



# Counseling Center Newsletter



## Self Advocacy

From the Counseling Office—Kris Strong

Self-advocacy is the ability to communicate one's needs and wants and to make decisions about the supports needed to achieve them (Stodden, Conway, & Chang, 2003).

One way to help improve your self-advocacy is to practice your communication skills; try explaining your thoughts and ideas to an adult. Another way to boost your self-advocacy skill is to be involved - volunteer, join a club or team, get a job. These things increase your interactions with other people which, over time, will build your communication skills and confi-

dence when working with others.

Students and parents often think of contacting their guidance counselor for assistance when the student's grades are failing. Counselors are here to help students succeed in school, work on graduation requirements, counsel through anxiety, stress, and other conflict issues, but are limited to what they can do when issues are directly tied to the classroom and student success therein.

Advice for struggling students: One of the best ways you can help yourself be successful is to reach out to your

teacher during Grizzly opts, in person or via email, when you *begin* to feel like you are slipping in your grade, having difficulty understanding concepts, overwhelmed or get behind turning in work on time. Your teacher knows your course requirements and is the very best person to help you when you are failing.

Remember, the key is to do this at the **BE-GINNING** of when your grade starts slipping, not a couple weeks before the end of the quarter.

## Senior Accomplishment Sheets

Seniors have been asked to submit a Senior Accomplishment Sheet to the Scholarship Desk. This information is used to track students for scholarship, college and other recognition.

Seniors may update them year-round; notify Alicia Summers with additions.

Senior Accomplishment Sheet		01/15/11
NAME	DATE	PERIOD
Grade	Class	ACT Score
College (If available, please include)		
Extracurricular Activities		
Leadership		
Professional Area		
Address		
Home Telephone		
Email		
<small>           Please do this, because of the leadership role in the Counseling Center as well as possible.           The information provided on this form will be used for scholarship purposes only.           It will not be shared with other departments or used for any other purpose.           Please do not write on this form.         </small>		

## Utah Scholars

All students can sign up for recognition of working toward college preparation.

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

Register now to receive information and updates, grade checklists, a monthly newsletter, as well as scholarship highlights from StepUpUtah.

Seniors may apply for the medallion and certificate from November 1st – March 1st.

Are you a regular on our website?

Keep informed on:

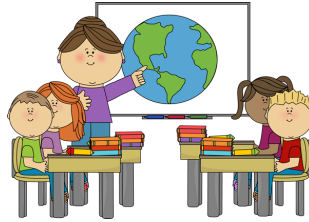
- ♦ Scholarship Database
- ♦ Upcoming College Visits
- ♦ Honor Cord Requirements
- ♦ Calendar Items

## 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 September:

Juniors and Seniors received valuable scholarship/college news-



letters. If you didn't see it, you can view information online [here](#).

Students reviewed how to use heart defibrillators and identified where they are located within the school, for emergencies.

Students watched a great presentation on CHTV about Copper Hills

## Scholarship Information

### HAVE YOU APPLIED YET?

Step 1: Gather information about yourself

*10th & 11th graders—work on adding accomplishments to your resume (service, leadership, awards, GPA, etc.)*

Step 2: Ask for letters of recommendation

Step 3: Find scholarships and apply!

Step 4: Keep applying...seniors, look for opportunities at your top college choices

Step 5: Send thank you notes to scholarship organizations

[Search for Scholarships Here](#)

## Honor Cords

Access Honor Cord Information @ <http://copperhillshigh.org/academics/honor-cords/>

### Senior Only Important Dates:

- October 8, 2018—Letter of Intent due to Honor Cord Leads
- November 28, 2018—Project Proposals due (only for those that require projects)
- March 29, 2018—Final applications due directly to Honor Cord Leads by 3:00 pm

## College Prep Day—November 7, 2018

Only 10th & 12th grade students will attend morning half of school on Wednesday, November 7th. *This is because the 11th grade students will attend in February to take the State ACT test.*

We encourage all students to attend this day. Here is a list of activities we have planned:

### Seniors:

- **Essay Writing**—Mrs. Szetela (1823)  
2 sessions: 7:30-9:30am; 9:30-11:30 am
- **Scholarship & FAFSA Application Assistance** (Media Center)7:30-11:30
- **Resume Writing**—Mr. Brothers (1824)  
2 sessions: 7:30-9:30am; 9:30-11:30 am

### Sophomores:

Pre-ACT test—students need to be in their seats by 7:30 am

# Leadership Opportunities

## HOBY FOR SOPHOMORES

### **HOBY MISSION**

To inspire and develop our global community of youth and volunteers to a life dedicated to leadership, service, and innovation.

### **HOBY VISION**

To motivate and empower individuals to make a positive difference within our global society, through understanding and action, based on effective and compassionate leadership.

Check out [HOBY.org](http://HOBY.org) for more information.

Copper Hills can send four 10th grade students to HOBY. The fee is \$395 and includes three days and two nights in Provo. This camp takes place in June 2019. Contact Alicia Summers for registration information.

## GIRLS AND BOYS STATE FOR JUNIORS

Plan ahead to attend this incredible experience at Weber State University. Mock government simulations, patriotic experiences and guest speakers that will help you be a better U.S. Citizen. Run by the American Legion and American Legion Auxiliary, students come away feeling empowered to do their civic duties and gain a love for our military. Find more information at [www.utlegion.org](http://www.utlegion.org) or contact Alicia Summers.

Events run June 3-8 for girls; June 10-14 for boys. Participation fee is approx. \$400 and includes 3 Political Science college credits.

## Utah College Application Week November

*We call it Application Week, but due to the large number of students at Copper Hills, we hold it for the month of November*

### **Purpose of UCAW:**

To promote early college applications in Utah. Priority deadlines are early and applying by the priority date allows for higher acceptance rates and added scholarship opportunities.

### **Activities:**

Students will be able to begin applications for college and FAFSA, as well as receive guidance in scholarship searches.

### **Benefits:**

Many students qualify for merit-based scholarships, but don't often know award totals

until after being accepted. Increasing applications equals an increase scholarship offers.

Some Utah schools will offer free admission applications during November 2018:

**Dixie State University**  
**Southern Utah University**  
**Snow College**  
**Westminster**

*Utah Valley University—  
discounted with Open House  
attendance*

University of Utah will accept NACAC fee waivers—these forms are available in the Counseling Center

Fee waiver for any other school, including out of state schools, are also available. See the Counseling Center Nov 1-16 for application.

Seniors will be meeting in the Media Center during a scheduled time with their English class to participate in UCAW activities.

(including foreign language, debate, creative writing, Humanities, or other 12th grade English-credit course)

**Students should have Social Security & Driver's license numbers available. Credit Card info is also recommended.**

\*If any senior does not have any form of English class 1st semester please contact Alicia Summers to be sure he/she is included.

## Copper Hills High School

5445 New Bingham Hwy  
West Jordan, UT 84081

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**

## October Calendar Items:

October 1—FAFSA opens for all seniors to apply

October 8—Honor Cord Letter of Intent Due to Leads

October 10: PSAT (10th Honors & 11th grade—Register in Main Office)

October 11: FAFSA Completion Open House for seniors/parents

October 12: SUU College Tour

October 17: Westminster College Tour

October 18-19: Fall Recess

October 24: UVU College Tour

October 27: ACT Test

Contact Counseling  
Center for permission  
slips for college tours.  
Priority 11 & 12 grade

## Looking Ahead:

November 1-19—Utah College Application ~~Week~~ Month (Seniors only)

November 9—USU Eastern Diversity Day (overnight)

November 16—USU Logan Diversity Day

November 7—USU Open House [openhouses.usu.edu](http://openhouses.usu.edu)

## **\$ FAFSA for Seniors \$**

### **Grants—Loans—Work-study**

FAFSA applications are available on October 1st for all college students planning to attend in the fall 2019.

Apply for your FSA ID—Your username and password for FAFSA. Both the student and one parent should register for FSA ID.

- Student lives with both parents or parent/step-parent: both will need to be on the FAFSA.
- Single parents: student will use info from the parent the student lives with the majority of time.

### **GET FREE EXPERT HELP FROM STEPUP UTAH**

### **FAFSA Completion Open House**

**Thursday, October 11th**

**5-8pm**

**Media Center**

*For all seniors, parents, and anyone currently in college needing assistance with FAFSA. Come to start, finish or get advice on problems you may have with the application.*

*FAFSA is the beginning of Federal Grants, Work-study and loans for college. We encourage all students to apply!*

### **What to bring with you:**

- Your FSA ID ([fsaid.ed.gov](http://fsaid.ed.gov)).
- If you have previously completed a FAFSA Worksheet, please bring it with you.
- Your Social Security Number.
- Your driver's license (if any).
- Your parents' 2017 W-2 forms (if you are a dependent student). If you earned income in 2015, you should also bring your 2017 W-2 forms.
- Yours and your parents' federal tax returns from the year 2017.
- Your 2017 untaxed income records (e.g., Veteran's non-education benefit records, child support received, worker's compensation).
- Your current bank statements.
- Your current business and investment mortgage information, business and farm records, stock, bond and other investment records.
- Your resident alien registration or permanent resident card (if you are not a U.S. citizen).