

Sarasota Military Academy



School Counseling Department

Meet Our Counselors!



Dr. MARIA CLAPP

Students' Last Names A-L & Dual Enrollment
(SCF)

941-926-1700 ext. 226

maria.clapp@oursma.org



CPT MARSHA SEAGRAVE

Students' Last Names M-Z & 504 Plans

941-926-1700 ext. 249

marsha.seagrave@oursma.org

Meet Our Counseling Department!



Tina Hodges
Testing Coordinator
tina.hodges@oursma.org
941-926-1700 ext. 257



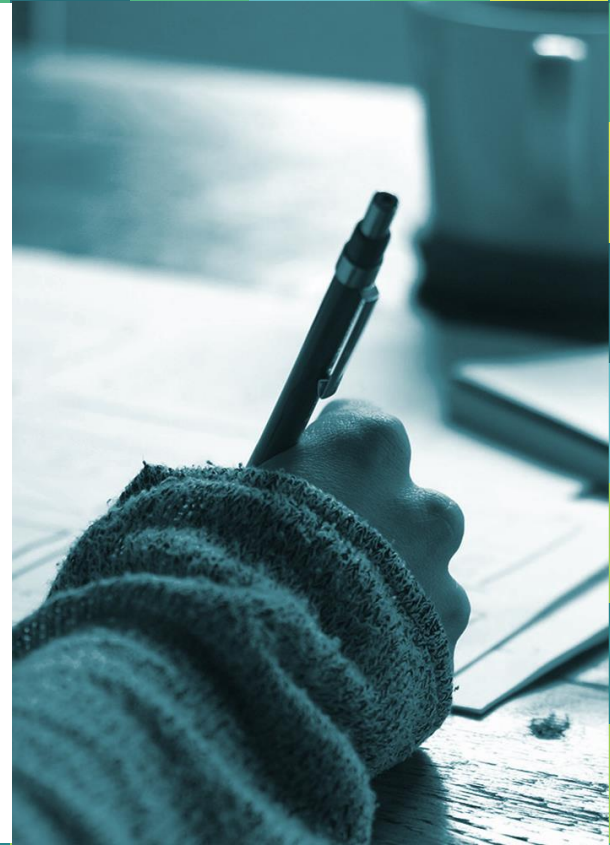
Jennifer Catena
ESE Liaison
jennifer.catena@oursma.org
941-926-1700 ext. 295



Elke Olree
Administrative Assistant
elke.olree@oursma.org
941-926-1700 ext. 221

Hello!

This presentation has
many resources that will
help cadets and
parents/guardians



WE HAVE

Academic Resources

Support For Our Cadets



ATTENTION

**FRESHMAN,
SOPHOMORES,
JUNIORS &
SENIORS!!!**



DID YOU KNOW???

SCF DUAL ENROLLMENT INFORMATION SESSION FOR PARENT & STUDENTS:

Tuesday, March 3rd, 8:00am-9:00am, Cafeteria

DRUG FREE YOUTH-DFY SIGN UP DAY: Monthly meetings @ lunch

Get your Parent Consent Form in Counseling: next meetings: 3/9 and 4/13, 5/20 party!!

Get discounts, PBIS points, senior cord!!

COMPEER MENTOR SERVICES: If you are 18, you can become a Mentor for youth dealing with mental health issues. Earn service hours, make a friend for life, make a difference!

If you need a mentor, talk to Dr. Clapp about Compeer services mentorship program (free)

RODEO INFO-STC CAMPUS: 9AM-1PM- 03/06/20

Learn about Construction Technology Careers/Jobs

Must register in Counseling office

USF SARASOTA-MANATEE

OPEN HOUSE

Saturday, February 22, 2020 | 9 a.m.

Meet your future professors and classmates, explore our programs and learn the answers to all your admissions and financial aid questions.

**This event is open to high school students, transfer students, and their families.
Hosted at USF Sarasota-Manatee: 8350 N. Tamiami Trail Sarasota, FL 34243**

RSVP: <https://admissions.usf.edu/usfsm-open-house-2020>

THE COLLEGE PREP SCHOLARS PROGRAM

*Scholarships and awards for
outstanding high school juniors
from low-income backgrounds*

DEADLINE: MARCH 24, 2020

Find out if you're eligible and apply
for free at: www.questbridge.org

Awards may include:

- > Full scholarships to summer programs at Yale, Stanford, Notre Dame, and more, valued at up to \$20,000
- > \$1,000 for a new laptop, campus visits, or standardized test score fees
- > College admissions conferences at Stanford, Emory, and UChicago
- > Feedback on college essays
- > And more!



BRIDGE TO BACCALAUREATE (B2B) PROGRAM FROM STATE COLLEGE OF FLORIDA for 11th & 12th Graders

Goals:

- **Increase** the number of underrepresented **minority students** who major in **STEM** fields of study
- **Improve** retention and **performance** in those fields
- **Facilitate** the successful **transition** into a **STEM Bachelor's program**.

LSAMP scholars will have access to:

- **Tutoring**
- **Mentors**
- **Funding** for research experiences
- **Internships**
- travel to **STEM conferences**.

For additional info:

Linette Victor, (941) 752-5611
VictorL@scf.edu



STATE COLLEGE OF FLORIDA
MANATEE - SARASOTA

DUAL ENROLLMENT AT STATE COLLEGE OF FLORIDA

Earn **college credits** or
an entire **Associates'
Degree** while in high
school at **NO COST.**

See Dr. Maria Clapp in
Counseling for
additional information!



ACT/SAT NEWS

ACT Section Retesting, ACT Superscoring, and Faster Results with ACT Online Testing on National Test Dates for 2020.

The ACT includes a Reading Test, an English Test, a Math Test, and a Science Test. There is an optional Writing Test (which is an essay).

The SAT includes a Reading Test, a Writing and Language Test, and a Math Test. There is an optional essay.

Only by taking practice tests will you be able to see which exam you prefer.

Free SAT prep:

<https://www.khanacademy.org/sat>

Never leave an answer blank — just make your best guess.



CLEP (the College-Level Examination Program)

- Offers 34 **exams** that **cover** intro-level **college course material**.
- With a **passing score** on one CLEP exam, you could **earn** three or more **college credits WITHOUT TAKING THE COURSE**.

CLEP was created to **help individuals** with **prior knowledge** in a college course **subject** earn their degree efficiently and inexpensively

The logo features a blue arrow pointing to the right, containing the word "CLEP" in white, bold, sans-serif capital letters. The arrow is positioned at the top of a large white square, which is itself centered within a decorative border of colorful squares in shades of blue, green, and yellow.

CLEP

**College-Level
Examination
Program**

WE OFFER Community Service Opportunities

Let's make a difference!



OPENING DOORS THROUGH COMMUNITY SERVICE

As you consider volunteer options, look for opportunities that fit you—your interests and skills. You most certainly will:

- **Do Some Good**
- Discover Your **Passion**
- Learn to **collaborate**
- Expand your **network**
- Build **leadership** skills
- Receive **Academic Credit**

Nancy Griesemer:

<https://hscw-collegeexplore.blogspot.com/2019/11/opening-doors-through-community-service.html>



WE HAVE

Career Resources

Find Your Future!



BOYS & GIRLS CLUB SPRING BREAK ALTERNATIVE

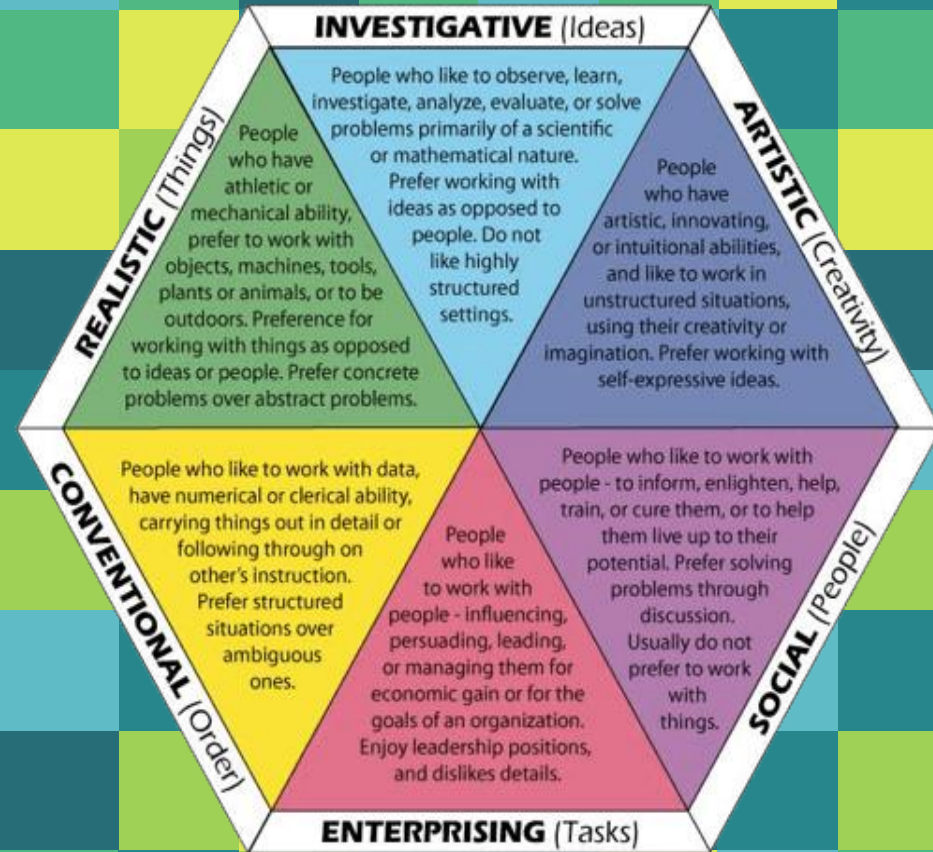


WHAT ARE YOUR CAREER INTERESTS?

The Holland Codes

is a system to **classify jobs** into job **categories**, interest **clusters**, or work personality **environments**.

<http://www.roguecc.edu/counseling/hollandcodes/about.asp>



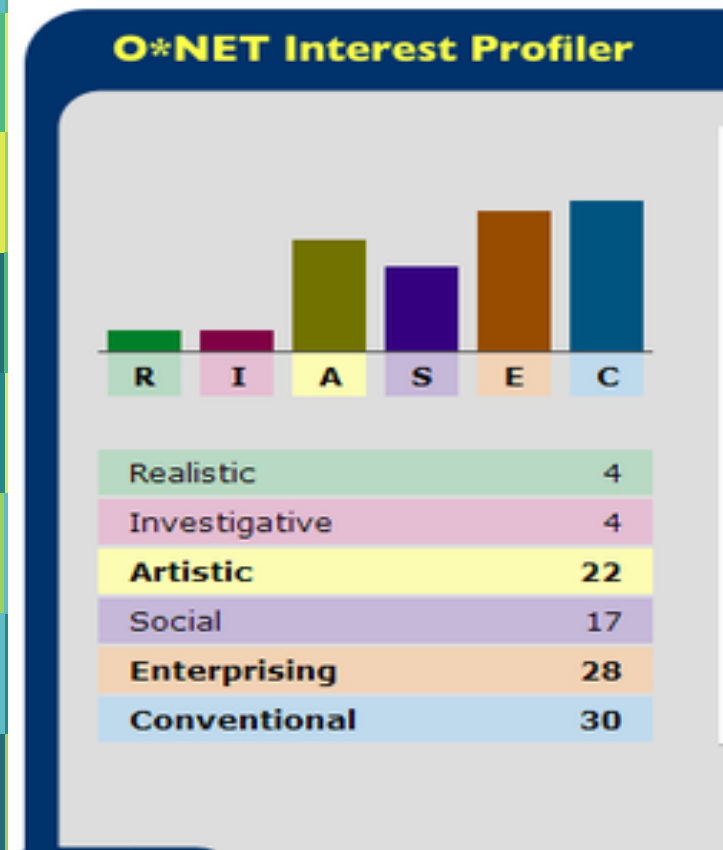
WHAT ARE YOUR CAREER INTERESTS?

O*NET Interest Profiler!

The O*NET Interest Profiler can help you find out what your **interests** are and how they relate to the world of **work**.

<https://www.mynextmove.org/explore/ip>

<http://students.tufts.edu/career-center/explore-careers-and-majors>



WHAT ARE YOUR CAREER INTERESTS?

The **Occupational Outlook Handbook** can help you **find career information** on duties, education and training, pay, and outlook for hundreds of occupations.

<https://www.bls.gov/ooh/>

What are your values?

<https://www.kent.ac.uk/careers/Choosing/values.htm>



CAREER PLANNING & COLLEGE APPLICATION INFORMATION

My Coalition is a set of free online college planning tools that helps students **learn about, prepare for, and apply to college.** These platforms are used to apply to several universities in one spot:

<http://www.coalitionforcollegeaccess.org/>



CAREER PLANNING & COLLEGE APPLICATION INFORMATION

Similar to the Coalition, the **Common App** is essentially a website that allows students to apply to **several colleges using one general application.**

The Common Application:
<http://www.commonapp.org/>



CAREER PLANNING & COLLEGE APPLICATION INFORMATION

**Need help developing a
resume?** <https://www.topcv.me/>

**Need help creating a cover
letter?**

<https://templates.office.com/?legRedir=true&CorrelationId=be93abd3-671a-4e2a-8358-ba2927986a72&ui=en-US&rs=en-US&ad=US&fromAR=1>

Career Tools to get hired:
<https://www.livecareer.com/>



POSTSECONDARY EDUCATION OPTIONS

Going to College?

<https://www.floridashines.org/>

Going to Technical career?

<https://www.suncoast.edu/>

MyCareerShines is Florida's comprehensive education and career planning system.

- **FREE** online tools
- allow students to develop a personalized plan

<https://www.floridashines.org>



MyCareerShines
A service of FloridaShines

THE EDUCATION FOUNDATION OF SARASOTA COUNTY

The Education Foundation of Sarasota County.

Resources in college,
scholarships, financial aid, etc.
<https://launchyourplan.com/>

Career Planning Tools:

<https://www.sarasotacountyschools.net/Page/2481>

EDUCATION FOUNDATION OF SARASOTA COUNTY



LAUNCH
YOUR PLAN

**UNITED STATES NAVAL ACADEMY
INFORMATION DAY PICNIC
SUNDAY, MARCH 8, 2020 - 12 NOON TO 3 PM**

The United States Naval Academy Admissions Office in conjunction with the Tampa Bay Alumni Chapter and Tampa Bay Parents' Association cordially invite you and your parents to a picnic and ongoing information session about the Naval Academy and its application processes.

Location: Picnic Island Park – Shelter #613 at 7404 Picnic Island Boulevard

Must provide all attendees' names in the proper format: Last, and First names as well as the year the student will graduate. RSVP by end of business day Tues March 3th, 2020 to ensure we can get a headcount for food in on time.

REGISTER ONLINE at: <http://tampabay.usnachapters.net/event/usna-information-day-picnic/>

Specific questions can be addressed to CAPT Steve Swift @ sswift@1987.usna.com

www.usna.edu/admissions

QUESTBRIDGE

Are you a low-income high school junior who has excelled academically, but feels that the nation's best colleges are financially out of reach? Academically outstanding high school juniors from families earning less than \$65,000/year for a family of four.

Click here to apply:

<https://www.questbridge.org/high-school-students/college-prep-scholars/how-to-apply>

WE HAVE

Senior Resources

Counting down the days with
a plan!

CLASS OF
2020



BEGIN YOUR SENIOR YEAR WITH THESE STEPS:

1. Create a working college list.
2. **Consider writers for your letters of recommendation.**
3. Create a student resume.
4. **Start writing college essays.**
5. Make a scholarship list.

Check out the entire Guide to Post-secondary Education & Career at:

https://static1.squarespace.com/static/59415b73bf629a8c8a8268aa/t/5cb200bdeb39315a7ce2e9bd/1555169472141/FOP_Guide.pdf

JOB HUNTING: DEVELOP A RESUME, COVER LETTER, AND INTERVIEW

<https://launchyourplan.com/find-a-career/applying-for-jobs/>

WE HAVE Scholarship Resources

Because college is NOT free!



PB & J SCHOLARSHIP

The PB&J scholarship awards students who have experienced challenges in their life that may not have allowed them to perform well academically but still have the drive to succeed.

From The Scholarship Director....

...When I attended Farrington High School in Hawai'i, my GPA and test scores were low, but I was determined to go to college. I managed to receive ten different scholarships, which helped me fulfill that dream. To give back to future students, I lived off PB&J sandwiches during my first year in college to save money to fund a scholarship for another student like me.

Deadline: May31st, 20

<https://scholarsapp.com/scholarship/pbj-scholarship>

NEWS FROM UNIVERSITY OF FLORIDA

UNIVERSITY OF FLORIDA

Machen Florida Opportunity Scholarship

A need-based scholarship program for first-generation students attending UF. **The MFOS Program covers the full cost of attendance for students**, including tuition, housing, a meal plan and books. It also provides success services to help students transition to college and graduate. **Program offerings include a peer mentor and financial literacy workshops**, among other supports. To qualify, students **must be first-generation and demonstrate significant financial need**, among other criteria.

Do you qualify?

<https://opportunity.ufl.edu/students/prospective-students/checklist-to-be-reviewed-for-mfos-scholarship/>

STEPUP Program at UF

This rigorous 6-week summer B program is designed to assist freshmen engineering students in their preparation for the UF engineering curriculum.

THE APPLICATION PROCESS OPENS ON MARCH 2, 2020 AND CLOSE ON JUNE 1, 2020.

To be eligible, students must:

- Show evidence of academic excellence and interest in becoming a successful **engineer**
- Be an incoming first year student, officially admitted, and confirmed attendance to the University of Florida by May 1, 2020 to participate in the program
- Be able to live on campus for 6-weeks during the program and fully participate in all program activities.
- <https://www.eng.ufl.edu/students/student-s/star-office/stepup/how-to-apply/>

SCHOLARSHIPS CORNER

Start building your scholarship profile NOW:

<https://opportunity.collegeboard.org/>

Local Scholarships:

<https://launchyourplan.com/scholarships/>



SCHOLARSHIPS CORNER

Sarasota County College Planning

<https://www.sarasotacountyschools.net/Page/2481>

The OppU Achievers Scholarship

celebrates achievement in its many forms and honors those who create opportunity for themselves and others. The OppU Achievers Scholarship. **Deadlines:**

March 31, June 30.

<https://www.opploans.com/scholarship/>



SCHOLARSHIPS CORNER

Prudential Spirit of Community Awards:

<https://spirit.prudential.com/awards/how-to-apply>

Trial Pro: \$5,000 Academic
Scholarship to One Successful
and Deserving College Student:

<http://www.trialpro.com/scholarships/>



SCHOLARSHIPS CORNER SCF FOUNDATION

The SCF Excellence Award, a redesign of the former Principal's Excellence Award. This scholarship covers 2 years of tuition at SCF.

High school seniors planning to attend SCF with at least a 3.0 GPA can apply

All applications are due by **March 27th**.



Please click for the application

<https://files.constantcontact.com/002fcf66601/f2b0e2c6-2d34-4c8f-b873-31ac786cc624.pdf>

SCHOLARSHIPS CORNER

Comcast Leaders and Achievers® Scholarship Program:

<http://email.scholarshipamerica.org/comcast/>

Centre College - Premiere Scholarships

<https://www.centre.edu/scholarships/>



SCHOLARSHIPS CORNER

Manasota Track Scholarships:

Eligibility:

1. Be high school senior and a resident of Sarasota County and have participated in High School Cross Country and/or Track.
2. Be of outstanding character and citizenship.
3. Have an unweighted GPA of at least 3.0.
4. Plan to enroll in a program of study as a full time student (12 hrs minimum) that will lead to a baccalaureate degree.
5. Be an MTC Member and volunteer for at least one MTC event.

Instructions

1. Application is to be completed by the applicant.
2. Provide an official transcript from your high school.
3. Attach a copy of your Financial Aid Form (FAFSA)
4. Include a listing of community service, academic and extracurricular activities and/or work history.
5. Write a one page essay (not to exceed 500 words) describing how running has impacted your life.
6. Submit three letters of reference, one of which must be from a faculty member (no personal or family references).

Applications must be received by March 1, 2020

<http://manasotatrackclub.org/>

SCHOLARSHIPS CORNER

The Bette Woodson Award memorializes Bette's 15 years of dedicated service as a school district volunteer. It is given to a 12th grader (senior) who has demonstrated an outstanding commitment to providing service within our community as verified by narrative/logs submitted with the application. The \$1,000 award will be presented to the winner in April 2020.

The Lilly Kaighin Community Service Award. This award is given to a 12th grader (senior) who has seen a need in the community and has created and implemented an original community service project to meet the identified need. This \$1,000 award will be presented to the winner in April 2020.

The Teeja Service through the Arts Award. This award is given to a 12th grader (senior) who has seen a need in the community and through volunteer activities and/or an original project has used service through the arts to meet the identified need. The \$1,000 award will be presented to the winner in April 2020.

Freeman Orthodontics Inspiration Awards are given to two high school seniors who have inspired others by overcoming unique and challenging circumstances while remaining in school and maintaining or improving his/her academic achievement. Students who meets these criteria must be nominated by a teacher or principal with written confirmation of the student's high school principal. The nominator's personal narrative supporting the nominee should include both the nature of the unique and challenging circumstances and how these circumstances have inspired others. Each \$500 award will be presented to the winner in April 2020.

****Applications are available in the Counseling office (Scholarship Binder)**

Catholic Community Foundation: Mary Fran Carroll Traditional Scholarship

www.wccfdioceseofvenice.org Deadline, March 1, 2020

Doctors Hospital Volunteer Auxiliary 2020 for students pursuing a career in healthcare

www.dhauxiliary.org

Realtor Association Scholarship: www.MYRASM.com/scholarships.

Deadline April 3, 20

Butterflies & Dreams Book Club Award, for African American seniors (see application in Counseling office).

Americanism Speech Contest, 1,000 local, 2,500 district prizes (see packet in Counseling office)

SCHOLARSHIPS CORNER

Scholarships Search Sites:

<http://www.gocollege.com/>

<https://www.goodcall.com/scholarships/search/>

<http://www.sarasotacountyschools.net>

www.cappex.com/scholarships/

<https://www.fastweb.com/>



APPLY
NOW

SCHOLARSHIPS CORNER

FAFSA APPLICATION COMPLETION EVENTS

Free Application for Federal Student Aid (FAFSA):

For Seniors opens, October 1st, 2019: <https://studentaid.ed.gov/sa/fafsa>

FAFSA WEBINARS:

<https://view.fafsa.gov/?qs=7f51d771c5345d88be0593acf113b03d5245c3cbe0011da107eea622b1b417269dcba8c8b2176156e5325b228f25b563235c146f8034a2fd2f938ab7d518adce8603d6ab9f9581788e6ce6ce0a8017db>

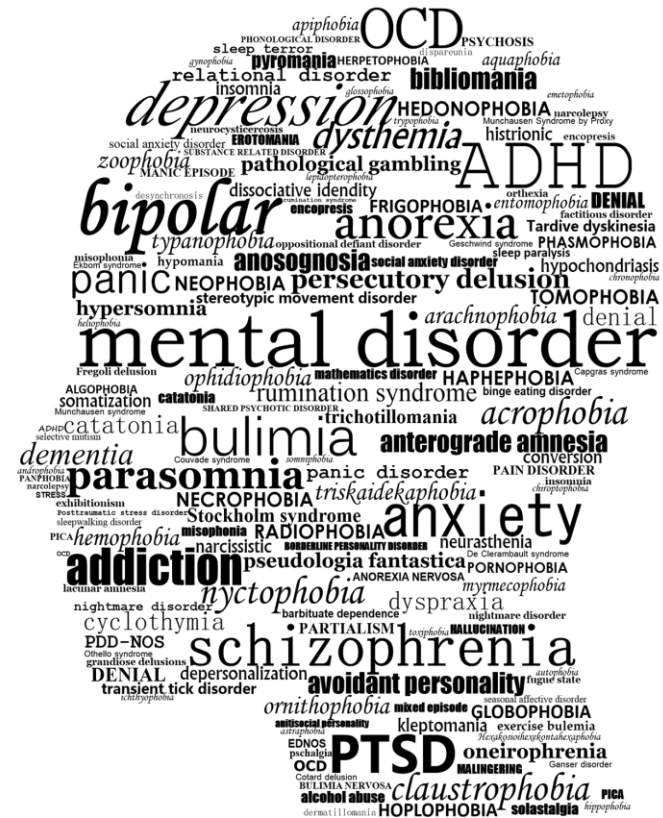
FLORIDA FINANCIAL AID APPLICATION (FFAA), INCLUDING BRIGHT FUTURES

**See flyer for eligibility requirements

Apply here: <https://www.floridastudentfinancialaidsg.org/SAPHome/SAPHome?url=home>

Mental Health Resources

These can save someone's life.



Mental Health

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.

FortifyFL was created and funded by the 2018 Florida Legislature as part of the Marjory Stoneman Douglas High School Public Safety Act. The application was named by students from Marjory Stoneman Douglas High School. You may download it at: <https://getfortifyfl.com/>

Learn more about types of bullying and how it impacts of children, friends, co-workers: <https://www.verywellfamily.com/types-of-bullying-parents-should-know-about-4153882?print>

**National Suicide Prevention Lifeline: 800-273-TALK
(8255)**

Crisis Text Line: Text NAMI to 741741

Mental Health

PAY ATTENTION

Paying Attention Can:

Improve Memory- If you start paying attention more often in your life, you will soon notice you remember many more details than usual.

Increase Your Patience- take a break, slow down and pay attention to the world around them. Doing that, you become wiser, more rational and can problem solve to find solutions.

Do Things More Thoroughly- If you pay attention to details, you will stop making small mistakes, and begin fulfilling your duties more thoroughly than before.

Improve Interpersonal Relations- Paying attention to what people are telling you is the best way to improve interpersonal relations.

Allow You Start Noticing Opportunities- If you are careful enough to pay attention to all details during conversations with other people, you may begin noticing valuable opportunities.

You Will Drastically Improve Your Life!!

Mental Health

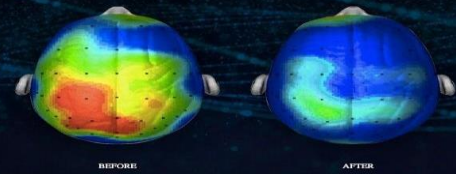
How to Strengthen Your Attention Span:

Practice real-life attention exercises. For instance, you can take a photo full of small details and watch it for a few minutes. Pay attention to all people and objects in this photo. When you stop looking at it, try to remember as many details as possible.

Meditate- With the stress and decision overload of work duties and everyday life, it seems it is increasingly difficult to stay focused on anything for too long. You can find a cure for this problem in meditation. You do not have to be a pro at it – just relax through meditation two or three times a week and it will make you more comfortable soon enough.

Listen to Understand- Interpersonal relations suffer if you do not pay enough attention to what other people are saying. To avoid this issue, try to speak less than usual and start listening to the people around you.

BRAIN BEFORE AND AFTER
10 MINUTE MEDITATION



Teen Health

SAY NO TO VAPING

1. It's not "cool".
2. It does disgusting things to your healthy body.
3. It is addicting.
4. The company **does not care about your health.**
 - Learn about different tools to help you quit and how to use them.

<https://teen.smokefree.gov/quit-vaping>





TREAT
PEOPLE
WITH
KINDNESS

5 RULES TO STAY SAFE



Know What's Up

SAFETY RULE #1

- Be aware of situations in your environment and people around you that may not be safe, both online and off.
- Stay with a friend at all times, and memorizing your parents' and Safe Adults' cell phone.
- When you are aware, you are empowered, and less likely to be victimized.



Spot Red Flags

SAFETY RULE #2

Use your awareness of safe versus unsafe situations to determine if someone's behavior or a social interaction, online or off, is unsafe or inappropriate. Spotting Red Flags like bullying, cyberbullying, inappropriate online behavior, or adults trying to trick, force, or manipulate you into unsafe or inappropriate situations, will empower you to use the other Safety Rules to help you stay safe.



Make a Move

SAFETY RULE #3

Using good decision making skills to respond to new or unsafe situations, both online or off. You can Make a Move by: getting away from unsafe situations or people, or by staying away from people and situations you know are unsafe. It also means helping a friend out of an unsafe situation, whether they recognize it's unsafe or not.



Talk It Up

SAFETY RULE #4

- You have the right to be safe and knowing you can use a strong or assertive voice if you or others are in an unsafe situation, online or off.
- You can Talk It Up by saying "No" to someone who is violating your personal boundaries, or someone who is demonstrating unsafe or inappropriate behaviors to you or others.
- It also means telling (or reporting) a Safe Adult about unsafe or inappropriate situations or behaviors. Not telling, to avoid being seen as a "snitch," allows problems to continue to grow and may cause more damaging long-term consequences.



No Blame | No Shame

SAFETY RULE #5

- As you get older, you will encounter new people and situations and will make decisions about your own behavior. No matter what happens, it is important to know you should never feel ashamed to seek help and talk to a Safe Adult if you are unsafe or have been hurt.
- You are not to blame and it is never too late to tell. It's also important to know that if you have made an unsafe or inappropriate decision, talking to a Safe Adult can help you learn and stay safe.



Cadet Josh Lauria
9th Grade



Join the SMA Eagle Ambassadors and Student Council to get involved in projects like this!







Thanks!

Any questions?
Ask your counselors!

