

Eagle Valley High School Newsletter

February 2020

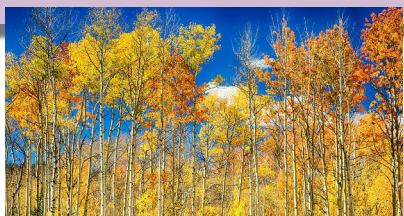
UPCOMING DATES

February 11th - 8th Grade Showcase Night @ 6:00
February 17th-21st - Break
February 24th - Junior Parent Night @ 6:00

THE GROVE

What is the Grove?!

It is a new program that recognizes students for non-traditional experiences and accomplishments. We will be creating a large canvas with aspen trees painted on them that contain leaves with students' names, who have been recognized by their peers, for the things they do in the pursuit of their education. Over time, we will have a grove of aspen trees in our school, in recognition of our students' lives and efforts.



COURSE REGISTRATION IS UPON US!

The month of February marks the beginning of the course selection process for the next school year. Students will begin to think about the classes that are offered at EVHS and start to make informed choices about course selection. Students are encouraged to consider their areas of strength, their areas of interest, as well as Eagle Valley's graduation requirements. Counselors are looking forward to meeting with students to assist them throughout the course selection process.



Graduation Requirements for the Class of 2021 and Beyond:

English - 4 credits	Government - .50 credits
Math - 3 credits	Economics - .50 credits
Science - 3 credits	Health - .50 credits
Social Studies - 2.5 credits	Physical Education - 1.5 credits
International Language - 1.0 credit	Practical Skills - 1.0 credit

25 Total Credits are Required for Graduation

Athletic Recruitment Timeline:

Are you thinking of playing a sport in college?! Here are some tips to follow to help you start the process. Starting junior year, students are encouraged to:

- Compose and revise your college list
- Prepare and send highlight videos
- Participate in camps during the summer
- Schedule "unofficial" and "official" visits
- Register with NCAA Clearinghouse
- Prepare and send a sports/academic/extracurricular resume
- Send final junior year transcript

WHAT'S YOUR PATH?!?

Is college the right choice for you?

For generations, high school students, like you, have been told that a college degree is the route to success and financial security. But, it's not the only path available; in fact, while it may seem like all your friends are heading off to college, a large number of high school graduates, don't take the college path. Finding happiness and success in your career should start with evaluating your goals, personality, and interests because you DO have options. Explore these higher education paths and gain some insight on available possibilities. The world is your oyster!

A Four-Year College:

A 4-year college program is one of the most common paths. It is an undergraduate degree program that leads to a bachelor's degree in a specific area of study. Individuals pursue a bachelor's degree to prepare for a profession, graduate study, or both! Cost, majors, and overall college environment can become the deciding factor in a choice between different colleges and universities. Be sure to weight out the pros and cons and think about what you truly want.

A Community College:

The National Center on Education Statistics shows that almost twice as many people attend two-year colleges as those who attend four-year colleges. At a community college, you can earn an associates degree after completing coursework in a general major or vocational field. This can prepare you for a bunch of careers, such as medical assistant, police officer, or website developer.

Vocational Training:

Vocational training, also known as trade schools, might be a great option for you if you prefer working with your hands and want to take training and instruction that is directly related to your career. These programs commonly lead students into careers like construction, plumbing, automotive, or cosmetology.

Apprenticeships:

If you want to start earning money immediately, apprenticeship programs may be the best bet. They combine on-the-job training with relevant instruction and classroom education. This combo gives you the opportunity to learn and earn money at the same time.



"There is no right or wrong path in life, there is only the path you create. Decide, commit, and enjoy every chapter in your life. There is no need to fear or regret because when one chapter closes, another begins."
- Unknown



Students often encounter a multitude of stressors throughout their young adult lives. With so many new experiences, responsibilities, social settings, and demands on their time, it's normal to feel overwhelmed and anxious at times. The key component is knowing how to identify the stressors and how to alleviate them. Take a look at the four main types of stress in students at school below:

Time Stress: this stress revolves around concerns about time - most often the lack of time to accomplish all that needs to be done in a given time frame.

Anticipatory Stress: this stress is usually felt in conjunction with concerns about the future, anticipatory stress appears in both specific and vague manifestations.

Situational Stress: this type of stress tends to be sudden and overwhelming. The common thread among all forms of situational stress is feeling a lack of control. Whether it's a sudden conflict, or making a mistake, it happens quickly and students feel they have no power to change what is happening.

Encounter Stress: Stress of this nature is unique in its trigger points being specific to seeing people. Moments of stress are likely to come out when being required to interact with a certain person or group of people.

