

— FALL 2022 —

# ELDORADO COUNSELING NEWSLETTER



## Your Counseling Team!

Mr. Huggins, Crossroads Counselor (substance abuse); Ms. Martinez-Eggleston, Counselor A-Df; Mr. Stepney, Counselor Jad-N; Dr. Montoya, Counselor Rok-Z; Mr. Beecher, Family Therapist; Ms. Ryan, Counselor Dg-Jac; Mr. Bia, Counselor O-Roj; Ms. Velhagen, College & Career Counselor

## HOW DO I REACH MY COUNSELOR?



SCAN ME

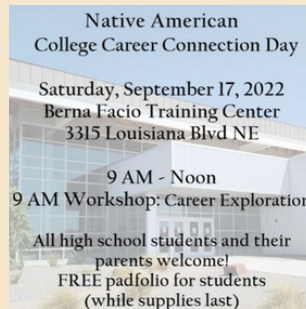
The Counseling website lists all counselors' emails and phone numbers. Parents are invited to email or call us. Students may contact their Alpha Counselor (assigned by last name) using this QR code or by filling out this form.

In a crisis situation, just come to Counseling!

For Ms. Velhagen or Mr. Huggins, send an email or stop by to make an appointment! For Mr. Beecher, first talk to your counselor about scheduling therapy.

Visit [www.ehs.aps.edu](http://www.ehs.aps.edu) and click  
"Counseling" for our awesome  
Counseling website packed with info!

# CHECK OUT THESE COLLEGE FAIRS & EVENTS!



ALL colleges offer campus tours and info sessions! Check their websites or contact their Admissions Departments. Many colleges offer special visitation days to welcome students & families to campus.

*Did you know...? Students may be excused from school to attend a college visit. See Ms. Martinez in the Admin office for the Eagle Absence Form in advance!*

## Be sure to RSVP!

UNM Senior Day: Sept. 24

UNM Fall Preview Day: Nov. 12

NMSU Aggie Experience: Oct. 1 + additional dates

Eastern NM University Preview Day: Oct. 29

New Mexico Tech Exploration Day: Nov. 5

College Day at CNM: March 10, 2023





## SEPTEMBER: NATIONAL SUICIDE PREVENTION MONTH

To tie in with September's theme of suicide awareness and prevention, the EHS Counseling team is delivering SEL (social-emotional learning) lessons to all students regarding suicide prevention. Students will learn about warning signs and how and where to get support both on and off campus.

Need help? Students who are experiencing a crisis or are concerned about a friend's safety during the school day, come to Counseling!

**988** is the new **National Suicide Prevention Lifeline #**, and here are additional crisis resources for all hours.



## SEPT. 15 - OCT. 15: NATIONAL HISPANIC HERITAGE MONTH



CELEBRATE NATIONAL HISPANIC HERITAGE MONTH BY LEARNING ABOUT THE HISTORIES, CULTURES AND CONTRIBUTIONS OF AMERICANS WHOSE ANCESTORS CAME FROM SPAIN, MEXICO, THE CARIBBEAN AND CENTRAL AND SOUTH AMERICA.

CHECK OUT THESE RESOURCES FROM THE  
NATIONAL MUSEUM OF THE AMERICAN  
LATINO

Also see this website for more info!

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# COLLEGE & CAREER INFORMATION

Ms. Velhagen held a College & Career Information Night for families of seniors on August 30, and visited all 12th grade English classes in August/September, with an overview of what seniors need to know about the college search, applications, career research, financial aid & scholarships, trades & military options, and more. She will be visiting 11th grade English classes with a college & career presentation later this year.


Juniors and sophomores, mark your calendars:

- College & Career Information Night for Juniors: Jan. 24 @ 6 PM
- College & Career Information Night for Sophomores: Feb. 2 @ 6 PM  
~ in the EHS Lecture Hall ~


These events are for parents/guardians and students!

Ms. Velhagen was interviewed for the *College Admission* blog back in 2013. [Check it out here!](#) :)

Wondering what you should be doing each year of high school to prepare for college? [See this timeline.](#)



Want to start searching for scholarships? Check out the [Counseling Scholarship page](#) and consider signing up for one of the scholarship search engines listed there.



These are just some of the colleges are coming to EHS this fall: Tulane University; The University of California @ Irvine; The University of Colorado @ Colorado Springs; The University of Denver; Arizona State University; Colorado State University; Knox College; Amherst College; Colorado College; Ft. Lewis College; Embry-Riddle Aeronautical University, and all of our in-state schools! Juniors & seniors [sign up for these visits here!](#) (This link is on the main page of the Counseling website.)

Questions about college or career topics?  
Contact: [velhagen@aps.edu](mailto:velhagen@aps.edu)

# FINANCIAL AID/FAFSA NIGHT



The FAFSA opens for seniors on October 1, 2022!

Parents/guardians of seniors who want information on the FAFSA (Free Application for Federal Student Aid) as well as setting up the mandatory FSA ID required to submit the FAFSA, come to virtual Financial Aid Information Night on Sept. 27 at 6 PM. Details and link here!

## ASVAB

10th - 12th graders may sign up to take the Armed Services Vocational Assessment Battery (ASVAB) for military placement or simply for career feedback. The ASVAB is free and will be given in the **EHS Lecture Hall on Friday, Nov. 18 @ 7:25 AM. Sign up here!**



## YOU SCIENCE

All sophomores will take a detailed career assessment in their Chemistry classes later this fall. Juniors & seniors have already taken YouScience and have access to their personalized feedback and career suggestions for 10 years after taking the assessment! Students log in here to pull up their results.

## PSAT

All sophomores -- as well as juniors who signed up -- will take the PSAT on campus on Wed., Oct. 12. For more info about the Preliminary SAT, click here. Wondering about the scholarships linked to the PSAT? Here is information on National Merit Scholarships, and read here about National Recognition Programs!

