

Counselors' Office

Mrs. Jamie Stephens
School Counseling Director

Mrs. Shanika Garvain
School Counselor

Mrs. Regina Simon
Registrar / Admin. Asst.



SPRING

BREAK

March 29th -

April 5th

Return to School - Apr. 8th

Guidance Lesson

Attendance

If your student is marked absent in any class period, they will need to get an excuse to **Mrs. Stacey Cokley** (Attendance Clerk) as soon as they return to school. Her email address is

scokley@ccpsonline.net

Thank you for your cooperation.

How Are You Feeling?



This Issue

Guidance Lesson P.1

Attendance Information P.1

Educational Quote P. 2

FAFSA Night P.2

College & Scholarships P.2

Dates to Remember P3

2nd Quarter Principal's List P.4

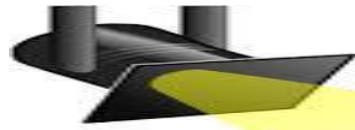
2nd Quarter Honor Roll P.5

Spring Break Blues P.6

The School Counseling Department is asking that each student click on the link below and do the How Are You Feeling Activity.

https://docs.google.com/forms/d/e/1FAIpQLSdSrziV93KEKO4MooH3NMU1Cos-wOtoP7oHdassQsKknj99Bw/viewform?usp=sf_link

COLLEGE INFORMATION



It's Your Time To...

Apply for FAFSA!

Need Scholarship Help!!! Look No Further Than...

<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-february>

<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-march>

<https://www.scholarships.com/financial-aid/college-scholarships/scholarship-directory/deadline/deadline-in-april>

**FAFSA
INFORMATION**



<https://studentaid.gov/h/apply-for-aid/fafsa>

Educational Quote:

The moment anyone tries to demean or degrade you in any way, you have to know how great you are. Nobody would bother to beat you down if you were not a threat.
~ Cicely Tyson

EXTRA SCHOLARSHIPS TO LOOK INTO:

The Superintendent's Scholarship

The Ferdinand and Mildred Tullock Scholarship
Foundation ~ Due by: May 7, 2024

The Unique Sensations Scholarship

The Unique Sensations Academic Scholarship
Due by: May 3, 2024

Remember to look in **CANVAS** for more Scholarships.

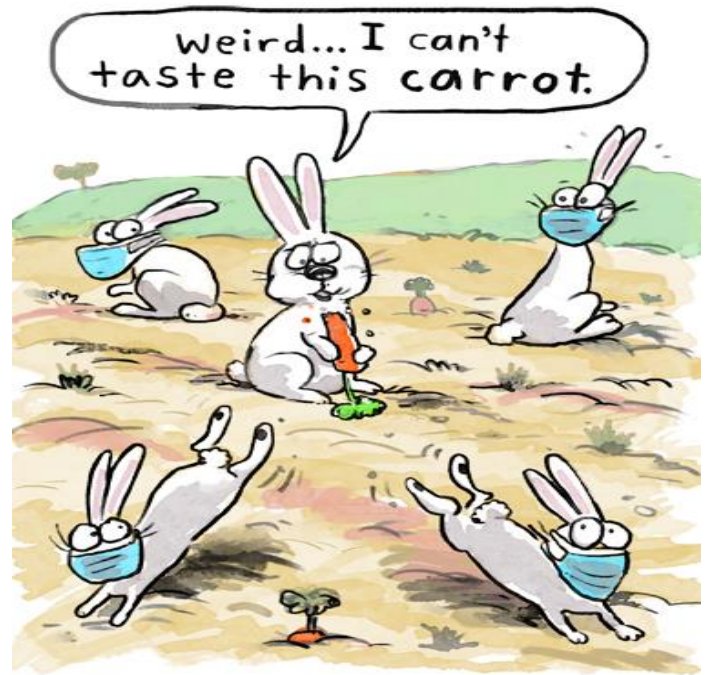
Special Dates to Remember

No School

February 16th & 19 (Mid-Winter Break)

Easter Sunday – March 31st

Spring Break – March 29th – April 5th



**SPRING
BREAK**

Practice Test

SAT & ACT

<https://www.learningexpresshub.com/ProductEngine/LELIndex.html#/center/college-preparation-center/home?AuthToken=E941424F-ECA4-45E2-877C-634DC23695BC>

2nd Quarter Principal's List

**These students have maintained an "A" Average for the 2nd Nine Weeks.*

9 th Grade	10 th Grade	11 th Grade	12 th Grade
Kathy Mendez-Vaca	Larkin Mount Sarahly Navarrete Kimberly Rivera-Aguirre Alyssa Rucker	Paley Adicks Kimberly Alvarez- Marquez Janyah Brown Phorever Glover Kelis Sellers Alexa Tamayo Heaven Thompson Jayden Wallace	Destiny Andrade Ajahnae Brigmon Takara Brown Marquez Davenport Deyshawn Glover Valeria Gutierrez Brian Henson Jr. Evan Jenkins Darby Lavender Antwanette Lockhart Ille'yana Matthews Relinda Riley Nyazia Roach-Pauling Madison Spencer De'Mondre Turkvan Davee-Auna Waddell Nicole Waddell Roger Whaley Sariah Whetstone Sophia Zambrano



Congratulations

2nd Quarter A-B Honor Roll

**These students have maintained an A-B Average for the 2nd Nine Weeks.*

9 th Grade	10 th Grade	11 th Grade	12 th Grade
Shiree Ellis	Traveon Baker	Shaniya Adams	Jayshawn Benjamin
Briayna Butler	Carmen Curry	Ethan Alsup	Kanvas Benjamin
Janiah Evon	Lucas Cusaac	Kyrieona Bennett	Nhy'Teaisia Benjamin
Wayne Farmer	Asia Gethers	Marissa Craven	Jacob Bochette
Jordan Fields	Karson Gibbs	Madison Crawford	Julius Carter
Daisia Green	Miryam Gutierrez-Ulloa	Elijah Glover	Yareli Casillas
Alia Hakim	Caitlin Haynes	Rogelio Gomez	Lakyeriana Cokley
Kayleigh Hay	Al'Quan Jamison	Adrianah Green	Trevon Coleman
Charles Jenkins	Dunnell Jordan	Isaiah Johnson	De'India Elmore
Emani King	Aubreyanna Lewis	Nyia Johnson	John Faust
Natalie Lutz	Yahaira Lopez	Shizayria Johnson	Jeremy Fields
Allison Nunez	Ella Mina	Devonty McDaniel	Antonio Gidron
Madison Parker	Marely Morales	JonTai Palmer	Dextorrian Glover
Joseph Sadlow	Keira Rivera	Zyteria Pinckney	Amare Haynes
Karmen Wright	Monica Serrano	Melaysia Pough	Madisin Johnson
	Tabitha Smalls	Tania Rodriguez-	Da'Quan Keller
	Layla Villegas	Sanchez	Evan Kiernan
	Tyera Wannamaker	Jia White	Nigeria Matthews
	Jamarion Winston		Adrianna Pough
	Kierra-Michelle Wright		Ayden Salazar
			Kenyon Stroman
			Caleb Wiggins



Congratulations

EOC (End-of-Course) Scholars

The following students made 100 points on the EOC Test.

Biology

Anthony Lawrence

Kathy Mendez-Vaca

Joseph Sadlow

U. S. History

Dylan Adkins

Heaven Thompson

*Hard Work Pays Off,
CONGRATULATIONS!*

SPRING BREAK BLUES

What exactly is Spring Break Blues? Well, it's when you're still in the Spring Break mindset, so you find yourself not being able to focus or be motivated on anything work-related. Trust me, it's a tough situation because you still want to be that hard worker and person that other people can depend on, **but you have no motivation to do anything at the same time.** So what can a person do when he or she finds themselves identifying as having the Spring Break Blues?



Relax

- Think of all the positives in your life, not the fact that you are lacking motivation
- Sit in silence and stillness, and just focus on breathing



Find time to be with those who are focused in your community

- Sit with those who are focused in classes or in a meeting
- Sit in the front or near whoever is providing you with new information
- When a friend is actively getting work done, join and start on your work as well



Make a Study group

- If you are struggling in a specific area seek help from the person providing you with the information
- Ask individuals who understand the material
- Make a weekly time to meet up with this group of individuals



Call a family member/ friend/ anyone and talk about ways that you could get over your

Spring Break Blues

- Know when you are feeling overwhelmed and who can help you relax when you are stressed about not being motivated

These are just a few ways in which both my friends and I have beat our own Spring Break Blues over our years of schooling and work. What ways do you use?