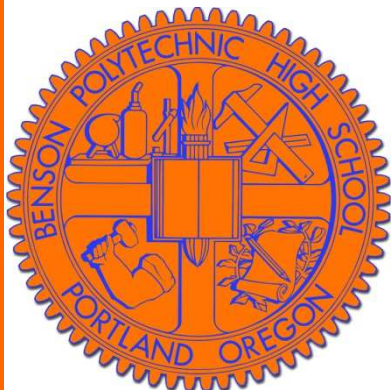


# Benson Counseling Newsletter

March 18<sup>th</sup>, 2013

Amy Henry, Last Names A-L  
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## Counseling News

### FORECASTING FOR NEXT YEAR'S CLASSES



Forecasting has finished! If you have any questions, please let the Counseling staff know.

### 8<sup>th</sup> GRADE HOPEFULS

If you have an 8<sup>th</sup> grader that is hoping to attend Benson next year, letters will be going out in the next few weeks. Please pay attention to when the 8<sup>th</sup> grade forecasting night is scheduled. Details will be in the letter.

### CAREER DAYS

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

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## Dear Parents

### FREE NELA WEBINARS

NELA, a local non-profit that mentors kids into college is offering a series of free webinars that you can tune into and learn about the College Finance process. One is listed below, though there's a variety.

#### *Understanding and Comparing Financial Aid Packages*

Weds, March 20 & 27, and April 10  
4PM PST

Register at: [events.nela.net](http://events.nela.net)

Anyone who wants to learn more about going to college can access these live multimedia presentations using an internet-connected device and phone. Other webinar topics include:

- [College Financial Literacy: Stretching Student Aid Dollars](#)
- [Understanding & Comparing Financial Aid Packages](#)
- [Student Loans 101: Know Before You Borrow](#)
- [What Now?: Didn't Get In/Can't Afford It](#)



### SPRING BREAK!

Next week is Spring break—enjoy, but remind your student that it's an excellent opportunity to get caught up on schoolwork, contracts from last semester, and long-term projects for second semester. Here's a few articles to get some ideas on what to do with your {possibly bored} child:

- Volunteer work: looks great on those college/post-high school resumes!  
<http://www.usnews.com/education/blogs/high-school-notes/2012/03/05/why-teens-should-volunteer-over-spring-break>
- Travel: Safety Tips!  
<http://www.sheknows.com/parenting/articles/813907/spring-break-safety-travel-tips-for-teens-college-kids-1>
- Visit Colleges!  
<http://www.prweb.com/releases/Miamicollegeadvisor/Browardcollegeadvisor/prweb10481623.htm>
- General Tips (Rest! Job Shadow!):!  
<http://www.usnews.com/education/blogs/twice-the-college-advice/2012/02/28/6-ways-to-spend-spring-break-wisely>



## COLLEGE VISITS

3/22--Fashion Institute of Design/Merch 10:00

Sign up in the College & Career Center!

## CAREER DAYS

4/17--Children's Developmental Health Institute- Speech Pathology Career Day

4/18--Adidas Career Day

4/23--McKinstry Career Day  
McKinstry's innovative employees work on every aspect of operating the built environment, like development, engineering, creation and maintenance.

5/16-- High School Girls' Day  
8:30 a.m. - 2:30 p.m.

5/17--Women in the Trades Career Fair  
Hands-on workshops and exhibits from 8:30 a.m. - 2:30 p.m.

## 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

### PNACAC COLLEGE FAIR IS 4/21 @ UP

Please check out the details and find out more about registration on the last page of this newsletter!

### 2013 WOMEN IN TRADES CAREER FAIR

Please check out the details on the last page of this newsletter! May 17<sup>th</sup> is High School Girls' Day.

### OSU MULTICULTURAL PROGRAM

We've revamped the KCC program this year to provide specific outcomes for your students who attend. This program serves high school sophomores and juniors from underrepresented groups or others who

might not consider college as an option. Some specific outcomes include:

- Understanding the admission process and how colleges make decisions
- The role of scholarships, financial aid and the FAFSA
- Academic programs and the pathways to solid careers

Space is limited, so please register soon. We look forward to seeing you on campus April 27th!

Please check out the details on the last page of this newsletter!

## Scholarships Due

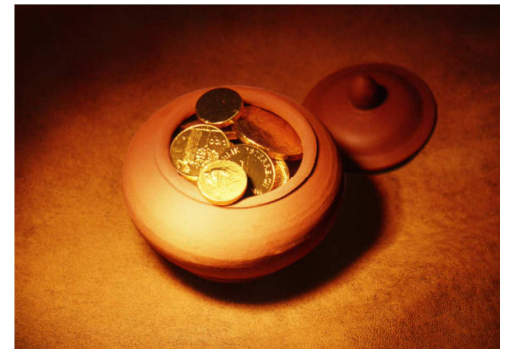
### SCHOLARSHIPS DUE IN MARCH

- Jiffy Lube-Teen Driver Scholarship for 2,500. Due 3/25.
- Future Connect Scholarship. Due 3/31.

### SCHOLARSHIPS DUE IN APRIL

- Oregon Jaycee Foundation scholarship award of \$500. Due 4/1.
- Tiffany Wang Scholarships \$500 award. Due 4/1.
- The Reed College Young Scholars Program: at least one \$500 scholarship. Due 4/1.
- Dr. Ethel Simon Mc Williams Scholarship Fund: \$10K scholarship. Due 4/1.
- OASSA Youth Scholarship: two \$1K awards. Due 4/4.
- Zman Scholarship Foundation: "The Talent Within." Due 4/5.

- Neil Kelly Memorial Scholarship: \$1K award. Due 4/19.
- 2013 Student-View: \$10,500 worth of scholarships. Due 4/21.
- Zeta Phi Sorority Oregon Dove scholarship for \$500. Due 4/29.
- Humanist of Greater Portland: \$2K scholarship. Due 4/30.



*Go find your pot of gold!*

## Opportunity Shout-Outs!

### 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.

### AFRICAN-AMERICAN WOMAN'S SCHOLARSHIP

**Zeta Sigma Omega Chapter Scholarship** is for African-American women with a 3.0 or above GPA and who will be enrolled as a full-time student in 4 year college in the fall. Please see the Career Center for all the details. It is due March 25th.



### 2013 WOMEN IN TRADES CAREER FAIR

The largest non-traditional career fair of its kind, Oregon Tradeswomen, Inc. produces the interactive, 3-day Women in Trades Career Fair to increase the overall number of women working in the trades and to help fill the imminent gap in the labor force that will be created with record-levels of upcoming retirements of skilled trades people.

Produced annually since 1993, this unique, industry sponsored and volunteer powered event offers dozens of

hands-on activities designed to introduce women and girls to the possibility of a future career in the trades.

Click here for more information:

<http://www.tradeswomen.net/fair/>

Here's an overview of last year's fair:

[http://www.tradeswomen.net/wp-content/uploads/2012/08/Review\\_Electronic\\_4\\_Page.pdf](http://www.tradeswomen.net/wp-content/uploads/2012/08/Review_Electronic_4_Page.pdf)

*May 17<sup>th</sup> is High School Girls' Day.*

## PNACAC COLLEGE FAIRS: Find out more about Private Catholic Schools

There's an upcoming Spring College Fair on April 21 from Noon to 3 pm at the University of Portland Chiles Center. Visit <http://www.pnacac.org/pnacac-fairs-info-and-registration>. Click on "2013 PNACAC College Fair Registrants" for a list of participating colleges.

[gotocollegefairs.com](http://gotocollegefairs.com). There will be no onsite registration, so it's important participants pre-register. The scanners will read mobile devices, so participants could register the day of on their smart phones but we should try to avoid that scenario if possible.

Much like the NACAC Fall Fair, the Spring Fair is shifting to a "paperless" process. Students will no longer have to fill out info card; however, they will need to register in advance at

## PNACAC COLLEGE FAIRS: Find out more about Private Catholic Schools

Oregon State University. I am excited to share that we will be hosting our **Kaleidoscope of Colleges and Cultures (KCC)** program this spring on **Saturday, April 27<sup>th</sup>** at the Corvallis campus.

This program is designed to promote access to higher education for underserved and diverse communities. It is a perfect opportunity to introduce them to college through a visit to Oregon State and to plant vital seeds for their future. At this program your students will be able to:

- explore academic departments and majors
- learn how to prepare for and apply to college
- meet current Oregon State students from underserved communities
- find out about student activities, organizations and support systems available on campus

In all, they will be introduced to the student experience at Oregon State and encouraged to attend a college that is a good match for them as a key part of reaching their goals beyond high school.

This year's program is primarily for high school sophomores and juniors. Space is limited, so please register early. For an outline of the program schedule and to register online, please visit: <http://oregonstate.edu/visitosu/KCC>.