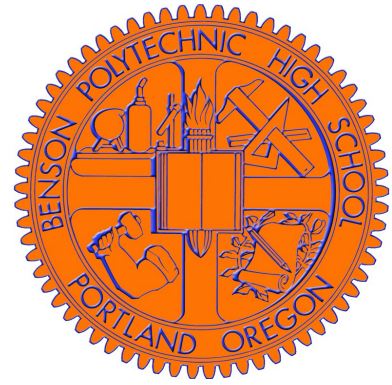


Benson High School Counseling Newsletter

November 7th, 2012



Counseling Update

Hello from Benson Counseling!

In this week's newsletter you will find some important information about conferences, financial aid night, scholarships, and updates from the college and career center.

If you have any questions, please contact us at:

Amy Henry, Students A-L: amyhenry@pps.net

Steve Wren, Students M-Z: swren@pps.net

Conferences are coming! Please take note of the following schedule, and be sure to take advantage of this opportunity to meet 1:1 with teachers!

Conference Schedule:, November 19th. 2012

Period 1 or 2	8:15-9:00
Period 3 or 4	9:05-9:50
Period 5 or 6	9:55-10:40
Period 7 or 8	10:45-11:15
Lunch	11:20-12:00
Planning	12:00-12:45
Conferences	1:00-3:00 and 5:00-8:00

SCHOLARSHIPS!

Scholarships due in November:

- Foundation for Individual rights in Education for 10,000– Due 11/25
- Cricket Wireless Good Sport Award for 1000- Due 11/30 (Need Teacher recommendation)

Scholarships due in December

- Violet Richardson Award for 1,000 Due-12/1
- Elks Most Valuable Student Competition Due-12/7
- Better Business Bureau-Students of Integrity for 1000 Due-12/31
- Laws of Life Essay Contest for 5000 Due- 12/31

Scholarships due in January and February

- Profile for Courage Essay Contest Due-1/5
- GE-Regan Foundation Scholarship Program for 10,000 Due-1/10
- Sae Engineering Scholarship for up to 10,000, or full tuition . Due– 1/15
- Dell Scholarship Due-1/16
- Gates Millennium Scholars Due-1/16
- ESA Foundation Scholarship for 500-7,500 Due- 2/1

College Visits

All visits will be held in the Counseling Center. You must sign up in the Counseling Center for these visits.

11/8	Washington State Univ	10:00
11/13	Oregon State Univ.	9:50
11/15	Willamette University	10:00

College/Career

Microsoft Career Day November 29 ,2012 from 9:00-12pm. 1414 NW Northrup St. Suite 900. Register online at www.hillchamber.org/stw. Seats will fill up fast, so don't delay!

Multicultural Nursing Career Day will be held at Linfield College on November 10th from 9:00-12:15.

Deadline is November 2, 2012. Sign up online @ www.linfield.edu/portland/multicultural-programs

See Miranda Ryan in the Career Center for more information.

FINANCIAL AID NIGHT!

Wednesday, November 28th at 6:30pm,
Room 125

Loans-Work Study- Grants FAFSA-OSAC-SCHOLARSHIPS

Where do I start?

How will I pay for college?

What's the difference between scholarships,
loans, and grants?

What if I was born in a different country?

I don't have a social security number, what
are my options for financial aid?

What are FAFSA and OSAC?

November 15 2012, is the American Cancer Society's 37th annual Great American SmokeOut. Since the first GASO in 1976, smoking rates among adults and children have dropped dramatically. More and more public spaces are smokefree, tobacco products cost more due to higher taxes, and everyone is more aware of the dangers of tobacco. But for all the success of the last 37 years, there is still a lot to do. In 2009, almost 10% of Oregon's eighth graders and almost 15% of Oregon's 11th graders smoked. The home is the primary source for second hand smoke exposure. About 10% of Oregon eighth graders report that there is smoking in their homes.

What Can Parents and Teachers Do?

What parents and teachers say and how they act has an enormous influence on children and youth. Studies have found that parent actions, attitudes, and opinions about smoking influence whether or not kids smoke. A recent study found that parents' anti-smoking rules such as not allowing smoking in the home are associated with reductions in children's smoking. For more information go to www.cancer.org/greatamericansmokeout.

The Woodlawn K-8 School in Northeast Portland is hosting a screening of the documentary ["Finding Kind"](#) on Thursday, Nov. 8 in the Woodlawn School auditorium. Doors open at 6, movie starts at 6:30. A community conversation will follow.

The documentary explores the subject of bullying, relational aggression and meanness among girls.

Finding Kind Storyline ~

Lauren can still vividly recall the horrific experiences she went through with girls in middle school. She grew up well aware of the fact that females can be outright cruel to each other and the fact that society has done nothing to bring attention to the severity of this issue. If anything, society has glamorized, mocked and accepted the "mean girl" phenomenon. For the last ten years of her life she has wanted to change this phenomenon. Watch as Lauren and her best friend Molly combine their experiences and passion to uncover what is really going on within the "Girl World." The two girls packed their bags and traveled across America in a mini-van with both their mothers to interview hundreds of females around the country. The stories they found will shock you to your core. Watch as the girls embark on an emotional and revealing roller-coaster around the country, while finding kindness along the way.

Written by [Lauren Parsekian](#)

Parents Guide: Children 10 and over

Donation requested at the door. The event benefits the Woodlawn School PTA.

2012 HOLIDAY FOOD AND TOY PROGRAMS

Below you will find some of the holiday food and toy programs that are offered throughout the city, for more information about services provided, or eligibility, please contact the Benson counseling department, or the service provider directly via the contact information listed.

SALVATION ARMY CASCADE DIVISION MOORE STREET CENTER

5325 N Williams Avenue
Portland, OR 97217
Main phone: (503) 493-3925
<http://www.tsacascade.org>

SNOWCAP

(behind Church)
17805 SE Stark Street
Portland, OR 97233
Main phone: 211
<http://www.snowcap.org>
info@snowcap.org

ST VINCENT DE PAUL-PORTLAND SOCIAL SERVICES

5120 SE Milwaukie Blvd
Portland, OR 97202
Christmas Hotline: (503) 595-2292
Thanksgiving Food Box: (503) 235-8431
<http://www.svdppdx.org>
annap@svdppdx.org

CITY OF PORTLAND POLICE BUREAU SUNSHINE DIVISION

687 N. Thompson Street
Portland, OR 97227
Intake: (503) 823-2102
<http://www.sunshinedivision.org>
mail@sunshinedivision.org

PORTLAND FIRE AND RESCUE TOY N JOY MAKERS

Contact For Info About Program:

Address:

Toy N Joy Makers, Inc.
5916 NE Going St
Portland, Oregon 97218

Office Phone: 503-823-0922

Office Fax: 503-823-0924

Client Request Line: 503-231-8697

e-mail: info@toynjoymakers.org