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Student Services Newsletter

November 2019

Upcoming Tests:

ACT Test: December 14 (*register by November 8*)

SAT Test: December 7 (*register by November 8*)

Moving before the holidays? If you are planning to move before the end of the year make sure you update your address with our office. You will need to complete an address change form and provide updated proofs of residency (a lease or deed and a current utility bill) to confirm your new address. If you have questions contact the Registrar.

ARL Shadow Day

Permission slips are available in Student Services for the Applications and Research Lab’s (ARL) Shadow Day activities at ARL. On Wednesday, November 20, 2019 shadowing for Cybersecurity Operations, Architecture, Graphic Design, Automotive, Systems and Project Engineering, Agricultural Science, and PLTW-Aerospace Engineering will be offered. Permission slips for Thursday, November 21, 2019 in the morning, shadowing for computer Networking-cyber, HVAC, Academy of Finance, Construction, Homeland Security, Biotechnology, Animation, and Early College Program in Cybersecurity (current 9th graders only) will be offered. On that same day, in the afternoon, slips are available for Health Professions. **Please know which academy you want to shadow!**

SCHOLARSHIPS and OTHER OPPORTUNITIES:

- **Columbia Association- The Maggie J. Brown Spirit of Columbia Scholarship Award-** is given each year to graduating high school seniors who have shown extraordinary dedication to performing community service in the Columbia area. Up to six \$2500 education scholarships will be awarded to graduating high school seniors. The application form can be completed and submitted online - www.columbiaassociation.org/scholarship

- **Boston University Trustee Scholarship:** Applying to BU? You can apply for the Trustee Scholarship at the time of your application. Check out information here: <http://www.bu.edu/admissions/tuition-aid/scholarships-financial-aid/first-year-merit/trustee/>
- **Horatio Alger National Career and Technical Scholarship Program:** Receive up to \$2500 to pursue career and technical education. Apply here: <https://scholars.horatioalger.org/horatio-alger-scholarship-applications/>
- **The Robertson Scholars Leadership Program:** For students planning to apply to Duke or UNC-Chapel Hill www.robertsonscholars.org
- **2020 Prudential Spirit of Community Awards:** Honors students in grades 5-12 for making meaningful contributions to their communities through volunteer service. www.spirit.prudential.com nassp.org/spirit
- **Bison STEM Scholars Program-** The BSSP presents an opportunity for academically-talented students interested in STEM fields to become thinkers, researchers, educators and leaders in the STEM community. For questions, email bisonstemscholars@howard.edu
- **The Ronald Reagan Presidential Foundation and Institute-** awards more than \$1 million in college scholarships to exceptional student leaders each year. High school seniors nationwide who demonstrate leadership, drive, integrity, and citizenship are invited to apply for the 2020 GE-Reagan Foundation Scholarship Program. This program annually provides college-bound students with \$10,000 renewable scholarships – up to \$40,000 total per recipient. Apply online <https://www.reaganfoundation.org/education/scholarship-programs/ge-reagan-foundation-scholarship-program/>

In addition to these great opportunities, please don't forget to research the following to maximize your financial resources for college:

- FAFSA: <https://fafsa.ed.gov/>
- Merit scholarships awarded with your initial application, visit www.meritaid.com to see what you may qualify for – most require you to apply on or before December 1
- Scholarship Bulletin located in Student Services (Spring Availability)
- Scholarships in Naviance Family Connection
- Bigfuture.collegeboard.org
- www.fastweb.com
- Google special talents or interest and “scholarships” (Ex: Irish Dance Scholarship, duck tape scholarship, etc)

Important: Whether you think you will or will not qualify for need-based aid, complete the FAFSA. Many merit and outside scholarship opportunities require completion of the FAFSA for eligibility.

Ninth Grade - Class of 2023

Upcoming Dates

December 10, 11, 12, or 13 through English classes	Counselor Lesson #2 - Four Year Planning and Course Registration
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Seniors - Class of 2020:

College Application Process Notes - Requesting Transcripts and Teacher Letters of Recommendation:

Transcripts: In order to have your transcript sent to the colleges you intend to apply to, complete the blue transcript request form and bring to the Registrar. Your first 3 transcripts are free, subsequent requests are \$2 each.

Teacher Letter of Recommendations: This is a two step process. In order to request a letter of recommendation from a teacher you must 1. give your teacher(s) the yellow request form and 2. connect your teachers to the colleges you'd like them to write to in Naviance.

Remember, in order to allow time for processing these forms are due *at least* 20 school days before your college deadlines. For instance, if you have a college with a January 1, 2020 deadline transcript request forms are due by November 22, 2019. Watch the calendar carefully to make sure you are on top of your deadlines!

The Common App Match: If you will be applying to any schools via Common App you **MUST** match Naviance and Common App. It is a quick, two second process in Naviance but is critical in ensuring the proper and timely transmission of your admissions materials. Refer to your College Planning Folder for more information.

Upcoming College Visits: Check in Naviance for times and to sign up.

Nov. 8	University of California, Berkeley
Nov. 11	Louisiana State University
Nov. 10	University of Delaware
	Springfield College
Nov. 19	U.S. Air Force Recruiting
Nov. 21	Shippensburg University
Nov. 26	University of Richmond (Tommy Na, Atholton Alumni)
	USNA Naval Academy (Annie Maloney, River Hill Alumni)

During the year . . .

Mindfulness

Most teens experience stress when they perceive a situation as challenging, demanding, or upsetting and they often do not have the resources to cope. Some of the sources of stress for our teens include school demands and pressure, negative thoughts or feelings about themselves, problems with friends, issues at home, and taking on too many activities or having too high expectations (always striving for perfection).

Adults have more life experience to know how to deal with difficult emotions. Teenagers, like adults, may experience stress everyday and can benefit from learning stress management skills. Severe stress can lead to anxiety, withdrawal, aggression, illness, or unsafe behaviors such as drug and/or alcohol use.

Here are some tips:

Talking about their feelings and experience- Encourage your child to communicate if they are experiencing a tough time, by creating a safe space without judgement. Remind them that you are here to help, but they can also speak to another trusted individual such as a friend or another family member.

Breaks and doing something enjoyable- Taking a break from something that is causing stress is very healthy, especially if they've been experiencing a hard time. Finding time to participate in fun activities can help lower stress. Exercise, listening to music, seeing friends, drawing, writing, or spending time with a pet can help reduce stress.

Eating well and exercising- Eating healthy, sleep, and taking care of your physical health has a big impact on mental health. Exercise can also help relaxation and increase energy.

Relaxation techniques- Meditation, deep breathing, imagery, muscle relaxation can greatly help individuals to cope with their overwhelming feelings. Great apps to use are Calm and Headspace.

Chunking- Breaking large tasks into smaller, more attainable tasks.

Network- Build a network of resources, family, and friends who help you cope in a positive way.