

CDO COUNSELING Updates

SENIORS! COLLEGE

THE FINANCIAL AID PROCESS

Finding financial aid can seem overwhelming when you're trying to get ready for college or career school. The U.S. Department of Education's office of Federal Student Aid is here to help you get the money you need to pay for your education.

PREPARATION
Scholarships and state aid can help cover the cost of college or career school, but you may find yourself in need of federal assistance. Many states have college funding programs. Ask a guidance counselor at your college financial aid office for more information.

FAFSA*
The FAFSA is the Free Application for Federal Student Aid and is the only way to apply for federal student aid. The schools you list on your application will use FAFSA information to evaluate your financial need and determine how much federal aid you are eligible to receive. Many states and colleges also use information from your FAFSA to provide their own financial aid.

Types of Federal Student Aid
As the largest provider of financial aid, the U.S. Department of Education's office of Federal Student Aid provides grants, loans, and work-study funds.

Grants
Grants are free money that do not have to be repaid.

Loans
Student loans are real money (like a car or home loan) that need to be repaid with interest.

Award
Your award letter explains the combination of federal grants, loans, and work-study colleges offering you. The offer might also contain state or institutional aid. If you receive award letters from multiple colleges or career schools, you should compare them and decide which school works best for you.

College
Every year, millions of new students attend college or career school for the first time. Your college or career school has a financial aid office to help guide you along the way.

Beyond Education
Workforce
When you take the time to plan for your education and get Federal Student Aid help you along the way, you'll be setting the foundation for a bright future and success in the workforce.

Repayment
Once you leave school, you will need to repay your student loans. Contact your loan servicer to discuss your repayment options.

Loan Repayment

Go to studentaid.gov to start your application!

Federal Student Aid PRIDE SPONSOR OF THE AMERICAN WEST **StudentAid.gov**

This Week in Counseling:

Happy Martin Luther King Jr Day! We hope you're out and participating in the numerous MLK Day of Service opportunities across town!
No early out on Wednesday and assembly schedule on Friday. Excited to see everyone dressed up for Spirit Week!

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



ACADEMICS

NEW SEMESTER= NEW START

YOUR GRADES RESET THIS SEMESTER!

STRUGGLING WITH A CLASS? ATTEND.

Tutoring

Monday	Tuesday	Wednesday	Thursday	Friday
Math: Mr. Yarnall 4:00-5:00 #102	Math: Mr. Scarborough 4:15-5:15 #607	Math: Mr. Scarborough 4:15-5:15 #607	Math: Mr. Scarborough 4:15-5:15 #607	Math: Mr. Scarborough 4:15-5:15 #607
English: Mr. Scarborough 4:15-5:15 #607	English: Mr. Scarborough 4:15-5:15 #607	English: Mr. Scarborough 4:15-5:15 #607	English: Mr. Scarborough 4:15-5:15 #607	English: Mr. Scarborough 4:15-5:15 #607
Chemistry: Mr. Lantz 4:00-5:00 #102	Chemistry: Mr. Lantz 4:00-5:00 #102	Chemistry: Mr. Lantz 4:00-5:00 #102	Chemistry: Mr. Lantz 4:00-5:00 #102	Chemistry: Mr. Lantz 4:00-5:00 #102
Social Studies: Mr. Lantz 4:00-5:00 #102	Social Studies: Mr. Lantz 4:00-5:00 #102	Social Studies: Mr. Lantz 4:00-5:00 #102	Social Studies: Mr. Lantz 4:00-5:00 #102	Social Studies: Mr. Lantz 4:00-5:00 #102
Algebra: Mr. Lantz 4:00-5:00 #102	Algebra: Mr. Lantz 4:00-5:00 #102	Algebra: Mr. Lantz 4:00-5:00 #102	Algebra: Mr. Lantz 4:00-5:00 #102	Algebra: Mr. Lantz 4:00-5:00 #102
Geometry: Mr. Lantz 4:00-5:00 #102	Geometry: Mr. Lantz 4:00-5:00 #102	Geometry: Mr. Lantz 4:00-5:00 #102	Geometry: Mr. Lantz 4:00-5:00 #102	Geometry: Mr. Lantz 4:00-5:00 #102
Monday/Tuesday and Thursday	Monday/Tuesday and Thursday	Monday/Tuesday and Thursday	Monday/Tuesday and Thursday	Monday/Tuesday and Thursday
English: Mr. Grand 4:00-5:00 #102	English: Mr. Grand 4:00-5:00 #102	English: Mr. Grand 4:00-5:00 #102	English: Mr. Grand 4:00-5:00 #102	English: Mr. Grand 4:00-5:00 #102
Spanish: Mr. Grand 4:00-5:00 #102	Spanish: Mr. Grand 4:00-5:00 #102	Spanish: Mr. Grand 4:00-5:00 #102	Spanish: Mr. Grand 4:00-5:00 #102	Spanish: Mr. Grand 4:00-5:00 #102
Math: Mr. Lantz 4:00-5:00 #102	Math: Mr. Lantz 4:00-5:00 #102	Math: Mr. Lantz 4:00-5:00 #102	Math: Mr. Lantz 4:00-5:00 #102	Math: Mr. Lantz 4:00-5:00 #102
Biology/Physics: Mr. Chen 4:00-5:00 #102	Biology/Physics: Mr. Chen 4:00-5:00 #102	Biology/Physics: Mr. Chen 4:00-5:00 #102	Biology/Physics: Mr. Chen 4:00-5:00 #102	Biology/Physics: Mr. Chen 4:00-5:00 #102
Anatomy/Physiology: Mr. Chen 4:00-5:00 #102	Anatomy/Physiology: Mr. Chen 4:00-5:00 #102	Anatomy/Physiology: Mr. Chen 4:00-5:00 #102	Anatomy/Physiology: Mr. Chen 4:00-5:00 #102	Anatomy/Physiology: Mr. Chen 4:00-5:00 #102
English: Mr. Bailey 4:00-5:00 #102	English: Mr. Bailey 4:00-5:00 #102	English: Mr. Bailey 4:00-5:00 #102	English: Mr. Bailey 4:00-5:00 #102	English: Mr. Bailey 4:00-5:00 #102

STUDY TIPS

1. Take regular breaks: try 50 minutes of work with 10 minute breaks
2. Take notes in class, even if it's just key words
3. Exercise first: generates new brain cells if immediately followed by learning new information
4. Review & revise notes at home: rewrite and clean them up & review within one day
5. Start with your toughest assignments first
6. Focus on key vocabulary
7. Join a study group

OR TUTORIAL BEFORE SCHOOL

UPCOMING EVENTS

- 01.15 Martin Luther King Day**
NO SCHOOL
- 01.16 Amphi District Counselors Meeting**
All Counselors will be unavailable in the afternoon
- 01.16 Spirit Week: PJ Day**
Wear your comfiest pajamas to school!
- 01.17 NO EARLY OUT**
Regular class schedule today!
- 01.17 Spirit Week: Rhyme Without Reason**
Find a friend or group and dress as different things that rhyme!
- 01.18 Spirit Week: Dress as Your Future Self**
Wear an outfit that you see yourself wearing in the future!
- 01.18 College Visit: Pima Community College**
9am-10am in Counseling
- 01.19 Spirit Week: Class Colors**
9th - Yellow, 10th - Green, 11th - Blue, 12th - Red
- 01.19 Winter Assembly!**
Assembly Schedule

ECAP

As you are gearing up to select your classes for next year lets talk about electives.

Electives give students unique opportunities to explore interesting subject area. Look at electives that might ignite your passion, those that you are curious about or advancing you towards your goals. Maybe you have dreams of becoming a world-renowned Chef. Check out our amazing Culinary department. Maybe you dream of being on Broadway the check out the Drama electives. So many options to consider!

[AMPHI COURSE CATALOG](#)

MOTIVATION

"DARKNESS CANNOT DRIVE OUT DARKNESS. ONLY LIGHT CAN DO THAT. HATE CANNOT DRIVE OUT HATE, ONLY LOVE CAN DO THAT." MLK JR.

LAUGHTER IS THE BEST MEDICINE

WHY CAN'T A NOSE BE 12 INCHES LONG?

BECAUSE THEN IT WOULD BE A FOOT!

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
- Color paper for projects and flyers



SCHOLARSHIPS

Apply for Trico Electric Cooperative's Scholarship

- Each year Trico awards scholarships for college, university, vocational school or other post high school educational institution
- Students must be a dependent child of a Trico customer to be eligible
- Apply online at www.trico.coop

DEADLINE: March 6, 2024

Subscribe to the CDO Counseling Newsletter!



TEACHER CORNER



Congrats to Mr. Lantz & Mrs. Bryant for being honored at the Barstool Arizona Bowl!

CDO COUNSELING

Updates

Name: _____ Date: _____

Martin Luther King Jr. Word Search

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

Racial	Destiny	Intelligent	Dream
Speaker	Segregation	Civil Rights	Martin Luther King
fighter	Hope	King	activist
leader	African American	Inspiration	Love
Peace	Liberation	Justice	Freedom

FEOERDM

5 7 10

EJITSUC

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TIBLREY

8

EQUULA

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OONHR

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EVLAS

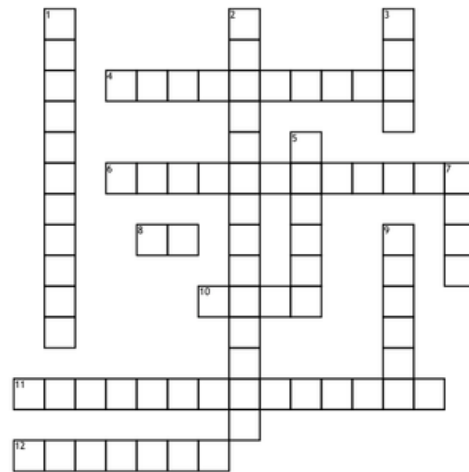
6 4

1 2 3 4 5 6 7 8 9 3 10



Name: _____ Date: _____ Period: _____

Martin Luther King Jr.



Across

4. When Martin Luther King Jr. passed away

6. Martin Luther King Jr.'s wife name

8. How many times did Martin Luther King Jr. go to jail

10. How many Kids did Martin Luther King Jr. have

11. Martin Luther fought against

12. What did Martin Luther King Jr. believe in

Down

1. The Name of Martin Luther King Jr.'s famous speech

2. Where was Martin Luther King Jr. born

3. When did Martin Luther King Jr. become a national holiday

5. What did Martin Luther King Jr. become in 1954

7. King appeared first on which magazine

9. The number of people at his famous speech.

Word Bank

I Have a Dream	250000
Atlanta Georgia	Pastor
29	Time

April 4 1968
Coretta Scott
Four

Discrimination
1986
Freedom

