

PEERS general meeting minutes – Friday, February 5, 2010

- **Introduction – Michelle Kitto**

*Scholar's breakfast – Thu. April 22 – for juniors and seniors with 3.3 gpa and above; need several volunteers for setup and cleanup

*Merit Awards – senior award ceremony – Thu. June 3 – need non-senior parent volunteers for setup, refreshment serving, and clean up

- **Auction update – Katy Barman**

*Doing well on auction item donations

*Have approx. 115 people registered to attend; want approx. 300 to attend. Order tickets on website. Contact Katy Barman to make cash donations to auction. \$50,000 corporate match, which is outstanding.

- **Counseling update – Lee Brown**

*GPA is done by year. There is a cumulative gpa for freshman, sophomore, etc. years; first semester gpa is added to previous year or years cumulative gpa.

*Class changes can be made until Feb. 19, but get them done soon.

*Some very popular classes become available after the semester begins, as student's change their schedules. Check with your counselor.

*Inservice – Fri. Feb. 12 (half day) – ASVAB (military interest/aptitude inventory) is being given at LO High School for juniors and seniors. Contact counseling dept. for more information

*week of Feb. 8 – sophomore conferences; will get Naviance accounts

* April 1 – sophomore/junior parents' college information night – parents will get their Naviance sign-ins and an introduction to Naviance

* Mid-year reports for seniors applying to colleges – seniors need to determine if the colleges they are applying to require a mid-year report. Instructions on how to request mid-year reports are on Naviance.

*Seniors should make sure to do their Common Application online; makes the whole process much simpler.

*Senioritis – colleges do withdraw acceptance of students if they do not complete the senior year acceptably; seniors need to be aware.

- **Principal's update – Mike Lehman**

Senior Fashion Show – big turnout, raised \$6000 for drug/alcohol-free grad night

Swim meet – LO/Lakeridge – girls won – 50 students plus teachers attended; girls have chance to win state

Valentines Dance – Friday, Feb. 12

Auction/foundation fundraising will be critical this year; Foundation puts teachers in the classroom and auction gives them the equipment they need to do their jobs

Lakeridge Newscaper cover story – non-school dances. Young entrepreneurs who don't like school restrictions are sponsoring their own dances off-site; parents should be aware and closely supervise, as these dances having nothing to do with the school.

Senior-directed plays – Feb. 11, 12, 13

Summer opportunities:

- [Brenda Troisi – Academic/college-oriented summer experiences - notes](#)

First and foremost, need to get student buy-in! And agree on priorities:

- a) To earn money?
- b) To gain experience?
- c) To bolster college apps?

We spend a lot of time telling our kids that they **can be anything** that they want to be. But we are somewhat less successful in helping them **realistically choose** from that wide array of possibilities.

Summers are a good time but **do not overlook** spring break, Xmas break, in-service days, after-school and weekend activities.

Use **volunteer** work (from an early age) in various capacities to gain exposure to possible career fields.

If your **child has always wanted** to be a vet, arrange for them to spend a day with a vet so they can see what the job is actually like. If your child has never indicated an interest in being a vet, consider doing the same so that they can realize that this IS actually an interesting field.

Use in-service days to do **job shadows** or volunteer work
Consider **vacations** built around a volunteer activity
e.g. archeological excavations

This gives your child time to **develop a desire** for some particular field of study which will help focus both their HS studies and their college applications. Interviews and applications will be much easier if they have a ready answer to “what do you want to do with your life?”

Think about a **narrative** that ties everything together for college app’s, look for missing pieces now. May help with essay questions. Use to offset “rich kid” image
e.g. Hannah shaped city council, YACC, youth legislature, debate, and engineering camp into a desire to use technology to better solve public policy issues.

An important point: your child needs to be comfortable talking with adults. Give them lots of practice.

College Based Summer Programs – e.g. math/science camp:

Advantages:

- Child has **away from home** experience
- Child experiences **campus life**
- There is heavy but “cool” **supervision**
- Familiarity with specific campus and staff
- Admission consideration** – advantage, \$\$

Limitations:

many are **minority/girls/disadvantaged/age limited**
some are **geographically** limited (day camp, residents only)

Timing:

Feb/March application – typically but some are earlier
Can be intense ala' college app (of which some are)

Local Programs:

Saturday Academy – ASE app's in January
Classes at PSU/CCC/PCC

Internships/Jobs/Volunteer

Where? Intel IHIP, Free Geek (warning),
How: Nghrs, friends, college connections, family
Start now as these can take time to arrange and competitive

Travel - Foreign exchange, church, Scouts, network, short and sweet

Website pointers for college based programs:

General List of interesting ideas: teenink.com/Summer/
Large listing: www.engineeringedu.com/summercamps.html
Science/engineering esidential programs all over the country:
needs.org/needs/?path=/public/community/features/archive/0704_k12/camps.jhtml&
A list from MIT of sci/eng options:
mitadmissions.org/topics/before/summer_programs/more_hs_summer_programs.shtml
Competitive but less expensive sci/math/eng options:
mitadmissions.org/topics/before/science_fairs_olympiads_etc/index.shtml#summer
Enrichment programs: <http://www.societyforscience.org/resources>

Science/Engineering Programs:

OSU –1 wk, girls and minorities <http://cbee.oregonstate.edu/sesey/>
Rose Hulman - ~\$2.5K/3 wks, \$20K back if later enroll!

Smith – 3 wks, HS freshman-senior

smith.edu/summerprograms/ssep/index.php

MIT 4 wk for rising senior girls: wkp.mit.edu

MIT minorities 6 wk: mit.edu/mites/www

Georgia Tech, minorities: ptfe.gatech.edu/outreach/index.php

Stevens Inst of Technology: (Hoboken) 2wks for rising juniors and seniors. Anyone..

University of Denver - \$1200 3 weeks

University of Idaho – 2 wks \$550

New Mexico Tech - \$500/1wk

Notre Dame \$1400 3wks <http://www.nd.edu/~iep/costs.html>

Santa Clara – free! scu.edu/engineering/undergraduate/ses.cfm

MSOE (Milwaukee School of Engineering) (\$650/wk)
CAEN at Univ of Mich programming camp for HS students
McGill Univ
Princeton
Univ of Wyoming, Laramie: 1 wk (residential??)
www.eng.uwyo.edu/highschool/esp/

Here's a for-profit group that operates on college campus around the country:
<http://www.internaldrive.com/locations/>

Miscellaneous Other Programs

Coast Guard Academy AIM program – 1 wk for rising Seniors:
admissions.uscga.edu/i2E/summer/index.asp
Brown – Brown.edu/summer 1-7 weeks MS-HS
Duke – wide range of programs
Harvard, Cornell, and MANY other schools

Writing, dance, music, ecology, you'll be able to find a program for most any interest. Sit down with your web browser and type in "high school" "summer program" and the subject you're interested in and see what pops up.

Go have fun!

- [Lee Brown – summer volunteer opportunities listed on Naviance](#) – Good experience, plus every Lakeridge student needs 2 five-hour CRLEs (Career Related Learning Experience) to graduate. Must fill out CRLE form for each 5-hour experience, get it signed by a supervisor, and turn it in to counselor.
Volunteermatch.org – enter zip code to see volunteer opportunities in your area
Handsonportland.org – teen volunteer button
Servenet.org – not as good as the other two sites
Other volunteer possibilities – Habitat for Humanity, churches
Final recommendation – do something you are really interested in, not just an activity for a college application. Colleges look for authenticity and passion. Find what really works for your student; colleges not looking for a long list of activities.
College summer programs on Naviance – In Naviance, click 'college research' and 'enrichment programs', select by topic/subject. This is predominantly programs at colleges with application deadlines.
Note on access to Naviance: currently only sophomores (second semester), juniors, and seniors and their parents have access to Naviance. Counseling department is considering electronic registration through Naviance for classes at Lakeridge beginning with 8th grade students and freshmen by this March, which would give freshmen access to Naviance.
Question – is there an 'appropriate' amount of summer volunteering? Lakeridge requires ten hours of volunteering total. Must consider your children separately; can't

overload them, must consider their interests, kids need some downtime, some unstructured time. Any volunteer activities work as CRLEs, as well as any paid work experience.

Career/volunteer postings – in Counseling office, e.g. tutoring opportunities for Waluga kids. Other examples: leadership forums – very expensive, looking for very specific interests, profiles (e.g. medicine, politics); Carnegie program at Santa Clara. Contact counselor for more information.

Finally – A bunch of small activities not helpful for building a college resume; colleges looking for longevity and intensity.

- **Gary Evans – LO Parks and Recreation programs for teens**

Introduced Sydney Winslow, teen coordinator for Lake Oswego Parks and Rec. – her dad’s comment: ‘be a kid for as long as you can’. It is okay to have fun while doing significant activities.

Handout – see loteenscene.org – click on ‘Looking for job/volunteer opportunity with Parks and Recreation. Some opportunities:

Teen lounge (for grades 7 through 12)

Paid positions – swim park (lifeguards), skate park (supervisors)

Teen service corp camp – 9 weeks in the summer, Tue. Through Thu., 10-12 hours of volunteering per week, plus fun activity

Volunteer projects – municipal golf course, Luscher Farm (working on children’s garden), Farmers Market, 4th of July Concert, Youth Action Council (one hour per month) – plan events for LO teens.

Volunteer opportunities we did not have a chance to cover in the meeting:

- **Michele Shapiro – local volunteering for the environment**

www.oregonmetro.gov – search Native Plant Center

- **Jan Jenkins – arts opportunities**

Summer dance lab – (Whitman College in Walla Walla) – two, three, or five week intensive program focused on developing well-rounded dancers who have the proper depth of training and experience. SDL will prepare dancers for a sustained career with the tools that will enable them to meet the demands of an ever-changing dance world. (Auditions required during winter/spring).

<http://www.whitman.edu/content/summer-dance-lab/home>

Young Musicians and Artists – (Willamette University in Salem) – The YMA mission: to provide young people with a unique summer experience focusing on quality education in the visual and performing arts, where they share creative talents in a nurturing and positive environment that builds confidence, promotes leadership, reinforces moral values, and enhances self-esteem. This program offers experiences in band, choir, creative writing, dance, musical theatre, orchestra, photography, piano, visual arts. <http://www.ymainco.org/>

Travel to Spanish-speaking countries – Spanish classes take annual 3-week trips to Spanish-speaking countries (e.g. Costa Rica) – includes schoolwork, sightseeing. See Spanish department at Lakeridge.

- Gloria Handy (service websites)

www.handsonportland.org – wide range of volunteer/service opportunities in greater Portland area that can be filtered by age group.

www.thefreshwatertrust.org/education/independent-projects - ‘student stewardship projects’ with Oregon’s freshwater trust.

www.soor.org – Special Olympics of Oregon

www.fs.fed.us – Forest Service website

- Deborah Shimkus

www.BeyondOurBubble.org – website created with her Lakeridge son, Jacob, with teen volunteer opportunities.