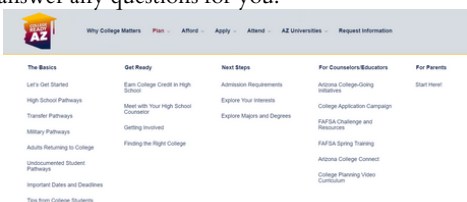


# CDO COUNSELING Updates

## SPOTLIGHT

The [Arizona Board of Regents](http://www.collegereadyaz.com) launched a website - [www.collegereadyaz.com](http://www.collegereadyaz.com) to provide information to students, educators, guardians and parents about Arizona's 3 public universities. It includes helpful resources for middle schoolers through high school seniors about selecting your major, FAFSA, scholarships, how to get involved on campus, etc. Check it out and let us know if we can answer any questions for you!



## This Week in Counseling:

12 school days until Finals! 14 school days until the end of the semester! Your end of semester grades are shown on your official transcript. Here's your last chance to improve your grades. A 1.0 proficiency grade is passing. Pass your class now so that you don't need to take summer school later!

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

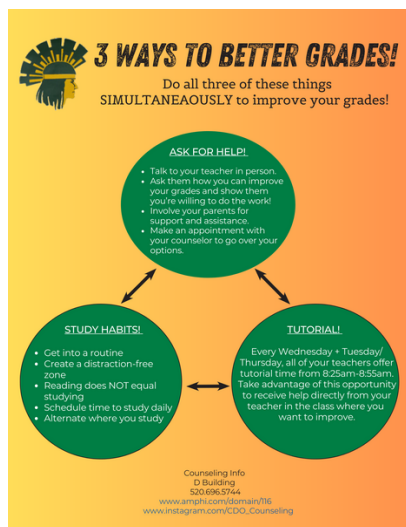


## CAREER ADVICE

- Find a mentor who has a career that interests you (ask questions)
- Identify your interests and research careers that align with them
- Choose a career you will like (you don't want to go to a job everyday that makes you unhappy)
- Try different things (helps you learn what you like, dislike and your talents)
- Get involved in your community and volunteer (great way to network)



## EDUCATION & CAREER PLAN



DOWNLOAD HERE

## SCHOLARSHIPS

### BURGER KING Foundation

Applicants must-

- Be living in the United States, Puerto Rico, Guam or Canada
- Be graduating high school seniors (U.S., Puerto Rico and Guam), graduating from grade 12 (Canada) or graduating from home school education in the U.S., Puerto Rico, Guam or Canada
- Have a cumulative high school grade point average of 2.0 or higher on a 4.0 scale, or the equivalent
- Plan to enroll full-time, without interruption, for the entire 2024-25 academic year at an accredited two- or four-year college, university or vocational-technical school or CEGEP or equivalent in the U.S., Puerto Rico, Guam or Canada

Awards of \$1,000 will be designated to students by high school zip code, county and/or state!

**APPLY HERE**

Deadline: December 15, 2023

## WELLNESS



While the brain is remarkably complex, the neurochemical drivers of happiness are quite easy to identify. Dopamine, serotonin, and oxytocin make up the Happiness Trifecta.

Any activity that increases the production of these neurochemicals will cause a boost in mood.

If giving allows us to secrete all the chemicals at once, we owe it to ourselves to give as often as possible!

**Helping others can take on many forms:**

- Opening a door
- Helping a friend change a tire
- Donating money or time
- Giving advice

Anytime we step outside of ourselves long enough to help someone else, something wonderful is waiting for us when we return: the Happiness Trifecta neurochemicals are all boosted!

Source: <https://www.psychologytoday.com/us/blog/habit/201909/the-happiness-trifecta>

## MOTIVATION

"The people in your life should be a source of reducing stress, not causing more of it."

## TA CORNER

Ellen's  
Dutch Bros  
Order:  
Canyon  
Iced Mocha



## 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
- Full size refrigerator for our lounge

## UPCOMING EVENTS

**12.04 UofA Next Steps - ADMITTED SENIORS ONLY**  
9:15am in Counseling

**12.06 Riley, the Therapy Dog!**  
During both lunches!

**12.08 UofA Paying for College - ADMITTED SENIORS ONLY**  
10:15am in Counseling

## LAUGHTER IS THE BEST MEDICINE

Q: WHY DID THE KID BRING A LADDER TO SCHOOL?

A: BECAUSE THEY WANTED TO GO TO HIGH SCHOOL!

## COLLEGE PLANNING



**CREATE YOUR FSA ID HERE!**

DOWNLOAD OUR 4 YEAR COLLEGE PLANNING GUIDE



# CDO COUNSELING

## Updates



### Fall Word Search

ACORN ANNIVERSARY AUTUMN BONFIRE BOOTS FALL  
FOOTBALL JACKETS LEAVES PUMPKIN SCARECROW  
SWEATER TEACHER THANKSGIVING TRICKORTREAT

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

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

### Old Uncle Fred's Tech Support

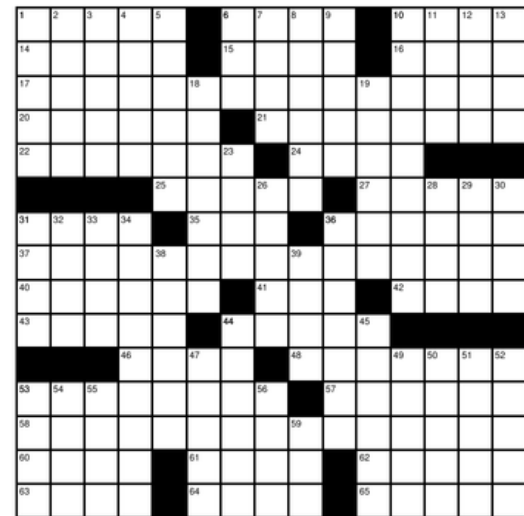
Robert Stockton

#### ACROSS

1. Tamale wrappers
6. "Mamma Mia" group
10. Isle of exile
14. Out of touch with reality, metaphorically
15. Consider
16. Creature on a canadian coin
17. HARD DRIVES?
20. Everett of "Citizen Kane"
21. Long foreign films, to some
22. Sawbucks
24. Meredith Wilson's home state
25. Pan-fry
27. Diminish
31. CFO's milestones
35. L33t article
36. BITS?
37. SOFTWARE?
40. Sell off quickly
41. Date
42. "League of Extraordinary Gentlemen" strong man
43. Invention
44. Tennis great Ivan
46. Comedienne Vidale with an eponymous 1993 sitcom
48. Like Anna's students
53. Unwrapped, perhaps
57. Poem part
58. WEB SITES?
60. XM's "The Pet Hour" sponsor
61. Thom who makes treads
62. Pilfered
63. Uno y dos
64. "It's all clear now!"
65. Garments for galas

#### DOWN

1. What to do with a flag or a flagon
2. Sam or Tom, e.g.
3. MONITOR?
4. Sura source
5. What Go players may capture
6. Apply an abacus
7. Nickname for 10 down
8. Place for a propeller
9. Childish retort
10. First Lady to Harry
11. Stadium section
12. Niels the Nobelist
13. Red queen's subjects
18. Filled with fizz
19. "Hold on 'til I'm ready!!"
23. Plaintiff
26. What we have here
28. \_\_\_-deucy
29. Be inclined
30. Latin 101 verb
31. Places for EKGs
32. Emulate a dog in summer



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3. Kristiania, now
34. Occasional quality of breath or stature
36. Possible subject for a "UFO" photo
38. Havoc
39. Word accompanying a common stick figure
44. Take-off
45. Most modern
47. Swelling
49. Republic south of Sicily
50. Poem postscript
51. Conductor George of the Cleveland Orchestra
52. Soothes
53. Last words
54. Host between Allen and Carson
55. Salinger title lass
56. MOTHERBOARDS?
59. Kind of cone or cat

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)