



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. 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
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 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



HELPFUL INFO & WEBSITES

Career Planning

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

College Info

www.Collegeboard.com
www.Collegeview.com
www.Atozcolleges.com
www.Petersons.com
 The College Handbook (available in career center)

Financial Aid

www.Finaid.org
www.Studentaid.ed.gov
www.Fafsa.ed.gov
www.Collegeanswers.com
www.Ssfstl.org (Scholarship Foundation of St. Louis)

Scholarships

www.Fastweb.com
www.Scholarshipexperts.com
www.Fz.k12.mo.us
www.Wiredscholar.com
www.Finaid.org
www.Collegeanswers.com
www.Weeklyschoalrshipalert.com
www.Stlouisgraduates.org
www.Scholarshipresourcecenter.wustl.edu

Military

Air Force

www.Afas.org (Aid Society)
www.Afrotc.com (ROTC)
www.Usafa.af.mil (Academy)

Army

www.Aerhq.org (Army Relief)
www.Armyrotc.com (ROTC)
www.Usma.edu (Academy)

Navy/Marines

www.Nmcrcs.org (Relief Society)
www.Nrotc.navy.mil (ROTC)
www.Usna.edu (Academy)

Coast Guard

www.Cga.edu (ROTC)

National Guard

www.Nationalguard.mil



@fzscounseling

IMPORTANT DATES

SENIORS - LOCAL SCHOLARSHIPS: Local community clubs and organizations together with South High school clubs offer scholarships every year specifically to South High **Seniors**. They are all now posted on the scholarship page of our website. If you would like a hard copy we have them in the counseling office. Keep checking the website and listen to the morning announcements.

CLASS REGISTRATION: Students will be meeting individually with their counselor during February to discuss their class choices for next school year. The deadline to make **any** changes is **March 29, 2018**.

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 Tuesday, **March 6, 2018** and will run every week for 5 weeks. You can pick up a registration form from Dr. Garbarini. Space is limited to the first 35 students.

WEST HIGH COLLEGE FAIR: **March 8, 2018 from 6:30 p.m. - 8:00 p.m. in the commons.**

National College Fair: **March 4, 2018 1:00 p.m. - 4:00 p.m. St. Louis University - Busch Student Center**
Talk to colleges and universities representatives about their Science, Technology, Engineering, and Math (STEM) degree programs. Learn about internship and career opportunities from STEM industry professionals. **FREE** and open to the public! Register at www.nacacfairs.org/st-louis-stem

AP CAMP - JULY 24 -25, 2018, 9: A.M. - 12: P.M AT SOUTH HIGH

Learn skills to help you be successful in upper level, AP courses at South High School. We will cover stress management, college and career preparedness, study skills and writing skills.

To register e-mail Mrs. Lukowski at lkreiderlukowski@fz.k12.mo.us.

JOB FAIR: **TUESDAY, MARCH 13, 2018 10:00 a.m. - 2:00 p.m. Renaud Spirit Center, O'Fallon**

Summer and part-time positions include:

Lifeguards and Swimming Instructors, Concession jobs, Camp Counselors, Pool Cashiers and Seasonal Park Maintenance. They will be hiring on the spot for many positions, Or, you may post your completed application online prior to the Job Fair at www.ofallon.mo.us/hr



"YOU GOT ACCEPTED WHERE?"

The counseling office is proud of any student that gets accepted into college, trade school, or the military! Let us "shout it out"!! Stop by and tell us where you've been accepted and we'll make a sign for your locker.

Parents, you can call our office too, and give us the good news!



UPCOMING EVENTS & DEADLINES

FAFSA Help Days - March 20, 2018, April 25, 2018, May 24, 2018

FAFSA Priority Deadline for SCC is June 1, 2018

These Help Days are for SCC current and new students. All four workshops are FREE for future SCC students and will be held from 5:30 p.m.-7:00 p.m. in the Administration Building. Students and parents need to request an FSA ID by going to fsaid.ed.gov. RSVP by e-mailing financialaid@stchas.edu and will receive a confirmation email with further information about the Workshop.

Scholarship Deadline for Fall - March 1, 2018

All applications should be completed online by the deadline. Only one application is necessary to be applied to all SCC Foundation scholarships and Board of Trustees Scholarships. [CLICK HERE](#) for more scholarship information and how to apply. You must have your SCC Student ID number, e-mail and password handy.

A+ Information Night for Seniors - March 7, 2018, March 26, 2018, April 10, 2018

Have all your A+ questions answered.

- What are the deadlines?
- Where do I begin?
- Why do I have to do FAFSA each year?
- How long am I eligible for my A+ benefits?
- How do I renew my A+ benefits?
- What costs are not covered by A+?
- If I am eligible for the PELL grant, can I still receive A+ benefits?
- ...AND MORE.

In the Auditorium, Daniel J. Conoyer Social Sciences Building from 6:00 p.m. - 7:30 p.m. Arrive early as space is limited.

SOAR (Student Orientation and Registration - May 18, 2018, June 8, 2018, June 22, 2018, July 13, 2018

First time students can get started at SCC by attending SOAR...a fun event designed to help simplify the enrollment process. SOAR includes a campus tour, a parent panel and getting registered in classes for summer and/or fall. Go to stchas.edu/soar for more information and to sign up. (RSVP option coming soon). Two sessions to choose from 9:00 a.m. - 12:00 p.m. or 1:00 p.m. - 4:00 p.m. All interested Freshmen must RSVP!



Student Resource Manual 2017 - 18

Students and Parents are encouraged to use the tips, checklists and worksheets provided in this [resource manual](#) to help you with the three steps that will put you on the path toward earning a college degree or certificate — apply, fund and decide.

You will find many resources to help with everything from looking for and applying to colleges to filing the FAFSA and getting loans.

Attention Freshmen!!

Senior year may seem a long way off, but **freshman year** is the time to *start* compiling an Activities Resume. Some colleges and most scholarship applications will require this. Every club you belong to (in and out of school), every award you get, every sport you play, and every bit of community service you do should be documented. Trust me, by senior year you will have forgotten what you did back as a 9th grader! Mrs. Terjelian has samples to give you ideas. Don't wait!

 To Do:

JUNIOR YEAR

- Start to think about your college choices. Make an appointment with your counselor to talk about your options.
- Sign up to visit with college representatives while they are visiting South High. There is a sign up sheet in the counseling office.
- Take the ACT and/or SAT. High scores increase your chance of winning scholarships, so you will probably want to take the tests more than once.
- Visit the College & Career Center to collect information on colleges that you may be interested in.
- Plan on visiting campuses over the summer and during breaks.
- You will begin applying to colleges in the fall of your senior year.





Are you interested in Education

The Fort Zumwalt School District is looking for students who are interested in pursuing careers in teaching in high need areas. High need areas presently include special education, industrial technology, high school science and physics, high school math, high school foreign language, and ELL.

BENEFITS

- Components of the program include seminars, work experience, mentor support, job placement, and possible financial assistance
- Students apply for the program in October of their senior year, and, if selected, receive financial assistance in the amount of \$3,000 per semester for up to eight (8) semesters total

Spring Leadership Seminar: Thursday, April 13, 2018

Juniors and seniors interested in teaching are invited to attend this seminar at Lindenwood University. There they will learn more about the high needs teaching areas and the Grow Your Own Program.

For more information about this program see your school counselor.



- ◆ Do you love animals and kids?
- ◆ Passionate about wildlife and conservation?
- ◆ Want to help others appreciate the natural world?
- ◆ Have some time to give?

St. Louis - ZOO ALIVE has the coolest opportunity for teens in St. Louis. You must be at least 15 years old before June 2018. Applicants should enjoy working with children, and should be interested in animals and conservation. No experience is necessary, but you must be willing to try new things. Zoo ALIVE is a year-round program, which requires at least one full year commitment. Twenty to thirty new members will be accepted each year. For further information visit www.stlzoo.org/education/zooaliveteenvolunteers

THE CITY OF ST. PETERS has plenty of volunteer opportunities, from assisting with special events to providing ongoing support to City departments. Visit <http://www.stpetersmo.net/volunteer-opportunities.aspx>



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 Wednesday 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\$

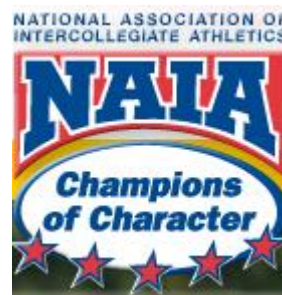


*COME BY THE COUNSELING OFFICE TO
PICK UP APPLICATIONS FOR
LOCAL SCHOLARSHIPS
THAT ARE ONLY AVAILABLE TO
SOUTH HIGH SENIORS!!*

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.



**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
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
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.

SOUTHEAST MISSOURI STATE SHOW ME DAY - SATURDAY, APRIL 7, 2018 10 a.m. - 3 p.m.
Register by calling (573) 651-2590 or online at www.semo.edu/admissions/specialevent.
All Show Me Days begin at 10 a.m. at the Show Me Center

UNIVERSITY OF MISSOURI-COLUMBIA - Music Day - MONDAY, MARCH 5, 2018
(no percussion)
Register at <https://music.missouri.edu/webform/audition-music-admission> to audition.

MISSOURI UNIVERSITY OF SCIENCE & TECHNOLOGY - OPEN HOUSE - FRIDAY, APRIL 6, 2018
The Open House program is an all-day event, including campus tours, presentations on admissions, scholarships and financial aid, visits with academic departments and Q&A panels with current Missouri S&T students. Lunch is included. Register online at <http://futurestudents.mst.edu/visit/schedule/>

DISCOVERY DAYS: Friday, March 9, 2018
Monday, March

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 early.

ALL LOCATIONS:
WEDNESDAY, MARCH 7, 2018
WEDNESDAY, APRIL 11, 2018
WEDNESDAY, JULY 11, 2018

OPEN HOUSE:
WENTZVILLE SATURDAY, APRIL 14, 2018
SATURDAY, JUNE 9, 2018
St. LOUIS SATURDAY, MARCH 24, 2018
SATURDAY, JUNE 9, 2018

WEBSTER UNIVERSITY - PREVIEW DAY - SATURDAY, MARCH 24, 2018 8:00a.m. - 1:00p.m.
An excellent way to explore how Webster University can meet your college needs. You will speak with faculty about your academic program of interest, chat with current students, learn about the admissions process, scholarships and financial aid. Lunch will be included. Register online at webster.edu/previewdays

UNIVERSITY OF MISSOURI ST. LOUIS - UMSL DAY
Saturday, March 3, 2018 11:00 a.m. - 4:00 p.m.
In the Touhill Performing Arts Center. Visit campus, talk to students, faculty and staff. You must register [Here](#) or call 888-GO-2-UMSL.



COLLEGE HAPPENINGS AND SPECIAL EVENTS

STATE TECH - OPEN HOUSE - 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

MISSOURI WESTERN STATE UNIVERSITY - SHOWCASE DAY - SATURDAY, APRIL 7, 2018 9:00 a.m. - 2:00 p.m.

Blum Student Union Lobby. Schedule your visit at <https://www.missouriwestern.edu/admissions/visit-2/>

TRUMAN STATE UNIVERSITY - SHOWCASE EVENTS

Individual campus visits can be arranged for most weekdays while classes are in session, or students can attend one of the special Saturday Showcase Events. To register visit www.truman.edu/visit

KANSAS STATE UNIVERSITY - OPEN HOUSE - SATURDAY, APRIL 7, 2018

Manhattan 9:00a.m. - 3:00p.m., Olathe and Polytechnic (Salena) 9:00a.m. - 2:00p.m.

Enjoy food, fun and plenty of purple at K-State Open House. Explore their 250-plus majors and options, 475-plus student organizations, and the family atmosphere that makes K-State stand out. Learn more at k-state.edu/openhouse

LINDENWOOD - BELLEVILLE, IL - SPRING OPEN HOUSE - SATURDAY, MARCH 24, 2018 Check-in starts at 8:00 a.m.

Open House is a great way for you to meet faculty, tour campus, explore financial aid options and our grants, learn about admissions requirements and process, and see what student life is really like at Lindenwood Belleville. Register online at www.lindenwood.edu/belleville or call (618) 239-6047

QUINCY UNIVERSITY - DISCOVER DAY - SATURDAY, MARCH 24, 2018

You and your family can attend these special open houses that include everything you need to know about Quincy University. You will tour the campus, meet with professors and coaches, Q & A panel with current students and enjoy lunch in the main dining room. You must register at <http://www.quincy.edu/visit-qu/>

SUMMER PROGRAMS

UNIVERSITY OF MISSOURI-COLUMBIA - MEDICAL EXPLORATIONS JUNE 23, 2018 - JULY 7, 2018

MedPrep is a two-week online workshop with one onsite session to assist individuals in exploring healthcare careers and guide those interested in medical school through the application process. This workshop is designed for **rising juniors and seniors**. Questions? Andrea Simmons simmons@health.missouri.edu or 573-884-6375. To register visit <http://medicine.missouri.edu/medprep/>

UNIVERSITY OF MISSOURI-COLUMBIA - MINI MEDICAL SCHOOL - JUNE 17-21, 2018 & JUNE 24 - JUNE 28, 2018

Current Juniors are invited to attend an exciting and informative summer experience for those interested in a career in medicine. Students will be housed in residence dorms and eat in the campus dining rooms. Selection for each session is limited to 56 students Click [Here](#) to apply. The deadline is March 1, 2018. For information <https://medicine.missouri.edu/education/pre-med-outreach-programs/mini-medical-school/> or call 573-882-5647



SUMMER PROGRAMS

MURRAY STATE UNIVERSITY - COMMONWEALTH HONORS ACADEMY, JUNE 9 - 30, 2018

A three week interdisciplinary living-learning environment for academically gifted students completing their **junior** year in 2018. Must have an ACT of approximately 25 and a GPA of 3.5. Application packets are available in the counseling office or online at www.murraystate.edu/cha. The deadline to apply is March 1, 2018.

You will receive:

- 6 hours of university studies credit
- Have the opportunity to take three hours of tuition-free courses at Murray State University during your senior year
- Will be awarded a four-year \$2,000 per year housing scholarship to Murray State University

WASHINGTON UNIVERSITY

HIGH SCHOOL SUMMER SCHOLARS PROGRAM June 10 - July 14, 2018, July 15 - August 17, 2018 or June 10 - August 4, 2018

Open to **rising juniors and seniors**, this program allows students to experience all the facets of college life. Students live on campus, enroll in courses, and study alongside undergraduates. Students select from a broad range of stimulating introductory courses in the humanities, math, sciences, and social sciences as well as noncredit college success workshops. The program fee is \$8,085 or \$10,585. Scholarship assistance is available to students who demonstrate financial need.

SAM FOX SCHOOL OF DESIGN & VISUAL ARTS - SUMMER PRE-COLLEGE PROGRAMS

Are you passionate about art or architecture? The Architecture Discovery Program (July 8-21, 2018) and Portfolio Plus Program (July 8-28, 2017) gives high school students the opportunity to develop skills that are fundamental to these fields. . Application fee is \$35 if you apply by March 15, 2018 or \$45 if you apply by April 15, 2018.

Early applications are encouraged. For more information visit <http://www.samfoxschool.wustl.edu/precollege>

HIGH SCHOOL SUMMER EXPERIENCE - Every summer an academically talented group of high school students gather at Washington University to get an early taste of college life. Take college courses, participate in academic institutes, and attend specialized seminars that give them a head start on their path to college all while living on campus. To see all the programs offered visit <http://summerexperiences.wustl.edu/>

MISSOURI STATE UNIVERSITY - ATHLETIC TRAINING/SPORTS MEDICINE CAMP JUNE 20 - 23, 2018

The Bear's Athletic Training/Sports Medicine Camp is designed for students who are interested in gaining basic athletic training knowledge and skills. Camp participants will have the opportunity to work along side nationally certified and Missouri licensed athletic trainers and meet current MSU athletic training students and athletes. For information and to register visit <http://sportsmed.missouristate.edu/athletic-training-camp.htm>. The deadline to register is May 25, 2018.

SOUTHEAST MISSOURI STATE UNIVERSITY

Southeast is host to many camps over the summer. From Academic, Athletic, Cheer and many workshops. Visit semo.edu/camps to see which one is right for you.

MISSOURI UNIVERSITY OF SCIENCE & TECHNOLOGY

There are many summer programs held on campus each summer; from designing a race car to explosives. Visit <http://futurestudents.mst.edu/summercamps/> to register for a program that suits you. Some camps fill quickly, so register/apply early to guarantee a spot.



SUMMER PROGRAMS

STUDENTS AND TEACHERS AS RESEARCH SCIENTISTS (STARS) PROGRAM

MONDAY, JUNE 11 - FRIDAY, JULY 20, 2018

This program offers academically-talented students who will be entering their senior year of high school next fall, **current juniors**, a rare opportunity to work within a laboratory research setting with top scientists at Cortex (St. Louis Confluence Life Sciences and Arraybridge), the Donald Danforth Plant Science Center, Saint Louis University, Washington University and the host institution, the University of Missouri-St. Louis. There is financial aid available. Apply online at www.umsl.edu/~sep/STARS/index.html. All materials must be received by March 24, 2018.

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

HEALTHCARE DIVERSITY SUMMER CAMP - JUNE 18, 2018 - JUNE 22, 2018

Students selected will spend 5 days at the SIUe Schools of Pharmacy, Nursing and Dental Medicine, learning about each profession and developing skills that will be useful to them in becoming a successful college student. This program is open to rising **sophomores, juniors and seniors**. Participants will spend 4 evenings in SIUe Student Housing, interacting with other participants, college students, and faculty members. This program is **FREE** of charge. Register at <http://www.siu.edu/pharmacy/events/diversity-camp.shtml>. All materials must be submitted by April 27, 2018

ENGINEERING SUMMER CAMPS - JUNE 3 - 8, 2018, JUNE 10 - 15, 2018

Camps are designed to introduce rising **sophomores, juniors and seniors** interested in science and technology to various areas of engineering, computer science, and construction. Campers will design and program a video game, build robots, bridges, hovercars, and hydropowered vehicles, and get to see engineering in action.

Register at <http://www.siu.edu/engineering/summercamps/index.shtml> For **priority admission decisions**, students are encouraged to apply by March 30, 2018. The final deadline is April 30, 2018.

MISSISSIPPI STATE UNIVERSITY - SPRING PREVIEW DAYS - MARCH 19 & 26, 2018

Students and parents are encouraged to attend one of these fun and informative days. There is a \$10 charge per person. You will receive a t-shirt and lunch will be provided. Space is limited so you are encouraged to apply early.

Register at <https://www.admissions.msstate.edu/events/spring-preview-day/>

