

CDO COUNSELING Updates

SPOTLIGHT

All seniors will take the ASVAB next week. Meet in the Auditorium on your scheduled date at 9am!

UPCOMING TESTING
Upcoming Tests and Testing Dates

ASVAB
ALL Seniors will be taking the ASVAB test Tuesday, Sept 12 A-L Wednesday, Sept 13 M-Z

PSAT
The PSAT for 10th & 11th graders will go on sale at the bookstore on Sept. 11th. Test will be on October 18th & 19th. Limited number of tests available. DO NOT WAIT TO SIGN UP

AP TESTING
Registration window opens Sept. 12th window closes Nov. 9th Test is \$90 for each test taken

This Week in Counseling: Sophomore Presentations

The Counseling Team will be presenting in sophomore English classes about credits needed for graduation as well as students will do an ECAP activity that connects to MajorClarity. *Let's go Class of 2026!*

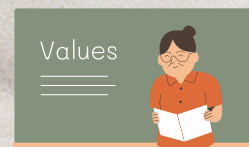
- Mrs. Bakken, Mrs. Parriott, Mrs. Dale & Mr. Hsieh



CAREER ADVICE

To help you determine what a fulfilling career looks like to you, try arranging the following statements in order of how important they are to you.

- 1) *A job with a high paying salary is important to me*
- 2) *I value having the freedom to work using my own initiative*
- 3) *I enjoy being part of a team and working with other people towards a common goal*
- 4) *I take direction well and I prefer to follow instructions from others*
- 5) *I want to be my own boss*



Consider the order in which you've placed these statements. The ones that you've placed at the top of your list are most likely the ones that you value the most when thinking about careers. Try to bear values in mind when carrying out your research as they can impact what type of career you might want to pursue.

SOURCE: [Success at School](#)

COLLEGE PLANNING

Arizona College Consortium - College Fair @ CDO!

WHAT: ACC College Fair
WHEN: Thursday, September 14th from 8:00am-9:00am
WHERE: Outside of the MPR (weather permitting)
WHO: All Students

Table Map of Attendees

1 2 3 4 5 6 7 8 9 10 11 12 13

LEARN MORE ABOUT THE ACC COLLEGE FAIR ATTENDEES!

Arizona State University (ASU)
The Arizona State University (ASU) provides a variety of programs and services to its students. ASU is a public research university with a focus on innovation and research. ASU has a large and diverse student body, and a wide range of academic programs. ASU is a member of the Arizona College Consortium (ACC).

University of Arizona (UA)
The University of Arizona (UA) is a public research university with a focus on research and innovation. UA has a large and diverse student body, and a wide range of academic programs. UA is a member of the Arizona College Consortium (ACC).

University of California, San Diego (UCSD)
The University of California, San Diego (UCSD) is a public research university with a focus on research and innovation. UCSD has a large and diverse student body, and a wide range of academic programs. UCSD is a member of the Arizona College Consortium (ACC).

University of California, Berkeley (UCB)
The University of California, Berkeley (UCB) is a public research university with a focus on research and innovation. UCB has a large and diverse student body, and a wide range of academic programs. UCB is a member of the Arizona College Consortium (ACC).

University of Michigan (UM)
The University of Michigan (UM) is a public research university with a focus on research and innovation. UM has a large and diverse student body, and a wide range of academic programs. UM is a member of the Arizona College Consortium (ACC).

University of Texas at Austin (UT)
The University of Texas at Austin (UT) is a public research university with a focus on research and innovation. UT has a large and diverse student body, and a wide range of academic programs. UT is a member of the Arizona College Consortium (ACC).

University of Wisconsin-Madison (UW)
The University of Wisconsin-Madison (UW) is a public research university with a focus on research and innovation. UW has a large and diverse student body, and a wide range of academic programs. UW is a member of the Arizona College Consortium (ACC).

University of Illinois Urbana-Champaign (UIUC)
The University of Illinois Urbana-Champaign (UIUC) is a public research university with a focus on research and innovation. UIUC has a large and diverse student body, and a wide range of academic programs. UIUC is a member of the Arizona College Consortium (ACC).

University of Minnesota (UMN)
The University of Minnesota (UMN) is a public research university with a focus on research and innovation. UMN has a large and diverse student body, and a wide range of academic programs. UMN is a member of the Arizona College Consortium (ACC).

University of Pennsylvania (UPenn)
The University of Pennsylvania (UPenn) is a public research university with a focus on research and innovation. UPenn has a large and diverse student body, and a wide range of academic programs. UPenn is a member of the Arizona College Consortium (ACC).

University of Maryland (UMD)
The University of Maryland (UMD) is a public research university with a focus on research and innovation. UMD has a large and diverse student body, and a wide range of academic programs. UMD is a member of the Arizona College Consortium (ACC).

University of North Carolina (UNC)
The University of North Carolina (UNC) is a public research university with a focus on research and innovation. UNC has a large and diverse student body, and a wide range of academic programs. UNC is a member of the Arizona College Consortium (ACC).

University of South Carolina (USC)
The University of South Carolina (USC) is a public research university with a focus on research and innovation. USC has a large and diverse student body, and a wide range of academic programs. USC is a member of the Arizona College Consortium (ACC).

University of Georgia (UGA)
The University of Georgia (UGA) is a public research university with a focus on research and innovation. UGA has a large and diverse student body, and a wide range of academic programs. UGA is a member of the Arizona College Consortium (ACC).

University of Florida (UF)
The University of Florida (UF) is a public research university with a focus on research and innovation. UF has a large and diverse student body, and a wide range of academic programs. UF is a member of the Arizona College Consortium (ACC).

University of Alabama (UA)
The University of Alabama (UA) is a public research university with a focus on research and innovation. UA has a large and diverse student body, and a wide range of academic programs. UA is a member of the Arizona College Consortium (ACC).

University of Mississippi (UM)
The University of Mississippi (UM) is a public research university with a focus on research and innovation. UM has a large and diverse student body, and a wide range of academic programs. UM is a member of the Arizona College Consortium (ACC).

University of Tennessee (UT)
The University of Tennessee (UT) is a public research university with a focus on research and innovation. UT has a large and diverse student body, and a wide range of academic programs. UT is a member of the Arizona College Consortium (ACC).

University of Kentucky (UK)
The University of Kentucky (UK) is a public research university with a focus on research and innovation. UK has a large and diverse student body, and a wide range of academic programs. UK is a member of the Arizona College Consortium (ACC).

University of Missouri (UM)
The University of Missouri (UM) is a public research university with a focus on research and innovation. UM has a large and diverse student body, and a wide range of academic programs. UM is a member of the Arizona College Consortium (ACC).

University of Arkansas (UA)
The University of Arkansas (UA) is a public research university with a focus on research and innovation. UA has a large and diverse student body, and a wide range of academic programs. UA is a member of the Arizona College Consortium (ACC).

University of Louisiana (UL)
The University of Louisiana (UL) is a public research university with a focus on research and innovation. UL has a large and diverse student body, and a wide range of academic programs. UL is a member of the Arizona College Consortium (ACC).

University of Mississippi (UM)
The University of Mississippi (UM) is a public research university with a focus on research and innovation. UM has a large and diverse student body, and a wide range of academic programs. UM is a member of the Arizona College Consortium (ACC).

University of Tennessee (UT)
The University of Tennessee (UT) is a public research university with a focus on research and innovation. UT has a large and diverse student body, and a wide range of academic programs. UT is a member of the Arizona College Consortium (ACC).

University of Kentucky (UK)
The University of Kentucky (UK) is a public research university with a focus on research and innovation. UK has a large and diverse student body, and a wide range of academic programs. UK is a member of the Arizona College Consortium (ACC).

University of Missouri (UM)
The University of Missouri (UM) is a public research university with a focus on research and innovation. UM has a large and diverse student body, and a wide range of academic programs. UM is a member of the Arizona College Consortium (ACC).

University of Arkansas (UA)
The University of Arkansas (UA) is a public research university with a focus on research and innovation. UA has a large and diverse student body, and a wide range of academic programs. UA is a member of the Arizona College Consortium (ACC).

University of Louisiana (UL)
The University of Louisiana (UL) is a public research university with a focus on research and innovation. UL has a large and diverse student body, and a wide range of academic programs. UL is a member of the Arizona College Consortium (ACC).

DOWNLOAD OUR 4 YEAR COLLEGE PLANNING GUIDE

SCHOLARSHIPS

GET READY! FLINN SCHOLARS

VIRTUAL INFORMATION SESSION
MONDAY, SEPTEMBER 11, 2023

Be a U.S. citizen or lawful permanent resident (Green Card holder) by time of application;
Be an Arizona resident for two full years immediately preceding entry to the university.
Attain at least a 3.5 grade-point average (unweighted);
Rank in the top 5 percent of their graduating class (if the school reports class rank); and
Participate and demonstrate leadership in a variety of extracurricular activities.

CLICK TO LEARN MORE ABOUT THE FLINN SCHOLARSHIP

The deadline to apply is **Wednesday, Oct. 18.**

In scope and value, the Flinn Scholarship is unlike almost any other undergraduate merit-based scholarship in the United States. The scholarship—valued at more than \$130,000—covers tuition, fees, housing, and meals at one of Arizona's three public universities, plus study abroad, for about 20 high-achieving students each year.

WELLNESS

Current physical activity guidelines recommend teens do at least 60 minutes (1 hour) of physical activity every day, including

- aerobic activities on most days, which can be either moderate- or vigorous-intensity aerobic physical activities [External link](#), such as jogging, biking, or dancing
- activities that strengthen your muscles, such as weightlifting or push-ups, at least 3 days a week
- activities that strengthen your bones, such as jumping rope or playing basketball, at least 3 days a week

SOURCE: [NIDDK.gov](#)

MOTIVATION

"WHAT YOU GET BY
ACHIEVING YOUR GOALS IS
NOT AS IMPORTANT AS WHAT
YOU BECOME BY ACHIEVING
YOUR GOALS."

EDUCATION & CAREER PLAN

Why is an ECAP important?

We as educators believe we should integrate an Education and Career Action Plan (ECAP) process into all facets of the school experience. Students, who have opportunities to identify interests, skills, and strengths and then apply that knowledge to create their own ECAP, transition more seamlessly into postsecondary and work place requirements.

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

UPCOMING EVENTS

- 09.12 ASVAB - Seniors (A-L)**
Meet in the Fine Arts Auditorium at 9am
- 09.12 College Visit: University of Southern California**
10:15am-11:15am in Counseling College Career Center
- 09.13 College Visit: Fort Lewis College**
8:30am-9:00am in Counseling College Career Center
- 09.13 ASVAB - Seniors (M-Z)**
Meet in the Fine Arts Auditorium at 9am
- 09.14 Arizona College Consortium College Fair @ CDO**
8:15am-9:00am meet with 12 post-secondary institutions outside of the MPR
- 09.14 College Visit: Grand Canyon University**
10:15am-11:15am in Counseling College Career Center
- 09.14 Health Professions Career Fair @ UofA**
Counselors will chaperone registered CDO students from 9:30am-2:00pm
- 09.15 College Visit: Vanderbilt University**
9am-10am in Counseling College Career Center

LAUGHTER IS THE BEST MEDICINE

Q: WHAT KIND OF MUSIC DO BALLOONS HATE?

A: POP!

T.A. CORNER

FAVORITE TUCSON ACTIVITIES

- U OF A BASEBALL GAMES
- HIKING AT CATALINA OR SAGUARO
- MT LEMMON
- HORSEBACK RIDING
- TRAIL DUST TOWN

- ELLEN, 2ND PERIOD

"Life is short.
Smile while
you still have
teeth."



- AMELIA, 7TH PERIOD

CDO COUNSELING

Updates

GAMES AND BRAIN TEASERS!

Transparent words

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

| | | | | |
|----------|------------|------------|-------------|----------|
| surf | ski | restaurant | robot | photo |
| train | table | six | lion | piano |
| hotel | instrument | animal | bus | pop corn |
| week end | burger | clown | chewing gum | sandwich |
| ticket | tennis | magazine | film | jungle |
| rugby | taxi | crocodile | poster | |

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

Spot 8 Differences in 48 Seconds

