

Sarasota Military Academy



School Counseling Department

Meet Our Counselors!



Dr. MARIA CLAPP

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

941-926-1700 ext. 226

maria.clapp@oursma.org



CPT MARSHA SEAGRAVE

Students' Last Names M-Z & 504 Plans

941-926-1700 ext. 249

marsha.seagrave@oursma.org

Meet Our Counseling Department!



Tina Hodges
Testing Coordinator
tina.hodges@oursma.org
941-926-1700 ext. 257



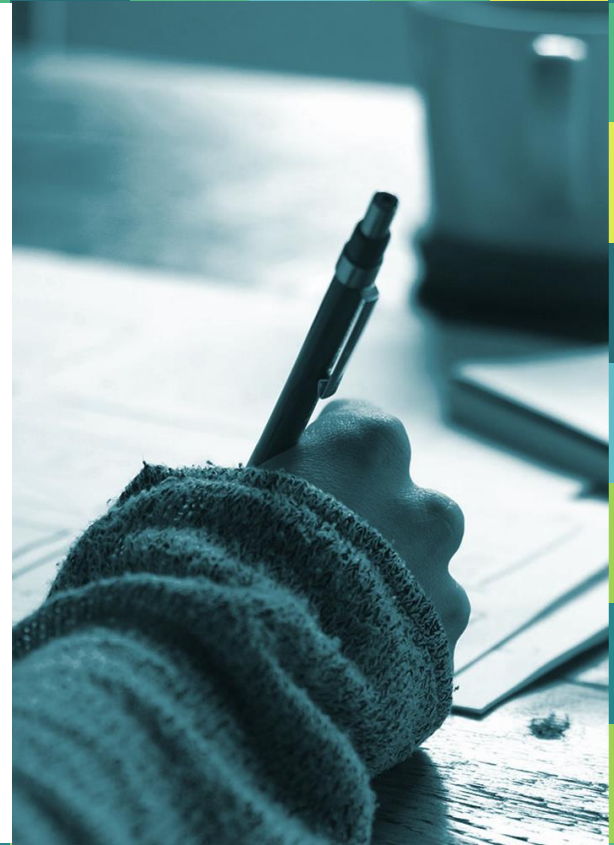
Jennifer Catena
ESE Liaison
jennifer.catena@oursma.org
941-926-1700 ext. 295



Elke Olree
Administrative Assistant
elke.olree@oursma.org
941-926-1700 ext. 221

Hello!

This presentation has
many resources that will
help cadets and
parents/guardians



WE HAVE

Academic Resources

Support For Our Cadets



ATTENTION

**FRESHMAN,
SOPHOMORES,
JUNIORS &
SENIORS!!!**



DID YOU KNOW???

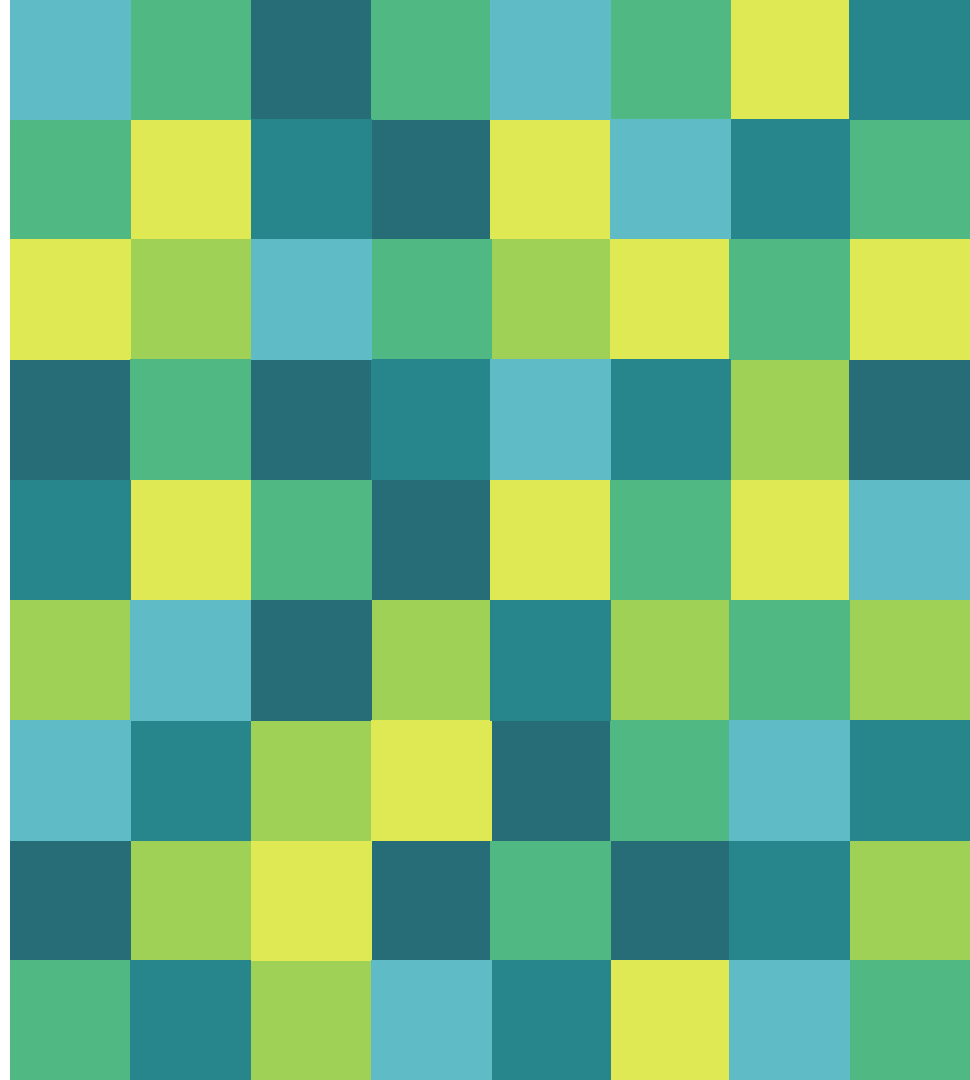
DRUG FREE YOUTH-DFY SIGN UP DAY: Monthly meetings @ lunch
Request parent consent form -Get discounts, PBIS points, senior cord

COMPEER MENTOR SERVICES: If you are 18, you can become a Mentor for youth dealing with mental health issues. Earn service hours, make a friend for life, make a difference!
If you need a mentor, talk to Dr. Clapp about Compeer services mentorship program (free)

RODEO INFO-STC CAMPUS: 9AM-1PM-03/06/20
Learn about Construction Technology Careers/Jobs

FSU Young Scholars Program

6 week residential summer
science and math
experience for outstanding
students: June 14-July 25th
Deadline February 15th 20
www.bio.fsu.edu/ysp/



BRIDGE TO BACCALAUREATE (B2B) PROGRAM FROM STATE COLLEGE OF FLORIDA for 11th & 12th Graders

Goals:

- **Increase** the number of underrepresented **minority students** who major in **STEM** fields of study
- **Improve** retention and **performance** in those fields
- **Facilitate** the successful **transition** into a **STEM Bachelor's program**.

LSAMP scholars will have access to:

- **Tutoring**
- **Mentors**
- **Funding** for research experiences
- **Internships**
- travel to **STEM conferences**.

For additional info:

Linette Victor, (941) 752-5611
VictorL@scf.edu



STATE COLLEGE OF FLORIDA
MANATEE - SARASOTA

DUAL ENROLLMENT AT STATE COLLEGE OF FLORIDA

Earn **college credits** or
an entire **Associates'
Degree** while in high
school at **NO COST.**

See Dr. Maria Clapp in
Counseling for
additional information!





SAT PREP COURSE SPRING 2020

Get the skills needed for success on the SAT!

This SAT Prep Course includes 16 hours of classroom instruction.

Location: Lee Wetherington Boys & Girls Club
3100 Fruitville Road
Sarasota, FL 34237



Week 1: Saturday, February 8
9:00 AM - 1:00 PM

Week 2: Friday, February 14 (no school day)
9:00 AM - 12:00 PM

Week 3: Saturday, February 22
9:00 AM - 12:00 PM

Week 4: Saturday, February 29
9:00 AM - 12:00 PM

Week 5: Saturday, March 7
9:00 AM - 12:00 PM



Saturday, March 14 TEST DAY - Good Luck!

***If students would like to take the SAT on March 14, 2020, they must register at collegeboard.org by February 14, 2020**

The cost of this 16-hour course is \$25

To enroll in the program or learn more, email Whitney Powers, College & Career Advisor at the Boys & Girls Clubs of Sarasota County, at wpowers@bgcsarasota.com

ACT/SAT NEWS

ACT Section Retesting, ACT Superscoring, and Faster Results with ACT Online Testing on National Test Dates for 2020.

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.

Free SAT prep:

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

Never leave an answer blank — just make your best guess.



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** **WITHOUT TAKING THE COURSE**.

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



CLEP

College-Level
Examination
Program

WE OFFER Community Service Opportunities

Let's make a difference!



OPENING DOORS THROUGH COMMUNITY SERVICE

As you consider volunteer options, look for opportunities that fit you—your interests and skills. You most certainly will:

- **Do Some Good**
- Discover Your **Passion**
- Learn to **collaborate**
- Expand your **network**
- Build **leadership** skills
- Receive **Academic Credit**

Nancy Griesemer:

<https://hscw-collegeexplore.blogspot.com/2019/11/opening-doors-through-community-service.html>



WE HAVE

Career Resources

Find Your Future!

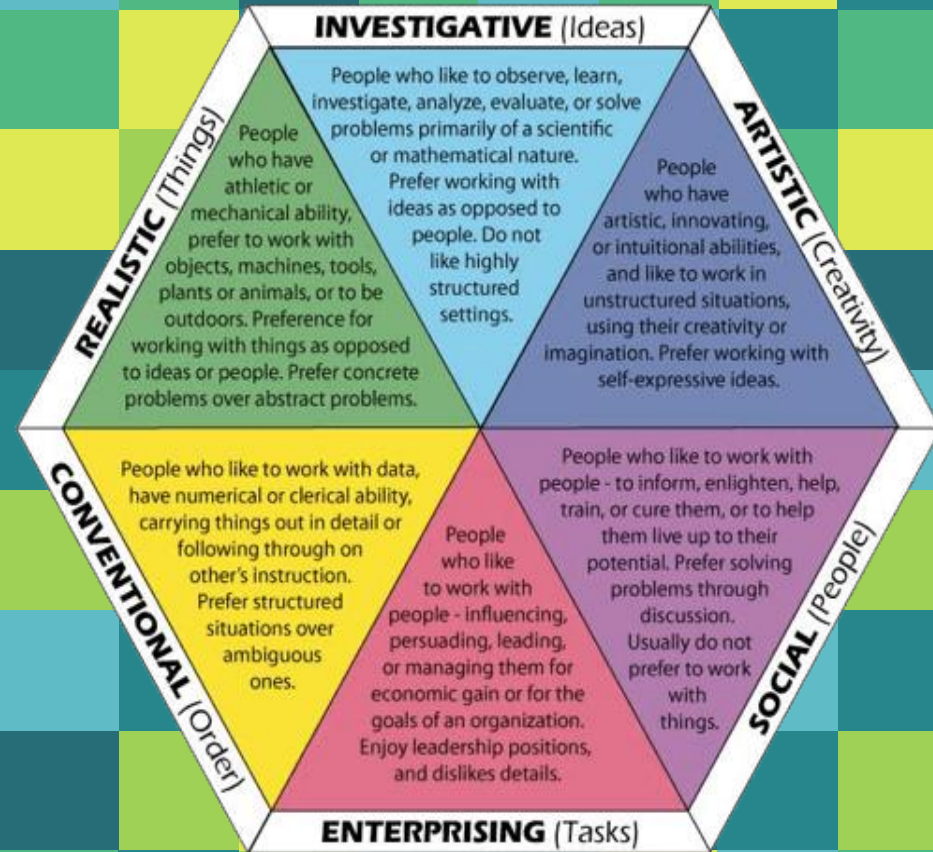


WHAT ARE YOUR CAREER INTERESTS?

The Holland Codes

is a system to **classify jobs** into job **categories**, interest **clusters**, or work personality **environments**.

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



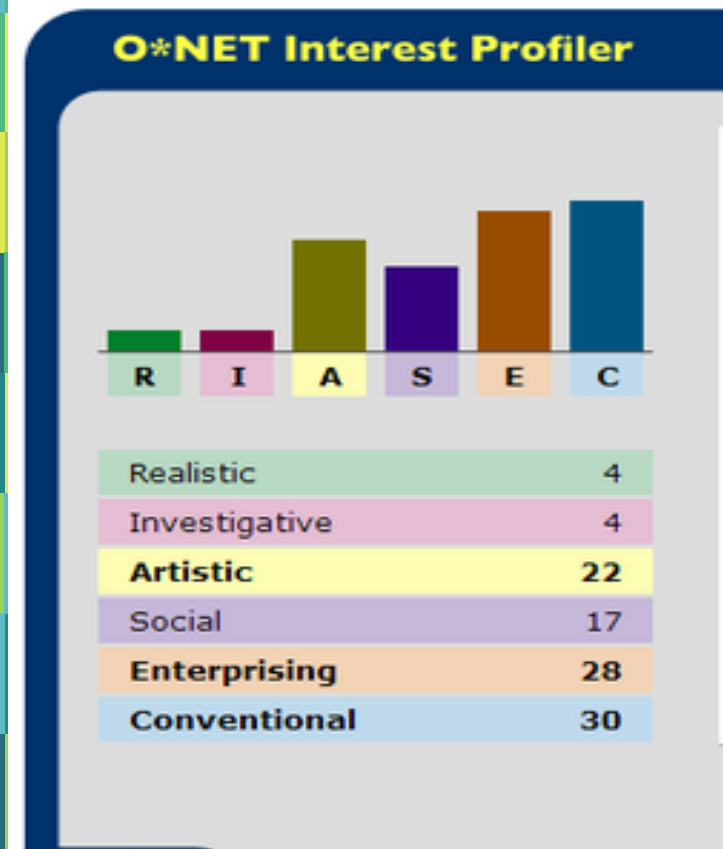
WHAT ARE YOUR CAREER INTERESTS?

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**.

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

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



WHAT ARE YOUR CAREER INTERESTS?

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/>



CAREER PLANNING & COLLEGE APPLICATION INFORMATION

Similar to the Coalition, the **Common App** is essentially a website that allows students to apply to **several colleges using one general application.**

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



CAREER PLANNING & COLLEGE APPLICATION INFORMATION

**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.

- **FREE** online tools
- allow students to develop a personalized plan

<https://www.floridashines.org>



MyCareerShines
A service of FloridaShines

THE EDUCATION FOUNDATION OF SARASOTA COUNTY

The Education Foundation of Sarasota County.

Resources in college,
scholarships, financial aid, etc.
<https://launchyourplan.com/>

Career Planning Tools:

<https://www.sarasotacountyschools.net/Page/2481>

EDUCATION FOUNDATION OF SARASOTA COUNTY



LAUNCH
YOUR PLAN

**UNITED STATES NAVAL ACADEMY
INFORMATION DAY PICNIC
SUNDAY, MARCH 8, 2020 - 12 NOON TO 3 PM**

The United States Naval Academy Admissions Office in conjunction with the Tampa Bay Alumni Chapter and Tampa Bay Parents' Association cordially invite you and your parents to a picnic and ongoing information session about the Naval Academy and its application processes.

Location: Picnic Island Park – Shelter #613 at 7404 Picnic Island Boulevard

Must provide all attendees' names in the proper format: Last, and First names as well as the year the student will graduate. RSVP by end of business day Tues March 3th, 2020 to ensure we can get a headcount for food in on time.

REGISTER ONLINE at: <http://tampabay.usnachapters.net/event/usna-information-day-picnic/>

Specific questions can be addressed to CAPT Steve Swift @ sswift@1987.usna.com

www.usna.edu/admissions

QUESTBRIDGE

Are you a low-income high school junior who has excelled academically, but feels that the nation's best colleges are financially out of reach? Academically outstanding high school juniors from families earning less than \$65,000/year for a family of four.

Click here to apply:

<https://www.questbridge.org/high-school-students/college-prep-scholars/how-to-apply>

WE HAVE

Senior Resources

Counting down the days with
a plan!

CLASS OF
2020



BEGIN YOUR SENIOR YEAR WITH THESE STEPS:

1. Create a working college list.
2. **Consider writers for your letters of recommendation.**
3. Create a student resume.
4. **Start writing college essays.**
5. Make a scholarship list.

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

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

JOB HUNTING: DEVELOP A RESUME, COVER LETTER, AND INTERVIEW

<https://launchyourplan.com/find-a-career/applying-for-jobs/>

WE HAVE Scholarship Resources

Because college is NOT free!



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

NEWS FROM UNIVERSITY OF FLORIDA

UNIVERSITY OF FLORIDA

Machen Florida Opportunity Scholarship

A need-based scholarship program for first-generation students attending UF. **The MFOS Program covers the full cost of attendance for students**, including tuition, housing, a meal plan and books. It also provides success services to help students transition to college and graduate. **Program offerings include a peer mentor and financial literacy workshops**, among other supports. To qualify, students **must be first-generation and demonstrate significant financial need**, among other criteria.

Do you qualify?

<https://opportunity.ufl.edu/students/prospective-students/checklist-to-be-reviewed-for-mfos-scholarship/>

SCHOLARSHIPS CORNER

Start building your scholarship profile NOW:

<https://opportunity.collegeboard.org/>

Local Scholarships:

<https://launchyourplan.com/scholarships/>



SCHOLARSHIPS CORNER

Sarasota County College Planning

<https://www.sarasotacountytools.net/Page/2481>

The OppU Achievers Scholarship

celebrates achievement in its many forms and honors those who create opportunity for themselves and others. The OppU Achievers Scholarship. **Deadlines:**
March 31, June 30.

<https://www.opploans.com/scholarship/>



SCHOLARSHIPS CORNER

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 CORNER

Foundation of Sarasota County

<https://www.cfsarasota.org/Students/Available-Scholarships>



SCHOLARSHIPS CORNER

Comcast Leaders and Achievers® Scholarship Program:

<http://email.scholarshipamerica.org/comcast/>

Centre College - Premiere Scholarships

<https://www.centre.edu/scholarships/>



SCHOLARSHIPS CORNER

The Jackie Robinson. Foundation Scholarship

JRF application is now open for senior minority high school students and carry on the civic-minded legacy of the Foundation's namesake, Jackie Robinson. **The deadline is February 1, 2020 by 5:00 pm ET.**

[https://www.jackierobinson.org/apply/
?bblinkid=184889171&bbemailid=168
52183&bbejrid=1218609486](https://www.jackierobinson.org/apply/?bblinkid=184889171&bbemailid=16852183&bbejrid=1218609486)



SCHOLARSHIPS CORNER

Florida Engineering Foundation High School Scholarships:

Eligibility Requirements

Be a high school senior.

Have been enrolled for one semester and will graduate from a Florida school.

Be a citizen or permanent resident (green card holder) of the United States at the time of application.

Have at least a 3.5 unweighted grade point average based on a 4.0 scale.

Attain a minimum test score on the Scholastic Aptitude Test (SAT), or the American College Testing Program (ACT). The scores, listed on page two, are used as a minimum threshold level.

Enroll in an engineering program accredited by the Engineering Accreditation Commission of the Accreditation Board for Engineering and Technology (ABET).

Certified transcript must be included with the application.

Official ACT/SAT/AP/IB/AICE test score sheet must be included with the application.

<https://www.fleng.org/page/Scholarships>

Deadline: February 14, 2020, postmarked.

SCHOLARSHIPS CORNER

Manasota Track Scholarships:

Eligibility:

1. Be high school senior and a resident of Sarasota County and have participated in High School Cross Country and/or Track.
2. Be of outstanding character and citizenship.
3. Have an unweighted GPA of at least 3.0.
4. Plan to enroll in a program of study as a full time student (12 hrs minimum) that will lead to a baccalaureate degree.
5. Be an MTC Member and volunteer for at least one MTC event.

Instructions

1. Application is to be completed by the applicant.
2. Provide an official transcript from your high school.
3. Attach a copy of your Financial Aid Form (FAFSA)
4. Include a listing of community service, academic and extracurricular activities and/or work history.
5. Write a one page essay (not to exceed 500 words) describing how running has impacted your life.
6. Submit three letters of reference, one of which must be from a faculty member (no personal or family references).

Applications must be received by March 1, 2020

<http://manasotatrackclub.org/>

SCHOLARSHIPS CORNER

The Bette Woodson Award memorializes Bette's 15 years of dedicated service as a school district volunteer. It is given to a 12th grader (senior) who has demonstrated an outstanding commitment to providing service within our community as verified by narrative/logs submitted with the application. The \$1,000 award will be presented to the winner in April 2020.

The Lilly Kaighin Community Service Award. This award is given to a 12th grader (senior) who has seen a need in the community and has created and implemented an original community service project to meet the identified need. This \$1,000 award will be presented to the winner in April 2020.

The Teeja Service through the Arts Award. This award is given to a 12th grader (senior) who has seen a need in the community and through volunteer activities and/or an original project has used service through the arts to meet the identified need. The \$1,000 award will be presented to the winner in April 2020.

Freeman Orthodontics Inspiration Awards are given to two high school seniors who have inspired others by overcoming unique and challenging circumstances while remaining in school and maintaining or improving his/her academic achievement. Students who meets these criteria must be nominated by a teacher or principal with written confirmation of the student's high school principal. The nominator's personal narrative supporting the nominee should include both the nature of the unique and challenging circumstances and how these circumstances have inspired others. Each \$500 award will be presented to the winner in April 2020.

****Applications are available in the Counseling office (Scholarship Binder)**

Catholic Community Foundation: Mary Fran Carroll Traditional Scholarship

www.cccfdioceseofvenice.org Deadline, March 1, 2020

Doctors Hospital Volunteer Auxiliary 2020 for students pursuing a career in healthcare

www.dhauxiliary.org

Realtor Association Scholarship: www.MYRASM.com/scholarships.

Deadline April 3, 20

Butterflies & Dreams Book Club Award, for African American seniors (see application in Counseling office).

Americanism Speech Contest, 1,000 local, 2,500 district prizes (see packet in Counseling office)

SCHOLARSHIPS CORNER

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/>



APPLY
NOW

SCHOLARSHIPS CORNER

FAFSA APPLICATION COMPLETION EVENTS

Free Application for Federal Student Aid (FAFSA):

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

FAFSA WEBINARS:

<https://view.fafsa.gov/?qs=7f51d771c5345d88be0593acf113b03d5245c3cbe0011da107eea622b1b417269dcba8c8b2176156e5325b228f25b563235c146f8034a2fd2f938ab7d518adce8603d6ab9f9581788e6ce6ce0a8017db>

FLORIDA FINANCIAL AID APPLICATION (FFAA), INCLUDING BRIGHT FUTURES

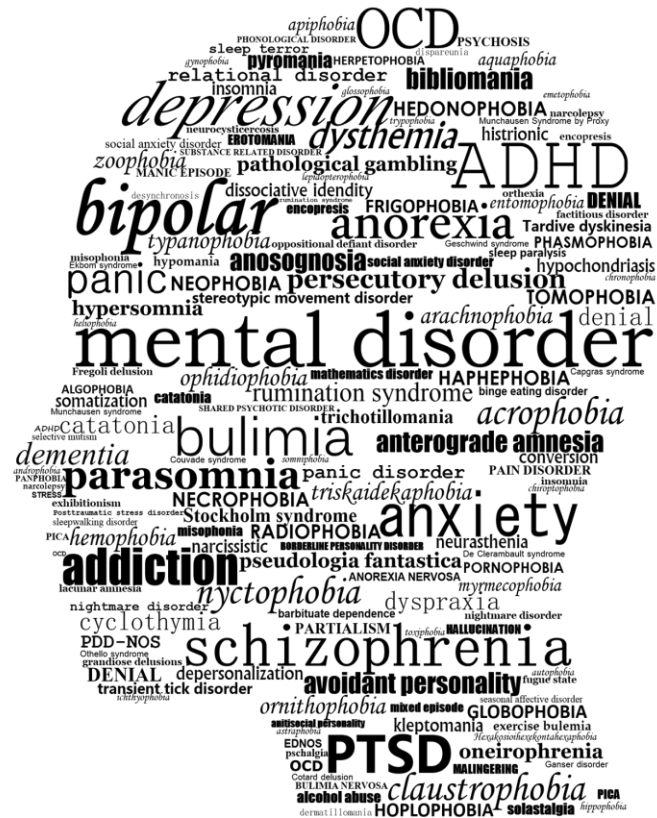
**See flyer for eligibility requirements

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

WE HAVE

Mental Health Resources

These can save someone's life.



Mental Health

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>

**National Suicide Prevention Lifeline: 800-273-TALK
(8255)**

Crisis Text Line: Text NAMI to 741741

Mental Health

PAY ATTENTION

Paying Attention Can:

Improve Memory- If you start paying attention more often in your life, you will soon notice you remember many more details than usual.

Increase Your Patience- take a break, slow down and pay attention to the world around them. Doing that, you become wiser, more rational and can problem solve to find solutions.

Do Things More Thoroughly- If you pay attention to details, you will stop making small mistakes, and begin fulfilling your duties more thoroughly than before.

Improve Interpersonal Relations- Paying attention to what people are telling you is the best way to improve interpersonal relations.

Allow You Start Noticing Opportunities- If you are careful enough to pay attention to all details during conversations with other people, you may begin noticing valuable opportunities.

You Will Drastically Improve Your Life!!

Mental Health

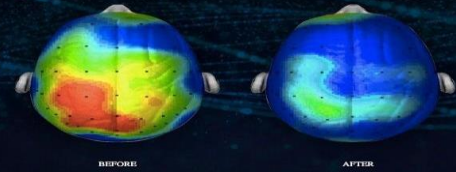
How to Strengthen Your Attention Span:

Practice real-life attention exercises. For instance, you can take a photo full of small details and watch it for a few minutes. Pay attention to all people and objects in this photo. When you stop looking at it, try to remember as many details as possible.

Meditate- With the stress and decision overload of work duties and everyday life, it seems it is increasingly difficult to stay focused on anything for too long. You can find a cure for this problem in meditation. You do not have to be a pro at it – just relax through meditation two or three times a week and it will make you more comfortable soon enough.

Listen to Understand- Interpersonal relations suffer if you do not pay enough attention to what other people are saying. To avoid this issue, try to speak less than usual and start listening to the people around you.

BRAIN BEFORE AND AFTER
10 MINUTE MEDITATION



Teen Health

SAY NO TO VAPING

1. It's not "cool".
2. It does disgusting things to your healthy body.
3. It is addicting.
4. The company **does not care about your health.**
 - Learn about different tools to help you quit and how to use them.

<https://teen.smokefree.gov/quit-vaping>



A decorative border composed of a grid of small squares in various shades of green, yellow, and blue, surrounding a central black rectangle.

TREAT
PEOPLE
WITH
KINDNESS



Cadet Josh Lauria
9th Grade



Join the SMA Eagle Ambassadors and Student Council to get involved in projects like this!









Thanks!

Any questions?
Ask your counselors!

