will also be asked to complete a survey to assist in selecting a roommate. It may be tempting to live in a single room; however, students are encouraged to have a roommate. For some, college can be very lonely. Having a roommate is a great way to meet new people and get to know them really well. If it doesn't work out, it is possible to request a change.

**2) Course Registration & Orientation.** Usually certain dates will be set aside for incoming students to visit the campus, meet with their academic advisor, and register for classes. It might be a good idea to check with current students and/or faculty for suggestions about courses.

**3) Health Documents.** Students will receive health forms that need to be completed by a family physician and returned to the college. The Main Office at CC has immunization information if needed. It is highly recommended that all students have a complete check-up before heading off to college.

## **RESOURCES FOR TAKING TIME OFF**

For those of you planning to postpone school for a year, there are some options available. Students may choose a Gap Year for a variety of reasons. Be sure to check out [www.usagapyearfairs.org/why-gap-year](http://www.usagapyearfairs.org/why-gap-year) for further information.

## ✓ UNITED PARCEL SERVICE (UPS) EARN & LEARN PROGRAM

Applicants must be 18 years of age and able to lift up to 70 pounds individually. All employees, including part-time, are eligible to take advantage of the UPS Earn & Learn Program, offering tuition assistance at an accredited college while working at UPS. For more information, visit <https://ups.managehr.com/earn-and-learn-program.htm> or call the UPS Jobline at 1-888-WORKUPS.

## ☛ GET READY FOR LIFE AFTER HIGH SCHOOL!

As graduation approaches, high school seems to matter less and less. Students begin to think more and more about what comes after. First, a summer filled with friends, fun, and good-byes. Then, packing and leaving for college. Many wonder what their first weeks at college will be like. Will they get along with their roommate? Will they be able to keep up with the work? Will they ever see their high school friends again?

- **The Emotional Roller Coaster** -- These questions and others may have students in an emotional whirlwind. After all, big changes are ahead, in almost every area of their life. Some may feel anticipation, fear, excitement, and sadness--often all at the same time. Believe it or not, this is normal.
- **Q & A** -- From now until the end of freshman year, there will probably be all sorts of questions about college. If the college website doesn't have the answers, don't hesitate to call the admission office, the residential life office, or whatever department might have the answers. Don't be afraid to ask for help. Once on campus, a student's first resource will probably be their residence advisor or academic advisor. Either one can direct students to people who can help with whatever problem arises. It is up to the student to initiate getting help. The good news is that once a student adjusts to college life, it opens new doors to all sorts of learning—and living.
- **Make New Friends (and Keep the Old)** -- The summer after senior year is also an important time to reaffirm high school friendships and family relationships. No matter how busy students are, it is important to set aside time to spend with friends and family. Once in college, keep in mind that forming new friendships can be exciting but true friendships happen slowly and the beginning of college can consequently be a lonely time. If a student is unsure about participating in certain social scenes or activities, don't hesitate to seek guidance about the best ways to resist these pressures. Talk to parents, trusted friends from high school, and counselors. Colleges are also full of resources—professors, tutors, counselors, and often resident advisors – willing to assist.
- **Orientation** -- Some colleges hold new student orientation programs during the summer; others schedule it for the week before fall classes begin. Either way, orientation is a great time to learn about the college, meet people, and have some fun.

- **College Begins!** -- Expect the first weeks of college to be both exciting and overwhelming. Remember that it is a completely new situation. Students may be more tired than usual, simply from learning and experiencing so much in such a short time. That's to be expected. Sometimes students are not prepared for the amount of work that college classes require and for all the free time. Especially in the first weeks, it's easy to choose an afternoon with new friends rather than an afternoon in the library. Try to establish study habits early. During the first week or two of classes, decide on a regular place and time to study. It may take some experimenting before finding a schedule that's right, but try to do at least some work every day. Be sure to check out <http://www.nacacnet.org/studentinfo/articles/Pages/StudyStride.aspx> for more ideas about time management and studying in college.

*~ Adapted from an article written by Jennifer Gross, National Association for College Admission Counseling website and the College Board's "College Survival Tips"*

## **SCHOLARSHIP OPPORTUNITIES**

### **MAY**

American Indian Science and Engineering Society – Burlington Northern Santa Fe Scholarship. This renewable scholarship is available to American Indian, Alaskan Native or Native Hawaiian majoring in Business, Mathematics, Natural/Physical Sciences, Technology, Engineering, Education, Medicine, or Health Administration. Visit <http://www.aises.org/scholarships/burlington-northern-santa-fe-foundation-scholarship> to learn more. Deadline: May 31 at 11:59 pm MDT.

B Davis Scholarship. Students will need to write an essay of less than 1000 words on what they consider to be the single most important societal problem of our day. Visit <http://www.studentawardsearch.com/scholarships.htm> for details. Deadline: May 25.

Center for Student Opportunity (CSO) Scholarship. First-generation college students planning to attend a CSO College Partner may apply for a \$2,000, four-year renewable scholarship. Visit [www.imfirst.org/scholarship/](http://www.imfirst.org/scholarship/) for details and a list of colleges. Deadline: May 22 at 11:45 pm EST.

Chinese Consolidated Benevolent Association (CCBA) Scholarships. All applicants must be of Chinese descent (at least 1/2 Chinese), US citizens or a permanent resident, and have attended at least six semesters of high school in Oregon, and have a 2.75 GPA or better. Visit [www.ccbaportland.org](http://www.ccbaportland.org) for an application. Receipt deadline: May 15 at 5 pm.

David Heller Memorial Scholarship. Central Catholic seniors with a 3.25 GPA or higher are invited to apply for this scholarship. Please contact Ms. Calcagno for an application. Postmark deadline: May 15.

LPGA Scholarships. The LPGA offers three scholarships for female students pursuing a college education. Visit: <http://www.lpgaafoundation.org/scholarships> for more information and an application. Deadline: May 15.

Miss Oregon Teen USA. To participate, entrants must be an Oregon resident for a minimum of the last 6 months, and must be 14 to 19 years of age as of January 1<sup>st</sup> 2016. To be considered for a

nomination, students must contact Ms. Calcagno by May 6.

Oregon Association of Broadcasters/Broadcast Scholarship. Applicants for the scholarships must be Oregon residents with a 3.25 GPA or higher, planning to enroll in an Oregon college and study Broadcast, Journalism, Production, Management, or a broadcast-related major. Visit [www.theoab.org](http://www.theoab.org) for an application. Receipt deadline: May 29.

Oregon State University Phi Gamma Delta – Doc Gilfillan Memorial Scholarship. Open to male students attending OSU in the fall. While this scholarship is provided by the fraternity of Phi Gamma Delta (Fiji), it is not required for students to join the fraternity for this scholarship. Please contact Ms. Calcagno for an application. Deadline: May 31.

Saidie Orr Dunbar Scholarship. Applicants must have been accepted to a nursing degree program in an institution of higher learning and must practice in Oregon upon graduation. Visit <http://www.lung.org/associations/states/oregon/local-news/nursing-scholarships.html> for an application. Deadline: May 16.

Society of Women Engineers Scholarship. The scholarship program provides financial assistance to women admitted to accredited baccalaureate or graduate programs, in preparation for careers in engineering, engineering technology and computer science. Visit <http://societyofwomenengineers.swe.org/index.php/swe-scholarships> for more information. Deadline: May 15.

UCB Epilepsy Scholarship. Twenty scholarships will be awarded to people with epilepsy, and ten scholarships will be awarded to family members or caregivers of people with epilepsy. Visit <https://ucbepilepsyscholarship.com/default.aspx> details and an application. Deadline: May 5.

Vancouver Farmers Market Scholarship. This scholarship is open to college students and to seniors graduating from high school. This funding is intended to support the post-secondary education of students wishing to specialize in agriculture, agricultural marketing, and related topics. Contact the College counseling Office for an application. Deadline: May 22.

## **JUNE**

EANGUS CSM Virgil R. Williams Scholarship. Dependents of members of the Enlisted Association of the National Guard of the United States (EANGUS) may apply for this \$2000 scholarship. Visit <http://www.eangus.org/?page=GrantsScholarships> for an application. Deadline: June 1.

Fraser Institute Student Scholarship. Showcase your ideas on public policy and the role of markets by entering this essay competition. Each year the Institute holds a competition for students, designed to encourage and develop student writers. Visit <http://www.fraserinstitute.org/education-programs/students/essay-contest.aspx> for details. Winning essays may be published in Fraser Institute journals. Deadline: June 1.