

# Locker Talk™

# Be a Pain... in a good way

By Elizabeth Crouch, Learn More Indiana

**E**ven though it may seem like the adults in your life are really busy, most will be eager to provide support when you ask for it. If you speak up, they can help you succeed in school and get into college. Here are some tips to get the help and advice you need.

## Consult Your Coach

If you hope to play sports in college, ask your coach for advice and help in evaluating your athletic goals.

- Ask for help with meeting and getting to know college coaches.
- Review and learn the recruiting rules and guideline governing your top colleges' associations.
- Remember to register with the NCAA Clearinghouse.

## Make an Appointment with Your School Counselor

Your school counselor is one of the best resources as you finish high school and plan for college. Take the first step and make an appointment to discuss your future plans. Here is a sample list of questions you should ask:

- What courses should I take beyond the required Core 40 for graduation and college prep?
- How should I tailor my high school courses to meet my interest in playing college sports?
- What is my current cumulative grade-point average (GPA)?
- Am I getting the grades I need to succeed after high school?
- Where can I get extra help if I need it?
- What activities can I do at home and during the summer to help plan for college?
- What kinds of grades do different colleges require?
- What can I do to explore careers that interest me?

For more information on how to get to and through college, visit [www.learnmoreindiana.org](http://www.learnmoreindiana.org) or call 1.800.992.2076

- Do you have any after-school or evening sessions available for exploring careers?

## Talk to Your Parents and Other Adults

The best way to communicate with parents, or any adult, is to keep talking to them no matter what. It's important to keep the lines of communication open. Here are some ways to approach your parents (or any adult) with an important topic :

- Plan what you want to say ahead of time, and write down the two or three most important points you want to make.
- Let them know directly that there's something you'd like to discuss. Be sure you have their full attention. Be direct. Tell them, "There's something important I want to talk to you about," instead of, "Hey, when you have a moment, I'd like to talk."
- Pick a good time to talk. Try to approach them at a time when you know they'll be available and more able to focus on you. You may even want to ask if they could talk at a particular time, so that you know you'll have their full attention.
- Write it down first. Some people find it easier to put their ideas on paper or in a letter. Let the other person read it, then have your discussion.
- Disagree without disrespect. Parents are only human, and they can feel offended when their views are challenged. Using respectful language and behavior is important. Resist the temptation to use sarcasm or yelling, and you'll have a much better chance of finding a solution. •



Your college and career connection!

## Franklin Central Creams Competition in Copy-Writing Contest

*Get Your Cameras Ready.* Learn More Indiana set out to find a few talented high school students to write and produce their next public service announcement (PSA). In partnership with the Indiana Association of School Broadcasting (IASB), Learn More Indiana reviewed scripts written by students from across Indiana. **Franklin Central** had two students place first in both the radio and TV competitions. Now, the winning scripts will be sent back to all IASB high schools to be produced. The winning PSA will air on stations across the state. For more information, visit [www.learnmoreindiana.org/IASB](http://www.learnmoreindiana.org/IASB).



## Seniors, Did You Miss Indiana's March 10 Financial Aid Deadline?

So you missed Indiana's March 10 FAFSA deadline, and you think you're out of luck for getting your hands on some cash for college this fall, right? Think again! You can still apply for Federal Aid. Submit your Free Application for Federal Student Aid (FAFSA) as soon as possible — no later than June 30 — for the best chance of knowing your financial aid amount before classes start. Fill out and file the FAFSA online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).