*FROM THE COUNSELING OFFICE…*

Please remember that there is always someone who can help:

***HOPELINE Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via the medium they already use and trust: text.
Someone texts into HOPELINE — 741741 — anywhere, anytime, about any type of challenge or struggle.
A live, trained specialist receives the text and responds quickly.
Each person that text in is important to us and we care about what they are dealing with.***

The Counseling Office will organize an Assembly to address *Mental Health* in our youth. Several speakers will discuss mental illness as it applies to youth and the Resources available in our community. There will be a Q&A session to address students’ questions at the end.

* What: Assembly: Youth Mental Health
* When: Thursday, December 13th, periods 1 & 2 to (7:30am-10:15am)
* Where: SMA Gym

The Counseling office has new codes for the Counseling Goggle classroom to keep all students informed on scholarships, important deadlines, college/technical careers, and job opportunities during the year. Each grade has a specific code. Please encourage your student to register via Gmail:

**SENIORS: d32ew6**

**JUNIORS:  p61i92f**

**SOPHOMORES: lv2m49**

**FRESHMAN: q01uhx**

##

## **#SRQHACKS HACKATHON**

**January 18-20, 2019
Ringling College of Art + Design**

**Awesome opportunity for students ages 13-18 to build leadership, collaboration, and critical thinking and creativity skills.** Students will work in teams with business and technology mentors from companies like Boar's Head, atLarge Inc, Hoveround, Manasota SCORE and more to solve community issues using technology.

**What is the event schedule?**
**Friday, January 18, 2019** – 4:00pm-9pm (Mentors check in at 4:00pm, Students check in at 5:00pm)
**Saturday, January 19, 2019** – 8am-8pm
**Sunday, January 20, 2019** – 8am-8pm (Final presentations 5-7:30pm, Pitch

**Apply for this Fun filled weekend by Dec 1 at:** [**https://edfoundationsrq.org/resources/students-families/srqhackathon/**](https://edfoundationsrq.org/resources/students-families/srqhackathon/)

 **WANT TO WIN FREE TUITION FOR A** DOMESTIC SUMMER ACADEMY?

All you have to do is submit your email below. The winning student will get free tuition to study **Spanish, French, Chinese, German, or Arabic** at one of our domestic Academies in Vermont. Winners will be announced on **November 30th, 2018\***.

<http://www.middleburyinteractive.com/enter-win-free-domestic-summer-academy-tuition?leadsource=email&vendor=teenlife&utm_campaign=Academy&utm_medium=email&utm_source=teenlife&utm_content=free_tuition&_hsenc=p2ANqtz-81xHX_cDSrPlpZjDwhGU9ARlk-Ya56u42l5VFzeLgafW3ZxZNlf_zA4P4PJH9RI_CynaonIs9-aCnHwQ567FtjOLpvSg&_hsmi=67475751>

MAJORS, CAREERS & COLLEGE SEARCH

* Explore the new site for CAREER & COLLEGE Resources from Sarasota County: Scholarships, Career discovery, Tests prep, and more.
<https://launchyourplan.com/>
* **Don't know what Major you are interested in yet? Discover your strengths, who you are and what you can accomplish in college and in a future career.**

**Take 20 minutes to find out what college majors are a natural fit based on your unique strengths. You'll also receive recommended colleges based on your ideal majors.** [**https://pages.collegefactual.com/find-my-major/**](https://pages.collegefactual.com/find-my-major/)

NEXT MAGAZINE

Next, online magazine with information on college, technical schools, scholarships, and advice. **NEXT empowers students to make the most of the next two semesters as well as the years ahead:**

<http://www.pageturnpro.com/Florida-Trend/86208-Florida-Trends-NEXT-2018-2019/default.html?utm_source=Email_marketing&utm_campaign=NEXT_2018-2019_September_-_Student&cmp=1&utm_medium=ShareableEmail#page/16>

**SCHOLARSHIPS OPEN TO ALL HIGH SCHOOL STUDENTS:**

The College Board is investing $25 million in a new scholarship program, with students earning $5 million in scholarships each year, beginning with the class of 2020 (Current Juniors). You can get a scholarship for practicing for the SAT on Khan Academy, making a list of colleges to attend, raising your tests scores and more...

Register now to be notified! <https://opportunity.collegeboard.org/>

ESSAY CONTEST

Open to United States high school students in grades 9th -12th.
Essays must describe an act of political courage by a U.S. elected official who served during or after 1917, the year John F. Kennedy was born. The official may have addressed an issue at the local, state, or national level. The deadline is January 18, 2019.
<https://www.jfklibrary.org/Education/Profile-in-Courage-Essay-Contest/Eligibility-and-Requirements.aspx>

**THE CARSON SCHOLARS FUND: $1,000**

**SMA will nominate one student from SMA with a 3.75 or higher GPA for the scholarship (9th-11th grades).There will be an essay contest among possible candidates to make the selection. Please choose one of the prompts below and submit to your head of school, Fred Fout, by December 7, 2018 (650 word minimum, 750 word maximum):**

1. **Discuss an accomplishment, event or realization that sparked a period of personal growth and a new understanding of yourself or others. What did you learn? In what ways did you grow? How can your growth and understanding help you to achieve your future goals?**
2. **Think of a time you challenged a belief or idea. What caused you to act? Did your actions bring about change, positively or negatively? Reflect on your actions.**

SCHOLARSHIPS FOR SENIORS ONLY:

**THE CONGRESS-BUNDESTAG VOCATIONAL SCHOLARSHIP**

**The Congress-Bundestag Youth Exchange Program (CBYX) offers American high school graduating seniors the opportunity to for a scholarship to study in Germany. This is a program for U.S. high school graduates who have undertaken vocational training to spend their 13th year abroad pursuing their vocational interests. Each year over 300 American high school students receive full scholarships to become exchange students to Germany, where they will live with host families for a year and attend German schools. This program is supported, as well as funded, by the United States Congress and the German Bundestag.**

**Application is available at:**

 [**https://www.nacelopendoor.org/exchange-programs/cbyxoutboundprograms.html**](https://www.nacelopendoor.org/exchange-programs/cbyxoutboundprograms.html)

BRIGHT FUTURES SCHOLARSHIPS (BF): Opens October 1st, 2018

In order to be evaluated to receive the scholarship, students must select at least one state university. Check out the link below for more information.

<https://www.floridastudentfinancialaidsg.org/pdf/nm4c_brochure.pdf>

***\*\*The FAFSA application for student aid: File it early, and do it right—All students, even those from affluent families, should submit an application. Though only families with income of less than $50K qualify for federal grants, there are thousands of state and private scholarships that are accessible only if you fill out the form\*\****FEDERAL FINANCIAL AID (FAFSA): Opens October 1st. Click below to learn the documents needed to apply & locations to receive free assistance with application. <https://fafsa.ed.gov/>

ANTONY SALERNO MEMORIAL SCHOLARSHIP:

For Seniors with Financial Need.

\*\*\*Check the Scholarship Binder in the Counseling office\*\*

**ROTARY FUTURES CENTER: VENICE HIGH SCHOOL**

**The Rotary Futures College Resource Center is an innovative approach to post-secondary decision-making that utilizes a resource center with 13 Internet computers, numerous printed materials, and willing volunteers to assist students, parents, and community members with linking education, career, and life opportunities. Contact for an appointment to access all the scholarships available.**

<http://rotaryfutures.org/>

**Address: 1 Indian Ave, Venice, FL 34285**

**Phone: (941) 480-3178**

**THE NATIONAL HONOR SOCIETY offers scholarships to senior students who are members of (NHS). Check out the link for the deadline:**

<https://www.nhs.us/advisers/the-nhs-scholarship/>

ARTS FOR LIFE! Awards $1,000 scholarships to 25 graduating high school seniors who demonstrate excellence in creative writing, dance, drama, music or visual art. The 2018-19 application period is open from

September 1-February 4.

Apply now: <https://artsforlifeaward.org/apply/>

FLORIDA ENGINEERING SOCIETY (FES). Deadline: February 9th, 2019

<https://www.fleng.org/page/Scholarships>

COMCAST LEADERS AND ACHIEVERS SCHOLARSHIP PROGRAM:

Self-nominate with no limitations to the number of applicants from each school who can apply to receive a one-time scholarship of $2,500. Applicants must:

•Have a demonstrated commitment to community service, outstanding qualities in character, integrity and leadership

•Be enrolled as a high school senior

•Reside in one of the communities listed on the program website

•Plan to enroll in full-time undergraduate study at an accredited two- or four-year college or university in the United States for the entire 2019- 2020 academic year

•Have a minimum GPA of 3.0 on a 4.0 scale (or its equivalent)

•Demonstrate financial need

All scholarship application materials must be submitted by December 7, 2018 at 5:00 p.m.

<https://www.scholarsapply.org/leadersandachievers/information.php>

SUN TRUST:

How about $500 for college from the SunTrust College Scholarship Program? 2 winners will be chosen every 2 weeks from October 29th until May 13th, 2019. Enter now: <https://offtocollegesweepstakes.suntrust.com/?cid=va-offtocollege>

ASALH: Association for the Study of African American Life and History Scholarship program for African American seniors pursuing post-secondary education. The application is in the Counseling office. Deadline, February 15th, 2019

LOU KOMAROV MEMORIAL SCHOLARSHIP from Southern Trust Financial Planning: $1,000 scholarship based on financial need. Deadline: MARCH 18, 2019. Information is located in the Counseling office: Scholarship binder

$$$$ FREE SCHOLARSHIPS SEARCH $$$$$

[www.collegeboard.com](http://www.collegeboard.com/)
In addition to registering for the SAT, you can investigate scholarship opportunities here.

[www.fastweb.com](http://www.fastweb.com/)
includes over 275,000 awards in the database.

[www.finaid.org](http://www.finaid.org/)
Sponsored by the National Association of Student Financial Aid Administrators, this site provides a comprehensive guide to student financial aid, provides information regarding scholarship scams, and provides tools for estimating the family contribution.

[www.embark.com](http://www.embark.com/)

This site provides exploration of scholarships, careers, and majors/careers, internships and interviews with people from a range of career areas.

HOUSING ASSSISTANCE WHILE IN COLLEGE:

* Southern Scholarship Foundation provides rent-free housing for students with financial need, good character, and strong academic merit. We operate large, dorm-style houses on or near the campuses we serve. You can also visit our website, [www.southernscholarship.org](http://www.southernscholarship.org) to explore more about the foundation.
* The Cooperative Living Organization: or Students Attending UF:

Are you in need of low-cost housing that has an ALL-Inclusive deal? Do you need a place to call home away from home that has freshly cooked meals ready for you to enjoy? How about a place with 79 others who become a well diverse, friendly family?

(CLO) exists to provide UF AND Santa Fe students with financial ease of mind; a residency that focuses on providing a student-run cooperative where dorm-style room and board costs half as much as similar on campus arrangements.

For $400 per month, this includes: Meals, Monday-Friday lunches and dinners; internet; fully furnished rooms; conducive study environments; computer lab; and willing residents to help a friend out.

The Cooperative Living Organization, located one block from the main UF campus (behind Chipotle off of University Ave.), is now accepting applications for the Fall 2019-Spring 2020 semesters as well as Summer 2019. The online application is available at [www.cloliving.org](http://www.cloliving.org)

117 NW 15th Street

Gainesville, FL 32603

352.377.4269

clo1931@gmail.com

[www.cloliving.org](http://www.cloliving.org)

 **RESOURCES FOR PARENTS/GUARDIANS:**

* Parent Guides, Life after High School Graduation, Fastest Growing

Careers and more. <https://www.floridastudentsachieve.org/>

* Sarasota County Schools offers information on high school requirements, local scholarships, financial aid and more… Go to Featured resources, College and Financial Aid Heading:

<http://www.sarasotacountyschools.net/students.aspx>

* Explore Institutions, Discover Degrees & Certificate Programs

Find out what degrees and certificate programs are offered at each institution and what courses are required, Get Ready for College

Pay for College, Find the resources you need to pay for college, including scholarships, grants, loans and work-study programs:

<https://www.floridashines.org/go-to-college/get-ready-for-college>

* Financial Literacy for middle & high school students:

(Banking, budgeting and saving, credit and debt, insurance and financial frauds and scams): <http://financeyourfuture.myfloridacfo.com/index.html>

* Florida Department of education site with info on high school graduation requirements, state assessments:

<http://www.fldoe.org/academics/graduation-requirements/>

* Florida University System: Honors programs, majors, financial aid, transfers: <http://www.flbog.edu/>
* Information on strategies to help our children deal with difficulty situations that may lead to trauma: National Institute of Mental Health (NIMH): <https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents/index.shtml>
* School Social Work Association of America (SSWAA):

<http://www.sswaa.org/?page=252>

* The [National Suicide Prevention Lifeline](http://ncbh.msgfocus.com/c/1lVGbVlfidEBYsXyT5Jsu9BQo) (1-800-273-TALK (8255)) is available 24/7 to provide confidential support for individuals in crisis, as well as concerned family and loved ones.
* <https://suicidepreventionlifeline.org/>