



SONOMA STATE UNIVERSITY OFFICIALLY IMPACTED

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SSU has been declared an impacted campus for all first-time freshmen that wish to enroll in the 2010-11 school year. Also, several departments and programs on campus are now considered impacted and have specific requirements for students applying for or transferring to that major.

Campus impaction means that a particular campus has filled the current capacity for students and does not have sufficient space or resources to increase enrollment. If the campus receives more eligible applicants during the regular application period than there is room for, enrollment for some categories must be restricted.

CSU Fullerton, Long Beach, Pomona, San Diego, San Luis Obispo, San Francisco, Chico, Northridge, Fresno, San Marcos, and San Jose are all designated as impacted along with Sonoma State, according to the CSU official website.

At SSU, the impacted majors are human development, communications, psychology, liberal arts, and nursing.

According to the CSU website, applications to SSU for freshmen and transfers to impacted majors must be submitted prior to November 30, and applications received after this period will not be accepted.

The CSU officially began accepting applications for the 2010-2011 academic year on Thursday, October 1. Within the first 24 hours, more than 25,000 applications to CSU campuses were submitted online, a record breaking number that is twice the amount of applications received during the same time period last year.

Fortunately, **Elsie Allen students are guaranteed admission to SSU upon completion of the University Center program.** University Center seniors are currently working on their college applications, and several have already submitted them online.

Much of the content of this article was contributed by the SSU STAR (Volume 62, Issue 7).

Did You Know?

- ◆ University Center Graduates of the Class of 2009 are attending Harvard, MIT, Stanford, UC Davis, UC San Diego and Sonoma State.
- ◆ The University Center Class of 2009 graduated with 150 semester units of fully-transferable general education courses from SSU.

UNIVERSITY CENTER SEEKING DEVELOPMENT PARTNERS !

As a public school program, The University Center at Elsie Allen High School will receive the same amount of money per student normally allocated to public schools.

Due to the program's lower student to teacher ratio, expanded schedule and curriculum, and other program features, the operating costs will no doubt exceed this allocation.

While efforts to secure grants and other public sector support are ongoing, the program is looking to the private sector for significant leadership and support in meeting its objectives.

If you are interested in finding out ways in which you can become a partner in this worthwhile academic venture, please contact Program Coordinator Jenny Fleischer at:

(707) 975-1659.

PROSPECTIVE STUDENTS URGED TO APPLY EARLY FOR ADMISSION TO SSU

The priority application period for students applying to Sonoma State University for Fall 2009 is now open through Nov. 30.

SSU is an impacted campus due to its popularity and high volume of applications during the priority application period and prospective students are urged to apply early.

Students planning to apply to SSU should visit the CSU Mentor Web site: www.csumentor.edu to file an online application.

For the first time, the University will allow students to track the progress of their application through its student management system once it is filed with CSU Mentor.

The University begins processing applications on Dec. 1 and notices of acceptance will be transmitted through March, 2010.

www.californiacolleges.edu	Preparing for College
www.csumentor.edu	CSU online application
www.universityofcalifornia.edu	UC online application
www.fafsa.ed.gov	Federal financial aid
www.calgrant.org	California financial aid
www.fastweb.com	Scholarship search

MEET THE UNIVERSITY CENTER COUNSELORS

The University Center at Elsie Allen High School has had a great start to its fifth year. One-hundred ninth through twelfth graders are enrolled in rigorous courses at Elsie Allen and 25 juniors and seniors are taking courses at Sonoma State University. This busy schedule can sometimes seem daunting for even this motivated and talented group of students. Fortunately for them, Elsie Allen is blessed with three dedicated and knowledgeable full-time counselors specially trained to help guide each of them down their individual academic path. We would like to take this opportunity to introduce you to these three talented and hard-working counselors:

ALICE WISE

of years in counseling: 12 years

College: Sacramento State University; Sonoma State University

Degrees: B.A. (Child Development), M.A. (Counseling), Pupil Personnel Services Credential

Word of advice regarding college: Whenever possible, visit college campuses so that you can tour the campus and talk to current students in order to decide whether or not you want to apply to that campus. Also, pay attention to all deadlines regarding applications, housing information, financial aid, scholarships, etc...

Personal: I enjoy talking with students about college opportunities so please come and see me when you have questions!

BETSY HOFSTADTER

UC COUNSELOR LIAISON

of years in counseling: 20 years

Colleges: Santa Rosa Junior College, Sonoma State University

Degrees: A.A., B.A. (Psychology), M.A. (Counseling), MFT, Pupil Personnel Services Credential

Word of advice regarding college: The most important thing you can do is select a college that is a good match for you based on your personal needs (size, cost, location, career goals, athletic interests, social groups, etc...) AND ESPECIALLY TO HAVE VISITED THE CAMPUS before the final decision.

Personal: Each of us has our own path in life. There is a lot of "hype" (I think this is an abbreviated way to say hypnotic effect) about how success in life is linked to only certain colleges. Be true to yourself and what is right for you personally. You will be successful by honoring yourself and those you love by bringing your best to everything you do. One last thing — it is important to LOVE what you are doing.

LORI CHAMBERLIN

of years in counseling: 12 years

College: Sonoma State University

Degrees: B.A. (Psychology), M.A. (School Counseling)

Word of advice regarding college: Believe you can achieve your dreams and stay on course.

Personal: I enjoy travel, scuba diving and playing with the grandkids

**SSU COURSES FOR UNIVERSITY CENTER STUDENTS**

Twenty-five Elsie Allen juniors and seniors are enrolled in a variety of general education courses at Sonoma State University for the Fall, 2009 semester.

Wandering the beautiful campus, discussing the day's lectures, students are developing their intellect, increasing their understanding of themselves and others, and getting a taste for the diverse challenges that lie ahead for them in college and beyond. The following is a brief description of some of the courses that our University Center students are taking:

ANTH 203 – Introduction to Cultural Anthropology

Examination of the anthropological approach to the study of human behavior. Exploration of human dependence on learned, socially transmitted behavior through consideration of ways of life in a broad range of societies.

ASTR 100 – Descriptive Astronomy

Introduction to historic astronomy, Newton's Laws, gravitation, atomic structure, light, and telescopes. Take a tour of the solar system; learn about space flight, stars and stellar evolution, galaxies and the structure of the universe.

CCJS 201 – Criminal Justice and Public Policy

A systematic analysis of the effectiveness and influence of criminal justice policy and practice throughout the criminal justice system. The focus is on the development and implementation of crime control policy.

CS 101—Introduction to Computers and Computing

Topics include computer types, history of computing, computer organizations, survey of computer languages, program development, computer applications, networking, and computers in society.

CS 115—Programming I

An overview of computer organization: arithmetic and logical expressions, decision and iteration; subprograms; principles of good programming style, readability, documentation, structured programming concepts; top-down design and refinements; techniques of debugging and testing. Use of the above concepts are implemented in a high-level programming language.

ENGL 207—Introduction to Creative Writing

A writing workshop which focuses on crafting the short story.

MUS 150—Survey of U.S. Music

An introductory course with lectures and demonstrations dealing with the broad range of music in the United States from the Colonial period to the present.

PHIL 102—Introduction to Logic

An introduction to the nature of contemporary systems of logic and their application. Students will learn how to abbreviate arguments in ordinary language, to deduce conclusions, and to locate fallacies. Recommended for students of the sciences, computer programming, or mathematics, and the general student interested in the structure of arguments.

PHIL 120 – Introduction to Philosophy

This course provides an introduction to some of the enduring questions of thinking: What is the nature of knowledge, of mortality, of justice, of the self, of religion, of the search for wisdom, of reality?

Ben Nguyen—12th Grade

I have been in the University Center for 2 years now. Freshman year in the University Center Program was awkward at first because not knowing many people can make a person shy. But then everything becomes familiar and we started to develop a family bond. So it was fun and easy; school never seemed to end, but it was fun. The usual thing to do was to study for about half-an hour hang out with your friends and then do some homework. It was such an easy year how hard could sophomore year be?

Sophomore year came around and we didn't take it as seriously as we should have. Several of us were doing poorly in at least one class and we were shocked and blaming the teachers. But we all knew it was us even though having an easier teacher would help. We all realized that sophomore year was a wake-up call. And that there wouldn't be as much free time anymore. The phrase "study group" is used so frequently; we are practically studying all the time.

Being in a homeroom where you are with your fellow university students helps because we have the majority of the same classes. Its nice to see what someone else saw that you didn't. It isn't all stressful though. We still talk and chat like normal teens. We still do fun activities and this year during our sophomore year we are going to be able to experience a real college campus called Stanford. I have been there many times but it will be a different experience with friends and a tour guide. So I hope for many more good times and life lessons learned this year.

Beginning the first semester of my junior year, I began taking college courses at Sonoma State University as a scholar of the University Center at Elsie Allen High School. Doing so has educated me into not only the academics of college, but of college life. From going to lectures, to attending campus events, this experience has allowed me to truly soar into my coming future of college.

My time at SSU has been nothing but enlightening. In the college world, I do not feel ensnared by teachers in forming my own destiny. This independence enables me to be free and immerse myself into academia. So far, I have completed twelve units at SSU, through four courses, including: Introduction to Cultural Anthropology, Descriptive Astronomy, Introduction to Biological Anthropology, and Survey of U.S. Music—all resulting in straight A's. Currently, as part of the fall 2009 semester, I delve into the intriguing field of philosophy through two additional classes. By the end of my senior year, I shall end up with 24 college units from SSU, none of them for dual credit. More importantly, I realized my calling through changing my plans for majors three times, from biology to anthropology to finally double-majoring in biomedical sciences and anthropology with a minor in music. Ambitious indeed—I prefer it that way. Like a bird let out of its cage, I fly freely into the cosmos known as college.

With my senior year already in flight, I look with confidence into my future. Rather than letting college unlock my cage, I liberated myself. Ascending as an eagle, I take flight, with pride and optimism. I am ready for college.

Diya Zanga —10th Grade

UC ALUMNI HONOR FORMER TEACHER



Kirsten Searby

AP English Literature and Composition

Each year, students at Stanford and MIT are asked to name a teacher who has been especially influential in his or her development. This fall, two University Center graduates from the class of 2009 nominated Elsie Allen English teacher and former UC Coordinator, Ms. Kirsten Searby, for this prestigious honor. Stephan Boyer, a student at Massachusetts Institute of Technology (MIT), recognized Ms. Searby for her time, patience, expertise, love and discipline. Jordan Davidson, a student at Stanford University, described Ms. Searby as “wacky, exuberant, and reflective.” John L. Hennessy, the President of Stanford University awarded Ms. Searby with a certificate in recognition for her exceptional teaching. Printed on the certificate is the following description:

“I’ve never particularly liked English. I just don’t find it as interesting as math and science. Despite this, Ms. Searby took what could have been dull and boring and made it into one of my favorite classes. She made the class engrossing, constantly bringing up topics I could think deeply on. Her eccentricity only made the class more interesting as she always did something worth laughing about. Being in her class is and will remain one of my most cherished memories from high school.”

Jordan Davidson
Elsie Allen High School 2009
Stanford Class of 2013



How to Reduce Student Stress



WHAT IS STRESS?

Stress is emotional and physical tension which accompanies any positive or negative change. You can't avoid stress entirely, but you can change your response.

CAUSES OF STRESS

- Transferring to a new school
- Assignment deadlines
- Relationship problems with roommates, friends and family
- Social acceptance
- Financial issues
- Applying to college

WHY IS STRESS MANAGEMENT IMPORTANT?

Stress management is important because it will help you perform BETTER! Stress will take a toll on your immune system and make you more vulnerable to getting sick. By reducing your stress, you will be doing yourself a favor.

WARNING SIGNS

- Inability to concentrate
- Changes in eating patterns
- More disorganized than normal
- Anxiety attacks
- Mood changes
- Depression & low self-esteem
- Constant worrying
- Recurring colds and minor illnesses
- Forgetfulness
- Changes in sleeping patterns

HOW TO REDUCE STRESS

- Time management
- Meditation
- Exercise
- Setting realistic goals
- Taking breaks
- Getting Organized
- Getting enough sleep
- Eating healthy foods
- Remaining optimistic
- Recognizing and accepting limits
- Not being afraid to talk to someone

See your Business Advertised Here!

In exchange for a tax-deductible donation to the University Center at Elsie Allen High School. Your contribution could help support our textbook scholarship fund, field trip transportation and fees, and incentive programs for University Center students.

Contact Jenny Fleischer, the Coordinator of the University Center @ Elsie Allen.

jfleischer@srcs.k12.ca.us

(707) 975-1659


Scholarships


Scholarship Name	Eligibility Requirements	Deadline	Applications
Principal's Leadership Award	Outstanding student leaders	12/4/2009	www.principals.org/PLA
Mensa Education & Research Foundation	Outstanding essay writer	1/15/2010	Counselor: Ms. Wise
AXA Achievement Scholarship	Overcome personal challenge; active in community	12/15/2009	www.axa-achievement.com
National Association of Secondary Schools Principals	Students who have done an exceptional amount of community volunteering	11/2/2009	http://spirit.prudential.com
Elks National Foundation	Students with good grades, leadership qualities and financial need	11/2/2009	www.elks.org/enf/scholars
Dr. Seuss' College Scholarship	Must write an original, creative essay	2/15/2010	www.ohtheplaces.org
KFC Colonel's Scholars	Demonstrate financial need, be a US citizen, have an "entrepreneurial spirit"	2/10/2010	www.kfcscholars.org Or 1-866-KFC-7240
Martin Luther King, Jr. Scholarship	Can demonstrate and explain how student's actions promotes principles of non-violence (through community service, etc.)	4/15/2010	Counselor: Ms. Wise
Sons of Italy Western Foundation	Must be wholly or partially of Italian descent: 3 separate scholarships: Academic, Athletic, Italian Language Study Grant	3/1/2010	www.sonsofitalyca.org

DATES AND DEADLINES

November 2009

11/11 - Veteran's Day holiday
11/25-27 - Thanksgiving holiday
11/30 - UC and CSU application deadlines
11/30 - Registration for Spring, 2010 at SSU
12/5 - SAT Test Date
12/12- ACT Test Date
12/14-12/18 - Finals week
12/21-1/1 - EAHS winter break
2/1 - Instruction begins at SSU

Sun	Mo	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



The **University Center** at Elsie Allen High School

A partnership with

Sonoma State University

The UC @ EA
599 Bellevue Avenue
Santa Rosa, CA 95407

(707) 975-1659

www.elsieallen.org/uc