

School Counseling Newsletter

School Counseling Newsletter • Caroline High School • January 2018 • 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! [@chssschoolcounseling](https://www.instagram.com/ccps_school_counseling)

Mr. Ryan Schuyler

rschuyler@ccps.us • Last name: A-Fe

Ms. Mallory McMullin

mmcmullin@ccps.us • Last name: Fi-L

Mrs. Melicer Jones

meljones@ccps.us • Last name: M-Sm

Mrs. Jenna Drumheller

jdumheller@ccps.us • Last name: Sn-Z

Mrs. Lorrie Hummer

lhummer@ccps.us • Career Coach

Ms. Julie Kusnerik

jkusnerik@ccps.us • College Advisor

Mrs. Katinia Minor

kminor@ccps.us • Counseling Secretary

Mrs. Omega Moore

omoore@ccps.us • Registrar

Scholarship Myths

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.

Ten Ways to Relieve Stress!

*High school can be a stressful time. Here are a few tips for de-stressing in a healthy way!
Remember, your school counselors are here to help you through these difficult times!*

#1. Eat Healthy

If you truly want to reduce your stress levels, then you have to take care of yourself. Begin by watching what you eat.

If you eat a lot of junk or even skip meals, then how on earth do you expect to perform your best? Just like a car needs good fuel to run your body also needs good fuel (nutrients) to run efficiently.

#2. Sleep

Your body needs rest. According to the National Sleep Foundation teens need between 8.5 to 9.25 hours of sleep. Don't skip out on sleep because you have a lot to do. You will perform better if you get a good night's rest. Sleep is your body's automatic meditation mode. It helps you regroup and relax so you'll be ready to tackle the next day's tasks with a clearer mind.

#3. Be Active

It's not uncommon to get so bogged down that the last thing you want to do is get up and move! A study published in the Journal of School Health shows that just two hours of extra exercise each week can improve your school performance. So not only is exercise good for you, but it can help your grades.

#4. Me Time

Take some time out of your busy day and spend it with a very important person; yourself! You need time to relax and have fun. It's important to schedule some time into your busy day to do something you enjoy.

#5. Friend Time

Don't give your friends the shaft when other things such as school, athletics, clubs, work, etc., consume your time. Friends serve an important role in helping you cope. Don't keep them out of your life because your busy. You need them.

#6. Find Balance

Don't take on more than you can accomplish at once. Find a way to balance all of the things that are on your plate. You can start by making a list and marking off anything that doesn't need your immediate attention. Practice managing your time and prioritizing what needs to be done so that you can work smarter, not harder.

#7. Go Outside

How much time do you spend outside on a given day? If you said not much, then go outdoors! Research has shown that being outside improves your mood (which can improve your performance). Just a few extra minutes each day can make a big difference.

#8. Take a Breath

Oftentimes when you're anxious you breathe from your chest rather than from your abdomen. When you breathe from your chest your breath is shallow and you don't get the full benefit that a deep breath provides. Practice taking deep, slow abdominal breaths. You should feel yourself start to relax.

#9. Find Your Sense of Humor

Laughter is often the best medicine for a stressed out day. When you laugh your body begins to relax and release feel good endorphins. Laughter can also keep you healthy by boosting the immune system (something stress likes to suppress). So go ahead watch a funny show, or crack a joke with a friend and notice how a little laughter can change your entire mood.

#10. Practice Mindfulness

Spend time letting your mind wander and pretend that you are on a vacation; a mental vacation. When you're ready, open your eyes and return home. The cool thing about this technique is that you can do it anytime without even packing a suitcase! Meditating for just a few minutes a day can help you feel balanced, focused and in control.

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 2, 2018 to Ms. McMullin
- Procedure: Visit <http://www.lee-jackson.org> for the application and more information.

Virginia, Maryland, and Delaware Association of Electric Cooperative Education Scholarship

- Qualifications: Applicant's primary residence must receive its electric power from one of the 15 member electric cooperatives served by Virginia, Maryland and Delaware Association of Electric Cooperatives (VMDAEC). For a list of our qualifying electric cooperative service territories, visit <http://www.vmdaec.com/content/member-cooperatives>. Applicant must be a high or home school senior graduating in 2018. Applicant must be entering his or her first semester at a post-secondary school in the fall of 2018. Proof of admission will be required if selected to receive a scholarship.
- Amount: \$1,000.00
- Deadline: February 9, 2018
- Procedure: Visit <http://www.vmdaec.com/content/education-scholarship-application#overlay-context=content/vmdaec-education-scholarship-foundation> for the application and more information.

Welcome Chapter 129 and Welcome Lodge 125 Scholarship

- Qualifications: The student must be a graduating senior accepted at an accredited four year college, university, or community college. The Student should have a 2.5 or above GPA. The student should exhibit good leadership skills. The student should have meaningful contributions to his/her school and community.
- Amount: amount not specified
- Deadline: March 1, 2018
- Procedure: See the School Counseling website for the application

Virginia Credit Union 2018 Scholarship Program

- Qualifications: **Applicant must be a primary member of Virginia Credit Union** (not just any credit union in Virginia) and must have joined VACU by December 1, 2017. Student must be the primary owner of a VACU account, not just a joint owner, and accounts must be in good standing. If you are unsure of your Virginia Credit Union membership status, please call (804) 323-6800 or (800) 285-6609 to verify it. Applicant must be a graduating high school senior or equivalent, or a college student (rising freshman, sophomore, junior, or senior) at an accredited college or university. The applicant may be in an undergraduate program or in an associate's degree program at a community college. Graduate students are not eligible. Applicant must have a minimum 3.00 cumulative grade point average. Applicant must take at least nine (9) credit hours per semester for the 2018-2019 academic year. VACU employees, directors, committee members, other volunteers and their families are not eligible. Previous scholarship recipients are not eligible.
- Amount: up to \$2,500.00
- Deadline: March 1, 2018
- Procedure: Visit https://www.vacu.org/Resources_Benefits/Scholarships/VACU_Scholarship.aspx for application and more information.

The Linda and Billy Beale Scholarship

- Qualifications: Be a graduating senior from Caroline High School, Chancellor High School, Colonial Forge High School, Fredericksburg Academy, Fredericksburg Christian School, James Monroe High School, King George High School, Massaponax High School, Mountain View High School, North Stafford High School, Riverbend High School, Spotsylvania High School, Stafford Senior High School. 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: \$1000 or more
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Craig “Cujo, Jr.” Bennett Scholarship Fund

- Qualifications: The selection criteria are intended to encourage a range of deserving students who have demonstrated efforts to overcome a significant hardship. **Eligible Localities:** Caroline County, City of Fredericksburg, King George County, Spotsylvania County, Stafford County
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Mary E. Berger Scholarship Fund

- Qualifications: Applicants to the Mary E. Berger Scholarship Fund must: 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 classroom 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: \$500
- Deadline: March 04, 2018 by 11:00 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
- Deadline: March 04, 2018 by 11:00 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: \$1000
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Como Farm Scholarship Fund

- Qualifications: 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: amount not listed
- Deadline: March 04, 2018 by 11:00 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: \$2500
- Deadline: March 04, 2018 by 11:00 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: \$1000
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Peter D. Johnson Memorial Scholarship Fund

- **Qualifications:** Attend a high school in one of the following localities: Orange County, Stafford County, Spotsylvania County, King George County, Caroline County or the City of Fredericksburg. Demonstrate plans to attend an accredited undergraduate college or university **located within the Commonwealth of Virginia**
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 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
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Walton Mahon Scholarship Fund

- **Qualifications:** Be a senior from any Caroline County High School or a homeschooled 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 and study business. Financial need is a consideration but may not be the determining factor.
- Amount: \$1000
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Irene Miller 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. A scholarship will be awarded to a promising prospective nursing student from Caroline County who meets the scholarship application requirements.
- Amount: \$2000
- Deadline: March 04, 2018 by 11:00 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: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Janice M. Scott Memorial Scholarship Fund

- Qualifications: be a US citizen, have a 3.0 GPA, be a high school senior matriculating full time to an accredited 4 year college or university, have demonstrated leadership abilities through community service or other extracurricular activities, and parents combined income cannot exceed \$50,000.
- Amount: \$500
- Deadline: March 31, 2018
- Procedure: Visit <https://jmscottmemorialfund.org/apply/> for the application and more information.

Hanover-Caroline Soil & Water Conservation District Scholarship

- Qualifications: Student must attend a Hanover or Caroline public high school AND reside in the respective county. Applied for admission 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. Applicant shall be in the top 20% of his/her high school graduating class or possess a 3.0 or greater Grade Point Average. The applicant's most recent official school transcript must accompany the application. Possess good communicative and quantitative skills as indicated by his/her scholastic record and/or personal interview.
- Amount: \$5,000
- Deadline: March 9, 2018
- Procedure: See the School Counseling website for the application

Virginia Association of Soil & Water Conservation Districts Educational Foundation Scholarship

- Qualifications: Applicants shall document a class ranking in the top 20% of his or her graduating class or a 3.0 or greater Grade Point Average or appropriate equivalent of individual scholastic achievement. 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: \$1,000
- Deadline: March 9, 2018
- Procedure: See the School Counseling website for the application. Applications are due to Ms. McMullin

The Caroline County Agricultural Fair Career and Technical Education Scholarship

- Qualifications: for graduating high school seniors of Caroline High School who is pursuing further studies in the career and technical field.
- Amount: \$500
- Deadline: April 1, 2018
- Procedure: See the School Counseling website for the application

The Dan Moody Scholarship Fund

- Qualifications: must be a senior graduating from CHS, interested in studying agriculture (including, but not restricted to: biology, animal science, poultry science, horticulture, forestry, wildlife management, veterinary science, or environmental science), and have been accepted to a 4 or 2 year college.
- Amount: \$1,000
- Deadline: April 20, 2018
- Procedure: See the School Counseling website for the 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: April 20, 2018
- Procedure: Applications are on the school counseling website. 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: April 20, 2018
- Procedure: Applications are on the school counseling website. Completed applications should be returned to Ms. McMullin.

Important Upcoming Dates

SAT Test Dates

ACT Test Dates

SAT Date	Deadline	Late Deadline	ACT Date	Deadline	Late Deadline
12/02/2017	11/02/2017	11/21/2017	02/10/2018	01/12/2018	01/19/2018
03/10/2018	02/09/2018	02/28/2018	04/14/2018	03/09/2018	05/18/2018
05/05/2018	04/06/2018	04/25/2018	06/09/2018	05/04/2018	05/18/2018
06/02/2018	05/03/2018	05/23/2018	07/14/2018	06/15/2018	06/22/2018

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 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.

January 2018

January 1-5: Winter Break (no school!)
January 12: Report Cards go home
January 15: Holiday (no school!)
January 22: Speak Up Club meeting after school
January 30: National Assessment of Educational Progress

February 2018

February 7-9: Benchmark
February 12: Speak Up Club meeting after school
February 14: ASVAB
February 16-19: No School for Students