

# CDO COUNSELING Updates

## SPOTLIGHT



## This Week in Counseling:

Happy Thanksgiving W! Currently, we're working on helping students gear-up for the last few weeks so that they can finish the semester strong! We're thankful for all of our students, teachers, staff and administrators and we hope all of you have an amazing break!

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



## CAREER ADVICE

For the career section, here are a few highlights from an article to help teens with interviews (to land a holiday job!):

- Research the job and company
- Conduct practice interviews (your counselor can help!)
- Prepare your resume and bring a copy
- Ask questions during the interview
- Plan your outfit and transportation beforehand
- Write a thank you note

*11 Job Interview Tip for Teens*

## EDUCATION & CAREER PLAN

Are you Career Ready? What does that look like?  
Examples of Personal Career Action Plan:

My Personal Career Action Plan			
Career Goals		Educational Plans	Graduate School
My overall goals are	My potential/declared academic major	My potential/declared school programs related to career goals	Career Related Experience
Job Function that interest me:	How does potential/declared major(s) relate to my career goal?	Preparation required to be eligible for graduate/professional school admissions:	Optimal time(s) for planning these experiences:
Industries to which I am attracted:	General Education courses that might support my career development:	Key faculty or staff who can help me explore my options:	Connecting with alumni professionals through career discovery (informational interviews, job shadowing experience)
Priority locations for work:	Elective courses which will enhance my career development:	Timeline for application process:	On/off campus jobs which would contribute to my career preparation:
Follow up steps in the next 3-6 months	Follow up steps in the next 3-6 months	Follow up steps in the next 3-6 months	Follow up steps in the next 3-6 months

## SCHOLARSHIPS

NHS Scholarship for current NHS seniors

What is an ideal candidate?

- An ideal applicant for the NHS Scholarship will:
  - Demonstrate a service mindset by seeking out and voluntarily fulfilling needs to help others.
  - Commit to learning, growing, and making the most of educational opportunities.
  - Take ownership and responsibility as a leader, in title or in action, in school and community.
  - Display perseverance, honesty, integrity, and ethical and compassionate decision-making.

**DEADLINE IS 11/30/2023**

Application site: [The NHS Scholarship | NHS \(nationalhonorsociety.org\)](https://www.nationalhonorsociety.org)

## WELLNESS



SOURCE: PSYCHOLOGY TODAY

## MOTIVATION

"LIFE IS LIKE A BICYCLE. TO KEEP YOUR BALANCE, YOU MUST KEEP GOING."

## COLLEGE PLANNING



DOWNLOAD OUR 4 YEAR COLLEGE PLANNING GUIDE

## 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

- 11.20 UofA Paying for College Presentation**  
9:15am in Counseling
- 11.20 Delivering Thankful Notes to CDO Staff**
- 11.22 Thanksgiving Break**  
No School
- 11.23 Thanksgiving Break**  
No School
- 11.24 Thanksgiving Break**  
No School

## LAUGHTER IS THE BEST MEDICINE

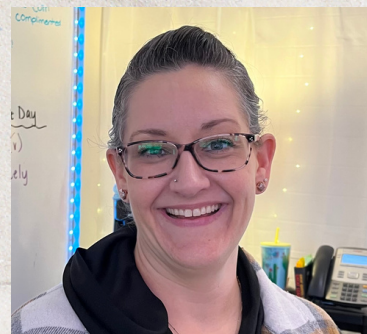
Q: WHY DID THE TEACHER WEAR SUNGLASSES?  
A: BECAUSE THEIR CLASS WAS SO BRIGHT!

## TEACHER CORNER

Mrs. Arnold teaches World History and AP World History. She's thankful for...

- Her kids
- Diet Dr. Pepper
- Her dog
- Vacations
- Students who put their names on papers

*DUTCH DRINK: CAMPOUT COLD BREW*





# CDO COUNSELING

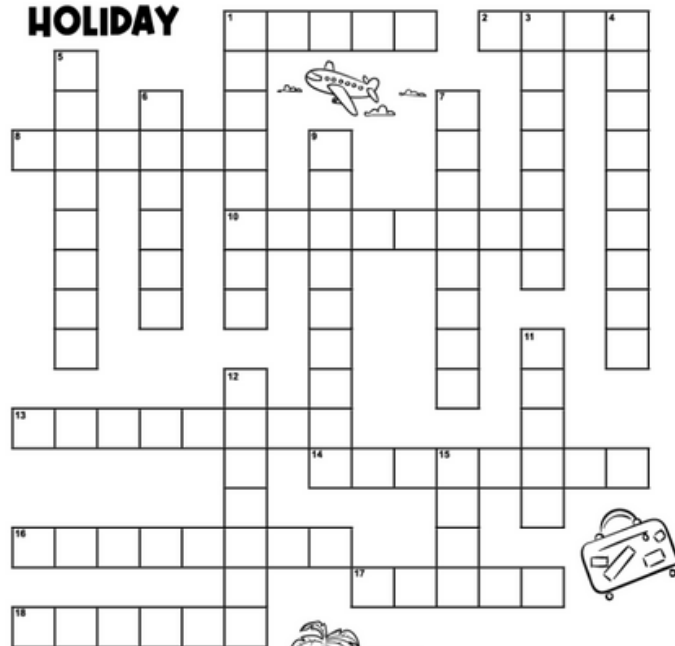
## Updates

### Thanksgiving Word Search

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

England	maize	celery	symbol	Thursday
third	Abraham Lincoln	Sarah Hale	yams	wishbone
Wampanoag Indians	voyage	vegetables	customs	tradition
thankful	tablecloth	sweet potato	settlers	ham
turkey	Pecan pie	pumpkin pie	Plymouth	Pilgrim
November	Native American	Mayflower	Massachusetts Bay Colony	holiday
harvest	gravy	grateful	gobbie	friends
football	feast	Squanto	family	cranberries
cornucopia	cornbread	Colonists	celebrate	casserole
New World	bread	beans	bake	autumn
acorn				

### HOLIDAY



#### ACROSS

1. having plenty of bright sunlight
2. tiny loose pieces of rock that cover beaches
3. to fly to the destination without stopping
4. a flying vehicle with wings
5. a period of time a person spends away from home in order to relax or travel
6. relating to the part of the world that is near the equator where the weather is very warm
7. a document you need when you go to another country
8. spend time resting or doing something enjoyable
9. a journey on a plane



#### DOWN

1. a container to carry your clothing when traveling
2. to have reached a place at the end of a journey
3. the act of leaving a place to start a journey
4. the activity of moving through the water by moving your arms and legs
5. a place where people go for vacations
6. a very beautiful place that seems to be perfect
7. moving in an irregular or violent way
8. an area covered with sand next to an ocean
9. a place where aircraft can land and take off
10. a body of water to swim in

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