

Sarasota Military Academy



School Counseling Department

Meet your 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

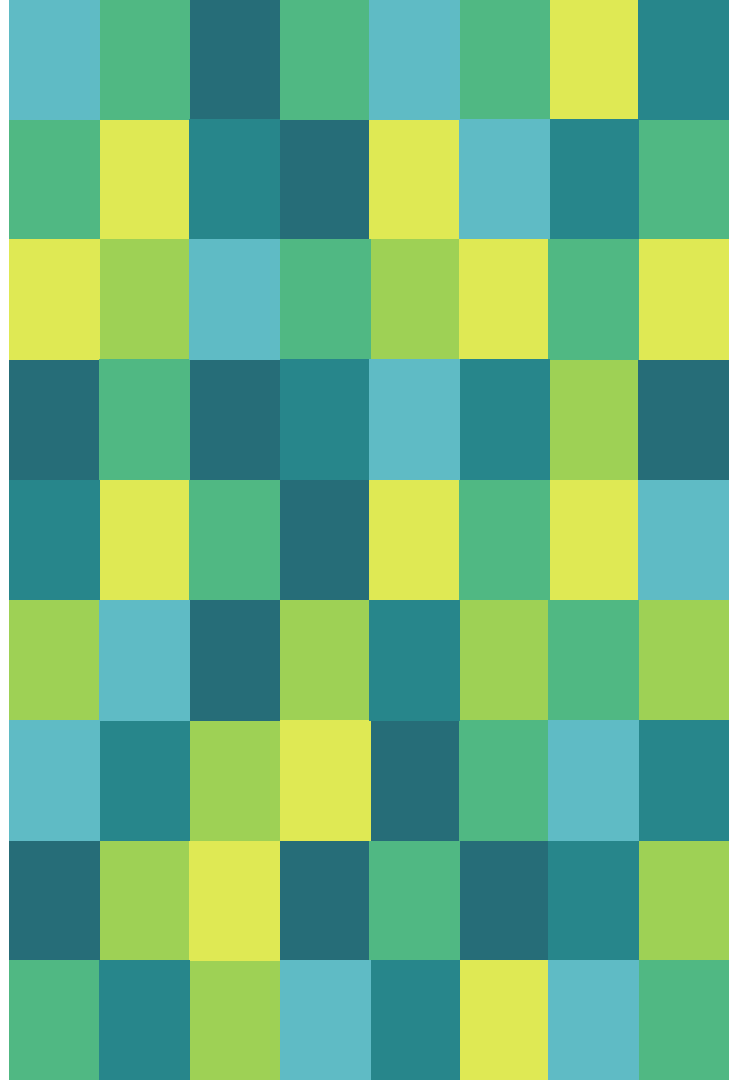
marsha.seagrave@oursma.org

SCHOOL COUNSELING GOOGLE CLASS for all students “Information is power”

CODE: uzq5ijq

<https://classroom.google.com/u/0/c/Nji5NDMyMjYyNTBa>

- ❖ Academics
- ❖ Scholarships/FAFSA
- ❖ College/Tech School/
- ❖ SAT/ACT
- ❖ Special programs
- ❖ Community service opportunities
- ❖ Resources: Mental Health





ATTENTION 11TH & 12TH GRADERS!!
NOW YOU CAN SEE YOUR ELIGIBILITY FOR BRIGHT FUTURES FROM YOUR STUDENT/PARENT PORTAL

- Click below, go to the **Transcripts tab** (left hand inside), then click on the yellow tab named **Bright Futures**.
- <https://parentportal.sarasotacountyschools.net/>

The Academic Empowerment Agency & The Lean On Me Project offer 10 juniors and seniors the opportunity to apply for this scholarship to prepare for the SAT/ACT :1331 project

Did you know that if you score 1330 on your SAT, you can qualify for a 100% paid scholarship to a Florida university or college?

Juniors or seniors must have a minimum Grade Point Average (GPA) of 3.0 to be eligible.

All applicants must be planning to pursue an Associates, Bachelor' s, or Technical degree from an accredited college or university on a full-time basis upon graduation or in the next 2 years.

Scholarship awards will be based on:

- Successful completion of this application by the deadline (April 23, 2021)
- Demonstrated financial need
- A minimum 3.0 (unweighted) grade point average
- Recent High school report card or transcript
- A personal interview

Semi-finalists will be selected and then be scheduled for a personal interview by the course instructor, Dr. Janjay Gehndyu.

Candidates will be notified by April 29, 2021, for classes to begin on June 5th. All successful candidates and their parents will be required to sign a Learning Contract, indicating their commitment to completion of this program including the requirements to enroll in the SAT Test scheduled for August 28.

Contact Dr. Janjay Gehndyu at DrJ@srqeducationgroup.com and ask for an application!

Williams College

A liberal arts college in the Berkshires of western Massachusetts, offers an **all-expenses-paid fly-in** program.

WOW is meant to serve high-achieving, low-income students in the fall of their senior year and provides participants with opportunities to connect with current students, attend classes, meet with professors and learn about our admission process and generous financial aid.

Two in-person programs, **September 23 to 25 and October 14 to 16**, and one virtual program, **October 7 to 9**. Please note that in-person program participants will be required to provide proof of Covid-19 vaccination before we're able to begin travel arrangements.

There are two application deadlines, and two decision release dates associated with them. Regardless of when students apply, if admitted to WOW, they'll have the opportunity to select their preferred program dates.

Application link: <https://www.williams.edu/admission-aid/wow/>

Apply by July 10 (Receive decision by: July 31)

Apply by: August 10 (Receive decision by: August 31)

Additionally, I'd like to alert you to two upcoming virtual events that are specifically designed for students from **first-generation backgrounds or families with high financial need**:

On Thursday, **June 4** (7-9 p.m. Eastern Time), Williams will host a virtual open house that features resources, support and community for first-generation students at Williams.

Registration link here.



YOLOFSKY LAW



\$1000 SCHOLARSHIP FOR ENLISTING STUDENTS

ELIGIBILITY CRITERIAS

Applicant must be a High School Junior, Senior or current College student who plans to enlist in the military (all branches qualify)

- ✓ Complete, submit a completed online application at: <https://www.thescholarshipplug.com/yolofskylawscholarship>
- ✓ Application includes prompt: What lesson did you learn from Lieutenant Murphy, USN
- ✓ Take the "Murph Challenge" and hashtag #YoLOfskyLaw on Instagram

ABOUT THE SCHOLARSHIP

YOU HAVE 3 OPPORTUNITIES TO WIN:

1ST PRIZE \$1000

2ND PRIZE \$500

3RD PRIZE \$500

About the firm

www.yolofskylaw.com

TAKE THE
CHALLENGE
APPLY
TODAY!



Students may opt out of the social media posting/hashtag and send video link to info@scholarshipplug.com. If help is needed to apply or upload your video please contact us at 954-951-2175 or email us at info@scholarshipplug.com.
Deadline: May 31st



Visit us:

www.thescholarshipplug.com/yolofskylawscholarship

COLLEGE BOARD The Scholarships

Class of 2022:

Complete these 6 college planning steps for 6 separate chances at \$500.

When you finish all 6, you'll be entered into a drawing for a \$40,000 scholarship, but you can still earn money even if you don't complete them all.

https://opportunity.collegeboard.org/?SFMC_cid=EM453230-&rid=47163726

COLLEGE 101



What to do, When to do it, and How



The College Board National Recognition Programs

- **Now open to Sophomores & Juniors!!**
- **Create pathways to college for underrepresented students by awarding them academic honors and connecting them with universities across the country.**

■ **Students who take the PSAT/NMSQT, PSAT 10, or AP Exams and are African American or Black, Hispanic American or Latinx, Indigenous, or attend school in a rural area or small town, may be invited to apply for academic recognition as part of the College Board National Recognition Programs*.**

<https://www.nationalrecognitionprogram.org/nrp-application>

Deadline June 15th, 2021

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.flvc.org/mycareershines>



MyCareerShines
A service of FloridaShines

Scholarships for Juniors: College Board

- Build Your College List- \$500
- Practice for the SAT- \$500
- Explore Scholarships- \$500
- Strengthen Your College List- \$500
- Complete the FAFSA- \$500
- Apply to Colleges- \$500
- Complete All Six- \$40,000

https://opportunity.collegeboard.org/?SFMC_cid=EM413110-&rid=47163726

LIBERTY LITTER CLEANUP

Keep Sarasota County Beautiful: Liberty Litter Cleanup, July 5th!! from 7-9 a.m.

Register online or by calling 941-861-5000:

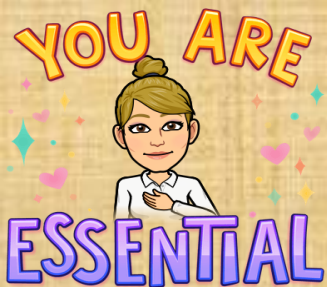
https://sarasotacountygovernment.formstack.com/forms/lc2021_registration

- The first 100 volunteers to register will receive this year's commemorative T-shirt, featuring Sarasota County's centennial logo, celebrating 100 years!
- All volunteers must INDIVIDUALLY register to participate by submitting a unique registration form.
- Volunteer groups may no longer register as one entry.
- Walk-up volunteers will not be accepted on the day of the event.

Volunteer Hours Opportunities



Giving Hope Today



SALVATION ARMY

HELP IN THE KITCHEN & SERVE LUNCH FOR THE HOMELESS COMMUNITY, EVERY SATURDAYS.

MOTHERS HELPING MOTHERS

ORGANIZE THE STORE, FOLD CLOTHES, AND TRIAGE THE CLOTHES BY SIZES. SCHEDULE WILL BE MADE.

SEE SMA-CPT MEADOWS (ROOM #116) FOR MORE INFORMATION OR EMAIL:

LUCIANA.MEADOWS@OURSMA.ORG

SIGN UP IN ROOM # 117 WITH SMA-BLAND OR SMA-CPT HARTZELL

THE EDUCATION FOUNDATION OF SARASOTA COUNTY

The website provides
information/resources on college,
scholarships, financial aid, etc.

<https://launchyourplan.com/>

Events in June!!

<https://edfoundationsrq.org/events/>

- Resume building
- FAFSA for 2121 seniors
- Pathways for after high school

EDUCATION FOUNDATION OF SARASOTA COUNTY



LAUNCH
YOUR PLAN

BEGIN YOUR CAREER PATH WITH THESE STEPS

- Create a working college list.
- **Consider writers for your letters of recommendation.**
- Create a student resume.
- **Start writing college essays.**
- 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/>

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

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>



ACT/SAT NEWS

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.

*never leave an answer blank — just make your best guess.

SAT: <https://collegereadiness.collegeboard.org/sat>

ACT: <http://www.act.org/content/act/en/products-and-services/the-act.html>

ASVAB Career Exploration Program:
<https://www.asvabprogram.com/>



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

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



College-Level Examination Program



Could Your Family Benefit From A Family Navigator?

NO COST, Peer Support for families residing in Sarasota County with children under the age of 25, experiencing Mental Health Challenges.

NAMI

To learn more or schedule an appointment contact

Sarah Miller, Family Navigator at [941-376-0206](tel:941-376-0206) or

Sarah@namisarasotacounty.org



SARASOTA EDUCATION FOUNDATION

for Career Advice, Scholarship database,
SAT/ACT prep., and assistance with FAFSA, free
of charge

Sarah Beresik

College Career Advisor

941.927.0965 (office) 732.963.7573 (cell)

1413 Blvd of the Arts Sarasota, FL
34236 <http://EdFoundationSRQ.org>

Career Resources

Find Your Future!

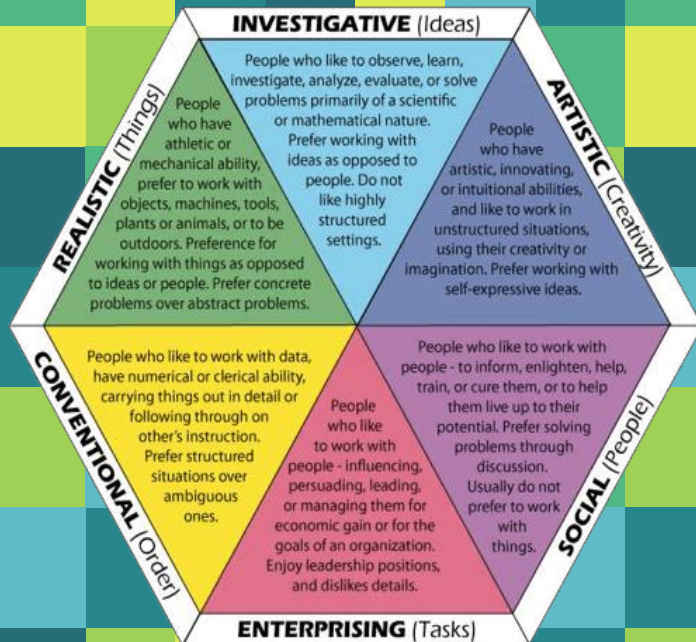


WHAT ARE YOUR CAREER INTERESTS?

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>



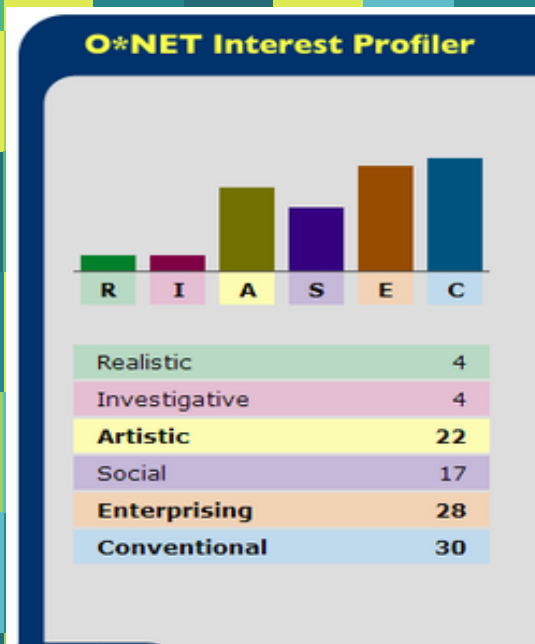
WHAT ARE YOUR CAREER INTERESTS?

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

Need help developing a resume?

<https://www.topcv.me/>

Need help creating a cover letter?

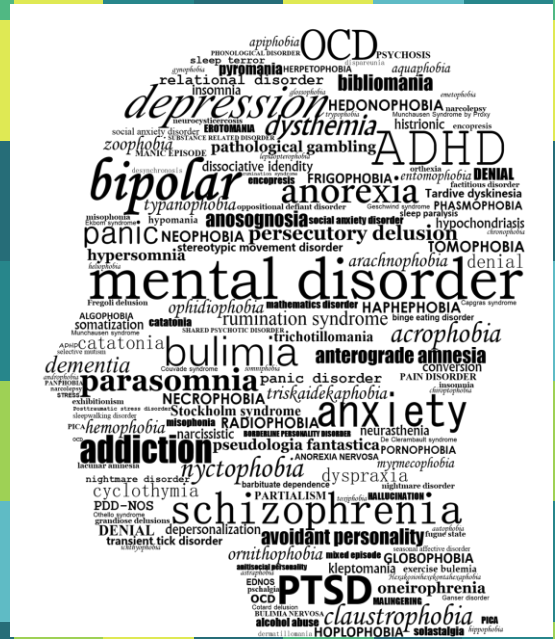
<https://templates.office.com/?legRedir=true&CorrelationId=be93abd3-671a-4e2a-8358-ba2927986a72&ui=en-US&rs=en-US&ad=US&fromAR=1>

Career Tools to get hired:

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



You can save someone's life.



JOIN US

SUICIDE SUPPORT GROUP

If you have a loved one who has attempted suicide or have lost a loved one by suicide, you are not alone.



**Join us:
1st & 3rd Wednesday of every month
6:30-8pm**

**Located at 2911 Fruitville Rd.
Sarasota, FL 34237**

**CONTACT US:
TAYLOR WALKER
PROGRAM COORDINATOR
INFO@NAMISARASOTACOUNTY.ORG
941-444-3428
NAMISARASOTACOUNTY.ORG/CENTERSTONE.ORG**



**Sarasota and
Manatee Counties**



Catholic Charities

Caridades Católicas

Free Mental Health Counseling!

Are you feeling stressed,
anxious, overwhelmed,
depressed or helpless?

Sarasota/Manatee/DeSoto/Hardee
/Highlands counties:

844-385-2407

Charlotte/Lee/Hendry/Glades
counties:

844-385-2423

Collier County:

844-385-2404

Ofrece Consejería Gratuita para la
Salud Mental!

¿Se siente estresado, ansioso,
abrumado, deprimido o fracasado?

Por favor llamen al número
correspondiente en su región para
mayor información:

Sarasota/Manatee/DeSoto/Hardee/
Highlands counties: 844-385-2407

Charlotte/Lee/Hendry/Glades
counties: 844-385-2423

Collier County: 844-385-2404

NAMI SARASOTA AND MANATEE COUNTIES

Developing safe spaces for youth and young adults to connect in a supportive environment that addresses social/emotional needs while engaging in fun activities developed and led by youth peers.

NAMI Sarasota & Manatee Counties Youth Initiative includes:

- **Monthly Meetings (14-29)**
- **NAMI Connection, Young Adult Support Group (18-30)**
- **NAMI Ending The Silence Presentations**

Our March meeting will be held on Thursday, March 25th from 6-8pm at Bee Ridge Park for a March Madness sporting event. Youth ages 14-29 years of age are welcomed!

For more information about NAMI youth programming and our youth peer leaders, visit our website at:

<https://namisarasotamanatee.org/support-and-education/support-groups/youth-initiative/>

10 TIPS FOR BEING A GREAT DAD

1. **Show up** - Be there for your children
2. **Support** and **Respect**
your children's mother
3. **Listen** - Earn the right to be heard
4. **Discipline** with **Love**
5. Be a **Role Model** - Teach by example
6. Know and Be Known to the people
in your children's world
7. **Play** with your Children
Read to your children
8. Show Affection - Let them know
you **Love** them
9. **Help Out** - Take an active role
(homework, housework, etc.)
10. Keep a **Sense of Humor**



For more information and
free classes for dads call:

953-3877



Children First Families First Institute
Nurturing Dad's Initiative

“

- If you need to talk to a mental health professional, contact the Counseling office for in school mental health services (free of charge).
- Student Assistance Program (SAP)
 - Contact Dr. Clapp- Counseling



TREAT
PEOPLE
WITH
KINDNESS