



Torrey Pines High School

2011-2012

NEWS

Counseling Corner

by Brennan Dean, Head Counselor

First quarter grades were reported in early November. Now that students are aware of their academic performance through AERIES, it is helpful to discuss the importance of study skills with students. Below is a list of common study habits that our students have found to be helpful:

- Take advantage of teacher-led study sessions.
- Read and re-read the chapters assigned, to make sure you understand the concepts.
- Take notes on chapters that are assigned.
- Study at a desk, rather than a more comfortable location.
- Study where you can focus best (i.e., in a quiet room, with or without music).
- Utilize group study sessions: when you teach other students the material, it helps you remember it too.
- Use flashcards to help with memorization.
- Go to bed at a reasonable hour--sleep is important!

Seniors

Many of our seniors are finishing up their college applications! We look forward to learning about their acceptances in the spring!

Mid-Year Reports

Colleges may require a mid-year report, or 7th semester grades, as soon as semester grades are out. Students can begin to request mid-year reports beginning February 2nd, 2012. Please remember that UCs and CSUs do not require mid-year grades unless they contact the student, specifically requesting them.

For colleges requiring a mid-year report and are using the Common App, please email your counselor with the following information:

- Your name.
- The list of colleges that need a mid-year report.
- Midyear reports/grades will be sent via Naviance.

If a non-common app school requires a mid-year report, please follow the instructions below:

- Bring the registrar a business sized envelope addressed to the college, with our TPHP return address, 1 stamp, and your legal name in the bottom right hand corner (ex: RE: Robert Coppo).
- Include the midyear form if applicable (check to see if student signature is required) and \$5 per envelope (college) for transcript fees.
- The registrar will then give the official transcript to your counselor and s/he will fill out the midyear report and mail it ASAP.

(Counseling Corner continued on p. 2)

January 6, 2012

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| 1/5 | Financial Aid Night, CCA
Proscenium Theater, 6:30 p.m. |
| 1/9 | Campus Tour, Admin. Bldg.,
8:15 a.m. |
| 1/16 | Martin Luther King, Jr. Day Holiday |
| 1/18 | Parent/Principal Meeting, CCC,
8:30 a.m. |
| 1/19 | Start Smart Driver Education
Class, Lect. Hall, 6:00 - 8:00 p.m. |
| 1/19 | School Board Mtg., D.O., 6:30 p.m. |
| 1/24 | Campus Tour, Admin. Bldg.,
8:15 a.m. |
| 1/25 | Financial Aid Night, CCA
Proscenium Theater, 6:30 p.m. |
| 1/25 | Finals, periods 1 & 5. School ends
at 11:55 a.m. |
| 1/26 | Finals, periods 3 & 4. School ends
at 11:55 a.m. |
| 1/27 | Finals, periods 2 & 6. School ends
at 11:55 a.m. |
| 1/27 | Semester ends. |
| 1/30-31 | Teacher Prep/Inservice Days --
No Students |
| 1/31 | Final day to purchase yearbooks. |

For a listing of this week's
TPHS athletic events, [click here](#).

Update on the PLAN & PSAT

The PSAT and PLAN scores will be handed out within the next two weeks. There has been a delay in receiving part of the shipment due to an error by the company. We are awaiting the rest of the shipment and will hand all scores out during a 2nd period class as soon as we have processed and sorted all scores. We apologize for the delay, and will send out more information when we receive the scores.

Counseling Corner *(continued from p. 1)*

Juniors

Counselors will be visiting Junior US History classes on 1/10 and 1/11 to conduct Junior Audits. Information about high school graduation requirements, college admission testing, the college application process and much more will be covered during these sessions. The Junior Audit presentation will also be posted on our counseling website at www.tphs.net/counseling.

We are embarking on college admission test season! Refer to www.act.org or www.collegeboard.com for upcoming ACT and SAT test dates.

This is a great time of year to start thinking about college options. Utilize our NAVIANCE program to start researching colleges, compare data, and begin constructing your college list. To log onto NAVIANCE, visit our counseling link on www.tphs.net. Then click on the NAVIANCE link. Insert your student ID # as your registration code.

Sophomore/Freshman

Be on the lookout for your PSAT and PLAN results to arrive in January. These test results are not reported to colleges, but are a great opportunity to for you gain knowledge about your test taking strengths.

Remember to get involved! TP has many opportunities to get involved throughout the year. Join a club, sports team, audition for a play, start your own club.... The opportunities are endless. If you need help in getting involved on campus, come see your counselor!

Upcoming events:

FAFSA Financial Aid Night
For CCA/TPHS Senior Students and Families
January 5 & 25 @ 6:30- 8:00 PM
CCA Proscenium Theatre

Join us for an informative presentation about the FAFSA (Free Application for Federal Student Aid) to assist senior students and their families planning to file for financial aid assistance at public and private universities.

We are pleased to welcome Yvonne Borrego from the Office of Financial Aid at the University of California, San Diego.

SAVE THE DATE!

The first annual SDUHSD College Night and Fair is on Wednesday April 25th, 2012 from 6:00pm - 8:30pm at the Del Mar Fairgrounds! This incredible event is sponsored by the TPHS Foundation, with the generous support of the Bergum family.

Don't miss this eventful evening where you are given the opportunity to meet with over 150 college representatives and attend helpful and informative college information sessions. More info to come!

Timely Reminders from the Health Office...

by Pandora Johnson, Health Technician

Health Notes

- ◆ Every day, a student comes to the Health Office asking for pain reliever, Tums, or cough drops. Due to California State Law, schools may not keep any medications of any kind on campus for students unless prescribed by a doctor and an authorization signed by the parent is on file. This includes over-the-counter medications. The Authorization for Medication form is available in the Health Office from 6:45 AM to 3:15 PM. or on-line under Registration Info. Students may not carry meds on campus (except cough drops) unless it is an Epi-pen or Inhaler, again, authorized by parent and doctor. After the form is signed, parents may bring it to the Health Office with the medication where it will be available for use.
- ◆ Please contact the Attendance Office for any changes to phone or address as an emergency may occur where we need to contact you immediately.
- ◆ Please keep your student home for 24 hours under the following conditions:
 - after fever over 100.0°F (37.5°C) has broken without using medication
 - after vomiting has stopped
 - after starting antibiotics, including those for eye and skin infections.

If you have any questions, please contact the Health Technician at (858) 755-0125, x2235.

Seen Out and About Torrey Pines...



Staff Holiday Party



< **Costume Contest Winners**
Jim Anthony and Don Hollins with
MC Cara Couvillion

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For more information, visit www.tphs.net, www.torreypinesfoundation.org, and follow us on Twitter @TorreyPinesHS!