

# Early Spring 2022 Newsletter

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Sure, it's still winter, but what's the harm in calling it early spring?
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In this newsletter:

- Course Selection for 2022-23
  - Electives Expo/Senior Meeting: Feb. 2
  - College Visits on campus
  - College & career presentations to all Juniors
  - College & Career Info Night for Juniors & Families (virtual): Feb. 3 @ 6 PM
  - College & Career Info Night for Sophs & Families (virtual): Mar. 16 @ 6 PM
  - National Eating Disorders Week: Feb. 21-27
  - Lock Your Meds, Save a Life
  - Scholarships Scholarships Scholarships!
- How to find \$ for college



It's time for rising sophomores, juniors and seniors  
to select their classes for 2022-2023!

## Course Selection: February

The Counseling Team will meet with rising sophomores, juniors & seniors over the next few weeks, to guide them in the course selection process for next year.

Counselors will review graduation requirements and the course selection process, and explain options to students.

Once students have completed their course selection card, they must obtain a parent or guardian signature.

Parents/guardians can help by reviewing the [2022-23 Eldorado Course Catalog](#), which contains class descriptions as well as graduation requirements (p. 10), and discussing options with their students. Other course options include the [Career Enrichment Center](#) (CEC) and [Dual Credit classes](#).

## Electives Expo: 2/2

Students will have a chance to learn about Eldorado's wide variety of elective courses at the annual **Electives Expo** on the morning of **Wednesday, Feb. 2** during a long assembly schedule. On 1/31 and 2/1 in Advisory sessions, students will work on their Next Step Plans and plan out which elective classes they'd like to visit during the Expo. All EHS elective teachers, along with representatives from CEC, CNM and UNM, will be on campus to highlight their programs.

### Use YouScience to help choose classes!

10th and 11th grade students: log into your [YouScience Career Assessment](#) results to learn about your personal strengths and interests. This can be super helpful as you decide what classes to take!

## Senior Meeting: 2/2

While the rest of the student body is exploring elective choices, the senior class will attend a meeting in the gym, for important senior info presented by Activities Director Josh Blondin, College & Career Counselor Valerie Velhagen and guest speakers. We'll cover:

- graduation updates & important senior news
- senior panoramic photo
- scholarship & financial aid opportunities
- college & career updates
- colleges visiting campus, including CNM free application event
- final transcripts

We will spread out and social distance for this meeting in our 2,200-seat-capacity gym.

Still need to order cap & gown, graduation announcements, other senior swag? Contact [Campus Specialties](#) directly!

## College & Career Info: Juniors

In January, Ms. Velhagen visited Junior English classes to present college and career information and resources. Her [slideshow](#) (need APS email to log in) is posted in the [11th grade Counseling Google Classroom](#), and refers to the many resources available to students and families on the [EHS Counseling website](#).

Thank you to our **wonderful English teachers** for allowing Ms. Velhagen to take over your classrooms for a bit; you rock!

## College & Career Info Night for JUNIORS & Families!

Juniors and families, join EHS College & Career Counselor, Valerie Velhagen for a virtual College & Career Information Night on **Thurs., Feb. 3 @ 6 - 7:15 PM**. [Log into this Google Meet](#) ( <https://meet.google.com/oia-wjze-ugw> or dial: (US) +1 484-546-8144 PIN: 144 860 775# ) Note: You may need to be signed into your student's APS Google account. If you can't make it, a recording of the event will be emailed out to junior families the following week.

We'll cover:

- college selection
- college application process & timeline
- in-state and out-of-state options
- ACT & SAT
- scholarships & financial aid
- trades & apprenticeships
- much more!

Questions? [velhagen@aps.edu](mailto:velhagen@aps.edu)

## College & Career Info Night for SOPHOMORES & Families!

Sophomores and families, join EHS College & Career Counselor, Valerie Velhagen for a virtual College & Career Information Night on **Wed., March 16 @ 6 - 7:15 PM**. [Log into this Google Meet](#): ( <https://meet.google.com/tub-whij-avr> or dial: (US) +1 484-519-1267 PIN: 130 183 319# ) NOTE: You may need to be signed into your student's APS Google account. If you can't make it, a recording of the event will be emailed out to junior families the following week.

We'll cover:

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Questions? [velhagen@aps.edu](mailto:velhagen@aps.edu)

## College Visits on Campus

Juniors & Seniors are welcome to sign up for college visits at Eldorado. [Sign up here](#) and be sure to check the boxes for the colleges you're interested in!

Coming in February:

- UNM
- NMSU
- NM Tech
- Western NMU
- Texas Tech
- CNM -- for seniors only -- see below!

## CNM Free Application Event: Feb. 10!

Seniors, CNM will be on our campus all morning and through the lunch period on Thurs., Feb. 10, to help seniors apply and talk about scholarships and programs.

Please note: even if you're a dual credit student at CNM, you still need to reapply as a Beginning Freshman.

**Seniors, [sign up here to participate!](#)**

## \$2500 Essay Contest: Open to All Grades! Deadline: Feb. 11

We need applicants! The annual **Optimist Club International Essay Contest** is open to all students under the age of 19 as of Oct. 1, 2021. The topic for this 700-800-word essay is: "How Does an Optimistic Mindset Change My Tomorrow?" Please see Ms. Velhagen in Counseling for an application form and to discuss the very specific rules for the contest. Bring or email your completed essay, application form and proof of birthday (Optimist Club requires a copy of your birth certificate or passport) to Ms. Velhagen by Feb. 11. If you win at the District level, you'll receive a **\$2,500 college scholarship. We've had 2 Eldorado students win this!**

Questions? [velhagen@aps.edu](mailto:velhagen@aps.edu)

## SCHOLARSHIPS!

There are MANY scholarship opportunities listed on the [EHS Counseling Scholarship Page](#). There are scholarships for...

- Students who write good essays
- Students with a driver's license or currently in Driver's Ed
- Seniors planning to study art/creative fields
- Seniors planning to study STEM fields
- Seniors planning to go into teaching
- Students who make their prom outfit out of duct tape
- Seniors who went to Eisenhower MS
- Seniors who plan to study at an in-state college
- TONS MORE!



## Lock Your Meds, Save a Life

The Centers for Disease Control & Prevention reports that:

- among 12th graders, nearly two in 10 report using prescription medications without a prescription
- about 50,000 young children end up in emergency rooms each year because they got into medicines while an adult wasn't looking

And according to the National Family Partnership (NFP):

- more than 47% of the people who misuse prescription medications get them from friends and family members.

These sobering statistics are the reason the NFP created its national "Lock Your Meds" campaign, which seeks to make adults aware of their potential to become "unwitting suppliers" to those who would abuse their prescription medications.

Here's what parents/guardians can do to help:

1. Talk with your doctor about your medications.
  - Do I need this medication?
  - Are there less risky alternatives?
  - What are the potential risks, benefits, and side effects?
2. Properly secure and monitor your medications.
  - Lock your meds so they cannot be accessed in a medication lockbox, locked cabinet, or closet.
  - Monitor quantities by checking regularly to see if anything is missing.
3. Safely and properly dispose of old, expired, or unused medications.
  - Find a dropbox in your community.
  - Participate in National Prescription Drug Take-Back Day (this year, April 30).
4. Educate yourself and your family.
  - Learn about the most commonly misused types of medications and their associated signs and symptoms.
  - Communicate the dangers to your child regularly; once is not enough.
  - Create an environment where your child feels safe to talk to you.
  - Be observant of their actions, behaviors, and mood.
5. Spread the word.
  - Provide facts about substance abuse and the dangers of prescription drugs in the home to friends, schools, and other organizations.

It will take all of us working together to create a tipping point for change. Informed Families has created numerous [resources to help parents](#) combat this growing problem. Think of us as your partner in your efforts to raise safe, healthy, and drug-free kids.

-- Article from [Informedfamilies.org](#)

Need support with issues pertaining to substance use or prevention? Contact Eldorado's Crossroads (Substance Abuse Prevention & Intervention) Counselor, [Mr. Tim Huggins](#).

## Disordered Eating Awareness & Support

# NED AWARENESS WEEK

## SEE THE CHANGE, BE THE CHANGE

FEBRUARY 21-27, 2022

National Eating Disorders Awareness Week is an annual campaign to educate the public about the realities of eating disorders, and to provide hope, support, and visibility to individuals and families affected by eating disorders.

NEDA Week 2022 will take place during the week of February 21 - 27, 2022.

Eating disorders are relatively common. According to the National Institute of Health, the prevalence of eating disorders in adolescence is 2.7%. At a school the size of EHS, that means that one might expect to find 51 students who are experiencing disordered eating.

There is a lot of stigma around eating disorders; people do not like to talk about it. But there is help and treatment! If you or someone that you care about is struggling with disordered eating behaviors, please consult with a trusted adult, including EHS school counselors and EHS Family Therapist, [Mr. James Beecher](#).

## Important Dates

- February: African American History Month
- February: Course registration for grades 9, 10 & 11
- February 1: deadline for some UNM scholarship. Apply before this date to qualify!
- February 2: EHS Electives Expo/Senior Meeting
- Feb. 7-11: National School Counseling Week
- Feb. 14: Valentine's Day
- Feb. 21-27: National Eating Disorders Week
- Feb. 18: End of 4th 6 weeks; end of 2nd trimester
- Feb. 21: Presidents' Day (schools & offices closed)
- March 13: Daylight Savings Time begins: spring forward!
- March 20: First Day of Spring
- March 21-25: Happy Spring Break!

