

DECEMBER 2021

ELDORADO COUNSELING NEWSLETTER



Updates & well wishes for the Eldorado community!

Happy holidays from your EHS Counseling team!

Whatever your traditions and however you celebrate, we wish you joy, health and satisfaction. May the new year bring hope, good health, and new (safe) adventures to our Eldorado families!

- Questions re: this month's news? Contact EHS College & Career Counselor, Valerie Velhagen: velhagen@aps.edu
- Want to reach the Counseling team? Find us [here!](#)



YOU SCIENCE CAREER ASSESSMENT RESULTS FOR 10TH - 12TH GRADERS!

All sophomores took this [excellent career assessment](#) this fall in their Chemistry classes, and now have access to personalized career results and resources for 10 years! Current Juniors & Seniors took YouScience last year, and have access to their results for 9 more years.

YouScience (YS) is highly regarded as an assessment that measures students' personal strengths (as opposed to simply their interests). YS uses a series of "brain games" to assess students' skills in a variety of areas; it's fun, challenging and provides detailed and useful feedback for career & educational planning.

To see your student's results, go to the [YouScience log-in page](#) and enter the email (might be your APS GMail or personal email) and the password they set up when registering. If they don't remember, click "forgot password".

Ask Ms. Velhagen if you have questions: velhagen@aps.edu.

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- Juniors: SAVE THE DATE for virtual College & Career Info Night, Feb. 3 @ 6 PM. Google Meet link to come!



Support & Resources

- The holidays and winter-time can be challenging. Your counselors are here for you. [Contact us!](#)
- What about during break? Check out these [excellent, free resources](#) if you need someone to talk to anytime.
- Need help with academics? [Tutoring resources here!](#)
- Feeling stressed about finals? Find guided exercises to help manage anxiety in your Counseling Google classroom!

HOW DO THE BRIDGE & LOTTERY SCHOLARSHIPS WORK?

You may have heard that the **Lottery Scholarship** can only be used at public colleges, universities & trade schools in New Mexico: true! The funds actually come from the purchase of NM lottery tickets, and can only be used at public institutions of higher learning in our state.

What else is important to know about the Lottery? It doesn't require an application, and it *doesn't kick in until the SECOND semester of college!* To qualify for the Lottery, and keep it for up to 7 semesters, a student must:

- Be a NM resident and graduate from an accredited NM high school
- Enroll in an approved NM college within 16 months of HS graduation
- Take (and pass!) at least 15 credit hours (at 4-year colleges) or 12 credit hours (at 2-year schools) in their first semester.*

- Earn a 2.5 min. GPA in that first semester.
- That's it! No application. The college will notify the student that Lottery funds have been added to their account starting 2nd semester.

*Exceptions may be granted to students with documented disabilities.

The "Bridge" stands for Bridge to Success, the name UNM & CNM give to their 1st-semester scholarships for incoming Freshmen. Other colleges offer 1st-semester scholarships under different names (e.g., NMSU's Pete's Opportunity Scholarship, NM Tech's Tech Tuition Assistance). These 1st-semester scholarships are intended to help "bridge the gap" before the Lottery Scholarship kicks in 2nd semester. To qualify for a 1st-semester scholarship, students must:

- Be a NM resident & graduate from an accredited NM HS



- Enroll within 16 mos. of graduation at an approved NM college or university
- Have a minimum HS GPA - *determined by each college* (currently 3.3 at UNM, 3.0 for NM State, no minimum for CNM or NM Tech).
- Meet the scholarship deadline set by each college.

For more information, see NM Lottery Scholarship websites [here](#) & [here](#), and each college's scholarship website.

Watch for deadlines!

What is the value of the Lottery?

- It depends on the type of college/university, and varies annually, as announced by the NM Legislature.
- The Lottery covers a **percentage of tuition** (and, in the case of CNM, mandatory student **fees**) each semester for up to 7 semesters.
- At UNM (a 4-year research university), the Lottery is currently valued at \$3,444.06/semester. UNM's cost of tuition & fees for 15 credit hours (1 f/t semester) is currently \$4,614. Therefore, at UNM the Lottery currently covers ~ 75% of tuition & fees.
- At CNM, a 2-year community college, the Lottery typically covers a larger % of the cost of tuition + fees for each semester.
- **Did you know?** Students can earn an Associate's Degree at CNM, where the Bridge (1st semester) & Lottery Scholarships (2nd through 4th semesters) cover almost all of the cost, then transfer to one of NM's 4-year colleges to complete their Bachelor's degree... and still have 4 semesters of the Lottery coming to them!

What Should Juniors Be Doing This Year to Prepare for College?

Junior year presents an excellent opportunity to gather information on potential postsecondary plans (college, military, trades, apprenticeships...) and careers that might be a good fit for students. The [EHS Counseling website](#) offers pages devoted to college resources, career resources, trades & apprenticeships, financial aid & scholarships, and much more. Ms. Velhagen has posted short [videos about college & career topics](#). Juniors should become familiar with these resources and spend time doing their own research and soul-searching.

During COVID, most colleges have posted virtual tours on their websites; it's important for students to get a feel for the campuses where they're considering spending 4 years of their life!

Juniors should get involved in activities and work toward roles of leadership, if possible. Colleges and scholarship agencies like to see extracurricular interest, community/school involvement, passion and leadership. Check out [Eldorado's diverse clubs & activities](#), start your own, or find something in the community you're interested in and devote your time! Juniors should continue to do their best academically. College application deadlines may be as early as next fall, so think about what your transcript/GPA/class rank will look like at the end of this year, which is what colleges will be asking for!

FREE FIRST YEAR OF COLLEGE AT NM UNIVERSITIES!

dependent on family income

The University of NM's [Lobo First Year Promise](#) covers the full cost of tuition & fees for the first year, for students with a family income of \$50K or less. Requires FAFSA or [NM State Aid application](#) (for students w/o SSN).

New Mexico Tech has announced the [First Year Student Success Scholarship](#) : covers tuition + fees for students who are Pell Grant eligible (as determined by the FAFSA).

College and Career Prep & Timelines for all grades!

Click [here](#) as well as many additional pages of resources on the [EHS Counseling website!](#)

Stuck on your FAFSA? Virtual help is available

[every Monday](#)
from 3-6 PM ((click here)!



FAFSA: Why fill it out, and when?

- HS seniors fill out [Free Application for Federal Student Aid](#) to potentially qualify for government financial aid in the forms of [grants](#), [scholarships](#), [work-study jobs](#) and [low-interest-rate subsidized loans](#). FAFSA also goes to the financial aid office of each college the student lists; colleges then have a sense of the family's income and can assess whether they're able to offer additional financial aid.
 - Even if you're confident your student is unlikely to qualify for federal assistance, don't assume you should skip FAFSA!
 - The college(s) of your choice may REQUIRE the FAFSA for academic scholarships, not just need-based. (Be sure to check!)
 - Students fill out the FAFSA, with updated taxes from 2 years prior, every year they're in college. FAFSA opens on October 1 annually. Fill it out ASAP and watch for deadlines:
- NAU Priority Deadline: 11/15/21
 - UNM Priority Deadline: 1/5/22
 - ASU Priority Deadline: 1/15/22
 - NMSU Priority Deadline: 3/1/22
 - NM Tech Priority Deadline: 3/1/22
 - TX Tech Priority Deadline: 3/1/22
 - CNM Priority Deadline: 5/1/22

Tips to Manage Mood & Stress During the Holiday Season

While the winter holiday season often has many joys, it can also be a time of increased stress, worry, and sometimes even sadness. COVID-19 hasn't made things any easier.

Please consider the following tips to prevent and manage stress and mood dysregulation during the holiday season:

- Acknowledge your feelings
- Reach out to others
- Be realistic
- Set aside differences
- Stick to a budget
- Plan ahead
- Let to say "no"
- Don't abandon healthy habits
- Take a breather
- Seek professional help if you need it

~ Adapted from MayoClinic.org



Lock Your Meds!

The Lock Your Meds® campaign, created by the National Family Partnership, is a universal prevention campaign intended to save lives by preventing prescription drug misuse, which is the fastest growing substance misuse problem in America. Did you know that 53% of misused medications come from family and friends, not a stranger/drug dealer or the internet? Lock Your Meds® encourages people to secure and take regular inventory of their medication so it doesn't fall into the wrong hands. Many adults may be unintentional suppliers and awareness is the key to ending this preventable epidemic.

For this and more information about substance use, please contact our Crossroads Counselor, Tim Huggins.

Warmest holiday wishes from your Eldorado Counseling Team!

Ms. Kelsea Martinez-Eggleston

Ms. Lori Ryan

Mr. Joshua Stepney

Mr. Caleb Bia

Dr. Lori Montoya

Ms. Valerie Velhagen

Mr. Timothy Huggins

Mr. James Beecher