

CDO COUNSELING Updates

SPOTLIGHT

ADVISORY @ COUNSELING

For Advisory on November 15th, CDO counselors will be presenting on Scholarships 101! Select Counseling via Sign-Up Genius to attend. Space is limited to 30 students.



This Week in Counseling:

There are only 24 school days left until Finals! If you'd like to improve your current grades, talk to your teacher about how you can be doing better, submit all of your assignments, study for your quizzes and exams. Be proactive with your academics, i.e. don't procrastinate!

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



CAREER ADVICE

How to answer job interview questions:

For any question, think about utilizing a PAR (Problem-Action-Result) response. This is where you explain a Problem you faced, the Action that you did to address the problem and the Result of your actions.

When using a PAR response, you are sharing more information about yourself and how you handle various situations which allows your potential employer to learn more about you and your fit with their company.

Sample Interview Question & Response:

Q: Tell me about a time when you took a leadership role.

P - One day in history class, we were doing group work and nobody knew what we were doing. Everyone was too embarrassed to ask the teacher for guidance.

A - I didn't want to do poorly on the assignment, so I went in front of the class and asked the teacher to share the instructions again.

R - More than one of the groups were equally as lost as we were. I learned that by stepping out of my comfort zone to take the initiative for my group, I can help others along with myself in confusing situations.



COLLEGE PLANNING

SENIORS!

- Update your resume with your job(s), GPA, community involvement, interests, activities and awards.
- Check your email and college portals daily to stay updated with communication and deadlines.

DOWNLOAD OUR 4 YEAR COLLEGE PLANNING GUIDE

SCHOLARSHIPS

ASU Latino Partnership Scholarship-Tomas Espinoza/CPLC Scholarship

The primary goal of the ASU CPLC Tomas Espinoza Scholarship is to provide financial assistance and support to outstanding students to obtain a degree from Arizona State University.

Students must have a minimum 3.0 GPA, be a graduate of an Arizona high school; a graduate or transfer student of an Arizona community college; or a current ASU Student. Applicant must also be classified as an Arizona resident for tuition purposes (residency is determined at the time of application to ASU).

Amount

- varies

DEADLINE IS 02/01/2024



WELLNESS

Signs of Stress for teens

- Irritability and anger
- Changes in behavior
- Trouble sleeping
- Neglecting responsibilities
- Eating changes
- Getting sick more often

SOURCE: APA.ORG

MOTIVATION

DEAR TEEN- LOVE YOURSELF. FORGIVE YOURSELF. BE TRUE TO YOURSELF. BECAUSE HOW YOU TREAT YOURSELF SETS THE STANDARD FOR HOW OTHERS TREAT YOU. - STEVE MARABOLI

EDUCATION & CAREER PLAN

One of the best things you can do in high school is join a student club. It helps you with social interaction, teamwork and spending time with like-minded people.

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.**

- Snacks and water for students
- Construction paper for projects



UPCOMING EVENTS

- 11.14 Make-up Civics Exam for Seniors**
For all seniors who haven't passed the Civics Exam yet.
- 11.14 Amphi District Counselor Meeting**
All counselors meeting off-campus.
- 11.15 Riley, Therapy Dog, Visits!**
Meet Riley the therapy dog during both lunches
- 11.15 Scholarships 101**
Sign up for Counseling to learn about scholarships during Advisory
- 11.16 College Visit: New York Film Academy**
11:15am in Counseling

LAUGHTER IS THE BEST MEDICINE

Q: WHAT DID THE PIRATE EARN ON HIS TESTS?

A: HIGH C'S!

TA CORNER

TOP 5 FAVORITE MOVIES

1. BAYWATCH
2. THE HANGOVER
3. TOP GUN: MAVERICK
4. PROTECT X
5. WHERE THE CRAWDADS SING

• Alexis ~ 4th Period TA



TOP 5 FAVORITE TV SHOWS

1. BROOKLYN NINE-NINE
2. BOY MEETS WORLD
3. THE OFFICE
4. FRIENDS
5. FULL HOUSE

• Kylie ~ 4th Period TA

CDO COUNSELING

Updates

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4		9				8		1
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2				9	8			

Fall Word Search

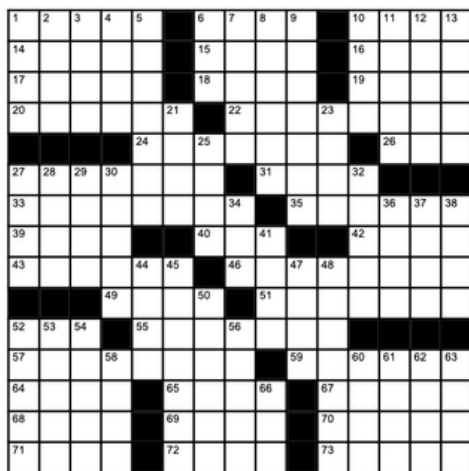
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APPLE CIDER EQUINOX HEATER RECREATION TREAT
 BRIGHT FIREPLACE HIBERNATION RED VIVID
 BROWN FIREWOOD MIGRATE SEEDS VOTING
 COMPETITION GRAIN OVERGROWN SEPTEMBER WILTING
 CORN GRASSHOPPER PILGRIM TRAVEL WINDY

SOLE MATES

Across

1. Utensil for ice cream
6. Jurassic suffix with dino-
10. April followers
14. Barbera's animation partner
15. French money
16. ____ vera (lotion additive)
17. SNEAKER COMPANY BASED IN JAPAN
18. First man
19. AIR JORDAN COMPANY
20. Hate
22. "We got married ____," hotter than a pepper sprout."
24. Fame's companion
26. Chicago trains
27. RUNNING SHOES MADE BY WOLVERINE WORLD WIDE
31. Emulate Adele
33. Retail store
35. CLOUDFOAM RUNNING SHOE BRAND
39. Name of an IRA
40. Old horse
42. Falana, "Copa" girl or "Damn Yankees" vamp
43. Funny man Mel
46. Did a spoof of
49. Neill, Waterston and our Uncle
51. NEW ____ (RUNNING SHOES FROM CHINA)
52. Rom or org. part
55. Brand new
57. Forebear
59. Mattress coverings
64. RUNNING SHOES FROM THE DECKER OUTDOOR CORPORATION
65. Vagrant
67. "ZERO DROP" RUNNING SHOES
68. Banned insecticide



Down

1. Herring kin and source of roe
2. Big beer buy
3. "I'm doing that now!"
4. In the past
5. Successfully impersonate
6. Ocean
7. Feared IRS activity
8. A solar system "ice giant"
9. Neighbor of Hungary
10. Hair on a mare

11. Still kicking
12. Hick
13. Clairvoyants
21. Braxton, Morrison or Tennille
23. Ward (off)
25. Record-setting miler Jim
27. Certain Balkan
28. Love, in Spain
29. Until
30. Pacific salmon
32. The late Radner of "SNL"
34. Waze display
36. "Nothin' ____!" (absolutely not!)
37. Baldwin or Guinness
38. Marquis de ____
41. Chitchats
44. Neighbor of Nebr. and Colo.
45. Overwhelm or suffocate
47. Charlotte and Norma
48. Veteran
50. Moe, Larry or Curly
52. Taj ____
53. ____ Gay (plane that dropped the first A-bomb)
54. "Wide World of Sports" host Jim
56. In the city
58. Listeners?
60. General Robert ____
61. To be, in Patee
62. Walked (on)
63. Backtalk
66. Small bill