

DFA COUNSELING CENTER

SCHOOL NEWSLETTER



Early Action
deadline- Oct 15th

Early Action
deadline- Oct
18th



Juilliard

DANCE
DRAMA
MUSIC

The Julliard School will have a virtual school visit for any high school student who may be interested in applying. It will be on Wednesday, October 20th at 6 PM. Please register here-
<https://apply.juilliard.edu/register/?id=f85e8af4-1801-4ed9-bf28-04f9937c4bec>

Young Georgia Authors Writing Competition

No prompt. Any time of writing allowed, but 1900 word limit.

Due January 12th to your ELA teacher.
Please see your ELA teacher if interested.

Omega Psi Phi Fraternity Essay Contest

1st- \$5,000, 2nd \$3,000, 3rd \$1,000
Due October 15th

Topic: In a post-COVID environment, why is it essential that young people change their mindset towards self-employment?

For SENIORS ONLY

See Mrs. Schow for the application



COKER
UNIVERSITY

DANCE SCHOLARSHIP AUDITION

Friday, October 29, 2021



AUDITION FOR SCHOLARSHIP FUNDING
MASTER CLASS
CAMPUS TOUR
LUNCH WITH DANCE MAJORS

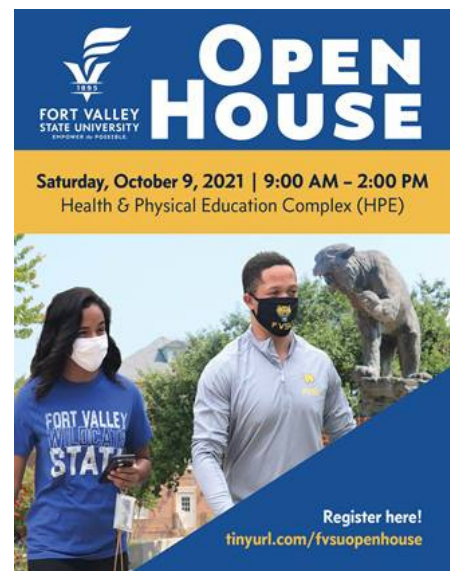
Contact Tierra Jacobs (tjacobs@coker.edu) to register

U.S. Senate Youth Program

The United States Senate Youth Program sends two delegates from every state to spend a week in Washington, D.C., where they study our government firsthand. There is also a \$10,000 college scholarship for each delegate. Any high school junior or senior may apply to participate in the United States Senate Youth Program.

- Must serve in an elected or appointed position representing a constituency during the current (2021-2022) school year – additional information on qualifying positions is included below.
- The week of March 5-12, 2022, selected students will be required to completely block the timeframe of the program and attend all events in order to serve as delegates and receive the scholarship.

The application is available online at gadoe.org/USSYP and should be sent via email to mfrick@doe.k12.ga.us by October 29, 2021 at 5 p.m.



Current Seniors- FAFSA
Opens Oct. 1

University of Notre Dame Leadership Seminar- App Opens Oct 18. Due Jan 24. The program is for top juniors.

The only fees are the deposit of \$60 if accepted. It is a very competitive program. Tuition/room/board are paid for.

Click here-
<https://precollege.nd.edu/leadership-seminars/application-and-admission/>

Hope/ Zell Scholarships

High school students in the state of Georgia have a great opportunity to receive financial aid based on their academic achievements.

The HOPE Scholarship amount varies per school, but it tends to be around half tuition. The GPA is calculated using only English, math, science, social studies and foreign language. Students must have a 3.0 upon graduation to earn the scholarship.

The Zell Miller scholarships covers close to the amount of tuition at a public university. Students must have a 3.7 GPA, using the recalculated GPA and a 26 on the ACT or 1200 on the SAT (not superscored).

Students can check his/her GPA at the end of each school year to monitor progress on his/her GA Futures account.

Details about each scholarship program can be found on gafutures.org



SCHOLARSHIPS

Burger King Scholarship- Application opens October 15 and closes December 15th. The first 50,000 applications will be accepted. Students need a 2.5 in order to apply, equal weight will be given to academic record and school and community involvement. You do not need to be an employee to apply. Apply online- <https://www.scholarsapply.org/burgerkingscholars/>

Jack Kent Cooke Foundation Scholarship- this is for seniors who plan on applying to selective universities. The scholarship is up to \$55,000 per year. Students must have a 3.5 unweighted GPA and a family income under \$95,000. You apply through Common Application and add the Jack Kent Cooke Foundation as a "school". The application is due November 18th

Eagle Scout Scholarship- There are several scholarships available for Eagle Scouts. Apply online at <https://nesa.org/for-eagle-scouts/scholarships/>

AXA Achievement Scholarship- based on ambition, drive, determination, ability to succeed in college. Due December 15th.
<https://apply.scholarsapply.org/axaequitable-achievement/>

Nursing Scholarships- lots of different scholarships listed here- <https://nurse.org/scholarships/>

Wendy's Heisman Scholarship- for seniors who have at least a B average and have participated in an approved sport. Apply by Oct 19 at 6 PM ET at <https://heismanscholarship.com/application/>

Elks Most Valuable Student Scholarship- for high school seniors who have excelled in academics, leadership, service, and have financial need. Due November 15th. Apply online at <https://www.elks.org/scholars/scholarships/MVS.cfm>

Coca-Cola Scholarship- Coca-Cola gives out several scholarships to top students. Coca-Cola scholars receive scholarship money and amazing opportunities. You will need your transcript and a list of clubs, activities, honors, awards, volunteer work, and employment before applying. Apply online before Oct. 31 by 3 pm. <https://www.coca-colascholarsfoundation.org/>

Cirkled In Scholarship- no income or GPA requirements, \$2,500 award, apply online at www.cirkledin.com

2021 Steve Duckett Conservation Scholarship- seniors with a 3.0 who demonstrate a commitment to environmental conservation using past and present volunteer, professional, or educational experiences. Due October 31st. See details here- <https://www.virginiacriminallaws.com/2021-local-conservation-scholarship/>

Pursuing a Positive Impact Scholarship- students should have a 3.0, and you must submit a 1,000-word essay to the prompt- "In what ways do you try to activate positive change in your community, and what inspires you to do so?" Must also submit a transcript and resume. Due October 31st. Read the details here- <https://hurtinva.com/2021-pursuing-a-positive-impact-scholarship/>

Builders' Association Scholarships- students should plan on studying a construction-related field (construction management, engineering, or architecture). Due Nov. 1. You must request an application- see details here- https://www.buildersassociation.com/WCM/_Education/Scholarships.aspx

Hispanic Heritage Youth Awards- students must have a 3.0 and be of Hispanic heritage. Apply online by November 14th- <https://hispanicheritage.org/programs/leadership/youth-awards/>

Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



- Do you often feel sad, anxious, worthless, or even "empty"?



- Have you lost interest in activities you used to enjoy?



- Do you get easily frustrated, irritable, or angry?



- Do you find yourself withdrawing from friends and family?



- Are your grades dropping?
- Have your eating or sleeping habits changed?



- Have you experienced any fatigue or memory loss?



- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

How do I get help for depression?

You're not alone, and help is available. You can feel better.

To get help:



- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called "talk therapy"), medication, or a combination of medication and talk therapy.



- **Try to spend time with friends or family**, even if you don't feel like you want to.



- **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



- **Try to keep a regular sleep schedule.**



- **Eat healthy foods.**

For immediate help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or visit www.suicidepreventionlifeline.org.



National Institute
of Mental Health

www.nimh.nih.gov/depression

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