

CDO COUNSELING Updates

SPOTLIGHT

Meet Riley! He's a 3 year old Labradoodle therapy dog who will be visiting our students during lunch! Make sure to come say hi whenever he's on campus!



This Week in Counseling: Senior Fast Fives

The Counseling Team will be hosting **FAST FIVES** with seniors in their American Government or Economics class this week. In 5 minutes, we'll be reviewing their transcripts, making sure they are on track for graduation *as well as answering questions about post-CDO opportunities. Let's go class of 2024!*

- Mrs. Bakken, Mrs. Parriott, Mrs. Dale & Mr. Hsieh



CAREER ADVICE

How Soft Skills Work

Soft skills relate to how you work. Soft skills include [interpersonal](#) (people) skills, communication skills, [listening skills](#), time management, problem-solving, leadership, and empathy, among others. [1] They are among the top skills employers seek in the candidates they hire because soft skills are important for just about every job.

Why are soft skills important?

Soft skills are important because they help you work well with others. Communication skills, teamwork, and adaptability enable you to connect with co-workers, express your ideas, receive feedback, and achieve consensus.



SOURCE: [The Balance Money](#).

COLLEGE PLANNING

INTERESTED IN LEARNING ABOUT COLLEGE LIFE?
Meet with CDO Class of 2022 Alumni who will share about their 1st year college experiences!

WEDNESDAY, AUGUST 30TH | 8:15AM-9:00AM
COUNSELING'S WELLNESS ROOM | NO REGISTRATION NECESSARY

Faith Valenzuela
Pre-Med
Bryant University

Maisy McDole
Nursing
Pima Community College

DOWNLOAD OUR 4 YEAR COLLEGE PLANNING GUIDE

SCHOLARSHIPS



Most Valuable Student

CATALINA MOUNTAIN ELKS LODGE NO. 2815 MOST VALUABLE STUDENT CONTEST

ELIGIBILITY

- CURRENT HIGH SCHOOL SENIORS,
- APPLICANTS DO NOT NEED TO BE RELATED TO A MEMBER OF THE ELKS.
- HIGH SCHOOL GRADUATES ARE NOT ELIGIBLE TO APPLY.

AWARDS

- THE ELKS NATIONAL FOUNDATION WILL AWARD 500 FOUR-YEAR SCHOLARSHIPS TO THE HIGHEST-RATED APPLICANTS IN THE 2024 COMPETITION.
- MALE AND FEMALE STUDENTS COMPETE SEPARATELY.
- RANGING FROM \$1,000 PER YEAR TO \$7,500 PER YEAR,

[CLICK FOR MORE INFO ABOUT THE MVS SCHOLARSHIP](#)

WELLNESS

6 Mental Health Tips for Teens

1. Regular Exercise is Key
2. Create Healthy Routines for Morning and Night
3. Learn how to cook healthy meals
4. Limit activities you take on
5. Get involved with an animal
6. Seek our professional help when needed

SOURCE: [Ignite Teen Treatment](#)

MOTIVATION

"MILLIONS OF PEOPLE CAN BELIEVE IN YOU, AND YET NONE OF IT MATTERS IF YOU DON'T BELIEVE IN YOURSELF."

EDUCATION & CAREER PLAN

- Strengthen Academic Record
- Pursue New Activities and Interests
- Make a Testing Plan (ACT in April/SAT)
- Determine what type of College (2-yr, 4-yr, vocational)
- Think about a college Major
- See Your Counselor



UPCOMING EVENTS

- 08.28 Senior Fast Fives**
We're checking in with our seniors in their American Government/Economics class
- 08.29 Senior Fast Fives**
We're checking in with our seniors in their American Government/Economics class
- 08.29 Visit with Riley, the Therapy Dog!**
Meet Riley during lunch!
- 08.30 Senior Sunrise**
The Counselors and IB Coordinator will be preparing breakfast for the Class of 2024!
- 08.30 1st Year College Experiences by CDO Alumni**
Meet with CDO Class of 2022 alumni as they share about their Freshman year
- 08.30 Admissions & Applications by NAU**
NAU will present during Advisory. Students need to sign up. Space limited to 30 students.
- 08.31 Senior Fast Fives**
We're checking in with our seniors in their American Government/Economics class

CURRENT NEEDS

Throughout the school year, we spend a fair amount of our own money for programming, events, etc. If you're willing, we'd greatly appreciate your donations. You can drop off these items in the Counseling Office.



- Stress balls, fidget toys, etc for Counselor offices to help calm our students during appointments
- Bottled water, healthy snacks, candy, etc to share with students
- Goodie Bags for College Admission Representatives when they visit our campus
- Gift cards for student prizes during Club Fair Scavenger Hunt in September

LAUGHTER IS THE BEST MEDICINE

Q: WHY IS THE OBTUSE ANGLE SAD?

A: BECAUSE IT'S NEVER RIGHT!

T.A. CORNER

3 WAYS TO SAVE MONEY

1. PUT 35% OF YOUR PAYCHECK INTO YOUR SAVINGS.
2. DON'T WASTE YOUR MONEY ON UNNECESSARY ITEMS/THINGS.
3. FIND AN EFFECTIVE WAY TO BUDGET YOUR MONEY.

- HAILEY & JORDYN, 6TH PERIOD



"It's a good day when I have Mr. Kimchi Stir fried kimchi ramen."

- MAYA, 2ND PERIOD

CDO COUNSELING

Updates

Favorite things simple words

L	A	Y	O	E	R	A	I	N	B	O	W	U	S
S	C	O	L	A	C	I	I	E	L	P	R	U	P
P	L	L	K	I	L	R	S	A	C	U	C	N	E
L	R	E	S	P	S	I	N	D	H	T	O	D	N
R	D	U	E	A	I	O	R	O	A	U	O	E	A
B	M	G	N	P	I	N	F	L	L	N	K	R	I
P	A	T	I	L	I	B	K	P	L	A	I	S	E
P	F	R	O	E	R	N	C	H	E	M	N	E	E
A	R	R	B	I	T	A	G	I	N	O	G	A	G
G	O	B	N	I	I	R	L	N	G	R	P	U	O
N	Z	T	I	I	E	N	T	E	E	N	N	A	A
R	E	R	A	R	R	R	C	T	B	A	A	A	T
S	N	A	O	I	D	A	B	B	A	Y	U	D	A
S	E	A	O	O	C	H	I	C	K	E	N	O	G

CHALLENGE
SLEEPING
LION
TUNA, MORMAY
DOLPHIN
ADR
FROZEN
MUSIC
UNDERSEA
ABBA
BARBIE
COOKING
GOAT
ART
PURPLE
CHICKEN
PINK
BADGON
COLA
KID

Play this puzzle online at : <https://thewordsearch.com/puzzle/541458/>

2			5			6		8
	3	4	1			7	9	
			2			1		5
8	6			1	4		7	9
	5			9			2	3
9		3	7		2	8		
3		1	4		5			7
	8	6		2		3	5	
4						9		1

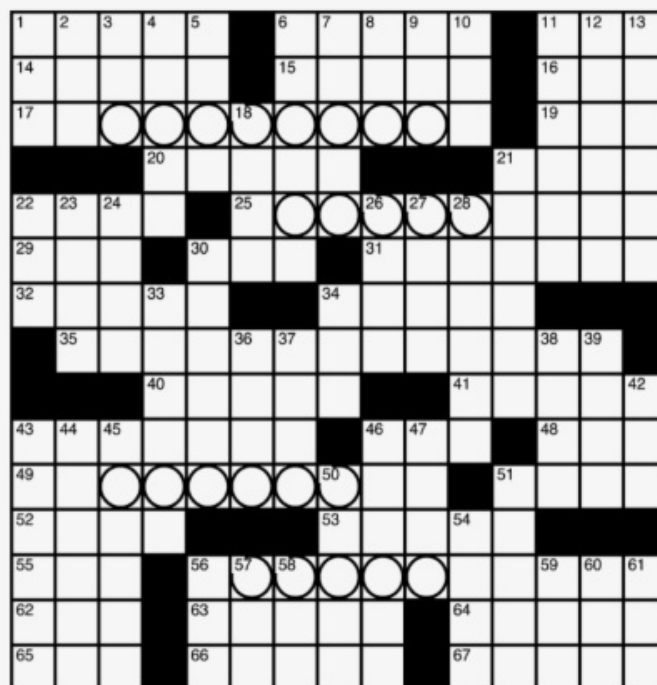
Crossword

Across

- 1 Takes shape
- 6 Military installations
- 11 Armonk, N.Y.-based tech company
- 14 Quarterback with the 2011 autobiography "Through My Eyes"
- 15 Tell-O's target
- 16 PBS funder
- 17 Downpour
- 19 40-yr.-old NBC show
- 20 Mature insect
- 21 Singer Vannelli
- 22 Fairy tale word
- 25 Weasel relative
- 29 Horned Frogs' sch.
- 30 Spot
- 31 Forward, in a way
- 32 Ankle bones
- 34 Put up
- 35 1980 sci-fi thriller, and a hint to this puzzle's circles
- 40 Sister of Clio
- 41 Drive respondent
- 43 It's usually taken in twos
- 46 Rival
- 48 Reason for adolescent angst
- 49 1988 Best Supporting Actress Oscar winner
- 51 Only

Down

- 52 Mythical arrow shooter
- 53 Key
- 55 2014 FIFA World Cup champion: Abbr.
- 56 Christmas, for many
- 62 Wheel of Fortune's buy
- 63 "___ Grows in Brooklyn"
- 64 Carrot family herb
- 65 ___ jacket
- 66 About 17 of them equal a United States dollar
- 67 Toyota's luxury division
- 1 Former Ford model
- 2 Poetic preposition
- 3 Japanese sash
- 4 Tinseltown vehicle
- 5 Show off a butterfly, perhaps
- 6 Snack sack
- 7 Grilling garment
- 8 Place to kick back
- 9 Whitney, by birth and by education
- 10 D.C. VIP
- 11 As found
- 12 "Pride and Prejudice" family name
- 13 NBA great Karl
- 18 Scruff
- 21 Underground chamber



- 22 Polo Grounds slugger
- 23 Univ. sports organizer
- 24 Circular lock
- 26 Drops the ball
- 27 Track competition
- 28 Penny ___
- 30 "The Treasure of the ___ Madre": Bogart classic

- 33 Beer orders
- 34 Tokyo, long ago
- 36 Vice squad tactic
- 37 Peak south of Stromboli
- 38 Automaker Ferrari
- 39 Get dirty
- 42 Map abbr.
- 43 Generation-to-generation