

SPECIAL POINTS OF INTEREST:

MONTHLY NEWSLETTER

APRIL 2017

Scholarship Opportunities

- **Living Scholarship Page:** <https://docs.google.com/spreadsheets/d/13AFheqxGldZopv8vY1LcBSx03lITZ66RyqDKI7ehj0/edit#gid=0>
- **Additional scholarships can be found on websites such as www.fastweb.com, www.scholarships.com**
- **www.thomasmore.edu/financial_aid/src.cfm (not just for TMC scholarships, LOTS of websites for different outside scholarships.**

- **James F. Bertsch Memorial Scholarship:** For a graduating senior enrolling at Thomas Moore College. For application information please contact the guidance office.

AMOUNT: \$2500
DEADLINE: 4/15/17

- **CLS Boosters Scholarship:** This scholarship is for graduating seniors who plan to attend a post-secondary school next year. Students must have participated at least one CLS sport their senior year and 6 seasons of CLS sports during their career. Must have maintained a 3.0 or higher cumulative GPA and also participated in community service. Applications available on the CLS website under Athletics and Boosters.

DEADLINE: 4/15/17

AMOUNT: \$250 each to one male and one female athlete

- **Agnes Seansongood Education Award:** The Women's Club of Greater Cincinnati gives this scholarship to encourage responsible civic awareness among female high school seniors in the community. Applicants must write an essay. See: <http://womanscityclub.org/cms/wp-content/uploads/2013/08/2016->

[WCC%E2%80%99s-EdAwrdrdAPP.pdf](#) for essay prompt and application.

AMOUNT: \$1000
DEADLINE: 4/20/17

- **The Cincinnati Scholarship Foundation:** The Cincinnati Scholarship Foundation connects residents of the greater Cincinnati area to numerous and diverse scholarships. Only one application is required to be considered for all the scholarships offered through the Cincinnati Scholarship Foundation!

To find out more and to

apply, visit:
www.cincinnati-scholarship-foundation.org

AMOUNT: Varies
DEADLINE: 4/30/17

- **Northern Kentucky Building Inspectors' Association:** This scholarship is for students who are current residents of Campbell, Kenton, Boone, Grant, Mason, Bracken, Pendleton, Owen, Carroll or Gallatin counties and are planning in pursuing a code-related degree at an accredited institution of high learning. (ex. Architecture, Engineering.) To apply, see Ms. Couch for an application.

AMOUNT: \$750
DEADLINE: 5/1/17



College Essay Application Camp

Ms. Couch will be hosting a College Essay Application workshop through Explore More for seniors the first week of June. During the course of the week students will work on the Common Application, college essays, and meet with college representatives to review their essays. See Ms. Couch for Summer Opportunities or email Mrs. Darpel about registering for Explore More.

CLS College Fair



Don't forget to come to the CLS college fair!

The thirty-sixth Annual College Night Program will take place at 6:30 pm on **Monday, April 3rd** in the Forum. There have been over twenty five representatives from various educational and

other post-high school programs, along with college funding forces and test prep companies, invited to attend. This is an excellent opportunity for students to get to know the college reps who they will be working with and vice-versa. This will also give rising seniors and parents a chance to set up summer or early fall campus

visits, learn about scholarship and financing possibilities and just gain some useful information in a less crowded, one-on-one setting. **The College Night Program is open to ALL CLS students and parents. It is of particular importance to students completing their JUNIOR year. Sophomores and interested students from other grade levels and their parents are also encouraged to attend. Please feel free to pass this information along to friends and family members at other schools. It is open to everyone!**

SUMMER OPPORTUNITIES

To assist with summer planning, go to the Counseling website (<https://sites.google.com/a/covingtonlatin.org/guidance/>) and click on "Summer Opportunities." You can then review a plethora of possible experiences available, some of which may be particularly appealing to you. Location, costs (if any), dates, application process and deadlines will be outlined. Great chance for you to spend your summer in worthwhile pursuits.

Service Academy Day

Congressman Thomas Massie will host Academy Day Saturday **April 29, 10 am– 12:30 pm**. The event will be held at the Gateway Community and Technical College in Florence. Academy day is an event for interested students and parents to learn more about the U.S. Military Academy at West Point, the Naval Academy, the Air Force Academy, the Merchant Marine Academy, and the Coast Guard Academy, known collectively as the U.S. Service Academies. The U.S. Service Academies offer an opportunity for young men and women to serve their country while improving all facets of their character through a rigorous scholastic curriculum and a disciplined moral and physical regimen. Competition for entry into a Service Academy is high, and nominees are chosen based on several factors including character, leadership, academic excellence, physical aptitude, and extracurricular activities. Any high school student who has an interest in learning more about attending a U.S. Academy is encouraged to attend. For more information or to register, visit: <http://massie.house.gov/>

Academic Signing April 26th

For all students and senior parents: The first annual Academic Signing is scheduled for **Wednesday, April 26th at 2:00 pm**. The seniors will be signing with the college they plan on attending. Representatives will be there to hand out college swag and meet with students. There will be a keynote speaker at the beginning of the academic signing. Please plan to attend this exciting event!

ACT/SAT News:

- ACT: Register by April 8 for the June 10 test (www.actstudent.org)
- SAT: Register by April 7 for the May 6 test (www.collegeboard.org)
- I strongly recommend that juniors who plan to take BOTH the SAT and ACT do so by June 2017. This gives time for retesting in the fall. **JUNIORS**– check to see if any of the schools you are interested in requires SAT II Subject Tests so you can make sure to schedule time for those! They are offered the same time as the regular SAT.

Cincinnati Area

Spring College Fair

Xavier University will be hosting a spring College Fair on **Tuesday, April 4, 6-7:30 pm** at the Cintas Center. This fair will host more than 150 colleges and universities. This is an opportunity to meet with representatives from schools that may be a little further away and to learn about some new places. Visit <http://www.xavier.edu/undergraduate-admission/collegefair/> for directions, a list of past attendees and more!

Altiora! Whole Child Initiative

In March, I went into junior and senior classes to talk about Emotional Regulation.. DBT Emotional Regulation skills help students know how to manage their emotional reactions to everyday problems. They learned problem solving techniques and how to check the facts with their thoughts and emotions. It is important to determine what the actual problem is to be solved. Problem solving is a skill that identifies effective

solutions for emotions that fit the facts.

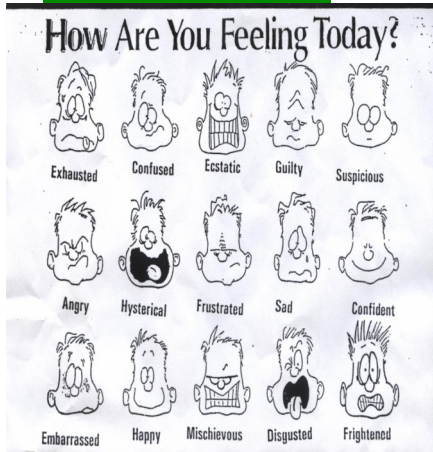
It is important for students to be able to regulate their emotions through problem solving and rational thinking. This can prevent a crisis from happening and help them to respond to a crisis without making the situation worse.

They learned the ABC PLEASE technique. The A of ABC PLEASE stands for Accumulating positive emotions. Accumulating positive emotions

includes both engaging in daily pleasurable activities in the short term and identifying values and goals in the long term.

We will wrap up our DBT skills training with Interpersonal Effectiveness this month.

I also went into Prep 7 & 8 classes to talk about Giftedness. We discussed what it means to be gifted and what expectations come with being labeled gifted.



"It is our choices that show us what we truly are, far more than our abilities,"-Albus Dumbledore: Harry Potter.

NaviGo

In March, students got more familiar with the Common Application, surviving college, and college essays. We provided them financial aid and

scholarship resources. Juniors worked more on the college application and started to learn about how to write a college essay. Seniors learned

more about what to expect from college and budgeting. They learned about loans, credit cards, saving money, and how to survive their first year of college.

