



Counselor's Corner: December 2011

Great Opportunities for All Students

by Diane Mastromarino Jensen

BVSD ACADEMIC OPPORTUNITIES

BOULDER TEC

Interested in taking classes at Boulder TEC this spring? The programs listed below have openings, but will fill up quickly. See Diane ASAP for more information and application.

Auto/Collision 2nd semester (AM and PM); Nursing Assistant (AM); Forensic Technology (PM); Graphic Applications second 2nd semester (PM); Computer Information Systems/Web and Gaming Applications 2nd semester (AM)

****There will be a tour of Boulder Tec on the morning of Thursday, January 12 for New Vista students interested in taking classes in the fall of 2012*

CONCURRENT ENROLLMENT

Students who applied to take courses at CU Boulder or Front Range CC this spring have received approval information in advisory. Students who were approved will register for courses after winter break on Friday Jan 13th and begin classes on Tuesday Jan 17th. They will receive information about how to register after winter break.

NEW VISTA COUNSELING DEPARTMENT GROUPS & EVENTS

GENERAL SUPPORT

For many people, the holidays can bring up lots of emotions ranging from excitement to anxiety to grief to hopefulness to loneliness. Please know that Diane and Chet are here to support you in any way you need – that may mean to talk or to sit quietly with. Just stop by or leave a note. And remember to take care of yourself. You deserve that.

LIFE AFTER SCHOOL CLUB

The Life After School Club is hosting an Ice-Blocking party on Monday, December 5. Meet in room 312 after school and bring your own towel! This club was founded by our interventionist Chet Chavez and some NV students who want to debunk the myth that “Everyone is doing it” in regards to drugs and alcohol. They are excited to create sober activities for our community. The club meets on Mondays after school in room 312. Check it out!

The following groups will be run after winter break, if we have enough student interest. A survey will be given in advisory to assess interest. If you have questions, please stop by Diane's office.

“GIRLS GROUP,” run by members of the Boulder Youth Body Alliance

This group will take place at lunch once a week. It will focus on body-image, self-esteem, and how to feel empowered and beautiful in a society that sometimes makes it challenging. Want to join? Not sure if this is a good fit? Have questions? Drop by the Counseling Office to see Diane as soon as possible.

Stress and Anxiety Reduction Group

70% of teenagers in America say they're stressed out, and many of them have no idea what to do about it. The focus of this group will be on learning strategies for getting your stress and anxiety under control, and getting better prepared for dealing with these feelings in the future.

NOT-ON-TOBACCO (N-O-T) GROUP

Do you want to stop smoking? Make it your New Year's Resolution! The N-O-T group will start in January and will be held on Thursdays at lunch. There will be food and maybe even prizes. Sign up in the counseling office.

COLLEGES AND ORGANIZATIONS VISITING NEW VISTA

ALL STUDENTS ARE ENCOURAGED TO ATTEND VISITS. SENIORS SHOULD SIGN UP ONLINE AT <http://connection.naviance.com/newvista>. See Diane or Julie if you need help. All other students sign up ahead of time on the bulletin board in the Post Grad/Counseling Center and get a pink ticket from Diane, Tracie or Julie.

<u>School</u>	<u>Date</u>	<u>Time</u>
Clark University (with Kate Hartman!)	January 6, 2012	11:15
Arizona State University	January 10, 2012	10:00

UPCOMING COLLEGE AND POST-SECONDARY EVENTS

JOHNSON & WALES PREVIEW DAY

January 21, February 18, March 17, & April 21

Tour the campus and meet staff or faculty from the student financial services, student activities, academics, and athletics.

SAIC DAY

Sunday, January 22, 2012 from 12-3:00pm at the Denver Art Museum

100 W. 14th Avenue Parkway Denver 80204

The School of the Art Institute of Chicago (SAIC) invites you to meet with their representatives and learn more about their undergraduate study. Students are encouraged to bring their portfolios. **Registration is required.**

RSVP at www.saic.edu/upevents.

COLORADO STATE UNIVERSITY ENGINEERING EXPLORATION DAY

Saturday, February 11 9:00am-3:00pm CSU Engineering Building and Lory Student CenterThe program includes an overview of engineering majors and careers, laboratory demonstrations, discussion sessions with current students, information about financial aid, scholarships, and residence halls, and information on engineering admission, advising, and scholarships. Register online at www.engr.colostate.edu/explore.

GAP YEAR FAIR

Thursday, February 16, 2012 6-8:30pm at Peak to Peak 800 Merlin Lafayette 80026

Saturday, February 18, 2012 1-4pm at the Denver Academy 4400 E. Iliff Avenue Denver 80222 For more information visit: <http://www.usagapyearfairs.org/index.html>

NORTHEASTERN JUNIOR COLLEGE DISCOVERY DAYS

Monday, February 20, 2012 and Friday, April 13, 2012

Northeastern Junior College in Sterling, CO would like to show you how they deliver the tools and experiences you need to begin building a successful future. Visit www.njc.edu for more information and to register.

WESTERN STATE COLLEGE OF COLORADO 2011-2012 PREVIEW DAYS

February 24th, March 23rd & April 20th

For more information or to schedule your visit online go to www.western.edu.

JOHNSON & WALES EARLY ENROLLMENT PROGRAM (for Juniors)

Are you a junior looking to start your college career early? Are you interested in studying business, culinary arts, hospitality or technology? Visit www.jwu.edu/admissions now to investigate the opportunities Johnson & Wales can offer you.

COLLEGE WEEK LIVE is a provider of the world's largest online college fairs. This school year College Week Live will feature more than 30 online events, including virtual open houses for individual schools, regional shows, and large national and international college fairs. Go to www.collegeweeklive.com for more information!

COLLEGE ADMISSIONS TESTING

PSAT: Students who took the PSAT will be receiving their score reports on Wednesday Dec. 14th at 11am. There will be a short presentation explaining what these scores mean and how to use this experience to prepare for future college admissions testing. Parents will receive an email with information on how to understand score reports on Wednesday.

ACT Test

All Juniors are required to take the state-mandated ACT on April 24th. This test does not include the “writing section.” To retake the ACT or for info about the test, go to www.actstudent.org

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Registration (Fee Required)</u>
December 10, 2011	November 4, 2011	November 5–18, 2011
February 11, 2012*	January 13, 2012	January 14–20, 2012
April 14, 2012	March 9, 2012	March 10–23, 2012
June 9, 2012	May 4, 2012	May 5–18, 2012

SAT

For more info and to register, visit www.collegeboard.com. Fee waivers are available. See Diane for more info.

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Registration (Fee Required)</u>
December 3, 2011	November 8, 2011	November 20, 2011
January 28, 2012	December 30, 2011	January 13, 2012
March 10, 2012	February 10, 2012	February 24, 2012
May 5, 2012	April 6, 2012	April 20, 2012
June 2, 2012	May 8, 2012	May 22, 2012

Students with disabilities: If you plan on taking the ACT, PSAT or SAT, please see Diane or your case manager ASAP to set up accommodations.

PREP CLASSES

DOMESTIC SAT PREP: A free SAT Prep program online that includes a catalog of over 100 strategic study guides, an interactive vocabulary builder with over 5000 common SAT words, practice quizzes with explanations, and simulated practice tests. <http://domesatreview.com>

KAPLAN: Kaplan is holding many test prep classes in our area. Go to www.kaptest.com for more info.

New Vista will be hosting a Kaplan ACT/SAT practice test (\$20), and prep course in the spring (\$599). We will keep you posted.

BVSD CLASSES: There are many prep classes available for the ACT and SAT. Check out www.bvsvd.org/LLL for those offered through BVSD.

LEADERSHIP, COMMUNITY & OTHER OPPORTUNITIES

UNIVERSITY OF SOUTHERN CALIFORNIA CONTINUING EDUCATION - JOURNALISM FOR HIGH SCHOOL STUDENTS

USC is offering six online journalism classes for high school students. Enroll in individual courses or take all six and earn a certificate. Various courses offered for various periods of time from October 2011 to February 2012. \$100 per course. Visit continuingeducation.usc.edu for more information or to enroll.

CONGRESS-BUNDESTAG YOUTH EXCHANGE SCHOLARSHIP PROGRAM

Application due Saturday, December 18

The U.S. State Department funded Congress-Bundestag Youth Exchange Program (CBYX) is for motivated high school students who want to fully immerse themselves in German culture by living with a host family and attending a local high school. No previous German language experience is required. Most students are eligible. For more information or to apply visit www.usagermanyscholarship.org.

THE PRINCETON PRIZE IN RACE RELATIONS

Must be postmarked by Tuesday, January 31, 2012

The Princeton Prize in Race Relations recognizes students who are helping to improve race relations in their schools and communities. Winners are awarded up to \$1,000 and invited to Princeton University for an expense-paid weekend symposium on race. Visit www.princeton.edu/pprize for more information and to apply.

OUT BOULDER'S BOLD YOUTH PROGRAM

Out Boulder's BOLD Youth program empowers youth through art, activism and community. This program offers LGBTQ & Allied Youth ages 13-20 a space to connect through creative endeavors. Fall of 2011 will consist of the three programs: creative writing group, a back-to-school event with open mic and art show, and our famous filmmaking project!

Creative writing group will be held on Tuesday afternoons from 5-6:30 at Out Boulder's Pride House (2132 14th St). This is a drop-in group with a casual atmosphere. Creative writing group is a youth-created, youth-led activity. Each week a youth volunteers to lead in writing prompts and sharing. It's fun!

YMCA of Boulder Valley Teen Programs

The Y gives young people a safe place to call their own. Caring, dedicated adults are there to listen to them and help them navigate the stresses, changes and choices that come with adolescence. Building relationships with these responsible adults and with other young people from different backgrounds helps give teens the inner strength to avoid destructive behavior. Young people have more fun and learn more when they can take the lead in planning and directing their own programs, and Ys often provide this opportunity. For more information visit <http://www.ymcabv.org/ymcaweb/after-school.html>

Some of the YMCA programs for teens include:

- **Breakthrough Arts Program (13 – 18 years)** Looking for something to do after school? Come check out some of our FREE Y BreakThrough Arts Classes! Classes meet between 3:30-6pm in Boulder, Louisville/Lafayette. All classes are free of charge. We prefer that students register in advance for classes, though we do accept drop-ins. For more information please call 303-443-4474 ext. 4650 or email Jessica.England@ymcabv.org.
- **Y-Riders:** The Y-Riders program is dedicated to supporting cyclists of all ages in achieving their potential and goals. Y-Riders strives to produce honest, responsible, respectful and caring riders of all ability levels and in every aspect of cycling: for fitness, fun, recreation, competition and alternative transportation. This group organizes the Y entry in the Lights of December Parade, volunteers in the Learn to Bike classes and provides other cycling related service opportunities. Contact George Sharman at 303-443-4474 x4614 or george.sharman@ymcabv.org

JOB OPPORTUNITIES

In effort to save paper we will now be keeping a “Jobs” binder in the counseling center instead of listing them in the Counselor's Corner. Please stop by to check out the latest employment opportunities! New jobs are listed every week!

WIA – WORKFORCE INVESTMENT ACT

Purpose: To aid 14-21 year old youth who meet specific income guidelines and have other educational and/or employment barriers.

Description: This is a year-round, multi-faceted program. Its approach is designed to help youth develop workplace success skills, strengthen basic skills while encouraging school and work retention and achieve career goals.

How do I get started? Youth ages 14-21 are referred to WIA by parents, schools, social services agencies, and community based organizations. Call Claire Callahan @ at WorkForce Boulder County (303) 301-2924 and set up an appointment! <http://www.wfbc.org/youth/youth2.htm>

Looking for a job? Try these websites:

- www.wfbc.org/: Boulder County job resources; help with resumes, job skills, job seeking
- <http://www.colorado.gov/cs/Satellite/CDLE-EmployTrain/CDLE/1248095317847> State of Colorado Youth Employment
- <http://www.snagajob.com/> Hourly employment
- <http://www.groovejob.com/> Summer, part time, hourly, teen and student jobs
- <http://www.coolworks.com/> Seasonal and camp jobs
- <http://www.teens4hire.org/> Teen jobs and resources
- <http://www.jobdoggy.com/> Part time jobs for teens and students
- <http://www.monster.com/>
- <http://mappingyourfuture.org/> Career planning, selecting and paying for school

SUPPORT RESOURCES

Counseling groups and workshops and parent support events can be found at:

<http://boulderpsychotherapistsguild.com>

www.parentengagementnetwork.org

www.BoulderPsychologicalServices.com

TOYOTA TEEN DRIVER

Motor vehicle crashes are the leading cause of death for US teens. That's why Toyota and Discovery Education have teamed up to create Toyota Teen Driver, a comprehensive program to help teens avoid distractions and help them stay safe behind the wheel. Go to

www.Toyotateendrivers.com for information and resources.

TEEN CLINIC

We're here to answer your questions, give you options, and make sure that you are comfortable with your choices about sexual health. Services are free and confidential. Call [303.442.5160](tel:303.442.5160) or visit

<http://www.teenclinic.org/> for more information.

HEALING CIRCLES GRIEF SUPPORT GROUPS

The holidays can be a difficult time for those who have loved a loved one. HospiceCare of Boulder and Broomfield Counties provide grief support groups for kids, teens and their families. Please call 303.449.7740 or visit <http://hospicecareonline.org/index.php> for more information.

HEALTHY KIDS INITIATIVE

Does your family need health insurance? Boulder County Healthy Kids Initiative helps eligible families enroll in Medicaid and the Child Health Plan Plus. Call 720-561-6466 for more information.

JUST FOR SENIORS

SENIORS- If you are uncertain about your plans for next year, PLEASE see Diane ASAP. She is here to help you.

SCHOLARSHIPS

APPLY FOR SCHOLARSHIPS NOW!!!!

Some Upcoming Scholarships are listed below. Scholarships can be found in the counseling office, as well as, on Naviance (<http://connection.naviance.com/newvista>).

PLANNING ON GOING TO FRONT RANGE COMMUNITY COLLEGE??

Front Range Community College Foundation will award more than \$200,000 in scholarships to more than 200 students during the 2012-2013 academic year! **Accepting Applications NOW through March 1. Go to <http://www.frontrange.edu/frccscholarships/>**

PLANNING ON GOING TO CU DENVER???

CU-DENVER UNIVERSITY HONORS AND LEADERSHIP PROGRAM

Deadline: Rolling admissions from December until Wednesday, February 15.

CU Denver's UHL program offers multidisciplinary courses, small class sizes, and opportunities beyond the classroom. UHL students also receive a \$2,000 scholarship each year for four years and the opportunity to compete for other scholarships offered. For more information visit www.ucdenver.edu/uhl.

NFIB YOUNG ENTREPRENEUR AWARD

Deadline: Thursday, December 15, 2011

NFIB Young Entrepreneur Awards are open to any graduating high school senior entering their freshman year at an accredited (not for profit) two- or four-year university, college or vocational/technical institute. Applicants **MUST** be running their own small business in order to be considered for an award. Visit <http://www.nfib.com/YEA> for more information.

BK SCHOLARS

Deadline: Tuesday, January 10

Burger King offers scholarships from \$1,000 to \$50,000. **Applicants do not have to be affiliated with Burger King.** Visit http://haveityourwayfoundation.org/burger_king_scholars_program.html for more information.

GATES MILLENIUM SCHOLARS

Deadline: Wednesday, January 11, 2012

Renewable, need-based, merit scholarship given to 1,000 students studying computer science, education, engineering, library science, mathematics, public health or science. For more information visit <http://www.gmsp.org/>

SCHOLARSTIC ART AWARDS OF COLORADO

Deadline: Sunday, January 15

Students graduating in 2012 can submit portfolios to have their work reviewed by the regional colleges and universities offering scholarships to the Scholastic Art Award program. Visit artandwriting.org for more information and to register.

Mensa Education and Research Foundation

Deadline: Sunday, January 15

The Mensa Local Scholarship Program is offering scholarships to Boulder-area students. **Applicants do not have to be members of Mensa.** Visit www.mensafoundation.org/scholarships for more information.

GREENHOUSE SCHOLARS

Deadline: Friday, January 20

Are you a high performing, under-resourced high school senior who has demonstrated true leadership and outstanding community contributions? Visit greenhousescholars.org for their scholarship opportunities for you.

RONALD MCDONALD HOUSE CHARITIES U.S. SCHOLARSHIP PROGRAM

Deadline: Friday, January 27, 2012

RMHC offers scholarships to students in financial need who have demonstrated academic achievement, leadership and community involvement. Visit <http://rmhc.org/what-we-do/rmhc-u-s-scholarships/> for more information.

CSU – COMMITMENT TO COLORADO PROGRAM

Applications due by Wednesday, February 1, 2012 for regular decision

The Commitment to Colorado Program covers 100% of base tuition and standard fees for Colorado resident students who are eligible for the federal Pell Grant or at least half the cost of base tuition for all admitted, eligible Colorado resident students who family adjusted gross income is \$57,000 or less. For complete eligibility requirements, visit sfs.colostate.edu.

PROJECT PAVE TRANSFORMATIONS SCHOLARSHIP

Deadline: Must be postmarked by Wednesday, February 1, 2012

Are you a high school senior who has been active in transforming yourself and others in the area of relationship violence? If so, you are encouraged to apply for a \$2,000 to \$4,000 scholarship to cover eligible post-secondary education (including technical schools) expenses. For more information visit <http://projectpave.org/transformations-scholarship-application>.

INTERESTED IN GOING TO CU BOULDER??? Check out this great opportunity.

CU-BOULDER ALUMNI SCHOLARSHIP PROGRAM

Deadline: Monday, March 5, 2012

Boulder-area seniors who are graduating from a Boulder Valley School District high school in Spring 2012 and who will be entering CU Boulder for the 2012-2013 academic year are eligible for these \$2,500 scholarships. Applicants should meet the following criteria: ACT composite score of at least 23, SAT score (if taken) of at least 1100 math and verbal combined, 3.3 or higher GPA. For more information visit <http://www.cualum.org/services/scholarships/boulderscholarship/>

UNIVERSITY OF WYOMING - ROCKY MOUNTAIN SCHOLARS AWARD

UW application materials must be submitted by May 1, 2012 to be considered.

The University of Wyoming Rocky Mountain Scholars Award provides one of five amounts (\$3,000 to \$6,000) of annual scholarship support to incoming non-resident freshmen students based on their cumulative high school GPA and composite ACT or SAT score. This scholarship is only available to first-time, entering freshmen seeking their first bachelor's degree, but is renewable for up to 8 semesters (4 years). Students must maintain full-time enrollment in Laramie campus courses (12 semester hours) during the Fall and Spring semesters each year and maintain a 3.0 cumulative GPA. For more information visit uwo.edu/admissions/scholarships.

ALERT MAGAZINE COLLEGE SCHOLARSHIP ESSAY CONTEST

No deadline.

You can help others become more alert by speaking out against the dangers of drug and alcohol abuse. All eligible high school seniors may enter the *Alert* college scholarship essay contest. With each edition of *Alert* magazine, a \$500 college scholarship will be awarded to the writer of the best drug and/or alcohol abuse-related essay received for that state/region. Visit www.alertmagazine.org/scholarship.php for more information.

SCHOLARSHIP WEBSITES

Naviance website: <http://connection.naviance.com/newvista> (See Diane or Julie if you forgot your login)

You can also access up to date scholarship info on Fairview's website:

<http://bvsd.org/schools/FairviewHS/CounselingDepartment/PostGradCenter/GeneralInformation/Pages/Scholarships.aspx>

http://bvsd.org/schools/FairviewHS/CounselingDepartment/PostGradCenter/Documents/Schps/Scholarships_FullList.htm?keepThis=true&TB_iframe=true

Other Websites:

- www.fastweb.com (Access to over 275,000 scholarships, fellowships, loans, and grants)
- <http://www.studentscholarshipsearch.com/> No registration required. Scholarships updated daily.
- <http://www.collegeanswer.com/index.jsp> Provided by SallieMae, federal loan group
- <http://scholarship.com>
- <http://www.cksf.org/hschool.cfm> Includes non-traditional scholarships
- <http://www.cappex.com/scholarships/>
- www.zinch.com (blocked at school)

TRANSITION YEAR (www.transitionyear.org) Whether you need help picking a school that is the best fit, are looking for tips on managing stress once on campus, or want guidance in making a smooth transition for a student dealing with an issue like depression, this site has the tools and information you need. The Transition Year is an online resource center to help parents and students focus on emotional health before, during and after the college transition. Check it out!

FAFSA

Parents be prepared to complete the FAFSA as soon as possible after January 1, 2012. For more information visit <http://www.fafsa.ed.gov/>

ARE YOU GOING TO COLLEGE IN COLORADO?

If you are going to college in Colorado, register for the COLORADO OPPORTUNITY FUND. This is free money that is taken off your tuition. <https://cof.college-assist.org/COFApp/COFApp/Default.aspx>



(New Vista does not endorse any particular school, program, organization or company. Do thorough research to determine the legitimacy, appropriateness, and usefulness of any school, program, organization, or company described in this document.)