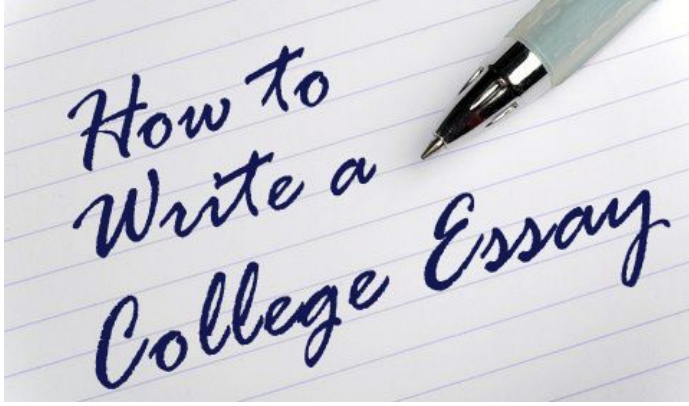


# School Counseling Newsletter

School Counseling Newsletter • Caroline High School • November/December 2016 • School Code: 471200



Your college essays are the highest ranked non-academic feature of your college application according to the National Association for College Admissions Counseling. Your college essays are the one thing over which you have absolute control. Here are a few tips:

1. **Get started by brainstorming:** Starting the essay can be the hardest part. Brainstorming about your personality traits and defining your strengths is a good place to begin.
2. **Let your first draft flow:** After you've gathered your notes, create an outline to organize your essay and decide where you want examples to appear. Now you're ready to write your first draft. Don't worry about making it perfect. Just get your ideas flowing and your thoughts down on paper. You'll fix mistakes and improve the writing in later drafts.
3. **Develop three essay parts:** Introduction (one paragraph that introduces your essay), body (several paragraphs explaining the main idea with examples), and conclusion (one paragraph that summarizes and ends the essay).
4. **Be specific:** Give your essay focus by figuring out how the question relates to your personal qualities and then taking a specific angle. Make sure everything you write supports that viewpoint.
5. **Find a creative angle:** Write something new and interesting that isn't like every other essay an admissions officer is reading.
6. **Be honest:** The essay question might ask you about your best quality, an experience that shaped you or the reason you want to attend a certain college. Don't be tempted to write what you think the admissions officer wants to hear, answer the question honestly.
7. **Get feedback:** Show your draft to family, friends, or teachers. Ask if it makes sense and sounds like you. Consider their feedback and make changes, but keep your voice.
8. **Proofread and make corrections:** Read your essay over carefully to check for typos and spelling and grammar errors. It's best to ask someone who hasn't seen it yet to take a look as well. They're likely to see mistakes you won't catch.

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# FAFSA Priority Filing Deadlines

School	Deadline	School	Deadline
Averett University	March 1, 2017	Old Dominion University	February 15, 2017
Bluefield College	March 1, 2017	Radford University	December 1, 2016
Bridgewater College	March 1, 2017	Randolph College	November 1, 2016
Christendom College	April 1, 2017	Randolph Macon College	March 1, 2017
Christopher Newport University	December 15, 2016	Regent University	March 15, 2017
College of William and Mary	March 1, 2017	Richard Bland College	March 1, 2017
Eastern Mennonite University	March 1, 2017	Roanoke College	March 1, 2017
Emory & Henry College	March 1, 2017	Shenandoah University	February 1, 2017
Ferrum College	February 1, 2017	Southern Virginia University	May 15, 2017
George Mason University	March 1, 2017	Sweet Briar College	February 15, 2017
Germanna Community College	April 1, 2017	University of Mary Washington	February 1, 2017
Hampden Sydney College	March 1, 2017	University of Richmond	February 1, 2017
Hampton University	February 15, 2017	University of Virginia	March 1, 2017
Hollins University	January 1, 2017	University of Virginia at Wise	February 15, 2017
James Madison University	March 1, 2017	Virginia Commonwealth University	March 1, 2017
Liberty University	January 15, 2017	Virginia Military Institute	March 1, 2017
Longwood University	March 1, 2017	Virginia State University	March 31, 2017
Lynchburg College	February 1, 2017	Virginia Tech	January 15, 2017
Mary Baldwin University	March 1, 2017	Virginia Union University	March 17, 2017
Marymount University	January 1, 2017	Virginia Wesleyan College	March 1, 2017
Norfolk State University	February 1, 2017	Washington & Lee University	February 15, 2017

If you have questions regarding the FAFSA, please see your school counselor ASAP, many deadlines are earlier than previous years!

# 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 Lee-Jackson Educational Foundation Scholarship Program**

- Qualifications: a Virginia resident; classified as a junior or senior in a Virginia public, private, or home high school; has not won a Lee-Jackson scholarship before; plans to attend a 4-year accredited U.S. college, and later enrolls as a full-time student
- Amount: up to \$10,000.00
- Deadline: February 3, 2017 to Ms. McMullin
- Procedure: Visit <http://www.lee-jackson.org> for the application and more information.

## **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 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.

### **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.

### **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
12/03/2016	11/03/2016	11/22/2016	12/10/2016	11/4/2016	11/18/2016
01/21/2017	12/21/2016	01/10/2017	02/11/2017	01/13/2017	01/20/2017
03/11/2017	02/10/2017	02/28/2017	04/08/2017	03/03/2017	03/17/2017
05/06/2017	04/07/2017	04/25/2017	06/10/2017	05/05/2017	05/19/2017
06/03/2017	05/09/2017	05/24/2017			

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 guidance 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.

### December 2016

Nov 20-Dec 2: Term Grad SOL Testing  
December 7-19: SOL Testing  
December 20-21: Final Exams  
December 21: Early Dismissal  
December 21: End of 2nd grading period  
December 22-30: Winter Break (no school!)

### January 2017

January 2-3: Winter Break (no school!)  
January 10: Report Cards go home  
January 16: Holiday (no school!)