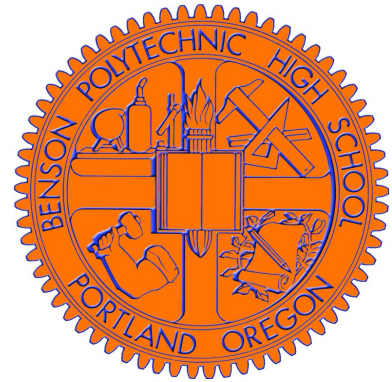


Benson High School Counseling Newsletter

January 9th, 2013



Counseling Update

Greetings from the Benson Counseling Department! We hope you had a safe and healthy winter break! Please review the following newsletter for the latest news and updates!

Spring Evening Scholars

Registration for Portland Evening Scholars starts Monday, January 14. Please see your counselor ASAP if you need to make up credit. It is on a first-come, first-serve basis and there are limited spots.

Please let us know if you have any questions!

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

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

Flu Shots!

Stay healthy this winter! Some of the school based health clinics are offering free flu shots for students.



Cesar Chavez Leadership Conference Friday, March 8 at Western Oregon University

If you are interested in attending the Cesar Chavez Leadership Conference, please pick up a permission slip from Ms. Murchison (Room 209) or Ms. Henry in Counseling. Permission slips and \$10 registration fees are due by Monday, January 14. We have a limited number of spots.

SCHOLARSHIPS!

Scholarships due in January and February

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

2013 Educational & Arts Scholarships

The Portland Chapter of The Links Incorporated is pleased to announce the awarding of the 2013 Educational and Arts Scholarships. The recipients will be selected from graduating African American high school seniors who have demonstrated scholastic potential, high achievement, and leadership ability. Applicants must have a minimum cumulative high school GPA of 2.75 and be a resident of the metropolitan area of Portland, Oregon (Multnomah County, Washington County, or Clackamas County) or Vancouver, Washington (Clark County). The scholarships can be used at any accredited four-year college, university, or community college and must be claimed within one year from award date. Applications must be postmarked no later than February 22, 2013. Please refer to applications for specifics. Applications may be duplicated as needed.

Sophomore Internship & Scholarship Opportunity!

The EAGLE (Early Adventures in Golf for a Lifetime of Enjoyment) Program is a unique internship program that is a cooperative venture between Portland Parks & Recreation and public high schools within the City of Portland which educates students to all aspects of golf course operation. Qualified students are paid an hourly wage, and have a mentor who monitors their progress. Only sophomores are eligible to apply for this two-year program. Students who are selected for the program work in the clubhouse or on the golf course at minimum wage. All participants are required to work full time during the summer. Students who participate are eligible to apply for the Western Golf Association Evans Scholarship after completion (<http://www.wgaesf.org>).

- Must have good attendance in school
- Must maintain a weighted grade point of 3.5
- Must come from a financially disadvantaged family
- Must go into the EAGLE Program with the expectation of completion

For more information contact Carolyn Lee with Portland Parks and Recreation at carolyn.lee@portlandoregon.gov, or 503-823-5076.

Native Youth College Night

Tuesday, January 15th , 6:30 – 8:30 pm
Portland State University's Native Student Center 710 SW Jackson

Learn about options for life after high school as over a dozen representatives from colleges, universities, trade schools and jobs corps throughout the Northwest are available to answer questions and discuss opportunities available to American Indian/Alaska Native students. Refreshments will be served and students will have a chance to win one of many exciting door prizes! All students are welcome!

College Visits

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

1/9/13 Harvard	10:00
1/14/13 Marines	9:30

College/Career

Manufacturing Career Day is on Friday January 11th. Register now to get a spot. You can get the forms from the Career Center.

Humane Society Career Day is January 11th
Register: <http://www.oregonhumane.org>, or pick up an application from the career center! Registration deadline is January 7th.

Paid internship opportunity! Apply for ZAP (Zoo Animal Presenters). This is a 3 year internship for teenagers 15-17. Applications are due by January 22nd, 2013. See the Career Center for more information!

See Miranda Ryan in the Career Center for more information.

Apprenticeships in Science & Engineering

Summer internship opportunity - the application for Saturday Academy's "Apprenticeships in Science and Engineering" is now available at www.saturdayacademy.org. Deadline to apply is January 22nd. This program matches high achieving 9-11 graders with local scientists and engineers for 8 week summer internships in a professional environment.

SLIP test update!

Please remember that the deadline to register for the February 2nd SLIP test is **January 21st!**

Also, the following languages have been added to the March 2nd test date: Burmese, Karen, Napali, and Zomi.

As a reminder, students should arrive 30 minutes before test time, and will need to bring photo identification with them.

Calling College and Career Center Volunteers!

We would like to have the College and Career Center "open" during the school day for Benson students to drop in and receive assistance with college and scholarship applications, general information, etc. We are looking for parents and/or community volunteers who would be interested in volunteering a couple of hours a week or every other week. No experience necessary ... we will train you! If you are interested, please contact amyhenry@pps.net.



Financial Aid

Any student planning to go to college, university, or community college must apply for financial aid. You should complete the FAFSA as soon as possible. If you need help the following session is coming up:

January 12th. NELA Center next to Benson, 11 am. Hispanic Chamber (HMCC) presents. Flier attached.

If your FAFSA is not submitted please plan to attend this session. Once you have completed your FAFSA, move on to college applications and OSAC.

As always stop by to see your counselor with any questions or concerns. We believe in each of you and want to help at this critical time!

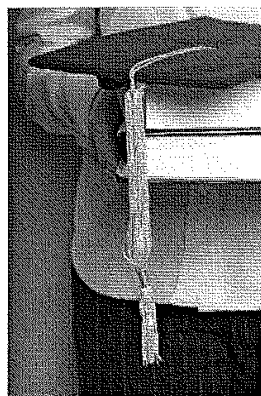
Future Connect!

Starting January 1, Future Connect will be hosting the second annual **I “like” Financial Aid** event. Students and parents submit their financial aid questions to Future Connect via Facebook or the Future Connect website. A panel of financial aid experts will promptly respond to questions, providing relevant information and resource links.

The Free Application For Student Aid (FAFSA), which opens January 1, provides 15 million students with more than \$150 billion in federal grants, loans and work-study funds each year. **I “like” Financial Aid** will help answer common questions as students and parents file.

One of the financial aid experts answering questions will be Josh Laurie, Future Connect Scholarship Manager. As a staff member at Portland Community College, Laurie sees students struggle with financial aid every day. “The world of financial aid can be incredibly overwhelming for people,” he says. “At Future Connect, we try hard to break down the language of financial aid so everyone understands both the pitfalls and the benefits.”

To get started go to: www.facebook.com/futureconnect, OR www.futureconnectpdx.org/projects/i-like-financial-aid.



Financial Aid Workshop

The **Hispanic Chamber** and the **NELA Center for Student Success** join together to bring you a free **Financial Aid Workshop** on **January 12, 2013**.

The workshop will help students and parents prepare for and fill out the Free Application for Federal Student Aid (FAFSA). It will also dedicate time for students who are interested in applying for the HMC Scholarship.

As a reminder, the 2013 HMC Scholarship application and guidelines are now available on the Hispanic Chamber's website:

www.hmccoregon.com/scholarships/apply/

To download the HMC Scholarship application, please [click here](#).

Saturday, January 12th

Times: 11:00 a.m. - 12:30 p.m. and 1:00 - 2:30 p.m.

Presenter: Alex Gonzalez

Location: NELA® Center for Student Success
1500 NE Irving St., Suite 135
Portland, OR 97232

Cost: Free

Space is limited, registration required.

Register today!

**Call 503.222.0280 or email:
tsanchez@hmccoregon.com**

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