



# COUNSELORS' NEWSLETTER

Ft. Zumwalt East Counseling Department Newsletter

December/January 2017

## Counseling Department Newsletter

The Counseling Department publishes this newsletter each month. Please read through it to find information on testing, college planning, scholarships, and much more! This newsletter can be found within the Counseling office, as well as online, under the Counseling tab of the Ft. Zumwalt East website. Also, please follow us on Twitter: @FZECounseling for important information you won't want to miss!

### School Counselors:

Mrs. Joyce A-E

Mrs. Davis F-K

Mrs. Piercy L-R

Mrs. Rogles S-Z

Mrs. Osborn Crisis Counselor

Mrs. Fulhorst Financial Aid Secretary

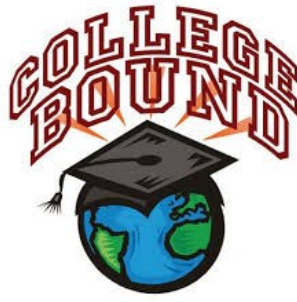
Ms. Leeper Counseling Secretary



Follow us on Twitter:  
**@FZECounseling**

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## COLLEGE PLANNING FOR SENIORS

- Review college websites. Request admission, scholarship and financial aid information. **Pay close attention to application deadlines.**
- Tour college campuses. Many colleges have special “visit days”. Check on the college website for visit options.
- Narrow college choices.
- Retake the ACT if you are not happy with your score. ([www.actstudent.org](http://www.actstudent.org))
- Fill out the FAFSA, **now**.
- Apply to college(s). Most colleges prefer you apply online, some may waive the application fee for online applications.
- Visit the FZE Counseling office to fill out a **Transcript Release Form**. (this allows FZE to mail your high school transcript and ACT scores to the college you specify). Note: some colleges require ACT scores to be sent directly from ACT.
- Apply for scholarships (private and those specific to your college). Be aware of scholarship deadlines!

### Teacher/Counselor Recommendations:

Students, please allow two weeks notice when requesting a recommendation from your teacher or counselor. Do NOT ask for a last minute letter of recommendation. Many teachers use their personal time to write these letters. Be courteous and let them know you appreciate their effort.



## Upcoming Dates to Remember:

Dec. 9	ACT Test	East High	8:00 a.m.
Dec. 20	Finals-Full Day of School		7:25 a.m.-2:25 p.m.
Dec. 21-22	Finals-Half Days of School		7:25-11:25 a.m.
Dec. 23-Jan. 3	No School-Winter Break		
Jan. 4	Classes Resume		
Jan. 9	Lewis & Clark Testing	East High Library	First Hour
Jan. 9-21	Online class registration for 2018-2019		
Jan. 11	Curriculum Night	East High School	6 p.m.-7:30 p.m.
Jan. 12	Last Day to register for the February ACT test without a penalty.	<a href="http://www.actstudent.org">www.actstudent.org</a>	
Jan. 15, 2018	No School-Martin Luther King, Jr. Day		
Jan. 27	Coronation Dance	East High School	
Feb. 2	Mid Point 3rd Quarter		



**ACT Registration Information:**

Register at [www.actstudent.org](http://www.actstudent.org)  
(FZE High School Code: 263-132)

Test Date	Registration Deadline	Late Registration Deadline (Late Fee Required)
December 9, 2017	November 3, 2017	Nov. 4-17, 2017
February 10, 2018	January 12, 2018	Jan. 13-19, 2018
April 14, 2018	March 9, 2018	March 10-23, 2018
June 9, 2018	May 4, 2018	May 5-18, 2018
July 14, 2018	June 15, 2018	June 16-22, 2018

**ACT Fees**

Basic Test Fee (no writing).....\$46.00  
Basic Test Fee (with writing).....\$62.50  
FZE’s School Code: 263-132

**Additional ACT  
Prep Classes:**

**SCC-ACT Cambridge Review**

Mon/Wed, Jan. 17-Feb. 7, 2018  
Mondays, Feb. 19-Mar. 2, 2018  
Thursdays, Apr. 19-May 31, 2018  
Wednesdays, May 23-July 11,  
2018

All classes meet from 6-9 p.m. on the SCC campus for 7 sessions. Tuition for each class is \$149, plus the textbook, which can be purchased in the SCC Bookstore.

To register visit:  
[www.stchas.edu/learnforlife](http://www.stchas.edu/learnforlife) or  
call (636) 922-8233

**FT. ZUMWALT EAST  
ACT Test Prep Course**

**Did you know?** You can take the ACT Prep course as one of your classes here at East? There is no additional cost for the class and it will fit into your regular class schedule while you are at school!

**Webster University  
ACT Prep Seminars**

One day Prep seminars focused on reinforcing writing skills, study techniques and test-taking preparedness. Choose from the following dates:

January 20, 2018  
March 10, 2018

All sessions 8 a.m.-2:30 p.m.  
Register at [webster.edu/testprep](http://webster.edu/testprep)

## COLLEGE SPOTLIGHT

### Southeast Missouri State University

Southeast Missouri State University is located in Cape Girardeau, the largest city between St. Louis and Memphis, on the banks of the Mississippi River. Southeast is a great place to live and learn in a college-friendly community. The beautiful 328 acre campus is an eclectic mix of old and new. Classic limestone buildings blend harmoniously with contemporary structures.

Some of the most popular majors at Southeast Missouri State are Education, Business, Nursing, Criminal Justice, Mass Communications, Visual & Performing Arts (Theatre, Dance, Music and Art), Agriculture, Biology, and Computer Science.

They also offer more unique programs of study, including, Industrial & Systems Engineering, Cybersecurity, Unmanned Aircraft Systems, Historic Preservation, Sport Management, Actuarial Science, and Geographic Information Science.

#### Fast Facts:

Undergraduate Students: 10,458

Graduate Students: 1,044

ACT minimum: 18 (sliding scale)

GPA minimum: 2.0 (sliding scale)

Degree Programs: 145+

Student organizations: >180

Athletics Conference: NCAA Division I

Mascot: Rowdy the Redhawk

For more information on Southeast Missouri State University, visit: [www.semo.edu/](http://www.semo.edu/)

To schedule a campus visit:

<http://www.semo.edu/admissions/visit.html>



## CAREER SPOTLIGHT

### Do you want to major in BUSINESS?

A degree in one of the many available business majors can offer limitless opportunities. As a business major, you'll be prepared to work in a variety of settings in business, government, nonprofit organizations and more. Below are a few options for majors in a school of Business.

**Accounting**-learning how to report the financial activities of a business or an individual and discovering how to make sense of the numbers.

**Finance**-Finance majors also interpret financial data. They often use their skills to help companies, nonprofits or individuals plan for the future.

**Business Management and Administration**- these professionals are the people who keep businesses on track through analyzing a business's strengths and weaknesses and figuring out the best way to make a profit.

**Marketing**-Someone in marketing will know how to price products, where to sell goods and know how to advertise and promote products.

**Sales**-Sales and distribution is related to marketing, but the two areas have differences. Sales programs cover topics such as selling, entrepreneurship and business economics.

#### Median (not starting) Annual Wages, May 2016:

\$66,530

(U.S. Bureau of Labor Statistics)

**Job Outlook:** Employment of business and financial operations occupations is projected to grow 9 percent from 2016 to 2026, about as fast as the average for all occupations.

**Classes to take during high school:** Courses in English, communications and social sciences are recommended. Mathematics courses, at least through pre-calculus, are highly desirable.

**Degree Needed:** Those interested in business typically need a bachelor's degree in one of the above mentioned majors. Some students continue their schooling after receiving their bachelor's degree to get a MBA or Masters in Business Administration.

For more information, visit: <https://www.bls.gov/ooh/business-and-financial/home.htm>

## Military

### Air Force

[www.Afas.org](http://www.Afas.org) (Aid Society)

[www.Afrotc.com](http://www.Afrotc.com) (ROTS)

[www.Usafa.af.mil](http://www.Usafa.af.mil) (Academy)

### Army

[www.Aerhq.org](http://www.Aerhq.org) (Army Relief)

[www.Armyrotc.com](http://www.Armyrotc.com) (ROTC)

[www.Usma.edu](http://www.Usma.edu) (Academy)

### Navy/Marines

[www.Nmcrs.org](http://www.Nmcrs.org) (Relief Society)

[www.Nrotc.navy.mil](http://www.Nrotc.navy.mil) (ROTC)

[www.Usna.edu](http://www.Usna.edu) (Academy)

### Coast Guard

[www.Cga.edu](http://www.Cga.edu) (ROTC)

### National Guard

[www.Nationalguard.mil](http://www.Nationalguard.mil)



SELECTIVE SERVICE (Males only) DID YOU KNOW? The law requires virtually all male U.S. Citizens and male immigrants residing in the U.S. (permanent resident aliens), to register within 30 days of their 18th birthday. By neglecting to do so, you could be denied student loans, government jobs and possibly your driver's license. For more information, go to [www.sss.gov](http://www.sss.gov)

### *Military Visits*

Military visits will be on the **SECOND MONDAY OF EVERY MONTH** in the commons. Visit with them during your lunch time.

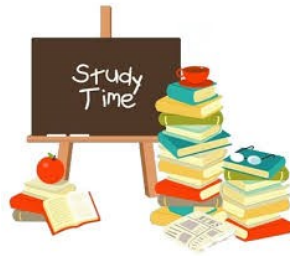
You did it!  
*Congratulations*

### LOCKER SIGNS

The Counseling Department is proud of any student that gets accepted into college, trade school, or the military! Let us "shout it out"!!

Stop by Counseling and tell us where you've been accepted and we'll make a sign for your locker. Parents, you can call our office too, and give us the good news!

(636) 477-2481



## Tutoring Help Available at EAST:

Students have two options to obtain help.

1. ASAP: After School Academic Support : (Teachers will be the tutors)

Tuesdays After School in the Library (2:30-3:30)

2. A+ Tutoring: (A+ Tutors will be the tutors)

Every Early Release Thursdays in Room 208

“C” Days: 1:05-2:25

“D” Days: 12:05-2:25

**ALL STUDENTS ARE WELCOME!!**

### REGISTRATION for 2018-2019 CLASSES

Students and parents will be able to go online to select classes from Jan. 9-21. Counselors will be meeting individually with students to go over their schedule from Jan. 23-Feb. 13.



**Will you be attending St. Charles Community College?** SCC scholarship application packets are now available for students planning to attend St. Charles Community College in the fall of 2018! In total, more than \$185,000 is available for tuition and book scholarships for the 2018-19 academic year. A+ students, HiSet students, High School graduates – there’s money for everyone. Scholarship applications are now available for download at: [www.stchas.edu/scholarships](http://www.stchas.edu/scholarships) You must first apply to St. Charles Community College and obtain a Student ID # to apply for the scholarships.

St. Charles Community College  
A+ Information Night for Seniors  
March 7, March 26, April 10  
6-7:30 p.m.

St. Charles Community College  
Auditorium, Daniel J. Conoyer Social Sciences Building

Are you planning to attend SCC while using you’re A+ benefits? Attend one of the above A+ Info nights to get all your questions answered! Students and their parents are encouraged to attend. For more information, contact Mary Jo Grimm at [mgrimm@stchas.edu](mailto:mgrimm@stchas.edu) or call (636) 922-8226.



Did you know there’s a “**Master Scholarship List**” and an “**Open Houses, Summer Camps, and More**” List created by the Counseling Department? These lists are updated every couple of weeks, when new scholarships and opportunities are brought to our attention.

To find the **Master Scholarship List**, go to the Counseling page of the East High website → Get Ready for College tab → Scholarship Opportunities, *or* visit the Counseling office, *or* click on the following link: [https://docs.google.com/document/d/1emg5itYbgxdPa25x\\_bp6eT7qaAqxydezBqAhYrZo-Qw/edit](https://docs.google.com/document/d/1emg5itYbgxdPa25x_bp6eT7qaAqxydezBqAhYrZo-Qw/edit)

To find the **Open Houses, Summer Camps, and More List**, go to the Counseling page of the East High website → Get Ready for College tab → Student Opportunities, *or* visit the Counseling office, *or* click on the following link: [https://docs.google.com/document/d/1q4-R7Ob0v1R5zl9QKgd8Hz\\_yoR-FxleR2cox-r8z75M/edit](https://docs.google.com/document/d/1q4-R7Ob0v1R5zl9QKgd8Hz_yoR-FxleR2cox-r8z75M/edit)



**Seniors:** If you receive scholarship offers from the colleges in which you are applying, please bring a copy (or the original and we can make a copy) to the Counseling office. We will need copies of each of your scholarship letters prior to graduation, *regardless of whether you will be accepting the scholarship or not*. By April, each Senior will need to fill out a **Final Transcript Release Form**, which will include scholarship offers. More information will follow on the Final Transcript Release Form.



If you plan on playing NCAA Division I or II sports in college, you should complete the NCAA Initial Eligibility form in the 2nd semester of your Junior year. College-bound student-athletes in Division III can also create a Profile Page to receive important updates about being a student-athlete and preparing for college. Students who are not sure which division they want to compete in can create a Profile Page and transition to a Certification Account if they decide to play Division I or II sports.

NCAA requires ACT scores sent directly from ACT. To send a previous ACT score to NCAA, go to [www.actstudent.org](http://www.actstudent.org) to resend a score. NCAA's code is 9999. The cost to submit a previous score is \$12. To submit future test scores, simply designate NCAA as one of your schools when you register for the ACT test. Use NCAA's code: 9999.

For more information, visit: <http://www.ncaa.org/student-athletes/future/how-register>

# Helpful Websites

## Finding a College for You:

[www.collegeview.com](http://www.collegeview.com)  
[www.collegeboard.org](http://www.collegeboard.org)  
[www.youniversitytv.com](http://www.youniversitytv.com)

## Financial Aid and Scholarships:

[www.StudentAid.gov](http://www.StudentAid.gov)  
[www.StLouisGraduates.org](http://www.StLouisGraduates.org)  
[www.StudentScholarships.org](http://www.StudentScholarships.org)  
[www.finaid.org](http://www.finaid.org)  
[www.fastweb.com](http://www.fastweb.com)  
[www.FederalStudentAid.ed.gov](http://www.FederalStudentAid.ed.gov)  
[www.studentaid2.ed.gov](http://www.studentaid2.ed.gov)

## Federal Government:

[www.fafsa.gov](http://www.fafsa.gov)  
[www.bls.gov](http://www.bls.gov)  
[www.ed.gov](http://www.ed.gov)

## State of Missouri:

[www.dhe.mo.gov](http://www.dhe.mo.gov)

## ACT:

[ACTstudent.org](http://ACTstudent.org)

## Free ACT/SAT Prep websites:

[www.number2.com](http://www.number2.com)  
[www.LearningExpressLibrary.com](http://www.LearningExpressLibrary.com)

## Career Exploration:

[www.missouriconnections.org](http://www.missouriconnections.org)  
[www.careerinfonet.org](http://www.careerinfonet.org)  
[www.collegeboard.org](http://www.collegeboard.org)



## Attention Freshmen & Sophomores!!

Senior year may seem a long way off, but freshman or sophomore year is the time to start compiling an **Activities Resume**. Some colleges and most scholarship applications will require this list during senior year. You should document every club you belong to, every award you receive, every sport you play, and every bit of community service and leadership opportunities you participate in. By senior year, you might forget what you did when you were a freshman! Mrs. Fulhorst has blank forms to help you get started. **YOU WON'T REGRET COMPILING THIS LIST NOW!**



To Do:

## JUNIOR YEAR

- Start to think about your college choices.
- Make an appointment with your counselor to talk about your options.
- Sign up to visit with college representatives while they are visiting East High.
- Take the ACT! High scores increase your chance of winning scholarships and receiving higher automatic scholarships from colleges. Take the test more than once. ([www.actstudent.org](http://www.actstudent.org))
- Narrow down your choices and visit campuses over school breaks. See the college website to set up a visit with the admissions department.
- If you are interested in playing a sport in college, register with the NCAA Clearinghouse and/or NAIA. ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)) ([www.playnaia.org](http://www.playnaia.org)) \*See your counselor for additional information.
- If you are interested in applying for a Military Academy after high school, see your Counselor during JUNIOR year!