

JUNIOR INFORMATION 2018-2019

TEXT REMINDERS: (For Parents and Students)

Juniors: Smartphone open web browser and go to following link: rmd.at/4k27e
If you don't have a smartphone text @4k27e to 81010 or 385-215-8259

IMPORTANT UPCOMING DATES:

- **September 14th:** Weber State REGISTRATION deadline for students taking concurrent enrollment classes.
- **September 25th:**
- **September 28th:** Registration Deadline for the October 27th ACT www.act.org
- **November 2nd:** Registration Deadline for the December 8th ACT www.act.org
- **September 25th:** Parent University during Parent/Teacher Conferences 3:15-7:00 P.M.
 - 5:00-5:30 Concurrent Enrollment and Letter of Completion Presentation in the Library
 - 5:30-6:00 Regents Scholarship Presentation in Library
 - 6:00-6:30 Scholarship Presentation in Library
 - 6:30-7:00 ACT Prep Presentation www.strategicactprep.com
- **September 25th:** Rocky Mountain College Fair 5:00-8:00 P.M. U of U <http://rmacac.org/>
- **October 10th:** National Merit Scholar Qualifying Test (See info below)
- **October 10th:** Next Step Night (college, FAFSA, job fair) WXHS 6-8 PM. (Attend to clear a U)

JUNIOR CHECKLIST:

- Check Credits for Graduation (MYDSD, Academics, Reports, Graduation Summary)
- Clear all U's
- Explore Career Options www.utahfutures.org
- Check College Admission Requirements and Take Campus Tours
- NCAA <https://web3.ncaa.org/ecwr3/>
- ACT/SAT (send scores to colleges) www.act.org www.collegeboard.com
- BHS ACT PREP CLASS: \$50 + The Real ACT Prep Guide 3rd Edition, 8:30-10:30, Library, Nov. 3, 10, 17, & Dec. 1. Pay for class in the main office. Class limit 75.
- ACT PREP: www.utahfutures.org (Learning Express Library)
- ACT PREP: <https://www.shmoop.com> (Find BHS, create new student acct., BEEHIVE)
- Check Scholarship Requirements (Regents, New Century, etc.)
- <http://stepuputah.com>

JUNIOR TESTING:

1. **NMSQT** (National Merit Scholar Qualifying Test). October 10th 7:30 a.m., in the library. This is a test offered to juniors across the country. Students who score the highest are eligible for scholarships and may be named a National Merit Scholar Finalist or Semi-Finalist. Students who sign up for this test have typically taken the PSAT their sophomore year, have a high GPA, and are good at taking standardized tests. However, the test is open to all juniors. To sign up you will need to pay \$20.00 in the main office and pick up a practice booklet. **Limited tests available.** If you have questions talk to your counselor.
2. **ACT/SAT:** See handout

Scholarships: Researching Scholarships is a part time job!!!

Colleges/Universities

- Academic /Departmental/Leadership
- Every school has different criteria for scholarships
- All schools in Utah use an Index for admission and scholarships with the exception of BYU & University of Utah.

Miscellaneous

- There are many scholarships available:
 - Test Scores
 - Extracurricular Activities
 - Service
 - Financial Need
 - Athletic
 - Diversity
- Scholarships can be offered by:
 - State/Local Government
 - Business Employers
 - Private Foundations
 - Clubs/Organizations
 - Religious Groups
 - Military (See your counselor if you are interested in West Point, Naval, Military, or Air Force Academy)
 - High Schools
 - Individuals/Families
- Due dates vary considerably. Begin NOW!!!
- Check the BHS counseling website and Scholarship Board in counseling center monthly for scholarships.
- www.utahfutures.org (Select Colleges, Scholarship Search), fastweb.com
- Talk with BHS Scholarship Coordinator Mrs. Anderson in the Counseling Center Mon.-Thurs. 8-12.

MINDFULNESS:

Minute 1: Breathe Deeply

Rest your hands on the tops of your thighs with your legs hip distance apart and your feet flat on the floor. Close your eyes, or leave them open, allowing your gaze to rest, unfocused, a few feet in front of you. Shutting your eyes helps you focus on the inner workings of your body, while leaving them open strengthens your ability to stay serene amid external distractions. Observe your feet on the floor; they may seem tingly, you may sense the hardness of the floor against your toes. Now deepen your breathing (through the nose, the mouth, or both, whichever comes naturally), inhaling for a count of four and exhaling for a count of six.

Minute 2: Find Your Natural Pace

Stop counting and allow your breathing to fall into an easy rhythm. Pay attention to what your breaths feel like-not overly deep or shallow-and compare that with your usual breathing. (Most people tend to take short, weak breaths throughout the day, which deprives the blood of oxygen and, in turn can lower energy levels). Tune into the rising and falling sensation in your body. You should experience it from your belly to your shoulders.

Minute 3: Stay Focused

Continue to be aware of your breathing. If random thoughts pop into your head, don't push them out or linger on them. Instead, imagine each one as a harmless floating cloud. This visualization technique helps you acknowledge your worries without responding to them emotionally. If a thought still doesn't drift away from your mind, jot it down on a notepad. Then turn back to your meditation.

Minute 4: Relax

Release your focus on your breathing and simply sit. Remind yourself that there is nothing to do, fix or change.

Minute 5: Give Thanks

Think about something that you are grateful for, such as spending time with friends or having the chance to meditate. Then gradually transition your thoughts to how you physically feel: the relaxed state of your muscles and the steadiness of your heart beat. Open your eyes (if you had them closed).