

School Counseling Newsletter

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

How to Decide Where to Go!

1. Compare financial aid packages

Once you have received a letter of acceptance, you will also receive a financial aid award letter, which will detail any grants, scholarships, work study and other aid that you may receive. There are two ways to compare financial aid packages:

- Calculate the bottom line of what you will owe at each school. Look at the net price, see what out-of-pocket expenses you are expected to pay now, and consider how much student loan debt you'll need to incur over 4 years. All of these factors are very important.
- Compare the component parts of each financial aid package. Look at these letters closely to determine how much of the financial aid offer is gift aid—money you won't need to pay back—and how much is self-help aid, or money that comes in the form of work study or loans.

2. Make a list of Pros and Cons for each school

You may have this information swirling around in your head already, but take the time to write it down with pros on one side of the page and cons on the other. There is something powerful about seeing this list in writing. Pros and cons can be anything from cost to the cafeteria food, so think carefully about each and every aspect of the schools as you know them. You may find that one or more of your colleges really has a con that is a deal breaker, which will make it easier for you to take that school off of your final list.

3. Visit or re-visit the campuses

If you are going to spend 4 years and a lot of money on your education, go to great lengths to make sure you like your new home. Most colleges will give accepted students the opportunity to visit, sit in on classes, and more. Take the time to ask tough questions, read the campus newspaper, and whatever else you can do to see the good and the bad. Also, don't be afraid to strike up a conversation with any student you run into. Remember that tour guides are trained—and paid—to sell you on the school. They would never intentionally mislead you, but it's always good to get other perspectives on the school.

4. Stay overnight on campus

Again, most colleges will allow accepted students to stay overnight with a host. This is the best way to get a true feel for the campus dynamic. You'll get a sense for what life will be like here, and be able to envision how your routine might look on the average day. Staying on campus can also give you a sense for distance and convenience of campus locations—try to imagine how you would go throughout your day if you woke up each morning in the dorm. Do you have easy access to the things and places you need most?

5. Listen to your gut

All in all, choosing the right college can be a logical, methodical choice, but it can also be part gut feeling. Don't ignore one in favor of the other. If your gut is telling you that one college "feels" more right than another, then it's probably worth taking the time to think about why that is. Maybe it's the scenery on campus, the vibe of the culture, or the people you have met on campus.

Take all of these things into consideration, but do be careful not to let a "gut" feeling outweigh all of the measurable facts about a college. Find a balance and you'll ultimately make the right choice.

Choosing a college is part art and part science, embrace both parts and good luck!

Article from: <https://www.collegeraptor.com/college-guide/college-admissions/making-your-final-college-choice-how-to-decide-where-to-attend/>

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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!

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://cfrrrscholarships.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://cfrrrscholarships.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://cfrrrscholarships.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://cfrrrscholarships.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://cfrrrscholarships.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://cfrrrscholarships.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.

Granville P. Meade Scholarship

- Qualifications: applications should have achieved academically, but are unable to financially attend college. Must intend to attend a Virginia college.
- Amount: \$2,000.00
- 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 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.

Alpha Kappa Alpha Sorority, Inc: Maude B. Murchison Scholarship

- Qualifications: must be a female graduating senior accepted at an accredited four-year college, university, or community college with the intention of transferring to a four year college or university. Have a 2.5 GPA or better, exhibit outstanding leadership skills, have contributed notable community service, and have financial need.
- Amount: amount not specified
- Deadline: March 20, 2017
- Procedure: See the School Counseling website for an application.

Alpha Kappa Alpha Sorority, Inc: Maxine M. Newell Scholarship

- Qualifications: must be a female graduating senior accepted at an accredited four-year college, university, or community college with the intention of transferring to a four year college or university. Have a 2.5 GPA or better, exhibit outstanding leadership skills, have contributed notable community service, and have financial need. The student must be pursuing a degree that will benefit children.
- Amount: amount not specified
- Deadline: March 20, 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.

Sallie Holland & Wesley Peters Hicks Scholarship Fund

- Qualifications: Must be a high school senior, must be planning to attend a four year college, and must have a cumulative GPA of at least a 3.5
- Amount: \$900.00
- 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.

The Teen Enrichment Network Scholarship

- Qualifications: must be a senior, class of 2017, and planning to attend college in the fall of 2017.
- Amount: amount not specified.
- Deadline: April 1, 2017

- Procedure: Visit <https://teenenrichment.org/scholarship/> for the application and more information

Thomas Wheeler II Memorial Scholarship

- Qualifications: must be a 2017 high school graduate, must have a minimum GPA of a 3.0, must have participated in a sport for at least one year.
- Amount: \$500.00
- Deadline: April 1, 2017
- Procedure: See the School Counseling website for an application.

Tau Rho Chapter Annual College Scholarship

- Qualifications: none listed
- Amount: \$500.00
- Deadline: April 14, 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.

Regional Award for Outstanding Contribution to EMS by a High School Senior

- Qualifications: must be a high school senior who has been affiliated with an EMS agency for at least six months, and currently enrolled or will be enrolled in an institution of higher learning or an accredited ALS training program in the coming year.
- Amount: \$1,000.00
- Deadline: May 1, 2017 by 5:00 pm
- Procedure: See the School Counseling website for an application.

Betty J. Hunter Bazemore Scholarship Fund

- Qualifications: must be a resident of the local surrounding counties to include Caroline, must be actively involved in your church ministries and/or community service.
- Amount: amount
- Deadline: June 30, 2017
- 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

Register for the ACT online at 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.

March 2017

March 3: Deadline to sign up for the April ACT
 March 7 & 8: Midterms
 March 10: Teacher Workday
 March 11: SAT at CHS!
 March 13: Teacher Workday
 March 15-21: Writing SOL Testing
 March 16: Report Cards
 March 23: Art Show

April 2017

April 7: Career Day
 April 7: Deadline to sign up for the May SAT
 April 8: ACT (not at CHS)
 April 10 - 17: Spring Break
 April 20: Interims go home
 April 21: Prom
 April 27: Academic Awards