



COUNSELORS' NEWSLETTER

Ft. Zumwalt East Counseling Department Newsletter

October 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



THE CHALLENGE AWARD!!

Do you have a "Challenge Award" on your locker? If so, we'd like to Congratulate you on taking 3 or more weighted courses!

Seniors had the most participants receiving the Challenge Award at 36%! Way to exhibit #theLIONway!



Follow us on Twitter:
@FZECounseling

In This Issue

- The Challenge Award
- Junior/Senior Information
- Important Dates
- ACT Information
- College/Career Spotlights
- October Testing/Tutoring
- Locker Signs
- College Planning
- Military Information
- FAFSA
- College Fair/Lewis & Clark
- Colleges visiting East

JUNIORS and SENIORS: Now is the time to begin your college search! The Counseling office will have many colleges visiting East to speak to **YOU** throughout the year! See Mrs. Fulhorst to sign up for these college visits. Refer to links on the Counseling page of East's website for this list and other important information. New colleges are added often!

The Counseling office also offers "Career Talks" throughout the year. Take advantage of these talks by hearing professionals from within the field speak in length about a particular career. This semester we will have a **Physical/Occupational/Speech Therapy** talk, a **Forensic Scientist** talk, a **Graphic Design** talk, and a **Police Officer** talk. Space is limited, sign up in the Counseling office!

Also on our website is our Scholarship Opportunities list. This list is updated often and has many opportunities for scholarships! See Mrs. Fulhorst with questions on scholarships.

In an effort to relay all the information the Counseling office receives on college open houses, student opportunities, college fairs, etc. to parents and students, we've created the **Student Opportunities** tab on our website. Please bookmark this tab, along with the **Upcoming College Visits** tab and the **Scholarship Opportunities** tab to stay up-to-date on all the current information from our office. Many announcements are also posted on our Twitter page: [@FZECounseling](#).

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.

Helpful Websites

Finding a College for You:

www.collegeview.com
www.collegeboard.org
www.youniversitytv.com

Financial Aid and Scholarships:

www.StudentAid.gov
www.StLouisGraduates.org
www.StudentScholarships.org
www.finaid.org
www.fastweb.com
www.FederalStudentAid.ed.gov
www.studentaid2.ed.gov

Federal Government:

www.fafsa.gov
www.bls.gov
www.ed.gov

State of Missouri:

www.dhe.mo.gov

ACT:

ACTstudent.org

Free ACT/SAT Prep websites:

www.number2.com
www.LearningExpressLibrary.com

Career Exploration:

www.missouriconnections.org
www.careerinfonet.org



College Applications

Colleges encourage students to apply on-line. Some may waive the application fee if you apply online. After you have applied online, please stop by the Counselors Office to fill out a Transcript Request form. We will then mail a copy of your transcript to the college. (Students under the age of 18 need a parent signature).

Colleges require your official high school transcript to be sent from your high school. A college cannot process your application without it.

Net Price Calculator

All undergraduate institutions that award federal title IV financial aid are required to offer a net price calculator. *Net Price* is the amount that a student pays to attend an institution in a single academic year AFTER subtracting scholarships and grants the student receives.

Upcoming Dates to Remember:

Oct. 10	Student Information Assembly for those interested in Lewis & Clark Career Center	Ft. Zumwalt East Auditorium	1st Hour
Oct. 11	PSAT Testing at East	Ft. Zumwalt East Library-7:25 a.m.	1st-5th Hours
Oct. 12	Ft. Zumwalt West FAFSA Night	Ft. Zumwalt WEST Auditorium	7:00 p.m.
Oct. 13	First Quarter Ends!		
Oct. 15	FAFSA Frenzy	St. Charles Community College (Tech Building)	2-4 p.m.
Oct. 17	Princeton Review (Practice ACT) Test	Ft. Zumwalt East (All sophomores)	1st-4th Hours
Oct. 19	Ft. Zumwalt North FAFSA Night	Ft. Zumwalt NORTH Library	6:30 p.m.
Oct. 22	NACAC National College Fair	St. Louis University Simon Recreation Center	1-4:00 p.m.
Oct. 24	ASVAB Testing at East	Testing for Juniors and Seniors interested in the Military	FZE Library (1st-3rd hours)
Oct. 27	St. Charles CC Career Expo	St. Charles Community College	8 a.m.-12:30 p.m.
Oct. 28	ACT Test (must have pre-registered at www.actstudent.org)	Ft. Zumwalt East	8 a.m.-1 p.m.
Nov. 9	Lewis & Clark Prospective Student Night	Lewis & Clark Career Center Campus	Time: 5:30 p.m.-6:30 p.m.



ACT Registration Information:

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

Test Date	Registration Deadline	Late Registration Deadline (Late Fee Required)
October 28, 2017	September 22, 2017	Sept. 23-Oct. 6, 2017
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

Mondays, Oct. 23-Dec. 4
 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 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 next year? 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:

Nov. 18, 2017
 January 20, 2018
 March 10, 2018

All sessions 8 a.m.-2:30 p.m.
 Register at webster.edu/testprep

COLLEGE SPOTLIGHT

LINDENWOOD UNIVERSITY

Founded in 1827, Lindenwood University is a private, liberal-arts university located in St. Charles, Missouri on 500 beautiful acres of large trees and historic buildings. It is the 2nd oldest educational institution west of the Mississippi River.

Lindenwood's top 5 undergraduate majors are Business Administration, Elementary Education, Criminal Justice, Psychology and Exercise Science.

Lindenwood University is in the midst of a bold campus expansion plan that blends the old with the new and provides facilities that will carry Lindenwood well into the future. These projects are the result of dynamic growth on the campus going back to 1989.

Fast Facts:

Undergraduate Students: 5,855

Graduate Students: 2,842

Student-to-faculty ratio: 17:1

Average Class Size: 17

Athletics Conference: NCAA Division II-MIAA

Student Organizations: 72

Mascot: Lion

Percentage of freshman students receiving financial aid: 99%

Merit based scholarships are awarded based on a student's GPA and standardized test scores at the time of admission. Amounts range from \$1,000 – \$8,500.

Future Lion Day: Nov. 11, 2017 from 9 a.m.-12:30 p.m. This event offers students the opportunity to see what makes Lindenwood "like no other" with campus tours, a welcome from President Michael D. Shonrock, and meetings with faculty, staff, and student organizations.

Register for Future Lion Day at: <http://www.lindenwood.edu/admissions/undergraduate-admissions/admissions-events/open-house-november-11/>

Visit www.lindenwood.edu for additional information.



CAREER SPOTLIGHT

Do you want to be a TEACHER?

Teachers do more than teach, and their impact extends far beyond the classroom. As a teacher, you are more than just an educator: you are a mentor, a confidant and a friend. One of the most common reasons to become a teacher is to make a difference in the lives of as many students as you can.

Natural teachers love sharing knowledge. They feel a desire to share ideas, communicate concepts and inspire conversation with those around them. Teachers teach to reach children, and see their progress develop over time.

Every state requires that public school teachers be licensed by completing education requirements and passing examinations. A bachelor's degree is the *minimum* requirement for licensure. Elementary teachers hold bachelor's degrees in education, while high school teachers have degrees in a subject area.

Median (not starting) Annual Wages, May 2016:

\$55,490 (Elementary), \$58,030 (High School)

(U.S. Bureau of Labor Statistics)

Important Qualities: Friendliness and Congeniality, a good communicator, a good listener, a good sense of humor, and kindness.

Speak to your Counselor, or click on the following links to find out more information about a career in teaching.

<https://dese.mo.gov/>

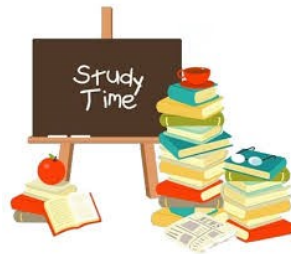
<https://www.teachercertificationdegrees.com/become/#decide>



OCTOBER TESTING:

All sophomores will take the Princeton Review's practice ACT test on Tuesday, October 17.

Interested in the military? Sign up in the Counseling office to take the ASVAB test. The ASVAB Career Explorations test is a career planning program designed to explore opportunities through a series of aptitude tests and an interest inventory. This test will be given to a select group of juniors and seniors on Oct. 24. **YOU MUST SIGN UP PRIOR TO THE TEST DATE!**



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 p.m.

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!!



LOCKER SIGNS

The Counseling Department is proud of any student that gets accepted into college or trade school! Let us “shout it out”!!

Stop by Guidance 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



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” in the fall. 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)
- Fill out the FAFSA beginning Oct. 1.
- 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!

Military

Air Force

www.Afas.org (Aid Society)

www.Afrotc.com (ROTS)

www.Usafa.af.mil (Academy)

Army

www.Aerhq.org (Army Relief)

www.Armyrotc.com (ROTC)

www.Usma.edu (Academy)

Navy/Marines

www.Nmcrs.org (Relief Society)

www.Nrotc.navy.mil (ROTC)

www.Usna.edu (Academy)

Coast Guard

www.Cga.edu (ROTC)

National Guard

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

Military Visits

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



FAFSA FRENZY!!!

Sunday, Oct. 15

2-4 p.m.

St. Charles Community College

SCC Tech Building

Get help completing your FAFSA. Open to all families of college-bound students, regardless of the college they are attending.

For more information:

<https://www.stchas.edu/about-scc/news/2017/9/SCC-to-host-financial-aid-education-and-assistance-event-Oct-15>

COLLEGE FINANCIAL AID (FAFSA) PLANNING WORKSHOPS

Ft. Zumwalt West High Thursday, October 12, 2017 at 7:00 p.m.-Auditorium

Ft. Zumwalt North High Thursday, October 19, 2017 at 6:30 p.m.-Library

Students planning to attend college in the fall of 2018 may file their FAFSA application as early as Oct. 1, using their 2016 tax statement. You must complete and submit the FAFSA to apply for federal student aid for college or career schools and for most state and institutional aid. The quickest way to apply is online using the FAFSA on the Web @ www.fafsa.gov.

College Financial aid offices use information from the FAFSA to determine if you are eligible to receive federal student aid from grants, loans and work-study programs. States and schools also use the information from the FAFSA to determine if you qualify for additional aid. So be sure to fill out a FAFSA even if you think you won't qualify for federal aid.

Seniors and their guardians are encouraged to attend one of the above workshops. Juniors are also welcome to attend, although students who are juniors will not fill out the FAFSA until senior year.

COLLEGE FAIR

Oct. 22: **NACAC National College Fair 1-4 p.m.**
St. Louis University
(Simon Recreation Center)
To register: www.nacacfairs.org/midwest

Lewis & Clark Career Center

Each year FZE has the privilege of sending a select group of students to Lewis & Clark Career Center for hands on training in a specific program. Students are eligible to attend these programs during their Junior and/or Senior year, however applications must be submitted *the year prior to attending*, as the enrollment process is very competitive. Programs offered include Auto Collision Repair, Applied Retail and Business, Auto Service Technology, Brick and Stone Masonry, Building Trades, Computer Information Systems, Computer Maintenance and Networking, Early Childhood Careers, Electrical Trades, Health Occupations, Health Related Occupations, Power Equipment Technology, Welding, and Precision Machining. Please be aware of the following dates related to Lewis & Clark:

October 10: Informational meeting for students interested in L&C. FZE Auditorium, 1st Hour.
Interested students must sign up in the Counseling office prior to attending.

November 9: Prospective Student Night at Lewis & Clark. 5:30 p.m.

December 22: Applications due to the Counseling office.

January 9: Testing for Lewis & Clark

Selections for the 2018-2019 school year will be made in late February.

COLLEGE VISITS 2017-2018

Fontbonne U.	Oct. 9	3rd Hour
Westminster College	Oct. 9	4th Hour
Southern Illinois U. Carbondale	Oct. 16	6th Hour
St. Charles CC	Oct. 16	3rd Hour
Southern Ill Edwardsville (SIUE)	Oct. 17	3rd Hour
Iowa-Wesleyan	Oct. 17	6th Hour
Missouri State U	Oct. 20	6th Hour
U. of Alabama	Oct. 23	4th Hour
Western Illinois U	Oct. 23	6th Hour
U. of Iowa	Oct. 25	3rd Hour
U. of Missouri (MIZZOU)	Oct. 26	4th Hour
Drury U.	Oct. 27	4th Hour
Paul Mitchell the School	Oct. 27	7th Hour
U. of Central Missouri	Nov. 1	4th Hour
Missouri Southern State U	Nov. 1	6th Hour
Northwest Missouri State U	Nov. 8	6th Hour
Missouri Western U	Nov. 14	6th Hour

If you wish to meet with the college representative while they are here at East, you **MUST** sign up in the Counseling office prior to the visit date.

CAREER TALKS

Physical/Occupational/Speech Therapy Talk	Nov. 1	8:20 a.m. (2nd Hour-A Day)
Graphic Design Talk	Nov. 27	9:15 a.m. (3rd Hour-A Day)
Police Officer Talk	Dec. 5	8:20 a.m. (2nd Hour-A Day)

Sign up in the Counseling office for Career Talks. **SPACE IS LIMITED!**

