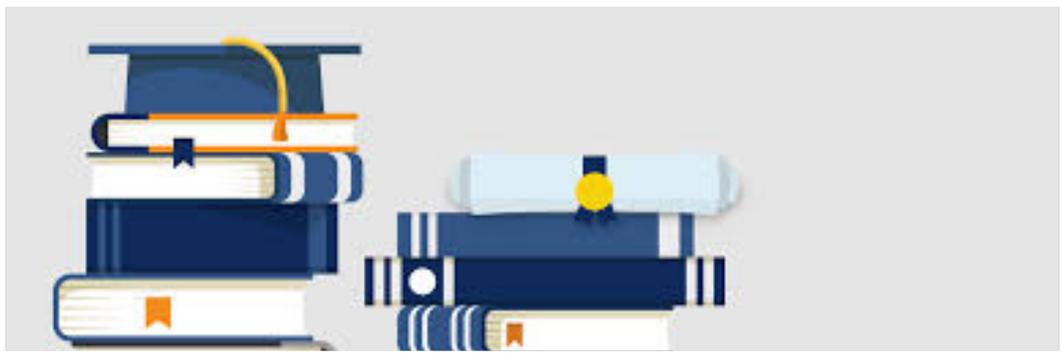


Senior Newsletter



STRESS MANAGEMENT

It's the second half of your Senior year.
 You are about to start a new journey!
 It's time to learn to manage that stress!

- Find the time to take care of YOU!
- Practice positive self-talk.
- Feel the freedom to cancel your plans and relax.
- Practice time management.
- Engage in regular physical activity.
- Spend time with people who build you up.
- Write or draw in a journal.
- Listen to music.
- Practice yoga, pilates, or stretching.
- Be mindful and aware of your breathing.
- Respond to stress as a challenge to grow.

NEED A TRANSCRIPT?
 If you need a transcript sent, please fill out a form in the counselors' office and Ms. Hill will get it sent for you.

ACT WAIVER
 If you are eligible for free or reduced lunch you can receive 4 ACT fee waivers from your counselor.

COLLEGE VISIT DAY
 If you are planning on a college visit day, you have to turn in a form to your counselor 7 days prior to college visit.

February 2022 President's Day February 21
March 2022 Spring Break March 12-18
April 2022 Easter Break April 15-18
May 2022 Graduation May 21 MS Coliseum
ACT Test Dates
Feb. 12
April 2
Jun 11
July 16

Tips for Applying for Scholarships

1. Apply for local scholarships

Many communities offer local scholarships through clubs, organizations, small businesses, and benefactors. The odds of winning these scholarships are greater because they're open to a smaller group of students.

2. Apply for scholarships with smaller awards

Scholarships with smaller awards usually have fewer applicants, so your chances of winning may be higher.

3. More work = fewer applicants = better chances

Many students avoid scholarships that require a lot of work, such as essays, videos, and projects. As a result, the applicant pool is much smaller, which means greater chances for you.

4. Get personal

Instead of burning yourself out applying for every scholarship you qualify for, have some fun! Apply for scholarships that fit your interests and that you'll enjoy.

5. Don't introduce yourself in your essay

It's cliché and may even get you disqualified. Many scholarship committees conduct blind readings, and essays that include names or other identifiers are immediately discarded. Get to the point as quickly as possible.

6. Don't repeat the essay prompt

No one wants to reread the same sentence hundreds of times a day. Be original! Use the beginning of your essay to showcase your personality and set yourself apart from the crowd. Try starting your essay by setting the scene for a story or jumping directly into your answer.

7. Don't use quotes

Your essay should be about *you*. The best essays are unique and stand out from the competition, so be original and use your own words.

8. Satisfy all the requirements

You can write the best essay in the world, but if the prompt asks for a list of five things, and you only list four, you may be disqualified. Make sure you answer every question and accurately meet every requirement.

9. Stick to the word limit

Get as close to the word limit as you can, but don't go over. Exceeding the word limit may disqualify you.

10. Proofread

Spelling and grammar mistakes may get you disqualified. Make sure to proofread your essay at least twice and ask your parents and friends to look it over, too. The more eyes, the better.

11. Submit early

Don't wait until the due date, just in case there's a problem with the site, the Internet connection, or your computer.

12. Apply for as many scholarships as you can

The tip we hear the most from scholarship winners is to apply for as many scholarships as you can. Treat it like a part-time job and set aside several hours every month to look for and apply for scholarships. You should continue applying for scholarships for as long as you're in school.

13. Don't give up!

If you don't win, don't take it personally, and DON'T GIVE UP! Like most things in life, the most successful scholarship

Winter Self-Care

Organize Something



Eat Healthy



Get Outside



Be Artsy



Do Something Intellectual



Be Mindful



Practice Gratitude



Open your phone's camera app and hold over the QR code. This will bring you to the handout without having to touch the card!