



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
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



ST. CHARLES COMMUNITY COLLEGE

## **FAFSA WORKSHOPS**

**FEBRUARY 19, 2018, MARCH 20, 2018, APRIL 25, 2018, MAY 24, 2018 (5:30PM - 7:00PM.)**

FAFSA Help Days are for SCC current and new students. All four workshops are FREE, for future SCC students and will be held from 5:30-7:00pm in the Administration Building. Students need to RSVP by emailing [financialaid@stchas.edu](mailto:financialaid@stchas.edu) and will receive a confirmation email with further information about the Workshop, or you can call 636-922-8601.

**CURRICULUM NIGHT:** Thursday, January 11, 2018 at 6:00 p.m. in the commons. Parents of 9 - 11 grade students are invited to learn more about various curricular areas and information pertinent to your student's grade level.

**SCHEDULING FOR CLASSES:** The scheduling process for next school year begins with an assembly on January 16, 2018. Look for information coming home with students soon.

**LEWIS & CLARK:** 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.

**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.

**NORTH HIGH COLLEGE PLANNING WORKSHOP:** February, 13, 2018 in the Auditorium 6:30p.m.

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



## ***"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!



## **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.



- ◆ Do you love animals and kids? Passionate about wildlife and conservation? Want to help others appreciate the natural world? Have some time to give? Then check out the coolest opportunity for teens in St. Louis - **ZOO ALIVE!** 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](http://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

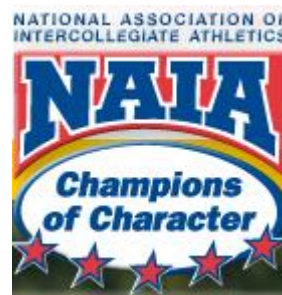
## \$SCHOLAR\$HIP\$



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](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.

**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, FEBRUARY 17, 2018

MONDAY, FEBRUARY 19, 2018

SATURDAY, APRIL 7, 2018

### UNIVERSITY OF MISSOURI-COLUMBIA - Music Days

Register at <https://music.missouri.edu/webform/audition-music-admission> to audition.

MONDAY, FEBRUARY 19, 2018

MONDAY, MARCH 5, 2018 (no percussion)

### MISSOURI VALLEY UNIVERSITY - FINE ARTS OPEN HOUSE - FRIDAY, FEBRUARY 16, 2018

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.

### MISSOURI UNIVERSITY OF SCIENCE TECHNOLOGY - OPEN HOUSE

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/>

MONDAY, FEBRUARY 19, 2018

FRIDAY, APRIL 6, 2018

**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, FEBRUARY 14, 2018  
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





# 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](http://statetechmo.edu)

## **MISSOURI WESTERN STATE UNIVERSITY - SHOWCASE DAYS 9:00 a.m. - 2:00 p.m. Blum Student Union Lobby**

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

FRIDAY, FEBRUARY 24, 2018

SATURDAY, APRIL 7, 2018

## **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](http://www.truman.edu/visit)

## **WEBSTER UNIVERSITY - PREVIEW DAYS MONDAY, FEBRUARY 19, 2018 & 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](http://webster.edu/previewdays)



# 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](mailto: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

## 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](http://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.

**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 [www.summerexperiences.wustl.edu](http://www.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.

## QUINCY UNIVERSITY - DISCOVER DAY 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 NOTRE DAME

### **SUMMER SCHOLARS** - JUNE 23 - JULY 7, 2018

Summer Scholars is a program for rising **juniors and seniors** that introduces students to college-level academics in fields ranging from the liberal and fine arts to sciences and business. **Deadline** to register is January 29, 2018

### **LEADERSHIP SEMINARS** - JULY 14, JULY 25, 2018

An all-expenses-paid program, Leadership Seminars is for advanced rising **seniors** who wish to hone their critical thinking and expressive skills. Seminars include the ethics of science, political science and peace studies, and arts and culture. **Deadline** to register is January 29, 2018

### **STUDY ABROAD - ROME** JUNE 2 - JUNE 16, 2018, **IRELAND** JULY 14, 2018 - JULY 28, 2018

Experience the rich history and culture of iconic European locales through partnership with Notre Dame Global Gateways, guided by ND Faculty. **Deadline** to register is February 5, 2018

For information and to register go to <http://precollege.nd.edu/>

