



imPACKtful

Counseling Office News

The Free Application for Financial Student Aid (FAFSA) is a form that all seniors can fill out to apply for financial assistance for higher education. This form is a crucial step in accessing federal & state grants, work-study programs, and most scholarships. We will hold a FAFSA Night here at Green Canyon on December 9th from 5-7 in room 142.

FAFSA Fun Facts

- Green Canyon was named the 2023-24 FAFSA Cup state champion.
- You can make your FAFSA account now by going [here](#).
- FAFSA opens December 1st
- Work Study now comes through the FAFSA application
- You must have FAFSA filled out for the Opportunity and Prime Scholarships through the state.
- For questions about FAFSA contact Julie.Larsen@ccsdut.org

College and Career Prep

CTE Scholarships and Tuition Awards

Utah high school seniors, now is the time to apply for a CTE Scholarship and Tuition Award. Applicants receive a college scholarship to a Utah public college or university, for up to one year's tuition. (Please note, Brigham Young University, Utah State University, and the University of Utah do not participate.)

For more information, or to apply for this scholarship, follow this link.

<https://www.schools.utah.gov/cte/resources/scholarshipsawards>

Applications are due by January 31, 2025.

** Seniors and Senior Parents - for more information about colleges, appointments, or FAFSA, please read your College and Career Readiness Update Email that was sent on Tuesday, November 26th from Julie Larsen.*

WHAT'S IN THIS MONTH'S ISSUE

- Counseling Office News
- College and Career Prep
- Coming Up
- Holiday Help
- Mental Health Minute

Coming Up...

December 9:
FAFSA Night 5-7

December 10:
ACT 10 AM

December 13:
Teacher Professional Development,
No School for Students

December 23 - January 1:
Winter Break

Mark your calendar...

January 2: Prime and Opportunity scholarships open

January 9: PACK Picks Day

January 31: CTE Scholarship applications due

[Green Canyon High Weekly Schedule Link](#)

Follow us on Instagram
[@gc.collegeandcareer](#)

For information about drivers ed, follow the link below.

[Green Canyon driver's ed](#)





College Application Deadlines



November 1st: Brigham Young University (Priority)
December 1st: Utah State University
December 1st: Weber State University
December 1st: University of Utah
December 1st: Southern Utah University (Presidential scholarship deadline)
December 16th: Brigham Young University (Final)
March 1st: Southern Utah University (Scholarship deadline)
March 1st: Utah Valley University
March 1st: Snow College
March 1st: Utah Tech University
February 1st: Brigham Young University - Idaho

Holiday Help

The holiday help application **closes on DECEMBER 2nd**. If you need some help for the holidays, please make sure to sign up by clicking on [Holiday Help Application](#) Link. If you miss the deadline and need help, please email your student's counselor before Thursday, December 5th. If you would like to support a family for the holidays, please click on [this link](#).

HOPE
SQUAD

UNIQUE PATH SHARED JOURNEY

The 2nd and 4th Mondays of the month, the HOPE Squad will be playing games during PACK hour.

Watch for them at the long tables in the cafeteria near the gym doors.

Come meet new people, and have fun!

In the next few months we want to hear from YOU! Fill out this form. The results will be posted in next month's issue. [CLICK HERE](#) to fill out the form.

Mental Health Minute



Giving is Good for your Health

Giving can stimulate your brain's mesolimbic pathway, or reward center, while releasing endorphins. That can lead to a "helper's high" that boosts self-esteem, elevates happiness and combats feelings of depression.

"Act of service" gifts include anything that helps someone out and makes their life just a bit easier. Examples include:

- Walking a neighbor's dog.
- Doing a housemate's chores.
- Offering free babysitting for a family friend.
- Helping a tech-challenged relative set up a computer or TV.

To learn more, follow [this link](#).