

SMA SCHOOL COUNSELING DEPARTMENT

Dr. MARIA CLAPP

Students' Last Names A-L & Dual Enrollment (SCF)

941-926-1700 ext. 228

maria.clapp@oursma.org

CAPT MARSHA SEAGRAVE

Students' Last Names M-Z & 504 Plans

941-926-1700 ext. 249

marsha.seagrave@oursma.org





The SMA Student Council would like to thank all of our cadets for their participation in the class elections. We had almost 200 cadets vote in the elections. Thank you to all the candidates who ran and campaigned for the past 4 weeks.



Left to right-Enrique Pardo (Secretary), Jaela Nixon (President), Rayne Felix (Vi-president) Tori Smith (Treasurer)

ANNOUNCEMENTS



Free Application for Federal Student Aid (FAFSA):

For Seniors opens, October 1st, 2019: <https://studentaid.ed.gov/sa/fafsa>

NAVAL ACADEMY NEWS

US Naval Founder's Day Dinner sponsored for student and guests on Wednesday October 9th, 2019. Freshman through high school students (who are candidates to the academy), are invited to learn more about the Naval Academy. Reservations are required by October 4th:

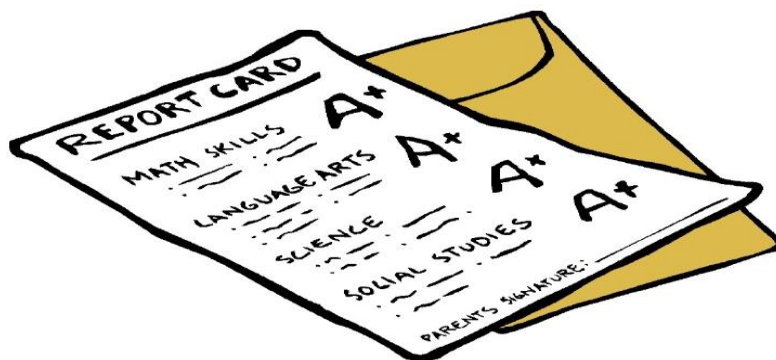
<https://usnatampabay.com/2019/09/03/founders-day-dinner/>

EMBRACING OUR DIFFERENCES

Volunteer opportunity

<https://www.embracingourdifferences.org/volunteer-bucketfiller>

ACADEMIC RESOURCES



BRIDGE TO BACCALAUREATE (B2B) PROGRAM FROM STATE COLLEGE OF FLORIDA

ATTENTION JUNIORS & SENIORS!!!

The goals of this program are to increase the number of underrepresented minority students who major in STEM fields of study, to improve retention and performance in those fields, and to facilitate the successful transition into a STEM Bachelors program. Students who become LSAMP scholars will have access to numerous benefits including peer and faculty tutoring, faculty and professional mentors, funding for research experiences, access to internships, and travel to STEM conferences.

Linette Victor, MS
Student Success Coordinator, B2B
State College of Florida, 25-123
(941) 752-5611
VictorL@scf.edu

DUAL ENROLLMENT AT STATE COLLEGE OF FLORIDA

Interested in dual enrollment at State College of Florida as a junior or senior? Earn college credits or an entire Associates' Degree while in high school at no cost. Visit this link for eligibility and see Dr. Maria Clapp in Counseling for additional information.

<https://scf.edu/StudentServices/Registrar/EarlyCollege/default.asp>

Attention sophomores!

Here is FREE PRACTICE FOR THE PSAT:

https://www.kaptest.com/psat/free/psat-prep-live?utm_source=pc-advisor&utm_medium=offline&utm_term=34615617&utm_content=email&utm_campaign=psat-prep-live

ACT vs. SAT?

The ACT includes a Reading Test, an English Test, a Math Test, and a Science Test. There is an optional Writing Test (which is an essay).

The SAT includes a Reading Test, a Writing and Language Test, and a Math Test. There is an optional essay.

Only by taking practice tests will you be able to see which exam you prefer.

****Note:** Since it was revised in 2016, the SAT test, like the ACT, does not deduct points for incorrect answers. So, for either test, never leave an answer blank — just make your best guess.

Free ACT prep:

<http://www.number2.com/exams/act/companion/index.cfm?s=0>

Free SAT prep:

<https://www.khanacademy.org/sat>

You can study for the ACT or SAT for free through **PrepFactory**, which offers a “gamified” approach.

<https://www.prepfactory.com/>

BOYS & GIRLS CLUB

Did you know that the Boys & Girls Club offers Career Planning, ACT prep., College prep and Scholarship searches services?

Check out the site: <https://www.bgcsarasota.com>

COLLEGEPOINT

A totally free virtual college advising program designed to help high-achieving low and moderate income students through the college process— including completing applications, revising essays, helping find scholarships, securing financial aid, and more — all for free. Enrollment closes September 30!

Who is eligible?

This virtual advising opportunity is for students in the class of 2020 who:

- Have a GPA of 3.5 or higher
- Tested in the 90th percentile on the PSAT (1270 or higher), SAT (1310 or higher) or ACT (composite score of 28 or higher), and
- Have a family income of \$80,000 or less per year

https://www.collegepoint.info/signup/?utm_campaign=2020_all_Outreach&utm_source=Counselor_News&utm_medium=Email

NATIONAL SECURITY LANGUAGE INITIATIVE FOR YOUTH (NSLI-Y):

A U.S. government sponsored initiative that provides full scholarships for high school students to travel overseas during the summer to study critical languages including Arabic, Chinese, Hindi, Indonesian, Korean, Persian, Russian, and Turkish. Previous language experience is not required. The application deadline

for the summer 2020 program is October 30th. Students can find more information at <https://www.nsliforyouth.org/>

WHAT IS CLEP?

CLEP (the College-Level Examination Program) offers 34 exams that cover intro-level college course material. With a passing score on one CLEP exam, you could earn three or more college credits at more than 2,900 U.S. colleges and universities WITHOUT TAKING THE COURSE.

CLEP was created to help individuals with prior knowledge in a college course subject earn their degree efficiently and inexpensively

<https://clep.collegeboard.org/earn-college-credit/clep-basics>

CAREER RESOURCES



WHAT ARE YOUR CAREER INTERESTS?

The Holland Codes is a system to classify jobs into *job categories*, *interest clusters*, or *work personality* environments. In the Holland Model, these categories represent work personalities.

<http://www.roguecc.edu/counseling/hollandcodes/about.asp>

O*NET Interest Profiler!

The O*NET Interest Profiler can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do. The O*NET Interest Profiler helps you decide what kinds of careers you might want to explore

<https://www.mynextmove.org/explore/ip>

<http://students.tufts.edu/career-center/explore-careers-and-majors>

The Occupational Outlook Handbook can help you find career information on duties, education and training, pay, and outlook for hundreds of occupations: <https://www.bls.gov/ooh/>

What are your values?

<https://www.kent.ac.uk/careers/Choosing/values.htm>

CAREER PLANNING & COLLEGE APPLICATION INFORMATION

My Coalition is a set of free online college planning tools that helps students learn about, prepare for, and apply to college. These platforms are used to apply to several universities in one spot: <http://www.coalitionforcollegeaccess.org/>

- The Common Application: <http://www.commonapp.org/>

- Need help developing a resume? <https://www.topcv.me/>
- Need help creating a cover letter? <https://templates.office.com/?legRedir=true&CorrelationId=be93abd3-671a-4e2a-8358-ba2927986a72&ui=en-US&rs=en-US&ad=US&fromAR=1>
- Career Tools to get hired: <https://www.livecareer.com/>

POSTSECONDARY EDUCATION OPTIONS

- ✓ Going to College? <https://www.floridashines.org/>
- ✓ Going to Technical career? <https://www.suncoast.edu/>
- ✓ MyCareerShines is Florida's comprehensive education and career planning system. The system is powered by a suite of age-appropriate FREE online tools that allow students and job seekers to develop a personalized plan that connects interests, skills and education to careers and jobs. <https://www.flvc.org/mycareershines>

THE EDUCATION FOUNDATION OF SARASOTA COUNTY

The Education Foundation of Sarasota County is an independent partner working to advance philanthropic support for Sarasota County Schools. The website provides information/resources on college, scholarships, financial aid, etc. <https://launchyourplan.com/>

SENIOR CORNER



BEGIN YOUR SENIOR YEAR WITH THESE STEPS:

1. **Create a working college list.** Start making a list of colleges. The list doesn't have to be long – a list of one or two schools is great, but more is welcome. This process involves researching each college, its affordability, and its application requirements. Chapter 2 and Chapter 4 have much more information on this process.

2. **Consider writers for your letters of recommendation.** During junior summer, you should start thinking about whom you will ask for letters of recommendation. Chapter 6 goes into this subject in more detail.

3. **Create a student resume.** This gives you the chance to brag about yourself. This is not the place to be modest, or shy! This area is meant to highlight all that you've done. List all of your honors, achievements, initiatives, awards, etc. This will be extremely helpful to your recommenders later on, and you may even be able to send it into certain colleges. In addition, don't hesitate to include places where you've worked. Resumes are just ways to assert who you are, and admissions counselors love seeing whether you scooped ice cream or took your turn at lawn mowing.

4. **Start writing college essays.** Start brainstorming topics, maybe even writing an early draft. The essay is a significant part of the college application and requires a fair amount of time and effort.

5. **Make a scholarship list.** An important part of affording college is applying to scholarships. Although some scholarship deadlines are in the fall, many are in the spring. Apply for those that are available and start making a list of those that are due in the spring, with their respective deadlines.

Check out the entire Guide to Post-secondary Education & Career at:

https://static1.squarespace.com/static/59415b73bf629a8c8a8268aa/t/5cb200bdeb39315a7ce2e9bd/1555169472141/FOP_Guide.pdf

NEWS FROM FLORIDA INSTITUTE OF TECHNOLOGY

DID YOU KNOW YOUR STUDENT COULD ATTEND PRIVATE, PRESTIGIOUS FLORIDA TECH TUITION-FREE?

Students who qualify for the Bright Futures Florida Academic Scholars (FAS) award are eligible to be considered for a Panther Distinguished Scholar Award, a combination of scholarships and grants that altogether covers **FULL TUITION** plus facilities and activities fees.

The Panther Distinguished Scholar Award is available to a limited number of incoming fall 2020 freshmen who meet eligibility requirements. To be considered for selection, applicants must:

- Complete the Florida Financial Aid Application while in high school
- Qualify for the Bright Futures Florida Academic Scholars (FAS) award
- Apply and be admitted to Florida Tech as a full-time, on-campus, degree-seeking student by Feb. 1, 2020 (there is no application fee)
- Complete and submit a Free Application for Federal Student Aid (FAFSA) listing Florida Tech as a receiving institution (school code 001469) by Feb. 1, 2020

APPLY NOW: floridatech.edu/apply

LEARN MORE: floridatech.edu/freshman-admissions

CONTACT US: admissions@fit.edu | 321-674-8030

USF SARASOTA- MANATEE CAMPUS

Freshman Event: get introduced to our campus, get to know our faculty, and meet current students and staff.

FRESHMAN PREVIEW

DATE: Saturday, October 12

TIME: 9am – 12pm

LOCATION: USFSM Campus ([8350 N. Tamiami Trail, Sarasota, FL 34243](#))

Students can register via this link: <http://usfsm.edu/preview>

SCHOLARSHIPS CORNER



- **The Trustee Scholars rank at the top of their classes and demonstrate exceptional leadership in their schools and communities. The Trustee Scholarship covers full undergraduate tuition plus orientation and mandatory undergraduate student fees for four years. To be considered, students must submit their application for admission with one Trustee Scholarship essay by December 1, 2019. <http://www.bu.edu/admissions/tuition-aid/scholarships-financial-aid/first-year-merit/trustee/>**
- **Are you an Achiever? The OppU Achievers Scholarship celebrates achievement in its many forms and honors those who create opportunity for themselves and others. The [OppU Achievers Scholarship](https://www.opploans.com/scholarship/) is accepting applications until September 30. Other deadlines: December 31, March 31, June 30. <https://www.opploans.com/scholarship/>**
- **Prudential Spirit of Community Awards: <https://spirit.prudential.com/awards/how-to-apply>**
- **Trial Pro: \$5,000 Academic Scholarship to One Successful And Deserving College Student: <http://www.trialpro.com/scholarships/>**

Scholarships Search Sites:

- <http://www.gocollege.com/>
- <https://www.goodcall.com/scholarships/search/>
- <http://www.sarasotacountyschools.net>
- www.cappex.com/scholarships/
- <https://www.fastweb.com/>

***** Check out the Scholarship Binder in the Counseling office for additional scholarships**

FAFSA APPLICATION COMPLETION EVENTS

Free Application for Federal Student Aid (FAFSA):

For Seniors opens, October 1st, 2019: <https://studentaid.ed.gov/sa/fafsa>

See flyer attached to:

1. For Parents/Guardians:

Become a trained volunteer to assist families with the FAFSA completion.

2. Dates for families to attend a FAFSA completion events (trained volunteer will be available to assist).

FLORIDA FINANCIAL AID APPLICATION (FFAA), INCLUDING BRIGHT FUTURES

****See flyer for eligibility requirements**

Apply here:

<https://www.floridastudentfinancialaidsg.org/SAPHome/SAPHome?url=home>

MENTAL HEALTH RESOURCES



This tool can save someone's life

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.

FortifyFL was created and funded by the 2018 Florida Legislature as part of the Marjory Stoneman Douglas High School Public Safety Act. The application was named by students from Marjory Stoneman Douglas High School. You may download it at: <https://getfortifyfl.com/> Learn more about types of bullying and how it impacts of children, friends, co-workers: <https://www.verywellfamily.com/types-of-bullying-parents-should-know-about-4153882?print>

PARENTING TIPS

Be Consistent

Listen when they talk

Be Encouraging

Have a sense of humor

Set Expectations

Be a Role model

Look for Positives

Accept who they are

Have Realistic consequences

Eat meals together

Learn/Teach Negotiation

Take time for yourself

Be Involved in their activities

Think before you speak

Give them choices

OTHER TIPS: • Pick your battles • Take a moment to breathe • Avoid over reacting • Catch them doing "good" • Set aside family time • Teach them values • Hold them responsible Tell them you LOVE them even when you are disappointed in their choices (YMCA Family Services: 941-952-1644).

20% of adults experience some form of mental illness, resulting in \$100 billion in costs to the healthcare system

Decreased quality of mental health among the most vulnerable is the 3rd leading cause of homelessness

Throughout life, our mental wellbeing has a significant (positive or negative) impact on physical health

Community trauma leads to hopelessness and is pervasive

Community trauma contributes to diseases of despair, which manifest in mental illness, addiction, and suicide

MENTAL HEALTH A PATH FORWARD

Improving community conditions enhances wellbeing, social, behavioral, and physical health.

COMMUNITY CONDITIONS

Focus on changing the environment



Social networks & trust



Participation & willingness to act for the common good



Norms & culture



Arts & cultural expression



Look, feel & safety



Housing



Living wages & local wealth



PILLARS OF WELLBEING

Intentionally embedding healing values



Belonging/ Connectedness



Control Of Destiny



Dignity



Hope/ Aspiration



Safety



Trust

REFRAMING mental health to reflect that it is more than the absence of mental illness

REALIGNING and expanding strategies to emphasize prevention and resilience as a complement to treatment and services

The path forward is comprehensive community prevention

REPLACING a one-approach-for-all model with cultural and gendered approaches

RECALIBRATING approaches to improve community conditions that influence mental health and wellbeing

Improved individual, family, and community mental health and wellbeing

Reduce stigma, trauma, and adverse childhood experiences; support long term recovery

Strengthen healthy social norms and promote community connection and networks

Promote resilience and community healing

Support thriving community environments

Reduce severity of mental health problems, human suffering, and associated costs



Read the full report on our site:
www.preventioninstitute.org/publications/back-to-our-roots

blue of california
foundation

**PREVENTION
INSTITUTE**