



Odyssey ECCO

Counseling Connections

October 10, 2022 – Vol. 5

Student Activities Request

We have many students participating in activities and sports throughout the district and community and we want to celebrate what our students are doing. If you are in marching band/band, color guard, sports, ROTC, or anything else, PLEASE take a minute to complete the form using the link below, and feel free to upload photos of your child or email them to Kristine.Stenger@d11.org.
<https://forms.gle/vZacqMoenn4MG3GT9>

FAFSA Workshop & Free College Application Help Night October 12th

Join the counselors from 6:00-7:00PM for help on completing your FAFSA, and your Colorado College applications ready for Free Colorado College applications days October 18-20th.

Important Dates & Events

October 12, 2022– 7:30AM NMSQT qualifying PSAT test date for **ALL Juniors**. Arrive to Odyssey ECCO by 7:20AM.

October 12, 2022– 6:00PM-7:00PM Senior FAFSA Workshop & Free College Application Help Night.

October 13, 2022– End of Quarter 1

October 18-20, 2022– Free College Application Day

October 18-21, 2022– Spirit Week

October 21, 2022– Stress and Anxiety Group with Mr. Dowdle 2:15-2:55 PM (Sign up in Counseling.)

October 21, 2022– Fall Dance, “Ghouls of the Graveyard” 5:30-8:30PM

October 26-28, 2022– Parent/Teacher Conferences: Wed. 10/26 3:30-7:00 p.m. Thurs. 10/27 7:30 a.m.-7:00 p.m. Fri. make-up day, by appointment only.

October 31- November 4, 2022– Stress Reliever Week (Stop by Counseling each day for a stress relieving activity.)

Get Involved!

Fall After School Clubs and Tutoring have started!

Scan this QR code with your phone to see the schedule!



Odyssey ECCO Spirit Week Oct 17th-21st

- October 18th: Too Tired Tuesday
- October 19th: Tourist Day
- October 20th: Senior Citizens vs. Preschooler day
- October 21st: Adam Sandler day

SPIRIT WEEK



MONDAY:
MAKE YOUR OWN MONSTER
GRAB & GO CRAFT KIT

TUESDAY:
GO TEAM DOGS THERAPY DOGS
9:00-11:00 AM

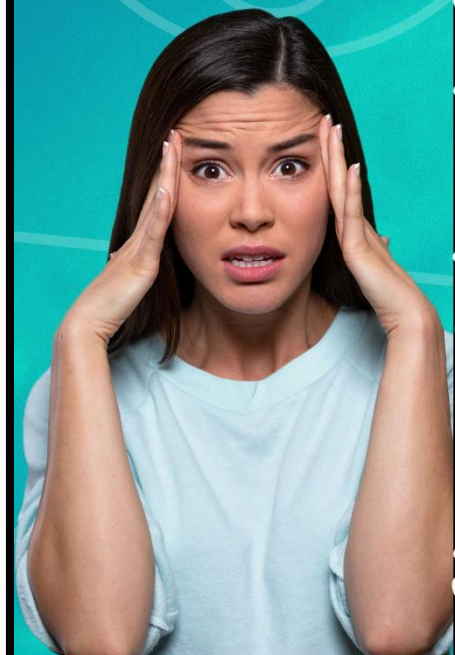
WEDNESDAY:
MINI POP FIDGET TOYS

THURSDAY:
NOTHING IS IM-POPSICLE
POP OVER FOR A POPSICLE ON US

FRIDAY:
STRESS BALLS
SQUEEZE TO RELIEVE STRESS DAY

STRESS RELIEVER WEEK
OCTOBER 31-NOVEMBER 4
ACTIVITIES WILL BE IN THE COUNSELING
OFFICE

Every Friday
2:15PM-2:55 PM



Room 260C

Stress & Anxiety Group

ACCUPLACER Testing

Writing Test: October 24 10:00AM ROOM 253

Math Test: Will be given in your Math class
during the week of October 24-26.

Everyone taking a test has been notified via email.

Great Opportunities to add skills to your college applications or resume.

STUDENT INTERNSHIP

SKILL STRUCK: ED TECH

EdTech is simply the is a process of integrating technology into education to build better teaching/learning experiences that result in higher learning outcomes by using animation.

THE IDEAL CANDIDATE

- IS INTERESTED IN LEARNING ABOUT CS/CODING LANGUAGES (HTML/CSS, JAVASCRIPT AND PYTHON)—DOES NOT NEED TO KNOW A LANGUAGE ALREADY, BUT BEING FAMILIAR WITH CODING IS A PLUS.
- HAS AN EYE FOR DETAIL AND IS WILLING TO METHODICALLY TEST OUR CURRICULUM.
- HAS A GROWTH MINDSET AND IS EAGER TO LEARN NEW THINGS.
- WANTS A REAL WORLD EXPERIENCE AT A TECH COMPANY.
- MUST SUBMIT A LETTER OF RECOMMENDATION FROM A MENTOR/TEACHER/INTERNSHIP COORDINATOR TO BE CONSIDERED FOR THE POSITION.

ROLE RESPONSIBILITIES

- COMPLETE TASKS AS ASSIGNED BY SUPERVISOR.
- NOTIFY SUPERVISOR AT THE BEGINNING AND END OF THEIR TIME SPENT WORKING.
- MEET 1:1 WITH SUPERVISOR VIA ZOOM AT LEAST ONCE TO CHECK ON PROGRESS (UPDATES WILL ALSO BE SHARED WITH YOUR SCHOOL SUPERVISOR, AS APPLICABLE).
- CHECK SLACK MESSAGES REGULARLY; RESPOND AS SOON AS POSSIBLE.
- REPORT CURRICULUM SUGGESTIONS, BUGS, ETC. THROUGH THE ESTABLISHED REPORTING PROCESS/FORM.
- RECORD HOURS ON YOUR TIMESHEET.
- SET TENTATIVE WEEKLY SCHEDULE.

www.skillstruck.com

Term	Accepting Applications	Interviews	Selected	# of Interns
Winter/Spring 2023 (Feb 6th-May 12th)	Oct. 2022	Oct-Nov 2022	By Nov. 30th	6



MORE INFO: QR CODE

APPLY: QR CODE OR LINK BELOW

https://docs.google.com/forms/d/e/1FAIpQL5d27szYz_R4UzrW8HK_wW0z9IzwhfUQtOF-AstKudk4b5dw/viewform



Center for Leadership
UNIVERSITY OF COLORADO BOULDER



LEADERSHIP PROGRAM SHOWCASE

26TH OCT, 2022
CASE - Chancellor's Auditorium
6:00 - 8:00 PM

FEATURING:

- Presidents Leadership Class
- Engineering Leadership
- INVST
- Leeds Scholars
- Conference on World Affairs
- Leadership Studies Minor
- BA Leadership & Comm Eng

RSVP HERE



“ Leadership is not about titles, positions, or flow charts. It is about **one life influencing another.” ”**
- John C. Maxwell

COME INTERVIEW US

Take the reins in your leadership development, starting with picking the right program for you.



UNITED STATES MILITARY ACADEMY

WEST POINT

Candidates and parents are cordially invited to an

Admissions Information Meeting

Presented by

CPT Kelechi Odocha

Southwest Regional Commander, West Point Admissions

Tuesday 11 October

6PM to 7PM

Library 21c
1175 Chapel Hills Dr
Colorado Springs, CO 80919



West Point is renowned as a historic and distinguished military academy, and a leading, institution of higher education. Because of this superb education and leadership experience, West Point graduates historically have been sought for high-level military and civilian leadership positions, including two U.S. presidents, Army Chiefs of Staff, several ambassadors, state governors, legislators, judges, cabinet members, educators, astronauts, engineers, and more CEOs than any other college in the United States.

The presentation is designed to help you learn more about West Point including the admissions procedures, academic and athletic programs, cadet life, and career opportunities after graduation.

West Point admissions officers and graduates will be available to discuss West Point and answer questions. This meeting will be of interest to all students who desire to know more about West Point and a commission as a second lieutenant in the United States Army. Come see why a popular West Point expression is "Much of the history we teach was made by people we taught."

Also visit our website at <http://www.westpoint.edu> for more information on one of the premier institutions of leader development.

Attention Seniors!! Now is the time for you to be working on the following events.

If you need to make a counseling appointment to visit your School Counselor you can schedule one [HERE](#)

1. **FASFA Workshop & Free College Application Help night is on October 12, 2022.**
Parents and Seniors join us for Pizza and FASFA or College Application help from 6:00-7:00PM.
2. **Free College Application Days (October 18-20)**
Start applications now so they are ready to submit during the free application days.



Scholarships

- Daniels Scholarship Fund (Applications must be submitted between September 15 & October 15.) [Website](#)
- Boettcher Foundation Scholarship (Applications must be submitted between September 15 & October 15.) [Website](#)
- Google Scholarship Program (Google offers a variety of scholarships.) [HERE](#)
- Incline Friends Program Outdoor recreation, environmental stewardship, and the preservation of our natural resources. [HERE](#)

Free College Application Days

Colorado's fifth annual Free Applications Days will be held on **October 18 - 20th, 2022.**

Who is Eligible to Participate in Free Application Days?

All residents of Colorado who are applying for undergraduate programs at all state public and some private Colorado colleges and universities are eligible to submit their admission applications for free on Oct. 18 - Oct. 20, 2022. Undergraduate programs include undergraduate level certificates, associate degrees, and bachelor degrees. This means all of the following applicants are eligible:

- First-time freshmen
- Transfer students
- Returning students
- Applicants seeking a second bachelor's degree

The actual admissions application must be submitted starting Tuesday, Oct. 18 through midnight on Thursday, Oct. 20 to be eligible for the fee waiver. However, applicants can and are encouraged to begin filling out the application before this time - the application just needs to be submitted during this three-day period.

If the college/university has **additional application documents** required as part of the application process (for example, high school transcripts, letters of recommendation, etc.) they can be submitted before or after Oct. 18 - 20.

More information may be found here:

<https://cdhe.colorado.gov/cofreeappdays#:~:text=All%20residents%20of%20Colorado%20who,20%2C%202022.>

Attention Juniors!

It's time to prepare for the National Merit Scholarship Program!

The National Merit® Scholarship Program is an academic competition for recognition and scholarships that began in 1955. Approximately 1.5 million high school students enter the program each year.

High School students who meet published program entry and participation requirements enter the National Merit Scholarship Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) at the specified time in the high school program, as juniors. Each year's PSAT/NMSQT is the qualifying test designated for entry to a particular year's competition. For example, the 2020 PSAT/NMSQT is the qualifying test for entry to the competition for scholarships to be awarded in 2022.

ALL Juniors will be taking the NMSQT PSAT test on October 12, 2022. Please arrive by 7:20AM. We will provide a note to deliver to your college professors to excuse you from your classes you miss during the test. This is a requirement that was outlined in the Mandatory Upperclassmen Meeting at the beginning of the year.

You can prepare for the NMSQT qualifying PSAT test by using Kahn Academy. [Website](#)

SAT Information

SAT Test Dates & Deadlines - <https://collegereadiness.collegeboard.org/sat>


All Juniors will be taking the SAT at Odyssey ECCO in April, but you are welcome and encouraged to take the SAT multiple times.

SAT Date	Registration Deadline	Late Registration
December 3, 2022	November 3, 2022	November 22, 2022
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023

FREE Youth Mental Health Sessions (Department of Human Services)

The Colorado Department of Human Services, Office of Behavioral Health launched I Matter, a program that provides three or more free counseling sessions for any Colorado youth. Youth and their parents can visit the I Matter platform to take a confidential online survey about their mental health and schedule sessions with a licensed behavioral health clinician, primarily via telehealth. All Colorado youth ages 18 or younger—or 21 and younger if receiving special education services—are eligible to receive free services. Youth 12 and older can sign up for counseling sessions without a parent or guardian's consent.

Career Spotlight



EXERCISE SCIENTIST

Assess, plan, or implement fitness programs that include exercise or physical activities such as those designed to improve cardiorespiratory function, body composition, muscular strength, muscular endurance, or flexibility.

Skills

- Active Listening
- Critical Thinking
- Instructing
- Reading Comprehension
- Speaking
- Writing
- Judgment & Decision Making
- Monitoring
- Service Orientation
- Social Perceptiveness
- Complex Problem Solving
- Coordination
- Systems Analysis
- Active Learning
- Negotiation

CAREER OUTLOOK

Average Annual Salary	\$49,000
Projected Future Job Openings	1,100

Aptitudes

- Dependability
- Integrity
- Concern for Others
- Cooperation
- Self Control
- Attention to Detail
- Initiative

- Social Orientation
- Achievement/Effort
- Stress Tolerance
- Independence
- Persistence
- Adaptability/Flexibility
- Analytical Thinking

Work Activities


- Develop exercise programs to improve strength, flexibility, endurance, or circulatory functioning
- Recommend methods to increase lifestyle physical activity.
- Interpret exercise program participant data to evaluate progress or identify changes
- Operate diagnostic or therapeutic medical instruments or equipment

Work Environment

- Face-to-face discussions with clients & colleagues
- Communicate frequently via email and phone
- Work mainly in controlled, indoor environment
- Importance of being exact or accurate
- Work with a group or team
- Freedom to make decisions
- Potential exposure to disease or infection

EDUCATION

59%	Bachelor's Degree
32%	Master's Degree



Compiled by

Counseling Staff & Appointments

Counseling Center - 719-328-2088

<u>Katrina Everett</u>	<u>Lisa Fowler</u>	<u>Taura Gandy</u>
Students Last Name N-Z	Students Last Name A-K	Students Last Name L-M
Office 719-328-2058 Cell 719-393-5967	Office 719-328-2007 Cell 719-393-3423	Career Pathways A-Z Office 719-328-2053
katrina.everette@d11.org	lisa.fowler@d11.org	taura.gandy@d11.org
Book an appointment HERE	Book an appointment HERE	Book an appointment HERE

If you are experiencing a social emotional emergency come directly to the Counseling Center or find the nearest adult. You can also call one of the above numbers during school hours.

Questions?

Please contact Mrs. Kristine at 719-328-2088 kristine.stenger@d11.org