

# School Counseling Newsletter

School Counseling Newsletter • Caroline High School • February 2017 • School Code: 471200

## College Planning Checklist

### Senior Year - Spring

- If you need it, get help completing the FAFSA
- Visit colleges that have invited you to enroll
- Decide which college to attend and notify the school of your decision
- Keep track of and observe deadlines for sending in all required fees and paperwork
- Notify schools you will not be attending of your decision
- Continue to look for scholarship information
- Keep track of important financial aid and scholarship deadlines
- Compare financial aid packages from different schools
- Sign and send in a promissory note if you are borrowing money

### Junior Year

- Continue meeting with your counselor yearly
- Continue to take challenging courses
- Keep your grades up and join an academic club
- Register for SAT or ACT in the spring
- Talk with your parents and counselor about colleges
- Prepare a list of questions to ask on college visits
- List, compare, and visit colleges
- Start or update your academic resume
- Consider putting together a portfolio that highlights your special skills and talents
- Get a part-time job, apprenticeship, or internship; or job shadow in a profession that interests you

### Sophomore Year

- Continue to take challenging high school courses
- Continue meeting with your counselor at least once a year
- Think about what kind of education/training different careers require
- Take the PSAT
- Start collecting college information
- Visit colleges and talk with college students
- Be ready with a list of questions to ask of your campus visit
- Continue/start saving for college
- Consider your reasons for going to college and how they relate to your career interest
- Join/continue extracurricular activities

### Freshman Year

- Make the most of high school
- Plan challenging high school courses
- Find out why you should go to college
- Become familiar with college entrance requirements
- Start thinking about reasons for attending college
- Join extracurricular activities
- Begin visiting colleges Research college costs
- Continue/start saving for college
- Meet with your counselor at least once a year
- Explore career options



Follow us on instagram for important announcements! [@chsschoolcounseling](https://www.instagram.com/chsschoolcounseling)

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# Scholarship Myths

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## **Myth 1: You need a 4.0 to earn scholarships**

Some scholarships are open only to students with exceptional academic records, but there are so many more that are for those who have certain interests or hobbies, plan on working in a certain field or are involved with volunteer or religious groups. Many awards don't have an extensive list of qualifications and only require you to live in a certain state or attend a certain high school. Some are open to everyone and have no requirements at all.

## **Myth 2: Scholarship applications take too long**

Some awards require you to write an essay, create a five-minute video, submit recommendation letters and fill out a lengthy application. However, not every scholarship has extensive application requirements that will take days to complete. There are plenty of easy awards, which require you to just enter your information for a chance to win. Keep in mind these aren't the only ones you should apply for; typically, the easier an application is, the more competitive the award will be.

## **Myth 3: Only high school seniors can apply for scholarships**

This myth keeps too many eligible high school freshmen, sophomores, and juniors from applying for scholarships every year. Students need to start thinking about paying for higher education as early as possible, which is why they should be applying for scholarships throughout their high school years, not just once they start applying to college.

## **Myth 4: I won't win because scholarships are too competitive**

Some scholarships receive hundreds of thousands of applications, especially if they're well-known awards that don't have very specific eligibility criteria. Give them a shot and apply, but don't neglect smaller, lesser-known, or local awards. You may think it's a waste of time to write an essay for a \$1,000.00 scholarship that's open to students from your city, but if few people apply your chances of winning are much higher.

## **Myth 5: Great students don't need to apply for scholarships**

Students who do well academically still need to apply for scholarships. Organizations aren't actively looking for high schoolers with great grades to give scholarships to—they're looking through applications and going from there. Don't assume that grades alone will be enough to get you an awards without any effort. Filling out scholarship applications is still the best way to increase your chances of winning money for school.

## **Myth 6: I should only aim for full-ride scholarships**

We've all heard the stories about students who win a full-ride scholarship to their dream school thanks to a flawless academic record, athletic ability, or another desirable talent. However, very few students will actually win full-ride awards. Many scholarships are very small, with some only being a few hundred dollars. These smaller scholarships add up fast!

Zdunek, Jessica. "6 College Scholarship Myths to Steer Clear Of". US News. U.S. News & World Report, 21 Jan. 2016. Web. 11 Feb 2016.

# Scholarship Opportunities

*If a transcript and/or letter of recommendation is needed for your scholarship remember to make your requests at least two weeks prior to when you are picking up your transcript and/or letter!*

Please see Ms. McMullin if you have any questions about scholarships!

## **Virginia, Maryland, & Delaware Association of Electric Cooperatives (VMDAEC) Scholarship**

- Qualifications: winners are chosen based upon their scholastic achievements, community involvement, recommendations and written personal statement
- Amount: amount not specified
- Deadline: February 10, 2017
- Procedure: Visit [www.vmdaec.com/content/vmdaec-education-scholarship-foundation](http://www.vmdaec.com/content/vmdaec-education-scholarship-foundation) for the application and more information.

## **The LEARN (Literacy, Education, and Rural Networking) Scholarship**

- Qualifications: winners are chosen based upon their scholastic achievements, community involvement, recommendations, extracurricular activities, and written personal statement
- Amount: 16 \$1,000.00 will be awarded
- Deadline: February 27, 2017
- Procedure: See the School Counseling website for an application.

## **Greater Richmond Relocation Council Scholarship**

- Qualifications: must have relocated more than 50 miles and changed schools, relocated between the grades of 9 and 12, and have a minimum cumulative GPA of 3.0
- Amount: up to \$1,000.00
- Deadline: February 28, 2017
- Procedure: See the School Counseling website for an application.

## **The Virginia Credit Union Scholarship**

- Qualifications: Be a graduating senior from Caroline County, City of Fredericksburg, King George County, Spotsylvania County, Stafford County. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or a 4-year college or vocational school. Demonstrate academic effort, with a minimum GPA of 3.0.
- Amount: \$500.00
- Deadline: March 1, 2017
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

## **The Colonial Farm Credit Scholarship**

- Qualifications: Educational scholarships are awarded to students who are furthering their education through attendance at a college, university, vocational, or trade school. Scholarships are awarded annually to individuals who exhibit an aptitude for learning and a desire for self-improvement through education
- Amount: there are multiple scholarship options
- Deadline: March 1, 2017
- Procedure: Visit <https://www.colonialfarmcredit.com/resources/scholarships.aspx> for the application and more information.

## **The Linda and Billy Beale Scholarship**

- Qualifications: Be a graduating senior from Caroline County, City of Fredericksburg, King George County, Spotsylvania County, Stafford County. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or a 4-year college or vocational school. Demonstrate academic effort, with a minimum GPA of 3.0.
- Amount: \$500.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **The Craig “Cujo, Jr.” Bennett Scholarship Fund**

- Qualifications: Be a graduating senior from Caroline County, City of Fredericksburg, King George County, Spotsylvania County, Stafford County. The selection criteria are intended to encourage a range of deserving students who have demonstrated efforts to overcome a significant hardship.
- Amount: \$500.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrscholarships.communityforce.com> for the application and more information.

### **The Mary E. Berger Scholarship Fund**

- Qualifications: Be enrolled at any high school from the Virginia cities of Fredericksburg and Lynchburg or the counties of Caroline, King George, Stafford, Spotsylvania and Orange. Have a GPA of 2.5 or greater. Demonstrate strong academic work, and participation in school extra curricular activities as Art club, Band and or Orchestra, Drama club, school publications, debate club as well as sports that indicate involvement beyond class room studies. Leadership in school activities and community service, based on the student’s extracurricular and community involvement, is a key determining factor for scholarship reviewers. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or a 4-year college or university or professional school (May be renewed. Contact the Community Foundation for renewal application instructions.)
- Amount: not specified
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrscholarships.communityforce.com> for the application and more information.

### **The Robert H. Bradley, Jr. Memorial Golf Scholarship Fund**

- Qualifications: Be a graduating senior from the City of Fredericksburg or the counties of Caroline, King George, Spotsylvania, Stafford or Bob’s home town of Clifton Forge, VA. Demonstrate plans to attend an institution of higher education (to include two-year and four-year colleges and universities, certified trade and vocational schools, or a certified golf college.). Demonstrate significant involvement in the game of golf.
- Amount: \$500.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrscholarships.communityforce.com> for the application and more information.

### **The Baron P. “Deuce” Braswell II Memorial Scholarship Fund**

- Qualifications: Be a graduating senior from any Fredericksburg City or Spotsylvania, Stafford, Caroline or King George County Schools. Have lettered in a varsity sport. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or a 4-year college or vocational school.
- Amount: \$1,000.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrscholarships.communityforce.com> for the application and more information.

### **The Como Farm Scholarship Fund**

- Qualifications: The family wishes to support the college or university education of one or more high school seniors from the City of Fredericksburg or the counties of Caroline, King George, Spotsylvania, Stafford or Westmoreland. In particular, the donors intend for their gift to support the further education of high school students who are prepared and committed to making significant contributions back to their community. Priority will be given to students for whom financial need or other circumstances create barriers to further education. Youth living in foster homes are encouraged to apply.
- Amount: not specified
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrscholarships.communityforce.com> for the application and more information.

### **The Rosie Lee Dawson Scholarship Fund**

- Qualifications: Be of African-American descent. Be a graduating senior from the City of Fredericksburg or Caroline, King George, Spotsylvania, Stafford or Orange County. Have a minimum GPA of 2.75. Demonstrate plans to attend an institution of higher education (to include two-year and four-year colleges and universities, and certified trade and vocational schools).
- Amount: \$1,000.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrscholarships.communityforce.com> for the application and more information.

### **The Mary Carter Frackelton Scholarship Fund**

- Qualifications: Be a graduating senior from the City of Fredericksburg or Caroline, King George, Spotsylvania, Stafford or Orange County. Have a minimum GPA of 2.5. Demonstrate plans to attend an institution of higher education (two-year and four-year colleges and universities and trade and vocational schools). Preference may be given to seniors planning to attend a community college.
- Amount: not specified
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **The Molly Gill Memorial Scholarship Fund**

- Qualifications: Be a graduating senior from any high school within the counties of Prince William, Stafford, Spotsylvania, King George or Caroline, or the City of Fredericksburg. The selection criteria are intended to open the field to a range of deserving students who have demonstrated efforts to overcome severe physical disabilities, and have served as an inspiration to others. Demonstrate plans to attend an accredited community college or a four-year college or university.
- Amount: \$1,000.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **The Peter D. Johnson Memorial Scholarship Fund**

- Qualifications: This scholarship is intended to promote the pursuit of excellence in youth and encourage mental and physical development through involvement in community, academics, employment, water ski clubs and other social activities. A scholarship will be awarded to a senior from one of the following counties: Orange, Stafford, Spotsylvania, King George, Caroline or the City of Fredericksburg.
- Amount: \$500.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **The Betty Booker Lontz Scholarship Fund**

- Qualifications: Be a graduating senior from the City of Fredericksburg or Caroline, King George, Spotsylvania, Stafford or Orange County. Have a minimum GPA of 2.75. Demonstrate plans to attend an institution of higher education (to include two-year and four-year colleges and universities, and certified trade and vocational schools).
- Amount: \$500.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **The Betty Booker Lontz Scholarship Fund**

- Qualifications: Be a senior from any Caroline County High School or a home schooled student residing in Caroline County. Have a high level of academic achievement demonstrated by a GPA of 3.0 or greater. Demonstrate plans to attend a community college or a four-year college or university. Financial need is a consideration but may not be the determining factor.
- Amount: not specified
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **The Irene Miller Memorial Nursing Scholarship Fund**

- Qualifications: Be a resident of Caroline County. Have attended Caroline High School for not less than one full academic year or hold a GED or equivalency. Must wish to pursue a career in nursing.
- Amount: \$2,000.00
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **The John C. Neal Scholarship Fund**

- Qualifications: Be a graduating senior from any Fredericksburg City or Spotsylvania, Stafford, Caroline or King George County Schools. Demonstrate significant service to their community. Have a minimum GPA of 3.0. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or 4-year college or vocational school.
- Amount: not specified
- Deadline: March 5, 2017 at 11 pm
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

### **Hanover-Caroline Soil and Water Conservation District 2017 College Scholarship**

- Qualifications: student must attend a Hanover or Caroline public high school and reside in the respective county, have applied for admissions to an accredited institution of post-secondary education, preferably in the state of Virginia, applicant shall demonstrate an active interest in conservation. Applicant will continue his/her education in a course curriculum related to natural resource conservation, environmental studies and/or agriculture. Application shall be in the top 20% of his/her high school graduating class or possess a 3.0 or greater GPA. The applicant's most recent official school transcript must accompany the application. Possess good communication and quantitative skills as indicated by his/her scholastic record and/or personal interview.
- Amount: \$5,000.00
- Deadline: March 10, 2017
- Procedure: See the School Counseling website for an application.

### **Virginia Association of Soil and Water Conservation District's Education Foundation Scholarship**

- Qualifications: applicants shall document a class ranking in the top 20% of his or her graduating class or a 3.0 or higher GPA. The applicant's most recent official school transcript must accompany the application. A copy of a school transcript will not be accepted. Applicants shall demonstrate active interest in conservation.
- Amount: Four \$1,000.00 scholarships will be given out.
- Deadline: March 10, 2017
- Procedure: See the School Counseling website for an application.

### **James Clements Memorial Scholarship**

- Qualifications: the award is based on the applicant's christian commitment, church involvement, community involvement, FCA leadership, scholarship, athletic participation, and extra-curricular activities.
- Amount: \$1,000.00
- Deadline: March 15, 2017
- Procedure: See the School Counseling website for an application.

### **The Virginia School Plant Management Association Annual Scholarship**

- Qualifications: currently reside in Virginia, be a graduating high school senior or have earned a GED, must be interested in attending a college or university where the student/applicant's learning is focused on building applications and studies in the area of building design, building construction, building engineering, and facility maintenance.
- Amount: a maximum of 8 \$1,000 scholarships will be awarded
- Deadline: March 15, 2017
- Procedure: Visit [www.vspma.org](http://www.vspma.org) for more details.

### **FAILSAFE-ERA Scholarship**

- Qualifications: applicants must be a resident in Planning District 16 and rural parts of Northern and Central Virginia (Caroline, Culpepper, Fauquier, Fredericksburg, King George, Orange, Prince William, Rappahannock, Spotsylvania, and Stafford). Must be a student who has been affected by incarceration and interested in pursuing higher education.
- Amount: a maximum of 8 \$1,000 scholarships will be awarded
- Deadline: March 15, 2017
- Procedure: See the School Counseling website for an application.

### **Greater Rappahannock (VA) Chapter of The Links, Incorporate**

- Qualifications: The scholarship will be awarded to five outstanding African-American students, two females and two males in our service area in the amount of \$1,000.00, which is non-renewable. An additional scholarship, the Sandra Holland King Education Scholarship in the amount of \$1,000.00 will be given to a student majoring in the field of Education. Enclosed, please find a copy of the scholarship application form and requirements.
- Amount: \$1,000.00
- Deadline: March 17, 2017
- Procedure: See the School Counseling website for an application.

### **The Caroline High School Virginia Blood Services Scholarship**

- Qualifications: Must be a member of the CHS National Honor Society and have assisted with the blood drives.
- Amount: to be determined
- Deadline: March 24, 2017
- Procedure: Applications are on the school counseling website and next to Mrs. Beasley's desk. Completed applications should be returned to Ms. McMullin.



### **NHS Community Service Scholarship**

- Qualifications: Must be a member of the CHS National Honor Society.
- Amount: to be determined
- Deadline: March 24, 2017
- Procedure: Applications are on the school counseling website and next to Mrs. Beasley's desk. Completed applications should be returned to Ms. McMullin.

### **Fredericksburg Area Service League Scholarship**

- Qualifications: Candidates must hold a minimum 3.0 GPA and submit two letters of recommendation, one from a school administrator or faculty member and one from a community member. Applicants must also submit an essay, 250 to 500 words in length, entitled "How I Make a Difference" and the attached cover sheet. Preference will be given to those who have demonstrated a commitment to, and interest in, the well-being and growth, through volunteerism, of children in the Fredericksburg area.
- Amount: \$1,000.00
- Deadline: March 31, 2017
- Procedure: See the School Counseling website for an application.

### **Delta Sigma Theta Sorority, Inc.: Carrie "WY" Hill Tatum Memorial Scholarship**

- Qualifications: must be a high school senior in City of Fredericksburg and the Counties of Stafford, Spotsylvania, King George, and Caroline.
- Amount: amount not specified
- Deadline: March 31, 2017
- Procedure: See the School Counseling website for an application.

### **Vivint Smart Home Scholarship**

- Qualifications: Open to high school seniors or college students who are legal residents of the United States. Scholarship payable to the winner who should be living in the United States. Student must enroll in semester beginning no later than September 30, 2017. Winner is not based on financial need. Home-schooled students may apply so long as your course of study is equivalent to a high school senior. Applicants required to submit a video (see "Make A Video" tab for details). Student must be planning on or already enrolled in one of the eligible majors listed in the Scholarship Official Rules
- Amount: \$5,000.00
- Deadline: April 1, 2017 at 11:59 pm.
- Procedure: Visit <http://www.vivint.com/scholarship> for the application and more information.

### **Jermon Bushrod's Visualize and Rize Foundation Scholarship**

- Qualifications: presently be a senior (in good standing) and participated in an athletic program at CHS. Have been accepted at a trade school, vocational training, or college after graduation from CHS, and turn-in a completed application, along with a copy of your college acceptance letter to the school counseling department no later than April 1, 2017.
- Amount: \$500.00
- Deadline: April 1, 2017 at 11:59 pm.
- Procedure: See the School Counseling website for an application.

### **Dahlgren Officers' Spouses' Club Rosemarie Blades Honorary Scholarship**

- Qualifications: must be a high school senior who is a dependent of military personnel currently or previously assigned to Dahlgren as a permanent duty station.
- Amount: amount not specified.
- Deadline: April 1, 2017
- Procedure: See the School Counseling website for an application.

### **Caroline High School Alumni Honorary Scholarship**

- Qualifications: must be an African-American student at CHS who has been accepted to a 4 year college or university, have a 3.0 or higher GPA, be involved in a sport or club each year of high school, and have completed 10 hours of community service throughout high school career or maintained consistent employment.
- Amount: \$500.00
- Deadline: April 30, 2017 at 11:59 pm
- Procedure: See the School Counseling website for an application.

### **Parry & Pfau Left-Handed Scholarship**

- Qualifications: Open to left- or right-handed (or ambidextrous) high school seniors and college or graduate students who live in the United States. Student must enroll in college or graduate school beginning no later than Fall 2017. Winner is not based on financial need, but will be selected by Parry & Pfau's selection committee based on creativity, humor, and overall quality. Relatives of Parry & Pfau attorneys and staff may not enter. Applicants required to upload a video to YouTube.
- Amount: \$1,500.00
- Deadline: July 31, 2017
- Procedure: Visit <http://p2lawyers.com/scholarship> for the application and more information.

## Important Upcoming Dates

### SAT Test Dates

### ACT Test Dates

SAT Date	Deadline	Late Deadline	ACT Date	Deadline	Late Deadline
03/11/2017	02/10/2017	02/28/2017	02/11/2017	01/13/2017	01/20/2017
05/06/2017	04/07/2017	04/25/2017	04/08/2017	03/03/2017	03/17/2017
06/03/2017	05/09/2017	05/24/2017	06/10/2017	05/05/2017	05/19/2017

Register for the SAT online at [www.collegeboard.org](http://www.collegeboard.org)

Register for the ACT online at [www.actstudent.org](http://www.actstudent.org)

Cost: \$45.00 (no writing)  
\$57.00 (with writing)

*late fee: \$73.00*  
*late fee: \$85.00*

Cost: \$42.50 (no writing)  
\$58.50 (with writing)

*late fee: \$73.00*  
*late fee: \$86.00*

**\*\* If you receive free or reduced lunch you can receive a SAT or ACT fee waiver. See Mrs. Moore for details! \*\***

## Who Are School Counselors and How Can They Help You?

- School Counselors help students improve academic achievement, personal and social development and career planning.
- They are certified or licensed professionals who possess a master's degree or higher in school counseling, meet the state certification/licensure standards and abide by the laws of the states in which they are employed.
- School Counselors address the academic and developmental needs of all students, by collaborating with students, parents, school staff and the community.
- They design, implement, and maintain school counseling programs that align with the educational mission and philosophies of their schools and school districts.
- School Counselors work with students in individual, small group and classroom settings.
- They manage their counseling program just as teachers manage their curriculum.
- School Counselors hold their programs accountable for student achievement by making data-based and data-driven decisions about the school counseling program.

### February 2017

### March 2017

February 1: WorkKeys Writing  
 February 10: Deadline to sign up for the March SAT  
 February 11: February ACT at CHS!  
 February 7: ASVAB  
 February 9: Parent Teacher Conferences  
 February 14 & 15: Benchmarks

March 3: Deadline to sign up for the April ACT  
 March 10: Teacher Workday  
 March 11: SAT at CHS!  
 March 13: Teacher Workday  
 March 14-17: Writing SOL Testing  
 March 23: Art Show