



High School Counseling Newsletter

Wishing you
A happy &
blessed Eid!!

Counseling Staff

Ms. Denise Al-Shammari
Counselor, grades 12 and 9
SAT / AP Coordinator

Ms. Bea Parich
Counselor, grades 10 and 11

Miss Maya El-Cheikh
Academic Support Counselor

Ms. Andrea Al Adwani
School Counseling
Psychologist K-12

Ms. Enas Ibrahim, Asst.
College Resource Center
Registration and Records

Mrs Lilian Eineder, Assistant
College Resource Center
and Reception

Dear Parents,

Fast and furious, one thrill ride after another, are words that I would use to describe the pace at UAS during the past two months. Without doubt we are marching toward excellence at a great rate, a pace that keeps all of us on our toes. It is very apparent that we are blessed with a strong faculty and staff who are willing to multi task and carry a heavy load; might I add, the tremendous support of many parents lightens the load significantly. Personally, I truly appreciate all that you do for UAS. I would like to thank each and every one of you for your helpfulness thus far. **SENIOR PARENTS:** each month we meet with your children for a presentation on colleges outside of Kuwait. Last month we presented on colleges in the Northeast quadrant of the USA. Hopefully it was an enriching experience for your children. At least we hope it opened some eyes. In November we will present on colleges on the eastern seaboard to Florida.

EXAMS: Please follow our rules when it comes to exams. All exams are to be taken during the exam period.

In advance, I thank you for your continued support and know that my door is always open to you.

All the best to you,
Dr. Paul M. Sullivan, High School Principal

Continuing with the Seniors, Freshmen coming soon....

The next **SAT** will be given on **November 19th** – not November 5th – due to the Eid holiday. The registration deadline has passed but you can register for the **December SAT until Nov. 8th.** Go online to Collegeboard.com to set up your account and register to take the test. On the day of the test, you will need to be at the test site by 7:15 with a photo ID, test ticket or standby form and envelope, and a calculator. The SAT 1 starts around 8:00am and ends around 1:30pm with several 5-minute breaks (bring your own water and snacks). The SAT II starts around 8:00am and, depending on how many subject tests you opt to take, ends around 12:00 pm.

I have met with all of the Grade 12 students—and some of their parents - to set up preliminary college plans. If however, you would like to meet to further discuss college, please email me to set up an appointment.

Grade 9 parents...do not fear...I will be meeting with you and your child as soon as I have finished with the Grade 12s. So far, they seem to be settling in just fine and we are handling any small situations as they arise. Again, do not hesitate to contact me using my UAS email (denisealshammari@uas.edu.kw).

Take care, have a terrific month of November and we hope to see you soon!

Ms. Denise

Student Council Results

Executive Council:

Breanna Williams, President
Razan Aldagher, Vice-president
Patrick Anderson, Secretary
Sumit Bansal, Treasurer

Senior Class:

Mohammad Al Awadi, President
Anne-fal Al Hosainy, Vice-Pres.
Aya Al Tarawna, Secretary
Mark Jerry, Treasurer

Junior Class:

Sulaiman Behbehani, President
AbdulMoiz Tareq, Vice-President
Kareem Al Fuwaires, Secretary
Rashid Bourisly, Treasurer

Sophomore Class:

Yousef Behbehani, President
Ali Ali, Vice-President
Bader Al Ali, Secretary
Fadhila Al-Shammari, Treasurer

Freshman Class:

Sara Al Hasawi, President
Ahmad Al Dehani, Vice-Pres.
Fawaz Al Enezi, Secretary
Shaikha Abu Ghrais, Treasurer

**Congratulations to you all and
we wish you a successful year!**

The advisors for Student Council are:

Dr. Samir Foteh, Head Advisor
Eric Seibert & Denise Al-Shammari, Grade 12
Bea Parich, Grades 9 & 11
Michael Lea, Grade 10

Juniors—Class of 2013—News

“Everyone says that the key to success in school is “getting organized.” Really, it’s not the getting but the STAYING organized that is important!”

Bea Parich, the counselor for juniors, is busy setting up and meeting with junior parents and students. In the meeting she is accomplishing the following:

- reviewing transcripts
- evaluating credits completed and those needed to graduate
- post high school plans and
- any other concerns th student or parent has with regards to their educational pursuits.

The junior year is very important as it is the last year students will have to raise their GPA prior to college admissions. Also, it is usually the first year students try an AP-level class.

If parents have not heard from [Ms. Bea](#) yet, please call to set up an appointment. Her number is [1822827 ext. 503](#).

PSATs are done!

On Wednesday, October 12, over 200 students from UAS took the PSAT. Completed tests were shipped that day and results are expected to be returned some time prior to the December holiday break. When the tests are returned students will then have a baseline number to work with. The results will let students know which areas (Mathematics, Critical Reading, and Writing) they need to work on to improve. This information will allow students to work towards a more solid SAT result when taking the test for

college admissions. The results will allow students to go back to the original questions and figure out why they answered what they did. The computerized printout is a useful tool in helping to project needed study. If parents have any questions, do not hesitate to contact Bea Parich (ext. 503).

Sophomores—Class of 2014—News

“The majority of really good students aren’t walking; talking geniuses ... they just work really hard.”

The Sophomores seem to be diligently working on their classes. This year has found many of them buckling down to the academics and working to achieve good grades. The best way to get where a student should go is to set goals ... whether it’s better grades, getting into dream colleges, playing a sport, or whatever. Deciding what’s important to that student in the long run will help them focus on what they have to do NOW!!! Take small steps; what is it that they really want to accomplish in the sophomore year? The first semester? What is it going to take to make that happen? Keep setting goals and revise them as they go. Sophomores will not only get what they want, but also gain the confidence of knowing they are capable of just about anything they set their mind to. The following are some suggestions for the sophomore year:

- FOCUS on the GPA. Take the most challenging classes and do the best they can.
- START a list of colleges to consider. Use virtual tours and begin thinking about what colleges they would like to visit.
- BEGIN to develop a list of majors that they may be interested in.
- CONTINUE to update records of activities, volunteer work, programs, classes and traveling.
- REVIEW and revise goals. Continue to set new ones once the old ones have been achieved.
- THINK about careers that have interest. Talk to people about their jobs and begin a list of those that are appealing.

When Ms. Bea completes meeting with all the Juniors, she will begin on the Sophomores.

Contacts:

Ms. Denise

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Ms. Bea

beatriceparich@uas.edu.kw Ext. 503



**UAS High School
Counseling
Office**

University Visits in November

- Nov. 13 Royal College of Surgeons, Bahrain
- Nov. 13 American University of Sharjah, UAE
- Nov. 14 Lebanese American University
- Nov. 17 Univ. of the Arts, London
- Nov. 20 Balamand University, Lebanon
- Nov. 21 GUST, Kuwait

Quarter 1 Grade Reports and How They Can Affect Your Future

The Quarter 1 report cards go home on November 17th. If students have earned a quarter GPA of 3.2 to 3.59, they will be placed on the Honor Roll. If they have earned a quarter GPA of 3.6 and higher, they will be placed on the High Honor Roll. We will then have an Honor Ceremony in which the students are presented with Honor Certificates. We take pride in this occasion and hope it inspires all of our students to achieve as much as possible.

On the other hand, students whose quarter GPA falls below 1.60 are put on our academic probation list. Letters are sent home to parents requesting that they set up an appointment to meet with the Principal and Counselor. In the parent meeting, we set goals with the students and parents to help them raise their GPA. Students are expected to raise their GPA by the end of Quarter 2 in order to be allowed to re-register for the next academic year. The academic, behavior and atten-

dance performance of these students is also monitored each week by our Student Support Team (SST) with parents called in for meetings when needed.

UAS requires that students have at least 28 credit hours in order to graduate. Since a student can earn eight credit hours per year, students can graduate with 32 hours if they do not fail any courses. So, if a student fails one to two courses each year, they will fall behind and not be eligible to graduate with their class. According to the Student Handbook, students advance to the next class based on the number of accumulated credits they have earned:

Grade 9 0.00 to 6.25 credits

Grade 10 6.50 to 12.75 credits

Grade 11 13.00 to 19.25 credits

Grade 12 19.50+ credits

As you can see, when a student fails two courses in the 9th grade, automatically they are put back into grade 9 for the next year because they will have only 6 credits. And this is why we are stressing the importance of keeping your GPA up from Grade 9.

What happens if a student fails a course in the first quarter and passes it in the second quarter? The student will need to take the course during the summer at ASK—every day for 6 weeks, 3 hours per day—to make up the 1/2 credit they will be missing.

Wishing you all good luck with all of your classes! If you need tutoring, see Ms. Maya on the 3rd floor. If you just need a little help with a subject, **SEE YOUR TEACHER AFTER SCHOOL.**

"Education is simply the soul of a society as it passes from one generation to another."

G.K. Chesterson

The Importance of Play & Regulation of Electronics

Play is the first language of children, and words are their second language. Children continue to learn spoken language basics until the age of 13, and then continue to develop their understanding of spoken and written language for many years after that.

Electronic toys such as TV, computer, iphone, ipad, PSP, Xbox, and Wii are fun and can be educational, but if used for a long time they can also be over stimulating with fast moving lights, pictures, sounds, and colors. Too much time with digital games and images increases hyper active behavior, decreases attention spans, and decreases creativity.

For the best balance, children should have a maximum of 1 hour a day of electronic entertainment during the week and maximum-2 hours daily on weekends.

Violent movies and games also negatively effect children and teens. Many years of research on children and teenagers shows that those who watch violent television and movies and those who play violent video games have increased aggressive behavior, are easily angered, and have more aggression-related thoughts and feelings. Playing violent video games also decreases positive social behavior.

- Andrea Al-Adwani, K-12 Counseling Psychologist

Student Council BBQ

The first BBQ of the year, on Oct. 20th, was a huge success! The entire Student Council participated to pull the event together in just five days. The Freshmen worked diligently to advertise the event, the Sophomores and Juniors organized the booths and decorations, and the Seniors organized the hot-dog eating contest and Nathan's hot dog booth. We all look forward to the next BBQ! Karaoke anyone?



Just posing with friends at the BBQ.



Soccer players at the BBQ.