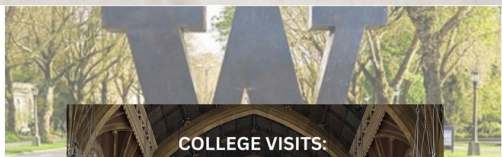


# CDO COUNSELING Updates

## SPOTLIGHT



### COLLEGE VISITS:

THE UPCOMING BREAKS ARE A PERFECT TIME TO VISIT UNIVERSITIES YOU ARE INTERESTED IN!



WHAT WE LEARNED DURING OUR TOUR AT THE UNIVERSITY OF WASHINGTON:

1. THE ESSAY PORTION (PROMPT AVAILABLE NOW), COMMUNITY SERVICE, LEADERSHIP, & ACHIEVEMENT ARE ALL IMPORTANT PARTS OF THEIR HOLISTIC REVIEW.
2. LETTERS OF RECOMMENDATION ARE NOT CONSIDERED.
3. APPLICATION OPENS SEPTEMBER 1ST AND THERE IS ONLY ONE DEADLINE FOR ALL APPLICATIONS: NOVEMBER 15TH.
4. TOTAL COST OF ATTENDANCE (COA) IS 63,906

### Things to find out during your visit:

1. How many undergraduates are there?
2. Is it in a rural or urban setting?
3. What are the on campus housing options? Are you required to live on campus your first year?
4. What do the dorms, rec center, and classrooms look like?
5. What are the food options on and off campus?
6. Does the school have athletic events?
7. Is there a fee for students?
8. What is the total cost of attendance (COA)?
9. What scholarships and financial aid options are available?
10. What supports are in place for campus safety?

## This Week in Counseling:

We've been swamped with class selection presentations and appointments for the 2024-2025 school year. Thanks to Cross and Mt. Vista for hosting us in your 8th grade classrooms. This week, we're following up with all of our students who haven't submitted their forms before the Feb. 21st deadline!

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



## 2024-2025 COURSE SELECTIONS

**RETURNING CDO STUDENTS AND STUDENTS WHO LIVE WITHIN CDO BOUNDARIES**, click the link to complete your course selection preferences. You are only able to submit the form once. **The deadline to complete your selections is February 21st.** View descriptions of each class via the [Amphi Course Catalog](#). After submitting the form, you are committed to your class preferences for the 2024-2025 school year. You can only make changes by emailing your counselor ([Counseling Website](#)) until February 29th.

Class of 2025 - current 11th graders

Class of 2026 - current 10th graders

Class of 2027 - current 9th graders

Class of 2028 - current 8th graders (if you do not have a student number, enter 00000000)

**APPROVED OPEN ENROLLED STUDENTS, DO NOT COMPLETE THESE FORMS! Email our Registrar, Brenda Garcia**

**- [bgarcia@amphi.com](mailto:bgarcia@amphi.com), to receive your course selection forms.**

## UPCOMING EVENTS

- 02.19 College Visit Pima Community College**  
Learn about Pima at 9am in Counseling
- 02.21 LAST DAY TO SUBMIT 24-25 SELECTION FORM**  
Visit Counseling website to find links to submit form
- 02.21 Early Out Wednesday**  
Regular Early Out Schedule
- 02.21 Advisory in Counseling: Art Therapy**  
Unwind with art!
- 02.21 Riley, The Therapy Dog!**  
Both Lunches in the Library
- 02.22 RODEO BREAK**  
NO SCHOOL
- 02.23 RODEO BREAK**  
NO SCHOOL
- 02.27 Amphi District Counselors Meeting**  
All Counselors will be unavailable in the afternoon

## ECAP

### A Career Planning Checklist.

- Use the time in high school to explore career opportunities and narrow down your choices.
- Keep up on your school assignments.
- Explore some of the more interesting courses that your high school offers (Or look in to JTED-Remember you could graduate high school with industry certifications).
- Think about what kind of job you would like to have some day. You want it to be something you would enjoy going to every day. A good career choice would fit your personality and interests.
- Get experience-Look for internships or job shadowing opportunities.
- Ask the employed adults you know what they like and dislike about their jobs. The more informed you are, the more prepared you'll be when you start your career.
- Talk to you parents about school and your future plans.



## MOTIVATION

"YOU MUST NEVER BE FEARFUL ABOUT WHAT YOU ARE DOING WHEN IT IS RIGHT."

ROSA PARKS

## LAUGHTER IS THE BEST MEDICINE

What should you do when nobody laughs at your Chemistry jokes?

Keep going until you get a reaction!

## 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



### 2024 Mayor Steve Engle Memorial Scholarship

The Oro Valley Chamber of Commerce Foundation's Mayor Engle Memorial Scholarship, a \$1500 award, is available to students who are enrolled in, or are applying to an accredited undergraduate, graduate, or vocational/trade school with a degree program in Arizona. Recipients must be attending an Arizona college, university or vocational school in the upcoming (2024-2025) academic year. Priority will be given to residents of Southern Arizona, in particular the greater Oro Valley area to include but not limited to Oro Valley, Marana, Catalina, Oracle, San Manuel, unincorporated Pima County and Tucson.

Application open January 15<sup>th</sup>, 2024. The Deadline to apply is Friday, March 15<sup>th</sup>, 2024 at 5pm

To Apply:

Please provide the requested information (see below) in one document and email as an attachment to: [leah@orovalleychamber.com](mailto:leah@orovalleychamber.com)

[Download Application Here!](#)

DEADLINE: March 15, 2024

## Subscribe to the CDO Counseling Newsletter!



## TEACHER CORNER

**2023 Teacher of the Year nominee: Jordan Castle at Canyon del Oro High School**

With her hands-on style and warm approach, Castle guides students through anatomy & biology lessons

**Congrats Mrs. Castle!**





# CDO COUNSELING

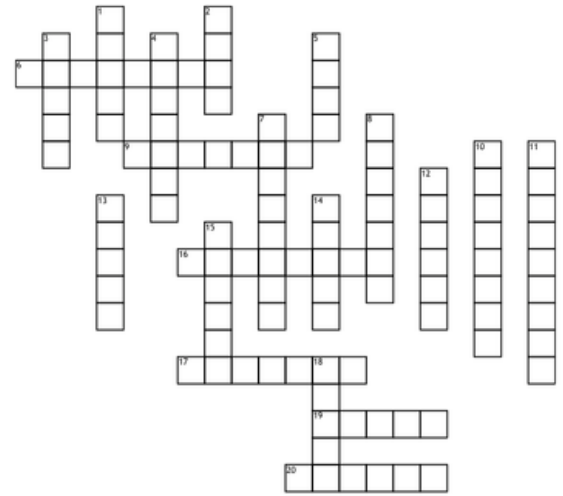
## Updates

### Black History Month

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

Protest	Boycott	Ali	Pain
Inequality	Tubman	Barriers	Color
Discrimination	Equality	Freedom	Injustice
King	Oprah	Parks	Rights
Robinson	Segregation	Slavery	War

### Black History



#### Across

6. Black History month is in this month.  
9. Who began Black history month.  
16. First Black Supreme Court Justice.  
17. The power or right to act, speak or think as one wants without restraint.  
19. First Black Lawyer  
20. The Black man who invented peanut butter.

#### Down

1. She refused to move from her seat on the bus.  
2. Hip-hops first Black billionaire.  
3. Your principals name.  
4. Wealthiest Black man.  
5. I have a Dream speech writer.  
7. First Black baseball player  
8. Elected in 1860 on an antislavery platform.

10. First Black woman in the house of representatives.  
11. Aint I a woman speech writer.  
12. Famous Black Poet.  
13. Our Superintendents name.  
14. Your study Hall teachers name  
15. Self made millionaire inventing a line of African American hair.  
18. First Black President.

### BLACK HISTORY WORD SCRAMBLE

Unscramble the words to learn more about Black History.

teapnsu	Sattes	seablaib	yrelsav
liciv	ubs	baOam	thleu
firanAc	ruotC	eref	

- Rosa Parks helped start the [ ] rights movement.
- Rosa Parks refused to give up her public [ ] seat to a white man.
- Thurgood Marshall was the first African American in the United [ ] Supreme [ ].
- George Washington Carver was a scientist. He made things from [ ].
- Shirley Chisholm was the first woman and [ ] American to run for president of the United States.
- Jackie Robinson was the first African American to play major league [ ] in 1947. He was named the Rookie of Year.
- In 2008, Barack [ ] became the first Black president of the United States.
- In 1863, President Lincoln declared that all slaves in the confederate states shall be [ ].
- Harriet Tubman escaped from [ ] and then became a leader of the Underground Railroad.
- Martin [ ] King gave the famous "I Have a Dream" speech during the March on Washington in 1963.

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