



The Counseling News is a valuable tool for students and their parents. By the first Friday of each month this bulletin will be updated and available on our school's website at [shs.fz.k12.mo.us](http://shs.fz.k12.mo.us). It is designed to guide students as they plan for life during and after high school. College and Tech school admission deadlines, scholarship criteria and deadlines, campus happenings, financial aid etc. will all be highlighted each month.

### ACT TEST DATES 2017-2018

Test Date	Registration Deadline
Oct. 28, 2017	Sept. 22, 2017
Dec. 9, 2017	Nov. 3, 2017
Feb. 10, 2018	Jan. 12, 2018
Apr. 14, 2018	Mar. 9, 2018
Jun. 9, 2018	May 4, 2018
Jul. 14, 2018	Jun 15, 2018

### Test Fees

ACT no writing \$46  
 ACT plus writing \$62.50

Register **ONLINE** at [www.actstudent.org](http://www.actstudent.org) and remember it is important to enter our school code **263137**

## IMPORTANT!!!!

Most colleges require your ACT score be sent directly to them from ACT therefore.....  
 Include college codes when registering for ACT

Having score sent later directly from ACT will cost you extra!

### School Counselors

- Mrs. Lacey Kreider Lukowski A - E
- Mrs. Nicole Joyner F - K
- Mrs. Susan Rasch L - Q
- Dr. Laura Curran R - Z

### Prevention/Crisis Counselor

Mr. Nato Popp

### Counseling Secretaries

- Mrs. Janice Francis
- Mrs. Patti Wilmes - Registrar

### Financial Aid Secretary

Mrs. Karen Terjelian

### IMPORTANT INFO FOR PARENTS

We are required by Federal law to provide lists to military recruiters of our junior and senior students. We will provide students' name, address and phone number (unless the number is unlisted). If you do not want this information given, you must submit a request in writing to your students' school counselor. Additionally, if for any reason you have a problem with a military recruiter or you feel your student is being unduly pursued, please don't hesitate to let us know.



### SELECTIVE SERVICE (Males only)

**DID YOU KNOW?** The law requires virtually all male U.S. Citizens and male immigrants residing in the U.S. (permanent resident aliens), to register within 30 days of their 18th birthday. By neglecting to do so, you could be denied student loans, government jobs and possibly your driver's license. For more information, go to [www.sss.gov](http://www.sss.gov)



### HELPFUL INFO & WEBSITES

#### Career Planning

- [www.Bls.gov/oco](http://www.Bls.gov/oco)  
(Occupational Outlook Handbook)
- [www.Dhe.mo.gov](http://www.Dhe.mo.gov)
- [www.Missouriconnections.org](http://www.Missouriconnections.org)  
(Get user name from Counselor)
- [www.Careerkey.org](http://www.Careerkey.org)
- [www.Explorehealthcareers.org](http://www.Explorehealthcareers.org)

#### College Info

- [www.Collegeboard.com](http://www.Collegeboard.com)
- [www.Collegeview.com](http://www.Collegeview.com)
- [www.Atozcolleges.com](http://www.Atozcolleges.com)
- [www.Petersons.com](http://www.Petersons.com)
- The College Handbook (available in career center)

#### Financial Aid

- [www.Finaid.org](http://www.Finaid.org)
- [www.Studentaid.ed.gov](http://www.Studentaid.ed.gov)
- [www.Fafsa.ed.gov](http://www.Fafsa.ed.gov)
- [www.Collegeanswer.com](http://www.Collegeanswer.com)
- [www.Ssfstl.org](http://www.Ssfstl.org) (Scholarship Foundation of St. Louis)

#### Scholarships

- [www.Fastweb.com](http://www.Fastweb.com)
- [www.Scholarshipexperts.com](http://www.Scholarshipexperts.com)
- [www.Fz.k12.mo.us](http://www.Fz.k12.mo.us)
- [www.Wiredscholar.com](http://www.Wiredscholar.com)
- [www.Finaid.org](http://www.Finaid.org)
- [www.Collegeanswer.com](http://www.Collegeanswer.com)
- [www.Weeklyscholarshipalert.com](http://www.Weeklyscholarshipalert.com)
- [www.Stlouisgraduates.org](http://www.Stlouisgraduates.org)
- [www.Scholarshipresourcecenter.wustl.edu](http://www.Scholarshipresourcecenter.wustl.edu)

### Military

#### Air Force

- [www.Afas.org](http://www.Afas.org) (Aid Society)
- [www.Afrotc.com](http://www.Afrotc.com) (ROTC)
- [www.Usafa.af.mil](http://www.Usafa.af.mil) (Academy)

#### Army

- [www.Aerhq.org](http://www.Aerhq.org) (Army Relief)
- [www.Armyrotc.com](http://www.Armyrotc.com) (ROTC)
- [www.Usma.edu](http://www.Usma.edu) (Academy)

#### Navy/Marines

- [www.Nmcrcs.org](http://www.Nmcrcs.org) (Relief Society)
- [www.Nrotc.navy.mil](http://www.Nrotc.navy.mil) (ROTC)
- [www.Usna.edu](http://www.Usna.edu) (Academy)

#### Coast Guard

- [www.Cga.edu](http://www.Cga.edu) (ROTC)

#### National Guard

- [www.Nationalguard.mil](http://www.Nationalguard.mil)



@fzscounseling

# IMPORTANT DATES

**FINANCIAL AID NIGHT:** (College-bound students and parents are strongly encouraged to attend). You can attend whichever one is convenient to you.

- West High - Thurs, October 12 at 7:00 p.m. in auditorium
- North High - Thurs. October 19 at 6:30 p.m. in library

**FAFSA FRENZY:** October 15, 2017. Get FREE help completing the FAFSA and attend for a chance to win a scholarship. MOHELA, 633 Spirit Drive, Chesterfield, MO 63005. Time: 2:00 p.m. - 4:00 p.m.  
For information visit <http://dhe.mo.gov/ppc/fafsafrenzyforstudents.php>

**A.S.V.A.B. TEST:** November 15, 2017 Students may sign up to take the A.S.V.A.B. This is a military entrance exam that provides relevant and helpful career information for all students: college bound, military, and those seeking employment.

**PSAT TEST:** October 11, 2017. PSAT is a practice test for the SAT (a college entrance exam). We recommend juniors and sophomores take this test. Juniors may qualify for the National Merit Scholarship Program. Please stop by the counseling office to sign up. Space is limited.

## **EARLY GRADUATION/EARLY RELEASE:**

Seniors considering early graduation/early release must see their counselor for an application. Completed and signed applications are due back to your Counselor by Friday, October 27, 2017.

**COLLEGE RALLY DAY!!** October 27, 2017 during all lunches. This day is dedicated to teachers and staff sharing their college experience and knowledge with students. Colleges and Military branches will be at tables during all three lunches to share information with students. This annual fair is always a hit with students!

**RED RIBBON WEEK:** October 23 - 27, 2017. A United States education and prevention initiative to raise awareness about the dangers of drugs and alcohol.

## **ACT TEST PREPARATION CLASS:**

South High is offering an ACT Test Preparation Course at a reduced price of \$80. The first day of the next session will be starting Wednesday, November 8, 2017 and will run every Tuesday after that for 5 weeks. You can pick up a registration form from Dr. Garbarini. Space is limited to the first 35 students.

**LEWIS & CLARK:** (**Sophomores**) There will be a presentation given to sophomores 3rd hour on October 25, 2017 to explain the various programs offered. Applications will be available in the counseling office. Testing will be on Wednesday, January 17, 2018. For further information see Mrs. Kreider Lukowski in the counseling office or call Lewis & Clark direct at 636-443-4950.

(**Sophomores/Juniors**) Prospective Student Night. Thursday, November 9, 2017 from 5:30 p.m. - 6:30 p.m. Learn how you can attend Lewis and Clark during the school year while attending your regular high school classes.

**NATIONAL COLLEGE FAIR AT ST. LOUIS UNIVERSITY** – Sunday, October 22, 2017 from 1:00 p.m. to 4:00 p.m. FREE. You must register at <https://www.gotomyncf.com/Registration/EventSelectForState?stateName=missouri>  
Fair is held in the Simon Recreation Center, 3639 Laclede Avenue, Saint Louis, MO 63108, 314-977-2500



ST. CHARLES COMMUNITY COLLEGE

# SOAR

*Student Orientation,  
Advising and Registration*

SOAR IS A ONE-STOP SHOP FULL OF FUN, PRIZES AND, MOST IMPORTANTLY, PLANNING FOR YOUR EDUCATION! IT'S YOUR FIRST STEP AT MAKING A SUCCESSFUL START AT ST. CHARLES COMMUNITY COLLEGE THIS SPRING.

FIRST-TIME COLLEGE STUDENTS AREN'T THE ONLY ONES MAKING A TRANSITION INTO COLLEGE LIFE. FAMILY MEMBERS FIND THEIR OWN SET OF ADJUSTMENTS, TOO! SOAR IS HERE TO ANSWER YOUR QUESTIONS AND EASE FAMILIES INTO SCC LIFE.

*Pick a day*  
**TO ATTEND SOAR**

6-9 P.M. THURSDAY, NOV. 16  
9 A.M.-NOON FRIDAY, DEC. 1  
9 A.M.-NOON SATURDAY, JAN. 6

GET MORE DETAILS  
ABOUT SOAR AND SIGN UP AT

**STCHAS.EDU/SOAR**

## **Come prepared...**

New to St. Charles Community College? Set yourself up for success at SOAR by completing the following steps **BEFORE** your session:

1. Apply online at SCC
2. Complete your assessment testing
3. Take a photo ID and unofficial transcript
4. Sign up for a session today

**Early Grads should plan on attending the November 16th orientation!!**



## **College Applications** **Useful Tips**

**Watch Deadlines...** some are as early as November 1st.

**Neatness counts** – print neatly if you need to write on any supplemental pages – **NO PENCIL!**

**Read directions** – pay attention to details. Some colleges also have a counselor form that will need to be given to your counselor to complete and send with your transcript. Make sure to completely read all instructions.

**Letters of recommendation** – some schools and scholarships require letters of recommendation. Request letters at least 2 weeks in advance. Remember your principal, teacher or counselor has many students. Be considerate of their time.

**Essays** – some schools will require an essay. Be sure to type it and keep a copy. The same essay may be suitable for several applications.

**Transcript Release** - fill out a transcript release form for every college you apply to; this gives the guidance office permission to send your transcript.

**When to apply??** Fall of your senior year.

## **CREATE A RESUME**

Create a resume listing clubs or organizations to which you have belonged, offices held, sports you have participated in, any awards you have won, and volunteer hours you have served. Include leadership roles such as office held or captain. Update as needed. Samples available in The counseling office.

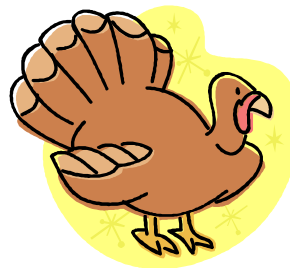
Scholarships and college applications may require this information. Have it ready.

You may need a letter of recommendation written for you. If you have a resume, it will provide beneficial information for your counselor, principal or teacher.

## **IT'S TURKEY TIME!!**

South High School will be collecting frozen turkeys to benefit **No Hunger Holiday**. We need your help by donating to this great cause and helping local families-in-need. FZS is in a friendly competition to collect more turkeys and help more families than the other Fort Zumwalt High Schools. **Drop-off** your turkey in the student parking lot at the front of the school on Belleau Creek Road.

**Wednesday, November 15th**  
**6:30 a.m. - 8:00 a.m.**



## COLLEGE REPRESENTATIVES VISITING SOUTH HIGH

To get the up to the minute list of College and University Representatives visiting South High...

[CLICK HERE](#)

## MILITARY VISITS

Representatives from the various branches of the military visit monthly during all three lunches. They will be able to answer any questions you may have.

Marines - 1st Tuesday of each month

Navy - 2nd Tuesday of each month

Army National Guard - 3rd Tuesday of each month

Army - 1st Wednesday of each month

Air Force National Guard - 2nd Wednesday of each month

## \$SCHOLAR\$HIP\$



Do you need help finding scholarships? Click [HERE](#) to see some that we have found for you. The list is constantly being updated so check often.





# ACING YOUR COLLEGE ESSAYS

Many colleges and scholarships require that you write an essay of some kind as part of your application. To help you do this, we've put together some tips and advice. Some of this might sound like common sense, and it is, but it's still important to know.

## ANSWER THE QUESTION

Most organizations sponsoring scholarships will ask that you write your essay on a particular topic. Whatever else you do in your essay you must answer the question being asked of you or write on a topic that's been specified. You won't get anywhere if you write a brilliant essay on an unrelated topic or don't address the question specifically and directly. Your essay will be thrown into the "NO" pile quicker than you can say: "But wait..." and you will end up missing a chance to seriously compete with other applicants who answered the question.

## CUSTOMIZE YOUR ESSAY FOR EACH APP

If you're applying for dozens of scholarships it might be tempting to try and re-use your essays - to submit an essay you wrote for one scholarship to another. And don't get us wrong; this is definitely a great and right idea. But under one condition: That the scholarship for which you're re-using your essay asks the same question or has the same required topic as the original scholarship for which you wrote the essay in the first place. One of the easiest things to spot is a generic essay that was not written specifically for that scholarship.

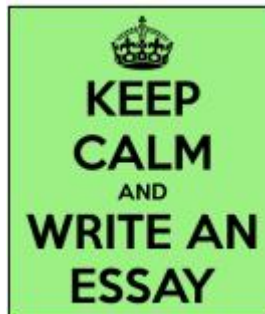
## GET RID OF THE FIRST PARAGRAPH

Ever ridden your bike up the hill? It's tough to just start at the bottom of the hill and start pedaling - your legs will cramp up and you'll be covered with sweat trying to gain speed going uphill. But you'll get uphill much faster and easier if you start further back on the flat surface and gain some speed before you begin to ride up the hill. We do this in writing as well. To make our job easier, we start writing on a certain topic and use the first paragraph or two as our pre-hill wind-up. Then we gain some speed and in the next paragraphs begin to actually write the core of our essay or to keep with the analogy, climb the hill. It's easier to get your thoughts flowing before you really dive into the substance of what you're writing, but it doesn't make your essay better.

In fact, it makes it worse. Wind-up paragraphs are weak beginnings and weak beginnings doom most essays. You have to hook the reader right away, from your first words and your first sentences. If you don't, your essay is headed to the "NO" pile.

## SOUND HUMAN

It's hard to like someone who does not seem human or sound human. Don't hide behind big words - let your personality and your own voice come through in your essays. Sure, you should write eloquently, with correct grammar, and in a voice more formal than what you use when texting your buddies. But don't sound so still that you stop sounding human.



## AVOID CLICHÉS

Clichés are weak, they sound generic, and they're an easy way out for finding the right words to express something. Use your own words to express your own ideas because you need to stand out from hundreds or thousands of other essays, many probably filled with the same old clichés. You need your essay to be unique, and what's less unique than a bunch of overused clichés?

## FOLLOW DIRECTIONS CAREFULLY

Your chance to get creative is in your scholarship essay, not in the way in which you submit it. If the directions ask that you put your first and last name and email on every page of your essay, guess what? Put your first and last name and your email on every page of your essay. There's no room for improvisation here. If you're asked to submit your essay via e-mail, don't send it in by mail, or vice versa. Not following directions makes you appear sloppy and irresponsible. That's the last impression you want your essay to create, so make sure that you follow directions exactly.

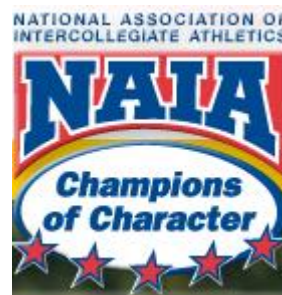
## PROOFREAD

Don't jeopardize your chances of being seriously considered for a scholarship by sending in a sloppy essay. Proofread your work carefully, don't rely on the spell checker on your computer, and, if possible, get someone else to read your essay. You want your voice and your main points to come through, not the applicant who didn't feel like proofreading.

Good luck and write well!



**IF YOU PLAN ON PLAYING A COMPETITIVE SPORT IN  
COLLEGE YOU MUST  
REGISTER WITH THE NCAA OR NAIA  
CLEARINGHOUSE**



Students may apply online at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)  
You will be asked for your high school code. FZS code is 263137

After completing the online process be sure to stop by the counseling office and get a transcript release form. The clearinghouse requires a transcript be sent after 6 semesters, and another one at the end of your senior year.

When registering to take the ACT you ***MUST*** enter code **9999** in your college and scholarship choices section (O). This will ensure that your ACT score will be sent directly to NCAA.

Students may apply online at [www.playnaia.org](http://www.playnaia.org)  
You will be asked for your high school code. FZS code is 263137

After completing the online process be sure to stop by the counseling office and get a transcript release form. The clearinghouse requires a transcript be sent at the end of your senior year.

When registering to take the ACT you ***MUST*** enter code **9876** in your college and scholarship choices section (O). This will ensure that your ACT score will be sent directly to NAIA.



## COLLEGE HAPPENINGS AND SPECIAL EVENTS

Finding a college that is right for you means figuring out what you want in a college. Remember that making a decision about college can take some time. As you do some research and some college visits, you will begin to identify the characteristics that are really important to you.

Once you have some college choices, visit their website to see when they will be offering "visit" days. You can visit during the scheduled days or call and schedule your own personalized campus visit. It is difficult to make a decision on a college when you have never set foot on the campus to see if it "feels" right for you.

### SIU EDWARDSVILLE - EXPLORE DAYS

Students and parents are invited to meet faculty, staff and currently enrolled students. You will see demonstrations of various procedures and tour the campus. You must register at <http://www.siu.edu/admissions/visit/>

School of Pharmacy - October 14, 2017

School of Business - November 4, 2017

School of Engineering - November 11, 2017

### NATIONAL PORT-FOLIO DAY - Sunday, October 29, 2017 11:00a.m. - 4:00p.m.

Washington University will host a National Portfolio Day event on the South 40 residential area of the Danforth Campus on Sunday, October 29, 2017. Careers in Art and Financial Assistance Presentations will take place from 11:00 a.m. - 12:00 p.m. in Ursa's Fireside, located in Lien Hall. Portfolio reviews will take place from 12:00 p.m. - 4 :00 p.m. in College Hall. For questions call 314-935-6500 or e-mail [gbinning@wustl.edu](mailto:gbinning@wustl.edu)

**MISSOURI STATE SHOWCASE 2017** - Sunday, October 7, 2017. Free for students and their family. Take a campus tour and see residence halls. Learn about admissions, financial aid and housing. Register online at [www.missouristate.edu/sc](http://www.missouristate.edu/sc)

**ST. LOUIS PERFORMING & VISUAL ARTS FAIR** - Webster University (Grant Gymnasium)  
Saturday, October 7, 2017 from 1:00 p.m.—3:00 p.m.

### LINDENWOOD UNIVERSITY—BELLEVILLE—Open House Saturday, October 7, 2017

The event check-in starts at 8:00 a.m. with the welcome session starting at 9:00 a.m. You will end the day with free lunch on campus. Register at <http://www.lindenwood.edu/belleville/about/events/> or call 618-239-6047

**K-STATE SENIOR DAYS**— \$20 per student and \$15 for each parent, family member, or guest, which covers program materials, parking, and lunch. Register online early at <http://www.k-state.edu/admissions/seniors.html> or call 1-800-432-8270.

Friday, October 6, 2017

Monday, October 9, 2017

Monday, October 16, 2017

Friday, November 3, 2017

Friday, November 10, 2017

**K-STATE JUNIOR DAYS** - The cost is \$20 per student and \$15 for each parent, family member, or guest, which covers program materials, parking, and lunch.

Monday, November 13, 2017

Friday, December 1, 2017

Monday, December 4, 2017

Friday, December 8, 2017

If you miss your chance to attend a fall Junior Day, don't worry. There will be five more Junior Days during the spring semester.





# COLLEGE HAPPENINGS AND SPECIAL EVENTS

## **WASHINGTON UNIVERSITY ADMISSIONS INFORMATION SESSION - Thursday, October 12, 2017, 7:00 p.m. - 8:00 p.m.**

The Office of Undergraduate Admissions invites prospective students and their family to attend an information session about Washington University. You will be acquainted with academic programs, life on campus, and how to apply for admission and financial assistance.

## **SOUTHEAST MISSOURI STATE SHOW ME DAYS - 10 a.m. - 3 p.m. Register by calling (573) 651-2590 or online at [www.semo.edu/admissions/specialevent](http://www.semo.edu/admissions/specialevent). All Show Me Days begin at 10 a.m. at the Show Me Center**

Saturday, October 7, 2017  
Saturday, November 11, 2017  
Monday, November 13, 2017  
Saturday, February 17, 2018  
Monday, February 19, 2018  
Saturday, April 7, 2018

## **UNIVERSITY OF MISSOURI - COLUMBIA**

Prospective high school students and their families can get a true sense of life at Mizzou. Space is limited on a first-come, first-serve basis. You can attend any or all of the sessions that you choose throughout the day. Families will be assigned a tour time when checking in, but the day is yours to explore from there. Complimentary lunch is included.

You can register at <https://admissions.missouri.edu/friday-open-house/> or <https://admissions.missouri.edu/saturday-open-house/>

### MEET MIZZOU DAYS 8:00 A.M. - 2:00 P.M. (ACADEMIC FAIR AND TOUR)

- Saturday, October 28, 2017

### BLACK & GOLD DAYS 9:00 A.M. - 3:00 P.M. (VISIT CLASSES WHILE IN SESSION)

- Friday, October 13, 2017
- Friday, October 20, 2017

## **WEBSTER UNIVERSITY - PREVIEW DAYS!**

Speak with faculty, chat with students and learn about the admission and financial aid process. Complimentary lunch is provided. RSVP online at [webster.edu/previewdays](http://webster.edu/previewdays)

Saturday, October 14, 2017  
Monday, November 6, 2017  
Friday, December 8, 2017

Monday, February 19, 2018  
Saturday, March 24, 2018

<https://www.gotomyncf.com/Registration/EventSelectForState?stateName=missouri>

## **MISSOURI VALLEY UNIVERSITY - FINE ARTS OPEN HOUSE**

Art, Dance, Music and Theatre. Faculty members will be available to answer parent questions. Tour the campus, scholarship auditions in all areas, have dinner in the dining hall, and attend a performance. For more information contact [admissions@moval.edu](mailto:admissions@moval.edu) or call 660-831-4114.

Friday, November 10, 2017

Friday, February 16, 2018



# COLLEGE HAPPENINGS AND SPECIAL EVENTS

## MISSOURI UNIVERSITY OF SCIENCE & TECHNOLOGY

Register for any of these events at <http://futurestudents.mst.edu/visit/>

### OPEN HOUSE DAYS

Saturday, October 7, 2017  
Saturday, November 11, 2017

### DISCOVER DAYS (MINI-OPEN HOUSE)

Friday, September 29, 2017  
Friday, October 6, 2017  
Friday, October 13, 2017  
Friday, October 20, 2017  
Monday, October 23, 2017  
Friday, October 27, 2017  
Monday, October 30, 2017  
Monday, November 13, 2017

**UNIVERSITY OF MISSOURI ST. LOUIS - UMSL DAY** Saturday, November 11, 2017 11:00 a.m.- 4:00 p.m. - You'll get a personalized, student-guided tour of campus. Meet faculty, hang out with current students and learn more about financial aid and scholarship opportunities. Feel free to bring your friends and family members along. Must register at <http://forms.umslo.edu/umslo-day/> or call 888-GO-2-UMSL.

The Blanche M. Touhill Performing Arts Center is located on the campus of the University of Missouri-St. Louis.

**RANKEN TECHNICAL COLLEGE** would like to invite you to experience the superior hands-on training of their technical and automotive programs by participating in the **Shadow-a-Tech program**. You can spend the day on campus, attend class with a Ranken student, tour the campus, and learn about the admissions process. Space is limited, so please Register early online at [www.ranken.edu](http://www.ranken.edu) early.

**ALL LOCATIONS:**  
Wednesday, October 11, 2017  
Wednesday, November 8, 2017  
Wednesday, December 6, 2017  
Wednesday, February 14, 2018  
Wednesday, March 7, 2018  
Wednesday, April 11, 2018  
Wednesday, July 11, 2018

### **OPEN HOUSE:**

**WENTZVILLE** Saturday, November 4, 2017  
Saturday, April 14, 2018  
Saturday, June 9, 2018  
**ST. LOUIS** Saturday, October 21, 2017  
Saturday, March 24, 2018  
Saturday, June 9, 2018

**STATE TECH - OPEN HOUSE** - Saturday, October 14, 2017 and Saturday, March 24, 2018 8:00 a.m. - 1:00 p.m.  
Meet Instructors; Talk to Current Students; Financial Aid Information; Give Aways/Prizes; Campus and Housing Tours; Testing. Call 800-743-8324 or [statetechmo.edu](http://statetechmo.edu)

