SENIOR AVID NEWS

WHAT'S HAPPENING IN AVID 402

The seniors have been busy in AVID 401 so far this semester. They have been completing college applications, sending out their official high school transcripts and completing test prep for the SAT and ACT tests. Some have even been accepted into college already!
Soon they will be learning what makes up the Cost of Attendance at a college and different options for financing the cost of higher education.

ACT/SAT DATES AND DEADLINES

- ACT Test-Dec 14, 2024
- Deadline-Nov. 8, 2024

- SAT Test-Nov. 2, 2024
- Deadline-Oct. 18, 2024

UPCOMING EVENTS

- October 23-24 Coastal Application Days
- October 25-Trunk or Treat
- October 26-ACT Test
- October 28-HGTC Spring Scheduling Opens

IMPORTANT



- SC State Scholarships are still requiring ACT/SAT scores. They are NOT test optional!



CAMPUS SPOTLIGHT

THE CITADEL

- Enrollment-3700
- Average ACT 23
- Charleston, SC
- www.citadel.edu
- Average SAT 1090
- Public College
- Cost-$38,000



"Don't let what you cannot do interfere with what you can do."

JOHN WOODEN

The Importance of Sleep

According to the National Sleep Foundation, most teens aren't getting the sleep they need to perform at their highest levels. The organization's website says that teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough). However, one study found that only 15% reported sleeping 8 1/2 hours on school nights.

Getting the proper amount of sleep can not only help you concentrate, listen and learn better in school, but it can also make a difference in your stress level. It's also important to develop a routine sleep schedule.





SCHOLARSHIP OPPORTUNITIES

October 18, 2024	**Maryknoll Essay Scholarship**
October 20, 2024	**Sphinx Competition**
October 20, 2024	**Omega Phi Psi Essay Contest**
October 29, 2024	**NCWIT Computing Scholarship**
October 30, 2024	**Chick Fil A Community Scholarship**
October 31, 2024	**Good Works Scholarship**
October 31, 2024	**Encouraging Diversity Scholarship**