

# DFA COUNSELING CENTER

## SCHOOL NEWSLETTER

TO LEARN MORE ABOUT AUGUSTA UNIVERSITY, GEORGIA STATE UNIVERSITY, GEORGIA TECH AND THE UNIVERSITY OF GEORGIA ATTEND THIS EVENT. THIS EVENT IS FREE AND OPEN TO ALL HIGH SCHOOL STUDENTS AND THEIR FAMILIES, BUT SPACE IS LIMITED! REGISTER ONLINE TODAY TO SECURE YOUR SPOT.



**TUESDAY, SEPTEMBER 14: 6:00-7:00 P.M.**

**REGISTER HERE:  
[HTTPS://APPLY.UGA.EDU/PORTAL/P EACHSTATE](https://apply.uga.edu/portal/p/eachstate)**



### Financial Aid Night for Seniors and Parents

Please join the virtual meeting on September 29th at 6 PM. You will receive information on how to apply for FAFSA, scholarships, including the Hope and Zell scholarships

Join Zoom Meeting

[https://zoom.us/j/92040649735?](https://zoom.us/j/92040649735?pwd=NlVYVlBxejFTa0dGTmM0UWFnRjJldz09)

[pwd=NlVYVlBxejFTa0dGTmM0UWFnRjJldz09](https://zoom.us/j/92040649735?pwd=NlVYVlBxejFTa0dGTmM0UWFnRjJldz09)

Meeting ID: 920 4064 9735

Passcode: 2BLXiC

### PSAT- October 13th

- All sophomores will take the PSAT on October 13th. The PSAT is a great indicator for the SAT.
- Juniors can choose to take the October test. The cost is \$18. For juniors, the test is the National Merit Selection Qualifying test. More information about the program can be found here-  
<https://www.nationalmerit.org/s/1758/interior.aspx?sid=1758&gid=2&pgid=424>
- Juniors- please check the DFA website to register for the test (the link will be there in early September)





## 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>

**Gates Scholarship-** the Gates scholarship pays the full cost of education. Applicants must be seniors, from one of the following ethnicities: African-American, American Indian, Asian & Pacific Islander, and/or Hispanic American, Pell grant eligible, with a 3.3 weighted GPA. Please apply online- <https://www.thegatesscholarship.org/scholarship> . The first part of the application is due Sept. 15.

**Questbridge** is a non-profit program that links high-achieving, deserving students with educational and scholarship opportunities at leading U.S. colleges and universities. QB is for the top 5-10% of the graduating class. Test scores >1310 or >28 and financial need. Application due September 28th. <https://www.questbridge.org/>.

**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/>

**Bryan Cameron Education Foundation Scholarship-** applicants should have a 3.7 unweighted GPA, be in the class of 2022, be able to show excellence in extracurricular activities, be motivated leaders with a strong work ethic, demonstrate community service. Apply online by 2:00 eastern on Sept 10th. <https://www.bryancameroneducationfoundation.org/>

**Cirkled In Scholarship-** no income or GPA requirements, \$2,500 award, apply online at [www.cirkledin.com](http://www.cirkledin.com)



## How should you be preparing for college?

(And you aren't a senior!!)

### Freshmen

- Get involved! Choose clubs and activities that you find interesting. It is a great way to meet people, explore interests, and create connections with students and adults.
- do your best in your classes. High school classes go on your transcript, which colleges look at closely. Plus your HOPE GPA begins now- your core classes will all count towards qualifying for the HOPE scholarship
- Begin thinking about different career paths
- When course requests come out, discuss which classes will best prepare you and are most appropriate for your plans

### Sophomores

- take the PSAT in October. This will help indicate how you will do on the SAT. You will be able to see your strengths and weaknesses
- Continue your school and community involvement. Look for leadership opportunities
- discuss your classes for junior year. Check graduation and college admission requirements
- Check your HOPE GPA
- Look for summer opportunities

### Juniors

- Remember this year is extremely important academically. Universities will be looking at these grades closely when you are applying one year from now!
- Register for the PSAT if you think it would be a good idea
- Register to take SAT/ACT this winter/early spring
- Begin researching schools and try to schedule visits this year. Create a college list!
- Set up a meeting with Ms. Schow when course requests come out. You want your senior schedule to show rigor

## Coast to Coast College Presentation

Learn about UC- Berkeley, Dartmouth,  
Northwestern, Princeton, and Vanderbilt

There are several presentations from Sept. 12-21.

Sign up for a virtual presentation here-  
<https://www.coasttocoasttour.org/>



Early Action  
deadline- Oct 15th

Early Action  
deadline- Oct  
18th

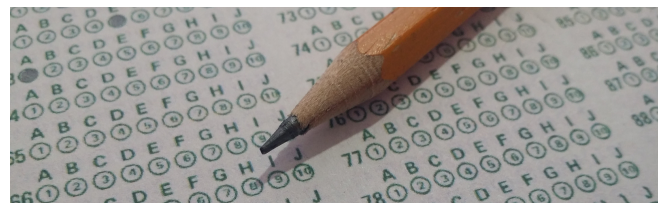


## Strategies to Deal with Anxiety

Sometimes school, family, and just life can be overwhelming. Here are a few strategies to help deal with anxiety.

1. Breathing techniques- taking deep breaths helps calm your mind when faced with overwhelming emotions.
2. Journaling- this allows someone to privately express emotions without fear of what others think. Sometimes just writing or drawing your feelings help.
3. Affirmations- this is a short simple statement to bring positive thoughts to your mind. You can memorize simple sentences like "I am capable" or "I am strong" to help center your mind and give power to positive thoughts.

Roddy, Crissy, and Anna Duvall. "Anxiety Overload." ASCA School Counselor, July 2021, [www.schoolcounselor.org/Magazines/July-August-2021/Anxiety-Overload?sso=85813d41-2d2d-44e7-a783-a960e106cddb](http://www.schoolcounselor.org/Magazines/July-August-2021/Anxiety-Overload?sso=85813d41-2d2d-44e7-a783-a960e106cddb).



## Test Prep Opportunities

**For sophomores, juniors, and seniors-** on Wednesdays after school, there will be SAT Prep in the Media Center on Wednesdays from 3:30-4:30.

Mr. Galvin will work with seniors and Ms. Sneed with juniors and sophomores.

Sessions will start on Sept 1. Please sign up here-  
<https://forms.gle/m19pViyybapbMesz9>



**For seniors-** there will be an SAT Prep class at DFA on Sept 25 from 9-12 and an ACT prep class on Oct. 16 from 9-12.

Classes are \$65, but Davidson will cover half of the cost of one class. If you take one class, it will be \$35, and the second class would be \$65.

Sign up by 9/10 to reserve your spot. After 9/10, the classes will be opened to underclassmen. Your spot is not officially reserved until you make the payment to Ms. Sneed.

Classes will be taught from SAT Prep Augusta.

Please sign up here-  
<https://forms.office.com/r/heUxj4XR11>