



Counseling Center Newsletter



Addressing Student Anxiety

From the Counseling Office—Charlie Green, Counselor

The fourth and final quarter of the school year has arrived and, for some students, it can be a cause for celebration and relief; but for others it can conjure up feelings of stress and dread. There are numerous reasons for students to feel some type of anxiety.

According to the American school Counselors Association, anxiety (the sense of fear or worry) is the most common mental health challenge facing children, teens, and adults. Students can feel anxious because of upcoming tests, credit deficiency and/or social-emotional issues with peers or family.

Without social/emotional education and early intervention, youth often develop unhealthy coping strategies to deal with anxiety.

How to Help

Practicing stress-reduction strategies can help students rebuild the damage stress

causes to their brains and avoid damage to their bodies, relationships, and school performance.

Below are seven ways to help calm anxious students in the classroom.

1. Get students to breathe deep. When people slow down their breathing, they slow down their brain.
2. Get Outside.
3. Get students moving: walk and talk with others.
4. Think positively: write in a gratitude journal
5. Promote healthy eating and wellness attitudes.
6. Share your story. Find a trusted individual to talk through your thoughts and feelings.
7. Consider accommodations to help you with testing and tutoring.

College Decision Day!

Seniors will be able to declare their choice for higher education.

May 1st

Stop by for a yummy treat—@
Lunch in the Commons

Inside this issue:

Changes are coming for the Regents' Scholarship!
See more info inside this edition.

Inside this issue:

Updated Arena Schedule Timeline

Homeroom

Homeroom takes place on Monday mornings. Take a minute every week to ask your student about what they did in Homeroom.

Here is what we learned about in March:



CHTV video announcements & Test Taking Strategies—preparing students for year-end tests. Students were able to brainstorm ways to destress and stay focused, get excited about spring sports, have a behind the

scenes look at life as a Stage Crew member. A look back to the fundraiser assembly for St. Baldrick's children with cancer—where teachers and students shaved their hair for donation. \$3,912.63 was raised! Special thanks to the NHS. And a tribute was made to our beloved teacher, Michelle Szetela, who left us too soon, due to cancer.

Students also received dates for attendance school. Those with NG's or too many tardies and absences should plan to attend these sessions in order to pass their classes.



AP Test registration began February 25, 2019. All AP students received Registration information in their AP classes in January. Any student wanting to order AP exams after March 31, will need to contact Shelley Nudd in the Counseling Center. **A \$55 late fee will be added to exam fee.**

NO EXAMS WILL BE ORDERED AFTER APRIL 10, 2019 at noon.

The Michelle Szetela Writing Lab

Mrs. Szetela was the founder of our new writing lab. With her passing, we will be renaming our lab in her honor. Her desire to enrich the education of all students was greatly appreciated and her hard work in starting, promoting and guiding students in the skills necessary to tutor peers with writing assignments will continue to be felt for years to come.

Students who would like help writing are invited to come to Mr. Brother's room, 1824.

Hours:

Tuesdays: 2:30 p.m. - 3:30 p.m.

Thursdays: 9:00 a.m. - 9:30 a.m.

Fridays: 7:15 a.m. - 8:15 a.m.

Tutoring sessions last 30 minutes and we have nine tutors. Students may voluntarily attend tutor sessions or teachers may require a visit.

<https://chhswritingcenter.weebly.com> | @CHWritingCenter

<https://www.facebook.comCopperHillsWritingCenter>

Senior Scholarship Offers

Congratulations to seniors who received an offer for a scholarship! Your hard work has paid off!

Many students receive scholarship offers for multiple schools. Be sure to accept all offers received. This does not obligate the student to enroll in that school, but holds the scholarship in the student's name. Should the student choose not to attend the school where scholarships are awarded, it is polite to notify the Scholarship Department that the scholarship will not be used.

Watch deadlines for next steps for your scholarships and be sure to fill out deferment forms for any that you want to hold while you serve in the military or leave for religious service.

Copper Hills reports the amount of money each graduating class earns. 2018 CHHS graduates earned over \$9.6 million in scholarship offers.

The most reported amount ever! We hope to surpass this number with our 2019 graduates.

Notify Alicia Summers of all the offers you received—even if you don't plan to use the money.

You may email her at Alicia.summers@jordandistrict.org or stop by the Counseling Center to fill out a Scholarship Offers form.

On April 22nd the senior Homeroom lesson will be dedicated to filling out a senior survey, and students will receive a form to list scholarship offers.



Arena Scheduling for 2019-2020

Class of 2020 (2019/20 Seniors)

April 22 & 23 (3pm – midnight)

- Computer Lab/support at CHHS for class of 2020 students/parents ONLY. (3pm – 5pm)

Class of 2021 (2019/20 Juniors)

April 24 & 25 (3pm – midnight)

- Computer Lab/support at CHHS for class of 2021 students/parents ONLY. (3pm – 5pm)

Class of 2022 (2019/20 Sophomores)

April 26 @ 4pm - April 29 @ midnight

- Computer Lab/support at CHHS for class of 2022 students/parents ONLY. (4pm – 6pm)
- Computer Lab/support at WHMS & SRMS for class of 2022 students/parents ONLY.
- Computer Lab/support at CHHS for class of 2022 students/parents ONLY.

JATC Classes open for programs not requiring application during your scheduled times.

Available to Class of 2020 and 2021 students only.

<https://www.jordantech.org/>

Arena Scheduling Open for all Grades May 6th 3pm through August 23rd midnight
Counselors will be available to assist with schedule changes/questions May 6th – May 10th.
Course availability will be limited during the May through August dates for Arena Scheduling.

Hotline available (801) 256-5396 every scheduled day.

Two Academic Programs from StepUp Utah

To Prepare Students for College

Utah Scholars

This is an award that comes with a medallion to be worn at graduation, and a certificate for your portfolio. There is no monetary benefit. The StepUp Utah Scholars Recognition program is an initiative from the state that helps and encourages students to be more prepared for college.

These requirements include things such as going above and beyond their high school graduation requirements, applying for scholarships, getting involved with extracurricular activities, doing community service, and filing the FAFSA. Students will need to complete a total of 20 Next Steps from the grade-by-grade checklists and have at least a 3.0 cumulative GPA. These steps can have been completed in any grade.

Step One: Students may sign up for the Utah Scholars program in **8-12 grades** by submitting an application form that solidifies the student's commitment to follow the StepUp Utah Scholars program. Students will also agree to receive email and text messages from StepUp Utah Scholars regarding college readiness, scholarships, and financial aid.

Step Two: Apply for the Utah Scholars Recognition in student's **senior** year. Due date to receive the Utah Scholars award opens in November and closes in March of each year. *This application is for high school graduating seniors only.*

Students may earn the Utah Scholars medallion even if they did not apply for the Regents' Scholarship.

Visit UtahScholars.org today for more information and to sign up.

Regents' Scholarship

The Regents' Scholarship encourages Utah high school students to prepare for college academically and financially by taking a core course of study and saving for college. Students may earn a scholarship when they fill similar requirements for Utah Scholar. Award amount to be determined annually.

Requirements:

- ◆ Take the right classes in grades 9-12
 - ◆ 4 years English
 - ◆ 4 years Math
 - ◆ 3 years Social Science
 - ◆ 3 years Lab-based Science (must include Biology, Chemistry and Physics)
 - ◆ 2 years World Language
- ◆ Earn at least a 3.3 cumulative GPA
- ◆ Earn at least a composite ACT score of 22
- ◆ Meet college enrollment or deferment requirements
- ◆ Fill out the FAFSA (Free Application for Federal Student Aid) Every Utah high school graduate who meets all the requirements and deadlines for the scholarship will receive a one-time award. Award amounts will be determined annually based on available funding.

Due date is in February each year. Priority deadline in December.

Students who qualify for Regents' are strongly encouraged to also apply for the Utah Scholars Recognition.

Regents' will be updating program materials to reflect the changes made to the program due to the passing of HB 260. Updates will likely be posted in late May. **Do not rely on past scholarship information.**

For more information, see the Rules & Requirements on RegentsScholarship.org.

Changes to Regents' & New Century Scholarships

As you are planning for next year school year we wanted you to be aware of updates to the New Century and Regents' Scholarship programs along with two opportunities related to the Regents' Scholarship. Many students have a desire to take courses that will promote strength in future college curriculum and earn a scholarship at the same time. The Regents' and New Century Scholarships are great ways for students who wish to stay in Utah for college and earn money for tuition. Regents' encourages higher core course loads and New Century rewards those who earn an associate degree while attending high school. Both of these programs are funded and directed by our State Legislature.

Anytime parents and students have a question about Utah Scholars, Regents' or New Century programs, we advise you to contact the USHE or USBR. The Regents' Scholarship may be modified each year as a result of legislation. It is important that you use the information found on the official website as your resource for the most up-to-date information. The scholarship Rules and Requirements will likely be updated in late May 2019. Official information regarding the Regents' Scholarship is produced by the Utah System of Higher Education or the Utah State Board of Regents. Do not rely on information published by any other entity.

Several changes to the Regents' and New Century Scholarships were made during the 2019 legislative session. Preliminary changes are listed below. The Board of Regents will review and approve policy changes to these scholarships in mid-May, after which program materials and websites will reflect the changes for this graduating class. Check back for updates at regentsscholarship.org and newcenturyscholarship.org.

Top Three Things You Should Know:

1. *The Regents' Scholarship awards academic achievement.*

The scholarship's academic requirements essentially stay the same. Students choosing classes based on the old scholarship requirements are still on track to qualify for the new scholarship. Many administrative requirements are being simplified. Any changes are based on data and have been proven to lead to college success.

2. *Every student who qualifies for the scholarship will*

receive an award. The scholarship award amount will be determined annually based on available funds and applicants. Awards will be coordinated through the student's college to leverage all other financial aid opportunities and simplify the student's experience.

3. *The Regents' Scholarship does NOT require applicants to qualify for federal loans or grants.* Students are required to complete the Free Application for Federal Student Aid (FAFSA). However, a student does not have to qualify for federal financial aid to receive the scholarship.

All students who complete the FAFSA, regardless of aid eligibility, receive an Estimated Family Contribution (EFC). The EFC is a necessary indicator colleges use to counsel students about their paying for college options.

Utah has the lowest rate of FAFSA completion in the nation, with students leaving over \$36 million in free money for college on the table each year. In order to help increase the FAFSA completion rate—and to make students aware of other ways they can pay for college—the new Regents' Scholarship requires that applicants complete the FAFSA. It does not require that a student qualify for federal financial aid.

Key changes to these programs for the Class of 2020 are:

The Regents' Scholarship can now be used at institutions in the Utah System of Technical Colleges, **but not at private institutions (Brigham Young University, LDS Business College, and Westminster College).**

The New Century Scholarship can now only be used at Utah's public colleges and universities that grant bachelor's degrees, **not at private institutions (Brigham Young University and Westminster College.)**

The Regents' and New Century Scholarships may only be used to cover tuition and fees.

Questions?

Regents' Scholarship: regentsscholarship@ushe.edu or call 801-321-7159

<https://stepuputah.com/program/regents-scholarship/>

New Century Scholarship: newcentury@ushe.edu or call 801-321-7221

<https://stepuputah.com/new-century-applicants/>

Seniors— What Should You Be Doing Now?

- **Create or Update your resume**
- **Keep applying for scholarships! Research your college's website for opportunities.**
- **Complete your FAFSA—check to see if your college is requesting additional information.**
- **Watch your email for important information from your college.**
- **Apply for Housing—check deadlines for application.**

Counseling Center Website:

Be a regular visitor!

Watch for summer camp opportunities

Find new scholarships

Get info on preparing for scholarship applications

FAFSA

Also:

Get information on Registration for:

CHHS

JATC

CE

ACT/SAT Testing

April Calendar Items:

Apr 2: *Sophomore Orientation (current 9th graders)*

Apr 24: *Job Fair @ CHHS*

Upcoming:

May 1: *College Decision Day—Seniors only*

May 6: *Cap & Gowns available for passing seniors @ lunch in the Commons. Jostens will leave paid-in-full items in the Counseling Center for students.*

June 8: *ACT National Test (Register by May 3)*

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Main Office: 801-256-5330
Attendance: 801-256-5310

Counseling Center:
801-256-5320

Scholarship Desk:
Alicia Summers
801-256-5339
Alicia.Summers@
jordandistrict.org

Hours:

11:30 am—3:00 pm M-F

Copper Hills Website