

*LAKEWOOD HIGH SCHOOL*

**Senior Handbook  
Class of 2010  
"HOME OF THE COUGARS"**

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**Lakewood High School  
Senior Handbook  
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# SENIOR HANDBOOK - CLASS OF 2010

## LAKWOOD HIGH SCHOOL

### INTRODUCTION

The Senior handbook is designed to identify and clarify the events and timelines you will need to be aware of during your Senior year of high school. Your Senior year is a year of decision-making, transition, anticipation and challenge. These decisions can impact you for the rest of your life. This Handbook offers information regarding graduation, college admissions, financial planning and post-high school planning in general. Please share this information with your parents/guardians. We believe it will prove useful even beyond your Senior year, so consider saving this guide for future reference!

### SENIOR TIMELINE



#### September 2010

- **Check graduation, credit and WASL requirements with your counselor:** A credit evaluation and graduation status check was completed for each senior and mailed home to parents in July 2009. If there are deficiencies affecting your graduation eligibility, you should contact your counselor to formulate a remediation plan. Ultimately, meeting graduation requirements is your responsibility. Therefore, do not assume anything. Double check that you have completed, or are currently enrolled in, all the classes you need for graduation.
- **Check Cougar PATH requirements**
- **Have your senior pictures taken AND purchase yearbook and ASB card.**
- **Register with the NCAA Clearinghouse.** If you are being recruited by NCAA Division I or II schools to play sports, or are planning to be a walk-on, register with the NCAA Clearinghouse as soon as possible. Information is available in the Counseling Office.
- **College Fairs:** Check our website for local and regional college and career fairs including the Seattle National College Fair. Go to sessions to gain more information about schools you are interested in attending. Can be used in your PATH notebook. See Mrs. Sather for a form.

#### October

- **October 20:** Turn in your *Senior Picture* to Mr. Delaney to be included in the yearbook.
- **Create a file:** Start gathering information and preparing for college applications, work resumes and scholarships. You will need transcripts, letters of recommendation, college essays, volunteer and activity logs, etc.
- **Lakewood High School's Scholarship Bulletin:** Available online or in the Career Center. Check application dates and begin applying for scholarships. Scholarship notices arrive at Lakewood frequently, so check regularly for updated information.
- **Continue career search:** Investigate options that fit your strengths, abilities, likes and dislikes. Identify educational requirements for your various options. Visit your counselor and the Career Center to access available resources. Use our computerized career guidance and information system called "WOIS", at [www.wois.org](http://www.wois.org). **Site key: tum928**
- **Military service and training:** Get information from the Career Center and recruiters regarding branches of service and career options. You may want to register for the ASVAB test (Armed Service Vocational Aptitude Battery). Talk to your counselor for more information.
- **Colleges and Voc-tech schools:** Visit the Counseling Office or Career Center for information about programs and options at the schools you are interested in. Check application deadlines and procedures!

- **Out-of-state schools:** Send for information from schools you are considering. Apply online for most schools.
- **College entrance exams:** See your counselor or the Career Center about applications and practice exams for the SAT and ACT or apply online. Test dates are posted in the Career Center and on our website.
- **Arrange for visitations** to the colleges and voc-tech schools.

## November

- **November 1<sup>st</sup>:** the first day applications will be processed for admission to Washington universities and community colleges. Applications are processed much quicker, and acceptance notifications are sent considerably faster, when you apply early. If you have not already started the application process, begin as soon as possible. For some of the most popular colleges, the deadline for applying is December 1<sup>st</sup> to be eligible for scholarship monies.
- **November 6:** Registration for Winter Quarter, Running Start classes. Please conference with your counselor to make sure you are meeting graduation requirements.
- **November 15:** Early decision for some private colleges.
- **November 20:** Deadline for Cougar PATH Option Approval Form.
- **Apply to colleges:** Applying online is the easiest and quickest way. Investigate the scholarship and work-study opportunities available.
- **Check college deadlines** for admissions, financial aid and housing applications. Meeting the “*Early Decision*” deadline also places the student into the financial aid pools available through the colleges. Don’t miss these important deadlines.

## December

- **Local Scholarship Portfolio** information will be distributed to seniors prior to Winter Break.
- **Gather information needed to complete FAFSA application.** Log onto [www.fafsa.ed.gov](http://www.fafsa.ed.gov) for a worksheet and information. Only use the official website, other sites may try to charge you money.
- **Apply for a FAFSA ‘PIN’ #:** available at [www.pin.ed.gov](http://www.pin.ed.gov). Both student and parent will need a PIN.

## January 2009

- **Complete the FAFSA** online as soon as possible after January 1. [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- **January 4:** Running Start Winter Quarter Begins. Consult with your counselor when choosing Running Start classes, as not all classes are acceptable substitutions for LHS requirements.
- **January 28:** Start of 2nd semester. Check with your counselor to make sure you are enrolled in the classes you need for graduation.

## February

- **February 1:** Register for Spring class at EvCC.
- **Scholarship Opportunities:** (See page nine for more information.) Continue to check and apply for scholarships.

## March - April - May - June

- **Continue planning for your career, college program, military training, etc.** Visit the Counseling and Career Centers for assistance and guidance.
- **March: High School-College Conference.** Meet representatives from Washington's public and private colleges and universities. Learn about admissions, degree programs, costs, student life and more
- **March: Everett Community College Parent's Night.** Sessions on financial aid, career decision-making, college planning, university transfer options and more.
- **March:** Reflective Writing Assignment for Cougar PATH.
- **March 26:** Options hours and submission paperwork must be completed for Cougar PATH.
- **March 26:** Local Scholarship Notebooks due.
- **March 29:** Spring quarter begins at EvCC.
- **May 6: Deadline** for Cougar PATH notebooks to be submitted for final approval. **Mandatory for graduation.**
- **May 7:** All Online BYU courses must be completed for credit remediation.
- **May 13:** Senior Board Presentations
- **June 10:** Senior Appeals
- **June 10:** Senior Awards Ceremony
- **June 11:** Senior Picnic
- **June 13:** Baccalaureate
- **June 14:** Graduation - Lakewood High School (Monday)



# Congratulations Graduating Seniors!

## LAKWOOD HIGH SCHOOL GRADUATION REQUIREMENTS CLASS OF 2010

Total credits required = 22.5 One-half (.5) credit is granted for the successful completion of a one semester course (exceptions are Sno/Isle Skills Center - 1.5 credits). Running Start students must complete specific required classes to be eligible for a Lakewood High School diploma (see your counselor for details).

SPECIFIC GRADUATION CREDIT REQUIREMENTS			
English	4.0	Health	0.5
Math	2.0	Physical Ed	1.5
Science	2.0	Career/Technical	1.0
History	3.0	Fine Arts	1.0
WA State History (7 <sup>th</sup> )		Electives	7.5

**Cougar PATH:** You must meet the requirements of Cougar PATH including; approved Sr. project, Best Works, Five-year plan and portfolio presentation. Consult your Cougar PATH booklet for the timeline and forms or see Mrs. Hesselman or Ms. Forsell if you have questions.

**WASL:** Meet WASL requirements per state and district regulations for 2010 graduation. For additional information, visit the OSPI website at [www.ospi.ednet.edu](http://www.ospi.ednet.edu) or contact your counselor.

## **CREDIT REMEDIATION**

If you are deficient in graduation requirements, you have several options and opportunities throughout the year for making up credit deficiencies and getting back on track for graduation, but don't wait until the last minute! Your options include the following:

- **Alternative Education classes at Lakewood High School:** See your counselor for more information.
- **Correspondence courses and/or make-up classes through community college:** You must consult with your counselor to verify that specific courses will be acceptable substitutions. Correspondence class tuition starts at approximately \$140.00 with some elective courses for \$45.00. College classes are about \$405.00 for a five-credit class.

*\*Your counselor must approve all credit remediation options in advance\**

## **COLLEGE INFORMATION**



### ***College testing***

The **SAT or ACT** tests are required for admission to every 4-year university. Universities use these test scores along with your grade point average and other factors to determine your admissions eligibility. Universities may recommend or require either or both tests, and most will accept your best score from either test. Check the current university catalog for specific enrollment policies and requirements. College catalogs are available in the Career Center or online. Students are encouraged to take the tests in the spring of their junior year and Fall of Senior year.

### **SAT - Scholastic Assessment Tests**

The SAT is either required or recommended by many colleges throughout the United States. The SAT is especially important to students considering any of the following: 4-year colleges/universities, college ROTC, military academies, college athletic programs, applying for scholarships, and evaluating math and English abilities on a national basis. Some universities or specific programs require separate subject tests. Check the admissions requirements for the specific programs and institutions you wish to attend. The cost of the SAT is \$45.00 including the writing section. Register online at [www.collegeboard.com](http://www.collegeboard.com). School code # 480586.

### **ACT - American College Testing Program**

The ACT is used in the same manner as the SAT. The ACT, like the SAT, is used as a measure of academic achievement and probable success in college. The ACT is curriculum based (like the WASL), includes an interest inventory and has a greater emphasis on career and/or college planning, and includes all four academic areas. The cost of the ACT is \$47.00 with the optional writing section. Register at [www.actstudent.org](http://www.actstudent.org). School code #480586.

*Test Dates for both the SAT & ACT are posted in the Counseling Office, Career Center and on the High School website.*

### ***Visitations and Applications***

- **Visit schools you are interested in:** It is beneficial to visit schools you are considering to get a first hand look at the facilities and surroundings. You can gain information from these visits that simply cannot be communicated in a book or on the internet. Based on campus visits, some students have ruled out institutions previously on the top of their list. Others have chosen schools they were previously not considering. Most colleges and voc-tech schools welcome your visit and will be glad to assist you in making arrangements for this meaningful experience. Many schools also have special visitation events geared toward showing off campus and program strengths and highlights. If you would like to visit a college or voc-tech school, you may check for dates on the college website, or call the campus directly.
- **Submit your application:** Applying online is the best way to submit your application. Make sure to proof read your essay and make copies of your application. Remember to send your application fee, too.

## Requirements

- **Public Washington colleges/universities:** To be eligible for admission to the six public colleges and universities in the state of Washington, students must complete the following courses at the high school level:

English	4 years
Math (algebra, geometry, algebra/trig)	3 years
Science	2 years**
Social Studies	3 years
Foreign Language	2 years
Fine arts or academic	1 year*

\*WWU and UW specify that one-half year must be in the fine, visual, or performing arts.

\*\*WWU specifies that the science requirement must include one year of algebra-based science such as chemistry or physics.

Many Colleges and universities are now using a “holistic” approach for admissions. They are interested in your choice of courses during your Jr/Sr years, grade trends, community service, leadership, adversities overcome, and the college essay/personal statement.

- **Private and out-of-state colleges/universities:**  
Each school has individual guidelines for admission. It is important to consult the school you are considering for specific information.
- **Community colleges - Vocational/Technical Schools - Trade Schools:**  
No specific GPA is required; however, success at this level is directly related to the courses students have taken during their Jr/Sr years. Continuation of math, science, and English will assist the student in achieving the highest level possible on entrance placement exams. Students are encouraged to attend orientations available at community colleges and voc/tech schools. Apply early and apply online.

## FINANCIAL ASSISTANCE



### Scholarships

The Counseling and Career Centers at Lakewood High School are committed to assisting you in accessing information regarding available scholarships. We do this by making our Scholarship Bulletin available each month online. It lists numerous scholarships, dates, and information pertinent to applying. Applications for many listed scholarships are available in the Career Center. (Sno-Isle Skills Center students should check for scholarships offered through Sno-Isle Skills Center.) You can also enlist the help of parents, friends and employers. Criteria for most scholarship awards include the following general categories:

- FINANCIAL NEED – Dependant on scholarship criteria
- ACADEMIC AND ACHIEVEMENT RECORDS – Very important!
- PARTICIPATION AND ACHIEVEMENT IN ATHLETICS, ACTIVITIES, and LEADERSHIP – Very Important! Consideration is given whether from school, home, volunteer service or work experience; character, leadership or involvement.
- SCORES ON COLLEGE ENTRANCE EXAMS – Important (SAT, ACT)
- RECOMMENDATIONS –Of lesser importance. From teachers, employers, and individuals who are aware of your character, potential, and activities.

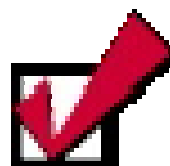
### How to apply for a scholarship:

1. **Build a portfolio or resume.** Start gathering material on yourself including:
  - a. Grade point average, class rank, courses selected (know areas of emphasis)
  - b. Test scores: PSAT, SAT, ACT
  - c. School and community activities
  - d. Honors or awards
  - e. Hobbies or interests

- f. Work and volunteer experience
  - g. Letters of recommendation (approximately 3, include other than school)
2. **Continue examining your personal goals.** Be prepared to write essays on topics related to the awarding agency or on personal subjects.
  3. **Get letters of recommendation.** Contact three individuals (community leaders, teachers, employers) to act as references. See if they would be willing to write a letter of recommendation for you.
    - a. Complete your personal student data sheet and submit it to the person you are requesting to write a letter (see Appendix).
    - b. Watch deadlines. Allow at least two weeks for a person to complete it.
    - c. Be as specific as you can. Details help a person write a personal letter.
    - d. Follow up receiving your letter with a thank you note or a “thank you” the very next day.

### Checklist for College/Scholarship/Financial Aid

- \_\_\_\_\_ Applications and forms
- \_\_\_\_\_ List of deadlines
- \_\_\_\_\_ Official transcripts
- \_\_\_\_\_ Test scores
- \_\_\_\_\_ Letters of recommendation
- \_\_\_\_\_ Essays
- \_\_\_\_\_ Envelopes and stamps
- \_\_\_\_\_ Make file for copies, marked with date mailed
- \_\_\_\_\_ Copy of parents most recent tax return
- \_\_\_\_\_ Log of awards, honors, community service and activities



If you intend to seek financial assistance in the form of scholarships, keep several strategies and attitudes in mind.

1. Be persistent. You will need to spend a lot of time and effort applying before you get the positive results you are looking for.
2. Someone is going to win the scholarship. If you apply, it might be you! If you do not apply, it definitely will not be you. Along the same line, scholarships do not come looking for students. You must take the initiative to find the ones that fit with your goals, and apply.
3. The greater the effort, the greater the chance of reward.

Seniors are encouraged to start early their senior year to develop a file of scholarships, information and applications. The requirements of one scholarship may be easily met while the stipulations of another may put it out of your reach. There are many scholarships available--some are eagerly sought, others go unused. Start looking now!

Some areas worth looking into include:

- **Local Lakewood Scholarships** There are several scholarships awarded by local organizations to Lakewood seniors. All of these are selected from a review of the Local Scholarship Portfolio – available online in December and due March 26.
- **Check with your or your parent's employer(s)** as well as with their union and/or professional organization. Many offer scholarships and you may have a built in advantage.
- **Military** If you are willing to serve for a period of time, you will find very generous scholarships and aid available.
- **Check with the colleges and universities you are considering.** All schools have financial aid offices designed to help students gain access to scholarship information. Start early. Most financial decisions and awards are finalized by March or April for the following fall.
- **Free searches-** Many websites are available free of charge. You should not have to pay for a site to do the searches for you. See *Appendix*.

## ***Financial Aid***

Financial aid is a combination of grants, work-study and low interest loans. The amount of financial aid granted to a student is based primarily on the student's financial need. Family income and/or student income become the determining factor in aid amounts. This process starts with the filing of the **FAFSA** (Free Application for Federal Student Aid).

If you are accepted for enrollment in any approved post-secondary institution and you are an eligible citizen of the United States, you are eligible for consideration. This same form enrolls you in the Washington State need grant program. Once you are enrolled, the financial aid office at each individual institution makes the decision for the amount of financial assistance. Both state and private colleges have financial aid funds that they control. When students submit the FAFSA, they are also considered for funds controlled by the specific colleges named by the student. FAFSA forms are available in the Career Center and online. Students and parents are encouraged to use the online form whenever possible. They should be completed and submitted as soon as possible after January 1. Even if your taxes won't be completed by this date, submit what you can and go back and make corrections when you have the final information. Parents are encouraged to apply even if you think you won't qualify for aid. Most schools base loan qualifications on FAFSA information. Many people pursuing higher education will need loans to help pay the way.

- **Grants:** Grants are gifts and need not be repaid. The PELL AND SEOG grants are for students with significant financial need.
- **Loans:** There are two different types of loans. Federal government and private lenders. Generally these are low interest loans and repayment does not begin until after leaving school. Be an informed borrower! Don't borrow more than you really need. Remember--Loans must be repaid.
- **College Work Study:** Provides employment with non-profit organizations, usually within the school a student attends. Typically only for the neediest students. Contact your institution's financial aid office for information.

## **EMPLOYMENT AND CAREER TRAINING**

### ***Vocational Training***

Specific career training is available through a community college, a technical college, or a private vocational school. Each has strong points. Seriously investigate the school to make sure it is a good fit for you.

- Community colleges and vocational-technical schools offer vocational training at a lower cost.
- Private schools offer a shorter completion period and allow you to enter the labor market sooner. Although tuition may be higher, scholarship opportunities may be greater as well.

### **How to choose a school:**

Compare the schools you are considering with to the following:

1. **State Licensing and Accreditation.** Is the school licensed by your state's post-secondary school licensing bureau? An important indicator, accreditation means the school has passed a thorough examination of its educational quality, teaching ability, and administrative integrity by an accrediting agency recognized by the U.S. Department of Education.
2. **Courses.** Are the courses offered up to date, well rounded, and of high quality? Will they adequately prepare you for your field? Who teaches them—instructors with professional experience in the career? How long will the training take? Can I start class immediately, or is there a waiting list? If there is a waiting list, how soon can I start my training? What am I required to do while waiting to start class? Do I have to obtain a state license or be bonded before practicing this occupation?
3. **Facilities and Equipment.** What type of buildings, classrooms, facilities, and equipment does the school offer? Is the equipment current with that being used in the field?
4. **Hands-on Training.** Does the school have a laboratory or shop set up which duplicates a real work environment?

5. **Placement Assistance.** Does the school offer regular placement assistance? How does it help find jobs for graduates? What types of jobs are graduates placed in? What is the school's placement record?
6. **Cost.** What is the total cost of tuition, supplies, and fees? Can you realistically afford the school? What is the school's refund policy?

### ***Apprenticeship Training***

Apprenticeship can be a great way to learn one of the high demand and high paying trades in our state. AND, you can earn a wage while you are learning! Approximately 180 trades and/or crafts in Washington have apprenticeship programs. Washington State Department of Labor and Industries offers information about apprenticeship programs. In most instances apprenticeships are possible in trades that require working with your hands. The requirements for becoming an apprentice are not the same for all trades, and can vary from area to area. State law does require that you be at least sixteen, and most require that you be eighteen. Most require a high school diploma or GED.

Most apprenticeship terms are from one to five years, depending upon the occupation involved. To master a particular trade, an apprentice must learn and perfect each skill and bring those skills up to the speed and accuracy required of the job.

Once you have been selected as an apprentice, a written agreement is made. You will work with and learn from skilled craftspersons. As an apprentice, you will be supervised by these craftspersons. These craftspersons are very skilled in their particular trades and have earned the title of journeyperson or master.

For more information on apprenticeship programs log onto [www.LNI.wa.gov/tradeslicensing/apprenticeship](http://www.LNI.wa.gov/tradeslicensing/apprenticeship), see your counselor, or contact the Washington State Regional Apprenticeship Coordinator.

**State employment service:** To receive help in finding a job you may contact the Washington State Employment Office. There is no charge for this service and office hours are 9:00 a.m. to 5:00 p.m. Monday through Friday at 3201 Smith Avenue, Everett.

**Private employment services:** There are many employment agencies available which can often place you on a job. With private services, however, there is a fee for the service they provide and it is based on the salary you receive on the new job. Be sure to clarify fees ahead of time so you do not have any unpleasant surprises. Read any contract or agreement thoroughly before you sign.

**Job Corps:** The Job Corps Vocational Program was created for individuals between the ages of 16 and 21 who do not have training and/or money to make their goals a reality. Not everyone is eligible for Job Corps so you should check with a Job Corps representative for information and eligibility requirements. Job Corps offers a variety of training programs for males and females, at several residential centers. The training offered includes carpentry, bricklaying, plumbing, welding, electrical maintenance, nursing assistant, clerical, secretarial, food service, and many more. Eligibility is determined by financial need. Check with a Job Corps representative for information.

### **Phone Numbers:**

425-258-6300	Work Source Job Service Center, 3201 Smith Avenue, Everett
800-733-5627	Job Corps
425-257-3027	Everett Office
425-290-1300	Dept. of Labor and Industries Apprenticeship programs, Everett office
425-339-4880	Department of Vocational Rehabilitation Service for adults with disabilities
360-651-5200	Department of Social and Health Services, Smokey Point

### **MILITARY SERVICE**



Military training and service offers a variety of opportunities. Members of each branch of the service receive equal pay and benefits. Graduates that enter the service are given the option and encouraged to participate in the Educational Assistance Program. This program provides financial assistance for higher education and training once your tour of duty is completed. Check with your recruiter for more options and program specifics.

The advantages of military service include:

### Immediate Benefits

1. Educational and career training (technical and professional).
2. Opportunity to become a commissioned officer through ROTC or military academies.
3. Travel.
4. Specific guaranteed training upon entry.
5. A community with a variety of attractions.
6. Free medical and dental care.
7. Lower cost commissary and post exchange services.
8. Guaranteed pay.
9. Promotion opportunities.
10. A cadre of trained consultants and counselors, wide resources and references.

### Long Term Benefits

1. G.I. Bill
2. Scholarships and fellowships.
3. Pay bonuses.
4. Thirty-day paid vacation every year.
5. Development of leisure time skills.
6. Certain housing, medical and educational services for families.
7. Low cost life insurance.
8. FHA In-Service Insured Loan for buying a home.
9. Lifetime retirement benefits after 20 years of service.
10. In career civil service, the veteran has absolute job retention rights over all non-veteran federal workers.

If you are willing to serve for a period of time in the U.S. Army, Navy, Air Force, or Marine Corps, you will find some very generous scholarships and student aid programs are available. In some cases, you can receive an education first and serve an equivalent amount of time in the military after you graduate. There are also programs that permit you to enter the service first and accumulate money for an education while you complete your enlistment period. The college scholarship programs pay full college tuition for up to four years of undergraduate study, plus all instructional fees, including costs of textbooks. Students also receive \$100 per month for living expenses for up to 40 months and pay for summer training and travel. You would be required to serve four years on active duty in the regular service as a commissioned officer after college graduation.

### Phone Numbers for local recruiters:

360-675-1493	AIR FORCE	(CALL COLLECT) Oak Harbor
425-355-1966	AIR FORCE	1203 SE Everett Mall Way "L"
360-653-4578	ARMY	9414 C State Ave., Marysville
800-438-7424	COAST GUARD	3333-184th ST. SW "A" Lynnwood
800-438-8724	COAST GUARD	1327 - 3rd Ave., Seattle
360-653-3917	MARINES	9330-B State Ave., Marysville
800-464-8273	NATL GUARD	2730 Oakes Ave. (Armory), Everett
360-657-2177	NAVY	9414 State Ave D, Marysville

### Selective Service Registration

- WHO: All males within 30 days before or after their 18th birthday.
- WHERE: Any U.S. Post Office or online at [www.sss.gov](http://www.sss.gov)
- HOW: Fill out a registration form. You must provide your name, birth date, address, social security number, telephone number, etc., and have identification with you when you register.
- WHY: Registration is required by law. Failure to register is a felony, punishable by a \$250,000 fine and/or a five-year jail term. In addition, registration is a requirement to obtain federal financial aid, job training benefits, and federal employment.

## **VOTER REGISTRATION**



Voting is the privilege and responsibility of all citizens 18 years of age or older. To register to vote, send in a voter registration pamphlet on or shortly after your 18<sup>th</sup> birthday. You can pick up a registration form at Lakewood High School in the main office. Registration forms must be mailed 30 days prior to the election in which you intend to vote. If you have questions regarding voter registration, you may call the county auditor at 1-800-448-4881. You must be a U.S. citizen, have lived in the State, county, and precinct for 30 days prior to the election, be 18 years of age by voting time, and not be serving a sentence which denies your civil rights.

## **WHERE TO TURN FOR HELP WHEN YOU NEED IT**

### **SCHOOL RESOURCES**

#### ***Counseling Center***

The counselors at Lakewood High School are here for you! They are trained to assist you in personal, academic, vocational, career, and social matters. The overall goal of the counseling department is to help prepare you to be productive and fulfilled in all areas of your life. The counseling department is able to personally and confidentially assist you with the areas of your life that may be obstacles to your success and happiness, whether in school or outside of school. The counseling department can help with:

- crisis intervention and support
- substance abuse issues
- career awareness and planning
- educational and training opportunities
- conflict resolution and anger management
- decision making and goal setting
- study techniques and placement

#### ***Career Center***

The Career Center is a place where students can investigate their career options and personal traits. It offers valuable information needed to help students make informed decisions that will lead to a successful and satisfying career. The Career Center is located in room 100A across from the Counseling Center.

### **COMMUNITY RESOURCES**

The following is a list of human service agencies in the Lakewood area. This list is by no means intended to be comprehensive. The inclusion or exclusion of services or agencies does not reflect approval, nor lack thereof, by Lakewood School District.

#### **CRISIS**

- |  |                              |
|--|------------------------------|
| -Care Crisis Line (24 hour)  | 800-584-3578                 |
| -Family Reconciliation Services (Smokey Point)<br>after hours & holidays (Everett) | 360-651-6950<br>425-339-4805 |
| -Children's Protective Services<br>after hours & holidays (Everett)                | 360-651-6900<br>425-339-3900 |
| -Poison Control Center   | 800-732-6985                 |
| -Providence Sexual Assault Center  | 425-252-4800                 |
| -Center for Domestic Violence  | 425-252-2873                 |
| -Community information and referral line   | 800-223-8145/425-258-4427    |

#### **DRUG/ALCOHOL**

- |                               |              |
|-------------------------------|--------------|
| -Alcohol and Drug Helpline    | 800-562-1240 |
| -Al-Anon/Al-Ateen/Alatot/Acoa | 425-348-7828 |

## PREGNANCY

-Planned Parenthood (Everett) 425-339-3389  
(Marysville) 360-658-7871  
-Pregnancy Aid (Everett) 425-252-6444

## COUNSELING

-Compass Health 425-349-6200  
-Family Reconciliation Services (Smokey Pt.) 360-651-6950  
-Department of Social and Health Services (Arlington) 360-651-5200

## CONCLUSION

We sincerely hope this Senior Handbook proves useful to you as you plan your senior year activities and your goals beyond high school. As you look ahead, it is our hope you will treat your career decision making process with respect, thoughtfulness, and care. The importance of the decisions you are making now, as a high school student, become more evident when you consider that for the rest of your life, your career will be washed in the wake of the decisions you make this year. We believe in you, and predict you will choose paths that will provide you with contentment, fulfillment, and personal success in the years ahead. Don't hesitate to call on us if we can be of assistance to you. We are here to help!



Go Cougs!

### **The Counseling Department & Career Center**

Sharon Gilbert	Counselor (A-L)	(360) 652-4506 x 2012	<a href="mailto:sgilbert@lwsd.wednet.edu">sgilbert@lwsd.wednet.edu</a>
Heidi Klippert	Counselor (M-Z)	(360) 652-4506 x 2011	<a href="mailto:hklippert@lwsd.wednet.edu">hklippert@lwsd.wednet.edu</a>
Rita Hocking	Intervention Specialist	(360) 652-4506 x 2061	<a href="mailto:rhocking@lwsd.wednet.edu">rhocking@lwsd.wednet.edu</a>
Stephanie Hoidal	Registrar	(360) 652-4506 x 2002	<a href="mailto:shoidal@lwsd.wednet.edu">shoidal@lwsd.wednet.edu</a>
Andrea Sather	Career Specialist	(360) 652-4506 x 2015	<a href="mailto:asather@lwsd.wednet.edu">asather@lwsd.wednet.edu</a>
Cassie Forsell	Cougar PATH Coordinator	(360) 652-4506 x 2013	<a href="mailto:cforsell@lwsd.wednet.edu">cforsell@lwsd.wednet.edu</a>
Heidi Hesselman	Cougar PATH Secretary	360) 652-4506 x 2030	<a href="mailto:hhesselman@lwsd.wednet.edu">hhesselman@lwsd.wednet.edu</a>

## Links to Web Sites

### Lakewood High School

[www.lwsd.wednet.edu/LHS/](http://www.lwsd.wednet.edu/LHS/)

Find the Senior Handbook on the Counseling Center link. Check out Cougar Path, the Career Center and Running Start links and lots more.

### College Search Engine

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

### College Board

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

Provides tools and information to navigate the entire college-going experience. Includes SAT registration, tips on how to prepare for success, and help in discovering the right college for you and help you take important steps such as applying and paying for college.

### Department of Education

[www.ed.gov](http://www.ed.gov)

Includes a variety of aids such as FAFSA on the Web, Direct Loan information, and guides to help with making college decisions.

### Getting Ready for College Early

[www.ed.gov/pubs/GettingReadyCollegeEarly](http://www.ed.gov/pubs/GettingReadyCollegeEarly)

DOE statistics on going to college and preparing early.

### Workforce Training and Education Coordinating Board

[www.wa.gov/wtb](http://www.wa.gov/wtb)

Home page for the Washington State WTECB.

### State Board for Community and Technical Colleges

[www.sbctc.ctc.edu](http://www.sbctc.ctc.edu)

Home page for the Washington State SBCTC.

### Northwest Educational Loan Association

[www.nela.net](http://www.nela.net)

Home page for NELA.

### Financial Aid Information Page

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

Independent site that lists a variety of links, scholarship searches and FAQ's.

### FA Office Web Pages

[www.finaid.org/finaid/fao-web.html](http://www.finaid.org/finaid/fao-web.html)

FA web pages from around the country can be found here, along with a great variety of other information.

### College Planning Network

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

The web site for the CPN includes scholarship updates of their scholarship guide. Also has many links to other web sites. One good link is an alphabetical list of college web pages from around the world.

### NCAA Information

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

### FAFSA on the Web

[www.fafsa.ed.gov](http://www.fafsa.ed.gov)

The official website to apply for a PIN # and file your FAFSA.

### Fast Web

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

A comprehensive scholarship search engine.

## Letter of Recommendation – Personal Data Form

It is IMPORTANT that this form be filled out accurately and completely to aid your teacher, counselor, administrator, or community member in preparing the recommendation for your use in college and scholarship applications and employment. Please fill out both sides and include a copy of your transcript. Copy the form for each individual you are requesting a recommendation from and allow two weeks for processing.

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date needed: \_\_\_\_\_ What/Who letter is for: \_\_\_\_\_

Describe your college/career plans.

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List advanced/technical or specialized courses you have completed or are currently enrolled in. (i.e. AP/Honors courses, CTE classes, Sno-Isle Skill Center, Running Start, etc.)

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List clubs, activities, sports, and/or student leadership participation. Indicate grade levels and offices held.

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List any awards and/or honors you have received in high school.

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Describe community service, church, scouting activities, etc., you have participated in during high school.

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Describe work or volunteer experiences you have had during high school.

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Describe your travel experiences.

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If there is something special or unique about you, which you would like to have mentioned in the letter, please explain.

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Discuss your personal and professional goals.

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