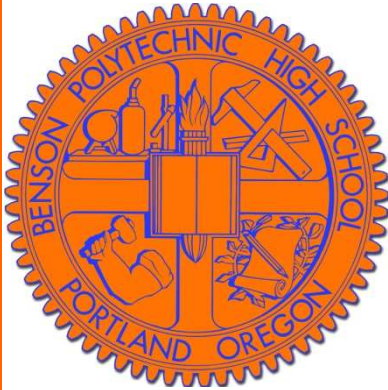


# Benson Counseling Newsletter

February 4<sup>th</sup>, 2013

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## Counseling News

### BENSON HAS AN ACT SIX SCHOLARSHIP WINNER!!

After a rigorous three-month selection process that began with more than 700 applicants, we are proud to announce that 65 students from Tacoma, Seattle, Portland, Spokane and the Yakima Valley have been named 2013 Act Six scholars at eight Northwest colleges. Collectively, their scholarships are worth more than \$8 million over four years. Benson's own Michael Ely was honored as one of these winners!

See the full list of scholars and read the entire press release at [www.actsix.org](http://www.actsix.org). Thank you for you for your continued support of Act Six and the young people of our communities.

### CAREER DAYS

We have a lot of Career Days coming up...Encourage your student to take advantage of these great opportunities!

### PORTLAND EVENING SCHOLARS

If you need to make up classes, please see your counselor to register for night school. Classes are filling up very quickly.

### PLEASE COMPLETE PES REGISTRATION THIS WEEK!

Bring the registration sheet you got from the counseling center (signed by your parent /guardian!), and payment to the PES offices after 6:30

### MIDDLE SCHOOL RECRUITING

This month we have been visiting all of the PPS K-8/Middle Schools to talk to 8<sup>th</sup> graders about applying to Benson. *As we have mentioned before, parents listen to other parents so please tell others about Benson.* Encourage them to attend our Enrollment night on Feb. 14<sup>th</sup> and/or the Tech Show on Feb. 21/22<sup>nd</sup>. Also, remind others that the on-line application for Benson can be found on our website from Feb.1-22<sup>nd</sup>.

## Dear Parents

### INTEREST IN EXPERIENTIAL LEARNING

A Huffington Post article says that, in a kind of backlash against the test-driven curricula that have prevailed in many schools over the past decade, there's a growing interest among educators and parents in giving kids more hands-on, experiential learning projects. Read the article at:

[www.huffingtonpost.com/joshua-glenn/hands-on-learning\\_b\\_2316955.html](http://www.huffingtonpost.com/joshua-glenn/hands-on-learning_b_2316955.html).

*Please see the last page of this NEWSLETTER for a series of interesting workshops!*

### SEXUAL CYBERBULLYING

A Benson parent sent this link to us and we thought other parents would be interested as well.

Radio Rookies Hosts Live Chat For Teens on Sexual Cyberbullying--Radio Rookies

hosted an in-class live chat to coincide with a new story about sexual cyberbullying. Rookie Reporter Temitayo Fagbenle hosted a facilitated online conversation for high school students to discuss the issues her story brings to light.

Listen to this 9-minute radio clip at: <http://www.wnyc.org/shows/rookies/blogs/rookies-blog/2012/dec/19/radio-rookies-hosts-live-chat-teens-sexual-cyberbullying/>

### LOW-COST INTERNET

An elementary program passed this information along to us for families with students on free/reduced lunch. <http://www.internetessentials.com/default.aspx>



## COLLEGE VISITS

2/5 Mt. Hood CC  
2/6 Clackamas CC  
2/7 Portland CC  
2/8 Linfield

Sign up in the College & Career Center!

## CAREER DAYS

2/12-Second Story Studio Career Day  
2/13-Cambria Technology Career Day: Technology within the Health Field  
2/14-Port of Portland: Emergency Operations Drill-Simulation  
2/20-National Engineer Week Event (10<sup>th</sup> & 11<sup>th</sup> grades)  
2/22-OHSU Annual Multicultural Health Science & Engineering (Register by 2/8)  
2/22-DigiGurlz (Microsoft) Career Day Register at [www.digigirlz.com](http://www.digigirlz.com)  
3/6-WOU Criminal Justice Career Day

## INTERNSHIPS &

## JOBS

Portland Parks and Rec is looking to hire people for summer employment. See Ms. Ryan in the Career Center for more information.

OHSU Cure is an 8-10 week paid internship. Applications are due April 5, 2013.  
[www.ohsu.edu/diversity](http://www.ohsu.edu/diversity)



## College and Career Center

### COMMUNITY COLLEGE WEEK

Benson is hosting the local community colleges the week of Feb. 5. See the schedule below. Sign up in the Counseling Center for these visits.

Want to go to a Community College?

- Sydney Eustrom will be visiting from Mt. Hood Community College on February 5th at 10:00. See you in the Career Center.
- If you are planning to go to Portland Community College Next Fall, come and

meet PCC's Representative, Roberto Suarez. He will go over scholarships, programs, help you plan a day to take the student placement test, and help register for classes. Thursday February 7, 2013 at 1:00 p.m. in the Career Center.

- Clackamas Community College will be here Wednesday, February 6, 2013, at 10:00 AM.

## Scholarships Due

### SCHOLARSHIPS DUE IN FEBRUARY

- Al Forthan Memorial Recovery Scholarship for 4,000. Due 2/11
- Jackie Robinson Foundation Scholarship for 24,000. Due 2/15
- Abby's Closet for 1,000. Due 2/18.
- Confederation of Oregon School Administrators for 1,000. Due 2/21
- Links Incorporated Academic Scholarship. Due 2/22
- Links Incorporated Arts Scholarship. Due 2/22

### SCHOLARSHIPS DUE IN MARCH

- OSAC due 3/1
- Schweiger Memorial Scholarship Due-3/1
- Young Women in Public Affairs for 1,000. Due-3/5
- Albert Lee Wright, Jr. Memorial Migrant Scholarship for 3,000. Due-3/15
- Jiffy Lube -Teen Driver Scholarship for 2,500. Due-3/25
- Future Connect Scholarship Due-3/31

## Opportunity Shout-Outs!

### ABBY'S CLOSET

Abby's Closet (with TJ Maxx) is again sponsoring a \$1,000.00 scholarship for one well-deserving, college bound girl, graduating in 2013. All applicants must have a cumulative GPA of 2.5; intend to attend a trade school, community college, university, etc. and plan to attend the Abby's Closet Prom Dress Giveaway to get a free gown to wear to their prom or senior formal event. Complete details are available at [www.abbyscloset.org](http://www.abbyscloset.org). Apply by 2/18.

### OSAC SCHOLARSHIP

Many scholarships offered by Oregon businesses & organizations are gathered into one application called the OSAC. Early bird deadline to be eligible for a \$500 drawing: February 15. Final deadline: March 1. To get more information visit their website at: <http://oregonstudentaid.gov/>

### SOPHOMORE SCHOLARSHIP

The Eagle Program is a paid Internship program where you are also eligible to apply for a full ride scholarship to any Oregon university your senior year. Only sophomores are eligible to apply for this 2-

year program. Find applications in the career center.

### ENTERPRISE ACADEMY

Innovative business-focused retreat for high school students: Enterprise Academy Dates: March 1 - 3, 2013. Application Deadline: February 22, 2013. For more information come to Mike Ryan's Room on February 8th at 11:25.

### REED YOUNG SCHOLARS PROGRAM

Explore, experience, question and grow in the Reed Young Scholars Program! This program is for next year's seniors (current juniors) with an academic background in the following areas: art, biology, chemistry, Chinese, computing, dance, economics, French, German, Greek, Latin, mathematics, music, philosophy, physics, political science, psychology, religion, Russian, Spanish, or theatre. Application deadlines are April 1, 2013. See your counselor for more information.

### COLLEGE ACCESS NIGHT

College Access Night sponsored by the Black United Fund and the Hispanic Metro Chamber will be at Grant High School: 2/12

## Annual Youth Summit

### 7<sup>th</sup> Annual Youth Summit Addresses The Need to Heal the Mind, Body and Spirit of our Families

**Portland, OR:** Youth Organized and United to Help ([Y.O.U.th](http://Y.O.U.th), [portlandyouthsummit.org](http://portlandyouthsummit.org)) is focusing this year's Portland Youth Summit on encouraging families to focus on building their mind, body and soul. The theme of this FREE annual, daylong event, "Be Healthy or Die Trying," acknowledges that racial disparities can lead to obesity, substance abuse, teenage pregnancy, and other education health and social problems.

**WHAT:** 7<sup>th</sup> Annual Portland Youth Summit

**WHEN:** February 9, 2013

**WHERE:** Portland State University Smith Memorial Union, 3<sup>rd</sup> Floor 1825 SW Broadway, Portland

**TIME:** Registration starts at 11 a.m.

Youth talent show begins at 6:30 p.m.



## Teen Dating Violence Awareness Webinars



Are you a teacher? A parent? A coach? A caring adult who works with, mentors or supports young people? Do you know someone who is?

National abuse-prevention agency, Break the Cycle, is offering a [free series of webinars](#) to give you or your network the foundation needed to help young people build healthy relationships.

**Feb 5: The Basics** - Get the information you need to start addressing dating abuse.

**Feb 12: Take Action** - Learn how to engage young people in ending dating abuse.

**Feb 19: Know Your Rights** - Explore the legal system's response to dating abuse and learn

how you can be a more effective ally.

**Feb 26: High-Tech Helping and Hurting** - Find out how social media and other technology-based systems can be used both as tools of abuse and resources for providing help.

[Register now!](#) You'll reserve your spot and make sure the young people in your life are getting the support they need. And feel free to forward this email to anyone you know who might be interested.

Sincerely,  
The National Resource Center for Teen Dating Violence Awareness Month

Teen Dating Violence (DV) Prevention and Awareness Month is a national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it. Loveisrespect is the national resource for young people experiencing abuse.

  
love is respect org