

Eagle Valley HS Newsletter

December 2019

UPCOMING DATES:

December 5th - Accuplacer Testing (make-ups) sign up in Counseling Office

December 11th and 12th - Freshmen opportunity to take Accuplacer Test - sign up in the Counseling Office

December 19th - End of 1st semester

December 20th - No School for students

December 23 - January 6 - Winter Break

MINDFULNESS APPS:

Check out these amazing mindfulness apps:

- Headspace
- Calm
- Mindshift



3 WAYS TO PRACTICE SELF-CARE IN HIGH SCHOOL

High school can be a roller-coaster of emotions - positive, negative, challenging, exciting - the list goes on and on. That being said, it can be tough to navigate through all of these emotions and sometimes it's hard to pinpoint what emotions you may be feeling. Through all of these emotions, it is crucial that we learn the importance of self-care. Here are a few tips to follow this school year:

1. Stretch and Breathe!

The school day can be a long and tedious day for students; it often includes many hours of sitting and little time for active movement. For a lot of people, self-care seems like only activities that they engage in for fun. However, self-care goes way beyond that, and incorporates practices that people tend to overlook despite being basic, necessary actions that improve their quality of life in profound ways.

Be sure to take a few minutes to stretch and breathe to give your body the break it needs.

2. Get Enough Sleep

Our bodies need time to relax - sometimes we get so overwhelmed with day to day duties that we forget to take the time to re-energize. It's important to make sure you get at least 7 hours of sleep each night in order to perform at your best. Naps count!

3. Do Something You Enjoy Everyday

It's our job to make each day rewarding and fulfilling, and the only way to really do that is to engage in things that truly make us happy. It's always important to find the right balance in your life, where you can still manage to juggle all your responsibilities while also partaking in activities you enjoy.

you matter ❤️

Having a Hard Time Choosing the College for You; Always Lead With Your Heart

If you are applying to multiple colleges, there's going to be a time when you have to choose which one is for you! As a high school senior trying to chart the trajectory of your entire future adult life, it is easy to be swept along by the anxiety of your parents and peers. This is natural - when making hard life choices, your opinions are shaped by those around you - but it can also be confusing, misleading or alarming when it doesn't need to be. As you navigate through this process, students should try to be practical, be skeptical, but most of all be honest with yourself; this is ultimately your decision and your future! Be sure to check out some of the college comparison worksheets in your senior packets to help write down your thoughts on each school and what you like and dislike about your schools. We are always available to talk things out with you as well!

HOW TO GET COLLEGE SCHOLARSHIPS - 6 TIPS !

The search for college scholarships can seem overwhelming, with countless websites, companies, and advertisements claiming to offer money.

So how do you find the right scholarships for you?! It is recommended that students narrow the search by checking family networks and online programs to find offers that fit your background and skills. It's important not to apply to each and every scholarship that comes your way, because you will be writing forever! Locate between 7-15 you think are worth it and put all your energy into those. Some scholarships are more labor intensive than others, so weight your options and see which are best for you.

Here are some helpful tips:

- 1. Use Online Tools:** Free tools are available online to help students streamline their searches. Fastweb.com, Scholarships.com, and GoingMerry.com are all scholarship websites that have been recommended by counselors around the country.
- 2. Check Family and Community Networks:** Students should look into their family networks for connections. A parent's employer may offer aid for students, local organizations such as Chamber of Commerce or Youth Sports Leagues may also offer chances to earn money.
- 3. Check College Websites:** Often times colleges and universities post information about scholarship opportunities specific for accepted students. Check out the individual schools website to locate their scholarships.
- 4. Keep Your Grades Up:** the biggest sources of tuition aid are merit-based awards that come directly from the college or university and often have GPA requirement.
- 5. Avoid Scams:** A good way to know

if a scholarship is non-legitimate is if they ask for an application fee. Most likely, if a scholarship is asking for a fee it is likely to be a scam so don't fill out those applications.

6. Plan Ahead: The annual cost of tuition and fees has increased over the years and students and families should be planning how they will pay for school well in advance. Families should be having these conversations and determine how much money should be set aside for college and how much is needed in order to close any gaps. Students should know that outside scholarships that go directly to the school, rather than the applicant, can reduce the overall financial aid a college is willing to provide.

There are many ways to find scholarships, but its about learning how to navigate through all of them and finding the best ones for you! Start early and explore what's out there - your counselors are always here to help you through the process so please come and see us!

"The first step is you have to say that you can." - Will Smith

SAT VS. ACT

The goals of the ACT and SAT are the same: to gauge college readiness. To determine which test to take, you have to understand the differences between them.

SAT is 3 hours long (50 min. optional essay) with 154 questions. The ACT is 2 hours 55 minutes (40 min. optional essay) with 215 questions. For the SAT, total scores range from 400-1600; for the ACT, the composite score runs from 1-36. Those ranges do not include the optional essays, which are score separately. The SAT has a reading, writing and language, and math section. The ACT has a reading, English, math and Science section. Students hoping to find the "easier" testing option are out of luck. To help students discover which test is for them, we recommend taking practice exams for both tests. If you think both are options for you, then take both exams to see your scores!

DID SOMEONE SAY TRADE SCHOOL?

Solving student loan debt has been the talk of the town for many years. Loan forgiveness might be one solution that politicians are thinking about, but first we might want to reconsider the value of college education for all young adults. Although college might be a road that some individuals enjoy, a four year institution may not be the sole route for everyone. Technical and trade schools provide a rich alternative to higher education that allows students to gauge what they want to get from their post-secondary education according to their own abilities and life goals. Compared to most colleges, vocational schools have a higher graduation rate and the demand for careers in different trades has increased. For students who view college as a step toward a job and don't focus so much on a liberal arts education, trade school is a "quicker" hands on option. The future of vocational schools look bright, since jobs in the trades are a vital part of any economy. If you are considering a trade or technical school and need some help navigating the process come see our counselor for help!

Final Exam Schedule

December 17th - 19th

Day 1 - Tuesday, December 17th, 2019

1st HOUR 8:00 – 9:30 (90 minutes)

2nd HOUR 9:40 - 11:10 (120 minutes)

3rd HOUR 11:20 - 12:50 (90 minutes)

Office Hours 1:30 - 3:25 (Optional to students)

Day 2 - Wednesday, December 18th, 2019

Late Start Busses will run normal late start

4th HOUR 10:20 - 11:50 (90 minutes)

5th HOUR 12:00 – 1:30 (90 minutes)

Office Hours 2:00-3:25 (Optional to students)

Day 3- Thursday, December 19th, 2019

6th HOUR 8:00 – 9:30 (90 minutes)

7th HOUR 9:40 – 11:10 (90 minutes)

OFFICE HOURS 12:00-3:25 (Optional to students)

*Lunch Service for each final exam day will be
modified

*There will be NO early bus pickup

*No Early Finals Administered