

CDO COUNSELING Updates

SPOTLIGHT

NEW STUDENT ORIENTATION!!!



AWESOME JOB LINK CREW!!!

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!

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



CAREER ADVICE

Top 10 Tips for Teens Completing Job Applications

1. Take your time completing the application. Don't rush!
2. Neatness counts.
3. Show the employer that you can follow directions.
4. Double check your application for spelling and grammar mistakes.
5. Make sure you emphasize the job responsibilities of your past jobs which are most relevant.
6. Employers of teens value reliability, especially in terms of attendance and punctuality.
7. No work experience yet? Include volunteer work, honors, awards, extracurricular activities, etc.
8. Get a list of references.
9. Be prepared to furnish names, job titles and contact information for your references.
10. Check your email and phone messages frequently and respond promptly.

SOURCE: Las Vegas-Clark County Library District

COLLEGE PLANNING



Tucson Joint Tri-University Student Workshop-
Thursday, Sept.14 @ 6:00 p.m. on U of A campus.
Please Register here - [High School Student Programming](#) | [Visit ASU](#)

Applying to College: All 3 In-State University application are now open for current seniors.

Arizona State University:

<https://admission.asu.edu/apply>

Northern Arizona University:

<https://nau.edu/how-to-apply/apply-now/>

University of Arizona:

<https://www.arizona.edu/admissions>

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

SCHOLARSHIPS



THE GATES SCHOLARSHIP (TGS) IS A HIGHLY SELECTIVE, LAST-DOLLAR SCHOLARSHIP FOR OUTSTANDING, MINORITY, HIGH SCHOOL SENIORS FROM LOW-INCOME HOUSEHOLDS. EACH YEAR, THE SCHOLARSHIP IS AWARDED TO EXCEPTIONAL STUDENT LEADERS, WITH THE INTENT OF HELPING THEM REALIZE THEIR MAXIMUM POTENTIAL.

AN IDEAL CANDIDATE WILL HAVE:

- AN OUTSTANDING ACADEMIC RECORD IN HIGH SCHOOL (IN THE TOP 10% OF HIS/HER GRADUATING CLASS)
- DEMONSTRATED LEADERSHIP ABILITY (E.G., AS SHOWN THROUGH PARTICIPATION IN COMMUNITY SERVICE, EXTRACURRICULAR, OR OTHER ACTIVITIES)
- EXCEPTIONAL PERSONAL SUCCESS SKILLS (E.G., EMOTIONAL MATURITY, MOTIVATION, PERSEVERANCE, ETC.)

[CLICK TO APPLY FOR THE GATES SCHOLARSHIP](#)

WELLNESS

De-stressing tools for Back to School

1. Distract Yourself
2. Change your time frame
3. Accept and label your negative emotions

Source: [A Back to School Stress-Management Toolkit for Teens](#) | [Psychology Today](#)

MOTIVATION

"STRENGTH DOESN'T COME FROM WHAT YOU CAN DO, IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN'T."

EDUCATION & CAREER PLAN

Why ECAP? This tool connects students to multiple resources that will provide support and guidance for career and college readiness. It includes Career Planning and Management, Career Exploration and Self-Exploration. ECAP completion is a graduation requirement.

LAUGHTER IS THE BEST MEDICINE

Why are elevator jokes so good?

They work on many levels.

UPCOMING EVENTS

08.14

Counselors' Calendars are Open!

Go to the CDO Counseling website [HERE](#) and click the link underneath the photo of your counselor (assigned by your last name) to schedule an appointment.

08.16

CDO Open House (5:15pm-8:00pm)

5:15 - 5:45 pm - Club/Sport/Program Info + Dorado Small Ensembles/Jazz Band Performances in courtyard outside Auditorium
5:45 - 6:10 pm - Principal Address and Introductions
6:10 pm - Families are dismissed to head to 1st period, continued club/sport/program info + CDO Orchestra performance
6:25 pm - Families are dismissed to head to 2nd period
6:30 - 7:55 pm - Families will visit periods 2 through 7, starting with 2nd period

08.28

Fast Fives - Seniors (entire week)

Counselors will be visiting with all seniors for a 5 minute credit check and to make sure they are on track for graduation this May.

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 (Building D).

- 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

[CDO COUNSELING WEBSITE](#) / [@CDO_COUNSELING](#)

T.A. CORNER

FINLEY'S TOP 10 FAVORITE SNACKS

1. POPCORN
2. CHOCOLATE BARS/CANDIES
3. GOLDFISH
4. LICORICE FROM DREAM TEAM
5. FRUIT SNACKS/GUMMIES
6. HOT CHEETOS
7. GRANOLA BARS
8. JOLLY RANCHERS
9. RICE KRISPY TREATS
10. FRUIT - FINLEY, 7TH PERIOD TA



"THIS YEAR IS OUR YEAR TO LIVE TO THE FULLEST!"

- KYLIE, 4TH PERIOD TA