

CDO COUNSELING Updates

SPOTLIGHT



CDO SENIOR SPIRIT SQUAD SALE!

@CDOSENIORSPIRITSQUAD

On August 25th, the Senior Spirit Squad is selling swag for the upcoming home football and volleyball seasons in the cafeteria during both lunches and during the Freshmen Tailgate!



Welcome Dorados!

We created this newsletter as a way to help our students and community stay updated on what is happening with the Counseling Department. Our goal is to use this platform to share information with you in one convenient location. We're excited for all of the events and plans we have for you this year! View an online version on the Counseling website - www.amphi.com/domain/116

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



CAREER ADVICE

Creating Your Resume!

- Be specific and detailed with any and all work experience that you have had.
- Proofread for errors.
- Include contact information and check your email regularly.
- Update your resume after every semester!

No work experience? No problem!

1. Highlight Academic Achievements
 - a. GPA
 - b. Difficult classes
 - c. Awards and Honors
2. Feature your Extracurricular Activities
 - a. School - Sports, Theater, Clubs, etc.
 - b. Outside of school - sports, music, religious organizations, etc.
3. Showcase Volunteer Experience
 - a. Include any and all opportunities
 - b. Specific examples (even limited experience) is beneficial

SOURCE: ResumeBuilder.com

COLLEGE PLANNING

The Free Application for Federal Student Aid (FAFSA) is changing for this school year. Sometime in December, the application will be open for submissions; however, in the meantime, YOU and your PARENT/GUARDIAN need to create your own FSA ID accounts - [HERE](#). Creating your own FSA IDs will allow you to start the FAFSA in December.

Every student interested in Post-CDO Education should complete the FAFSA to see what options they have for paying for school!

[DOWNLOAD OUR 4 YEAR COLLEGE PLANNING GUIDE](#)

SCHOLARSHIPS

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.

FLINN SCHOLARSHIP BENEFITS

- THE FULL COST OF TUITION AND MANDATORY FEES, PLUS HOUSING AND MEALS, VALUED AT MORE THAN \$130,000;
- FUNDING FOR AN INTERNATIONAL SUMMER SEMINAR AFTER THE SCHOLAR'S FRESHMAN YEAR AND FOR AT LEAST ONE ADDITIONAL STUDY-ABROAD EXPERIENCE;
- PARTICIPATION IN AN EXTRAORDINARY COMMUNITY OF MORE THAN 700 CURRENT AND ALUMNI FLINN SCHOLARS;
- MEMBERSHIP IN A UNIVERSITY HONORS COLLEGE

[CLICK FOR MORE INFO ABOUT THE FLINN SCHOLARSHIP](#)

WELLNESS

Feeling Overly Anxious or Overwhelmed?
This activity will teach you a simple technique called 5-5-5 breathing.

1. Inhale very slowly through your nose for 5 seconds: 1-2-3-4-5.
2. Exhale very slowly through your nose or mouth for 5 seconds: 1-2-3-4-5.
3. Wait for 5 seconds: 1-2-3-4-5.
4. Repeat the process three more times (1 minute total).
5. Notice how you feel. (You should feel calmer.)

Source: [Thoughtful Learning](#)

MOTIVATION

"OUR GREATEST WEAKNESS LIES IN GIVING UP. THE MOST CERTAIN WAY TO SUCCEED IS ALWAYS TO TRY JUST ONE MORE TIME."

EDUCATION & CAREER PLAN

- Make a testing plan (ACT/SAT)
- Plan Official College visits
- Meet with your counselor
- Discuss costs/where to apply
- Complete FSAID, FAFSA, and College applications
- Consider offers and Financial Aid
- Apply for Scholarships
- Make a Decision
- Graduation: Stay focused and on Track



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

- 08.21 Grading & Assessment Parent Zoom Meeting**
To assist parents with any questions they may have about the new grading system our Associate Superintendent of Secondary Education, Matt Munger, will be hosting two parent information meetings next week via Zoom.
5:30pm-6:30pm: <https://amphi.zoom.us/j/95117995631?pwd=TIRXVlEwWlQWVWYjdlWEVwY0Y5dz09&from=addon>
- 08.22 Mrs. Carrie Bakken's Birthday!**
Help us wish Mrs. Bakken an awesome birthday!
- 08.22 Amphi District Counselor Meeting e CDO**
We're hosting all of our fellow Amphi counselors at the 1st District Counselor meeting of this year!
- 08.24 Visit with Riley, the Therapy Dog!**
Meet Riley during both lunches! outside of the MPR!
- 08.24 Grading & Assessment Parent Zoom Meeting**
To assist parents with any questions they may have about the new grading system our Associate Superintendent of Secondary Education, Matt Munger, will be hosting two parent information meetings next week via Zoom.
6:00pm-7:00pm: <https://amphi.zoom.us/j/98184966898?pwd=ZEFzMFpXc2x1ZjkwOE00aQp0T0h1UT09&from=addon>
- 08.25 Freshmen Tailgate!**
Class of 2027! Come early to your first CDO football game and party with Link Crew!

LAUGHTER IS THE BEST MEDICINE

Q: WHAT DOES JEFF BEZOS DO BEFORE HE GOES TO SLEEP?
A: HE PUTS HIS PJ-AMAZON.

T.A. CORNER

- Eva's Top 5 Campus Parking Tips**
1. Don't back into spaces in UPPER. only Lower!
 2. Stay within the lines even if you car is huge. I can Promise there are bigger cars who are doing a better job.
 3. Don't try to start a third lane in UPPER when leaving.
 4. If you stick with one Parking spot for long enough, no one will touch it.
 5. Get Picked up after school on Fridays so you don't have to find a Parking spot during football games!

- EVA, 5TH PERIOD

GO-TO DUTCH BROS DRINK:

*BLENDED
TIGERS BLOOD
LEMONADE*



- ACKENNA, 5TH PERIOD