

Hempstead High School Guidance Department

April 2014 Newsletter

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FOCUS ON: BULLYING & CYBER BULLYING

What Is Bullying?

Bullying is defined as the unwanted, aggressive behavior that involves either a real or perceived power imbalance. The behavior can be repeated.

The **Bully** is the person hurting another person either physically or emotionally or both.

The **Victim** is the person being bullied.

The **Bystander** is a person who sees another person being bullied.

What Can You Do About Bullying?

If you are a **Victim** of any form of bullying:

- *Know that it isn't your fault.
- *Build an army of support.
- *When in doubt, laugh it off or ignore the bully.
- *Turn to an adult for help.
- *Get involved in a hobby that interests you. This will help you build a group of friends and boost your self-esteem!

If you are a **Bystander**:

- *Know that you can help solve the problem.
- *Stand up for the victim by telling an adult.
- *Be kind to the person being bullied and show that you care.
- *"Hang" out with the victim to show the person that s/he isn't alone.

What Is Cyber Bullying?

Cyber Bullying occurs when students bully each other via electronic technology. Examples can include hurtful text messages or emails; embarrassing pictures; and/or rumors sent by email or posted on social networking sites.

What Can You Do About Cyber Bullying?

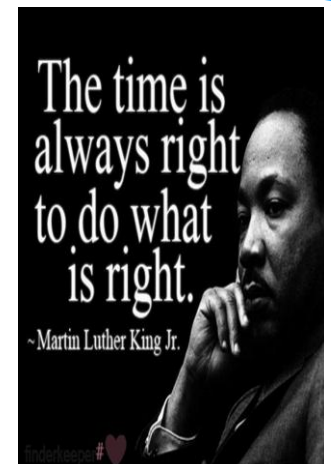
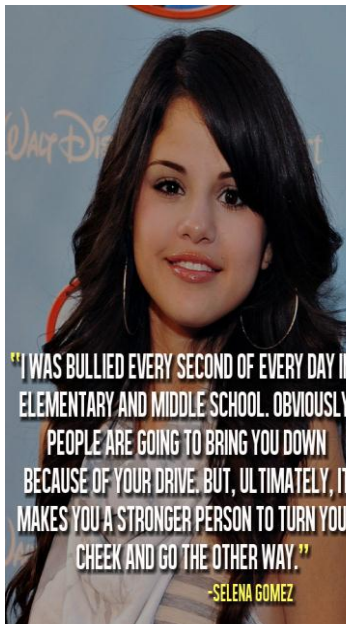
- *Do not respond to and/or do not forward cyber bullying messages.
- *Block the person who does the cyber bullying.
- *Keep evidence by saving and printing any screenshots, emails, and text messages.
- *Use this evidence to report cyber bullying to web and cell phone service providers.
- *Report cyber bullying incidents to law enforcement personnel
- *Always report cyber bullying incidents to your school.

www.stopbullying.gov

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself."
Tim Fields

The 2011 Youth Risk Behavior Surveillance System shows that nationwide, 20% of students in grades 9–12 experienced bullying.

Bullying is common across the nation; you aren't alone!
www.stopbullying.gov



Graduation Requirements

Are you on track for graduation?

Make sure you are attending all your classes and keeping up with your assignments!! Below are the requirements for graduation! Have a look and see what you need to do in order to graduate on time!



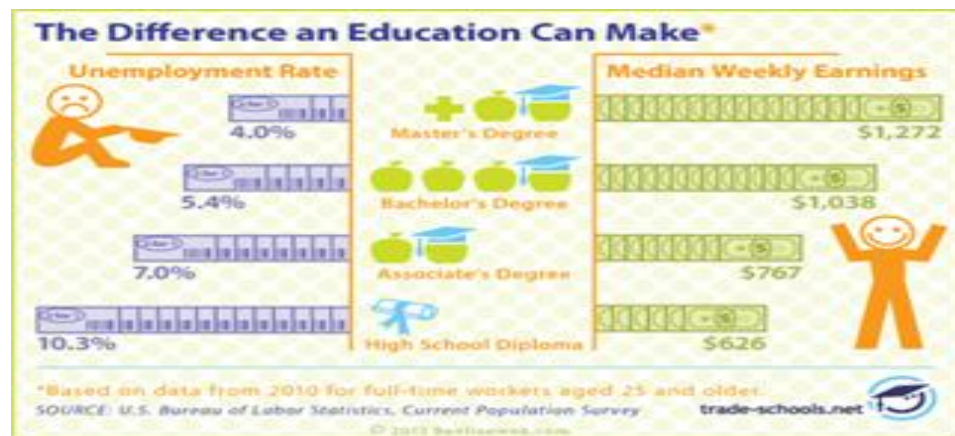
Regents Diploma:			Regents Diploma with Advanced Designation:		
Class	Credits	Exam	Class	Credits	Exam
English	4	1 Regent	English	4	1 Regent
Social Studies	4	2	Social Studies	4	2 Regents
Math	3	1	Math	3	3 Regents
Science	3	1	Science	3	3 Regents
Foreign Language	1	-	Foreign Language	3	2 Locally Developed Exams
Physical Education	2	-	Physical Education	2	-
Art or Music	1	-	Art or Music	1	-
Health	.5	-	Health	.5	-
Computer Applications	.5	-	Computer Applications	.5	-
Elective	3	-	Elective	1	-
*Total credits needed to graduate 22			*Total credits needed to graduate 22		

* If you get an education beyond high school, you'll have a wider variety of jobs to choose from, and you'll earn more—especially in the long run!

* "The beautiful thing about learning is that no one can take it away from you."
– B.B. King

Why Go to College?

Check out the earnings and unemployment rates for people 25 years and older with different levels of education:



Admission Scoop: News, Advice & Information for the College

Facebook Warning: Admission Officers Monitor Students

College-bound students beware! College admission officers may be looking you up on Facebook. Make sure what they see is appropriate!

According to a Kaplan survey of college admission officers, more than 80 % of nearly 400 college admission officers surveyed used social media in the admission process, primarily to recruit prospective students. Some college admission representatives have stated that a student's Facebook presence can make a difference in admissions' decisions. Careless social media postings can give interviewers and admissions a negative impression and possibly cause you to be rejected from the school. **THINK BEFORE YOU POST!**





SAT[®]

How do I register for the SAT?

1. Go to: <http://student.collegeboard.org/>
2. On the upper right hand side of the website, find the test date that you want to attend.
3. Click “Register Now” next to your desired test date.
 - a. If you have an account click “Sign In” and register.

SAT Test Dates

Test Date	Test	Registration	Late Registration
May 3, 2014	SAT & Subject Tests	April 4, 2014	April 18, 2014 (for mailed registrations) April 21, 2013 (for registrations made online or by phone)
June 7, 2014	SAT & Subject Tests	May 9, 2014	May 23, 2014 (for mailed registrations) May 28, 2013 (for registrations made online or by phone)

How do I register for the ACT?



1. Go to: <http://www.actstudent.org/regist/>
2. Click “Online Registration.”
 - a. Create or log into an existing account to register.
3. If you can’t pay by credit card, click “register by mail.”

Test Date	Registration Deadline	Late Registration-Late Fee Required
June 14, 2014	May 9, 2014	May 10–23, 2014

Regents Examination Schedule

6/3 Tuesday	6/17 Tuesday	6/18 Wednesday	6/19 Thursday	6/20 Friday	6/23 Monday	6/24 Tuesday	6/25 Wednesday	6/26 Thursday
9:15 a.m.	9:15 a.m.	9:15 a.m.	9:15 a.m.	9:15a.m	9:15 a.m.	9:15 a.m.	9:15 a.m.	Rating Day
RE in Algebra I (common core)	RE in U.S. History & Government	RE in Global History & Geography	Comprehensive English	Integrated Algebra	RCT in Global Studies	Physical Setting/Chemistry RCT in Science	RCT in Writing	Uniform Admission Deadlines
1:15 p.m.	1:15 p.m.	1:15 p.m.	1:15 p.m.	1:15p.m.	1:15 p.m.	1:15 p.m.	1:15 p.m.	<i>Morning Examinations 10 a.m.</i> <i>Afternoon Examinations 2 p.m.</i>
RE in English Language Arts (common core)	Living Environment	Algebra 2/Trigonometry	Physical Setting/Earth Science	Geometry Physical Setting/Physics	RCT in Reading	RCT in U.S. History & Government	RCT in Mathematics	