

THE  
**NEWS**  
LETTER



OCTOBER 19, 2018

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**IMPORTANT INFORMATION**

**MARK YOUR CALENDARS**

The Counselors will be hosting **HOT TOPICS!** throughout the new school year. These presentations will be over important information parents of high school students and students need to know.

(These dates are subject to change so please refer to the FHS website or future newsletters to confirm dates and time.)

**ALL SESSIONS WILL BE HELD IN THE FHS LIBRARY AT 8:15 A.M.**  
**Students and Parents are welcome!**

We hope to see there!

**FRIDAY, NOVEMBER 9, 2018**  
**FINANCIAL AIDE**



# SCHOLARSHIP OPPORTUNITIES

## 1- GENERAL KENDRICK SCHOLARSHIP – COLLIN COUNTY TAAO



### BOARD MEMBERS

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## Collin County TAAO

Dear School Counselor,

The Collin County Chapter of TAAO is offering its annual Gerald Kendrick Scholarship to 2019 graduating high school seniors. This year we are offering two \$1,500 scholarships.

Our organization consists of members active in the fields of property appraisal and taxation. Scholarships are awarded in memory of Gerald Kendrick, a charter member of our chapter and former Tax Assessor Collector for the City of McKinney.

Scholarship recipients will be selected based on grade average, career goals and evaluation of their personal statement. A minimum grade point average of 3.2 on a 4.0 point scale is required. Attendance at a University, College or Junior College in Texas is also required.

A copy of the application is enclosed. Applications must be received by March 15<sup>th</sup> in order to be considered. Feel free to make copies of the application for distribution to eligible students. Also, please note the section at the bottom that must be completed and signed by the counselor or registrar. If the application does not include the transcript and/or is not signed by the counselor or registrar, it will be considered ineligible. If needed, the counselor/registrar may email the transcript directly to the email address below with the students name in the subject.

Interested candidates should submit an application including their personal statement to:

Email (preferred) - [scholarship@CollinCountyTAAO.org](mailto:scholarship@CollinCountyTAAO.org)

Mailing Address - Collin County TAAO Scholarship NEW ADDRESS  
c/o - Pounders Law Firm  
14800 Quorum Dr., Suite 264  
Dallas, TX 75254

If you have any questions please feel free to contact us: [scholarship@CollinCountyTAAO.org](mailto:scholarship@CollinCountyTAAO.org)

Sincerely,

Tracy Pounders  
Collin County Chapter TAAO  
Scholarship Committee Chair

**COLLIN COUNTY TAAO**  
250 Eldorado Pkwy  
McKinney, TX 75069

[collincountytaao@gmail.com](mailto:collincountytaao@gmail.com)  
[www.CollinCountyTAAO.org](http://www.CollinCountyTAAO.org)

**GERALD KENDRICK MEMORIAL SCHOLARSHIP****Sponsored by Collin County TAAO***(Please type or print legibly)*

Submit By Email or Mail To:  
scholarship@CollinCountyTAAO.org  
*(email is preferred)*

Collin County TAAO Scholarship  
c/o - Pounders Law Firm  
14800 Quorum Dr., Suite 264  
Dallas TX 75254

NAME: \_\_\_\_\_  
(last) (first) (middle)

ADDRESS: \_\_\_\_\_  
(street) (city) (zip)

PHONE: \_\_\_\_\_ - \_\_\_\_\_ EMAIL: \_\_\_\_\_

HIGH SCHOOL CURRENTLY ATTENDING: \_\_\_\_\_

MOTHERS NAME: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_

FATHERS NAME: \_\_\_\_\_ OCCUPATION: \_\_\_\_\_

NUMBER OF BROTHERS/SISTERS: \_\_\_\_\_ NUMBER OF PEOPLE IN HOUSEHOLD: \_\_\_\_\_  
(include any away at college)

SCHOOL HONORS RECEIVED: \_\_\_\_\_

SCHOOL ACTIVITIES: \_\_\_\_\_  
(including athletics & offices held)

ACTIVITIES OUTSIDE OF SCHOOL: \_\_\_\_\_  
(community, church, work, hobbies, etc)

NAME OF COLLEGE, UNIVERSITY OR BUSINESS SCHOOL THAT YOU PLAN TO ATTEND (AND LOCATION):

1<sup>st</sup> PICK: \_\_\_\_\_ TX  
(name) (city) (state)

2<sup>nd</sup> PICK: \_\_\_\_\_ TX  
(name) (city) (state)

ANTICIPATED COLLEGE MAJOR: \_\_\_\_\_

ESSAY (100 words or less) – WHY DO YOU WISH TO CONTINUE YOUR EDUCATION?  
*(Please attach a typed sheet or you may use the back of this form if necessary.)*

APPLICANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

*The following must be completed by the school counselor/registrar. An official transcript must accompany application.*

STUDENTS GPA\*: \_\_\_\_\_ \*MUST be converted to a 4.0 point scale

COUNSELOR/REGISTRAR SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

*Applications & transcripts must be received by March 15th!*



## 2- CHICK-FIL-A SCHOLARSHIP



### **Chick-fil-A Leadership Scholarship – \$2,500**

- Be employed as a Team Member at a Chick-fil-A branded or affiliated restaurant at the time of application and award
- Letter of recommendation from an Operator, Interim Manager or Executive General Manager (depending on the restaurant where the Team Member is employed), which should address the Team Member's professional achievement (for example: work ethic, personal/professional leadership, teamwork, service, positive influence)
- Active involvement in community service in the twelve (12) months prior to application (for example: volunteering for non-profits, helping others less fortunate, tutoring/mentoring)
- Have a minimum cumulative grade point average of 2.5 on a 4.0 scale (or the equivalent). Academic awards and recognition will be considered.
- Be current postsecondary undergraduate or graduate students or planning to enroll in undergraduate or graduate study at an accredited two- or four-year college, university or vocational-technical school for the 2018-2019 academic year

### **Chick-fil-A True Inspiration Scholarship\* – up to \$25,000**

- Be employed as a Team Member at a Chick-fil-A branded or affiliated restaurant at the time of application and award
- Letter of recommendation from an Operator, Interim Manager or Executive General Manager (depending on the restaurant where the Team Member is employed), which should address the Team Member's professional achievement (for example: work ethic, personal/professional leadership, teamwork, service, positive influence)
- Must demonstrate financial need
- Professional achievement as a Team Member evidenced by Operator recommendation (for example: work ethic, personal/professional leadership, teamwork, service, positive influence)\*\*
- Active involvement in community service in the twelve (12) months prior to application (for example: volunteering for non-profits, helping others less fortunate, tutoring/mentoring)
- Have a minimum cumulative grade point average of 3.0 on a 4.0 scale (or the equivalent). Academic awards and recognition will be considered.
- Be current postsecondary undergraduate or graduate students or planning to enroll in undergraduate or graduate study at an accredited four-year college or university for the 2018-2019 academic year

*\*The specific terms and conditions of any awarded scholarships will be different for Team Members of Chick-fil-A Franchisees, Team Members of Chick-fil-A, Inc. Operated Restaurants, and Team Members of STC Brand Restaurants.*

*\*\*Professional achievement could include testimony of demonstrated leadership, contribution, work ethic, teamwork, and others. Although hours worked may allow team members to contribute at a higher level, a specific hour's requirement should not be used in determining if an application should be submitted. Scholarship qualifications and awards are determined solely by Chick-fil-A, Inc.*

**Apply here:** <https://cfa.scholarsapply.org/>

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### 3- 9TH ANNUAL DR. MARTIN LUTHER KING JR ESSAY/ORATION COMPETITION

This is a great opportunity for 5 High School Seniors in Frisco to win \$10K in scholarships. The Dr. Martin Luther King Jr. Oration contest held every year for the last 8 years has awarded almost \$35K in scholarships to Frisco High school seniors. Last year alone, we awarded \$12K to 5 High School seniors.

Linking Cultures of Frisco, a Frisco non-profit, is once again hosting our 9th Annual Dr. Martin Luther King Jr Essay/Oration competition. **This competition is open to any Frisco High School senior;** there are no financial stipulations for entry. Last year's winners represented Lone Star, Wakeland, and Liberty High Schools. In prior years, Centennial has repeatedly had the highest representation of first place winners thanks to the debate team participants.

Application and other pieces of information can be found on our website at [www.linkingculturesoffrisco.org](http://www.linkingculturesoffrisco.org)

## DR. MARTIN LUTHER KING JR. ESSAY & ORATION SCHOLARSHIP

### *Dinner & Gala*

Featuring: Final Round Oration Competition  
Friday, January 11, 2019 at 7PM

#### *Scholarship Guidelines:*

##### *Required Theme:*

*"Many Cultures...One Dream"*

**Essay:** 3-5 pages double spaced, typed maximum.  
Mail to: [angeliapelham@linkingculturesoffrisco.org](mailto:angeliapelham@linkingculturesoffrisco.org)  
by midnight December 7th, 2018

**Essays Due:** By 12:00 am Midnight on Dec 7th;  
Top 10 Finalists will be notified by Dec 14th and will  
be narrowed further the week of December 17th.

Top 5 Finalists will go on to  
Final oration competition on Jan. 11th

\*In addition to the Required Theme; each essay  
MUST include why winning this specific contest is  
important to you. 3-5 Sentences maximum.

**Compelling Oration:** 6-8 minutes maximum; note  
cards allowed in first round oration; but not  
allowed in Final Competition. Judging criteria to be  
provided to Finalists. Contact Angelia Pelham at  
214-878-3746 or Barbara Washington  
at 214-387-8040 with questions.

#### *Dinner and Gala*

Verona Villa 6591 Dallas Pkwy,  
Frisco, TX 75034

The celebration will include dinner, dancing  
and a special performance of one of  
**Dr. King's** speeches by renowned orator,  
**Steve Lowenstein.**

The finale will entail 5 Finalists of Frisco ISD  
competing for 1st, 2nd, and 3rd place  
at our scholarship dinner and gala.

#### *Scholarship Amounts:*

1st place -\$5000  
2nd place-\$3000  
3rd place-\$2000

FOR MORE INFORMATION AND TO COMPLETE APPLICATION VISIT  
***LinkingCulturesofFrisco.ORG***



# Linking Cultures Of Frisco SCHOLARSHIP APPLICATION

## Student Information

Full Name: \_\_\_\_\_  
Full Address: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_

- I certify that I am a United States Citizen or permanent resident of the United States of America (Highlight One):  
YES NO
- Current High School: \_\_\_\_\_ I certify that I am a 2019 graduating senior (Highlight One):  
YES NO
- City in which High School is located: \_\_\_\_\_ • Grade Point Average (GPA): (On a 4.0 scale)
- List your academic honors, awards, and membership activities:
- List your community services activities, hobbies, outside interest, and extracurricular activities:

## College Information

I will be attending the following college or university in the Fall of 2019:

Proof of acceptance or current student enrollment from the above school is required prior to receipt of funds.  
What major will you pursue? And Why?

## Parental Contact Information

Full Name: \_\_\_\_\_  
Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_  
Relationship: \_\_\_\_\_

*I hereby affirm that all of the above stated information provided by me is true and correct to the best of my knowledge. I also consent that my picture may be taken and used for any purpose deemed necessary to promote the 2019 Dr. MLK scholarship program. I hereby understand that if chosen as a scholarship winner, according to Linking Cultures of Frisco scholarship guidelines, I must provide evidence of graduation with a valid Frisco ISD High School Diploma and proof of enrollment/acceptance at an accredited, post-secondary institution before my scholarship funds can be awarded. Scholarship funds will be paid directly to the accredited college/university validated by acceptance documentation provided by the students.*

Signature of scholarship applicant:

Date:

### REMEMBER

Completed applications and essays must be received no later than 12:00 am Midnight on December 7th, 2018. Essays must be 3-5 pages in length typed double spaced. All applications and essays may be emailed to [angeliapelham@linkingculturesoffrisco.org](mailto:angeliapelham@linkingculturesoffrisco.org). For questions or inquiries, please contact Angelia Pelham at 214-878-3746.



## 4- SMU – HUNT LEADERSHIP SCHOLARS PROGRAM



# SMU

## HUNT LEADERSHIP SCHOLARS

### ELIGIBILITY

Hunt Scholars have exhibited extraordinary leadership in high school and demonstrate the potential to engage as student leaders on the SMU campus. This high school leadership can be in the form of school activities like student government or publications, or from activities outside school like scouting organizations or community groups. Hunt Scholars are expected to have a history of both leadership and academic excellence.

### ACADEMIC PROFILE

From an extraordinarily talented group of young leaders, about 20-25 first-year students receive the Hunt Leadership Scholarship each year. Here is the academic profile of this year's entering scholars.

**1350 – 1460**

Middle 50% SAT

**30 – 32**

Middle 50% ACT

**TOP 25%**

Typically rank in top 25% of graduating class, if attending a ranking school

**3.79**

Average GPA on 4.0 scale

### Questions?

Contact Lindsay Davis  
Hunt Leadership Scholars Program  
214-768-1040  
ldavis@smu.edu

SMU will not discriminate in any program or activity on the basis of race, color, religion, national origin, sex, age, disability, genetic information, veteran status, sexual orientation or gender identity and expression. The Executive Director for Access and Equity/ Title IX Coordinator is designated to handle inquiries regarding nondiscrimination policies and may be reached at the Perkins Administration Building, Room 204, 6425 Boaz Lane, Dallas, TX 75205, 214-768-3601, [accessandequity@smu.edu](mailto:accessandequity@smu.edu), 180610.518



*The annual retreat at SMU-in-Taos provides an opportunity for Hunt Scholars to connect at the beginning of each academic year. Team building with a view is the perfect way to kick off each new school year!*

### LEARNING AND LEADERSHIP IN ACTION

#### THE NANCY ANN AND RAY L. HUNT LEADERSHIP SCHOLARS PROGRAM

draws outstanding students who have an impressive mix of high academic achievement and proven leadership capabilities. The program combines intellectual rigor and unique opportunities to nurture leadership and learning. Selected students immediately become part of a close-knit community of peers and faculty committed to excellence, leadership and academic development. These exceptional student leaders from all walks of life apply their leadership skills to enrich the SMU campus and beyond, becoming tomorrow's visionaries with a global perspective.

#### THE AWARD

Students selected as Hunt Leadership Scholars for the Class of 2023 will receive an annual Hunt Scholarship of \$42,000, or a total of \$168,000 over four years.

- Hunt Scholars may also be eligible for additional departmental scholarships or need-based aid for a total scholarship package valued up to the cost of tuition and fees.
- The award also covers the airfare and tuition costs for a cohort-based study abroad program during May term following each scholar's sophomore year.

#### CAMPUS INVOLVEMENT AND LEADERSHIP

The SMU community is large and diverse enough to offer hundreds of organizations with different missions and small enough to permit students to assume meaningful leadership roles from the start. During each year of their SMU education, Hunt Leadership Scholars engage actively in the SMU community, honing their leadership skills and assuming leadership positions with increasing responsibility.



## BECOME A HUNT SCHOLAR

### HOW TO APPLY

- In addition to submitting an application for admission to SMU, submit an online Hunt Leadership Scholarship application, including an essay and a YouTube statement, by January 15 of your senior year. Visit [smu.edu/huntapply](http://smu.edu/huntapply) to submit the online application and supporting materials.
- Submitting a YouTube statement enables the selection committee to gain a deeper understanding of your personality and the qualities that make you an effective leader. Focus on the content of your response, not on the quality of the video. We care about what you say – not the appearance of the video!
- The selection committee will have access to your full application for admission, including letters of recommendation. If you believe that your existing letters of recommendation do not address your leadership skills and abilities, you may submit an additional letter from an individual with whom you have worked directly while serving in a leadership capacity.

### TIMELINE AND SELECTION PROCESS

- The program attracts hundreds of applicants.
- Approximately 60 finalists are invited to interview at SMU in March.
- Each year about 20-25 first-year students are selected as Hunt Leadership Scholars.
- Scholarship recipients are notified by the first week of April.

### READY TO APPLY?

**APPLY NOW** to SMU and submit the Hunt Leadership Scholars application. Apply online at [smu.edu/apply](http://smu.edu/apply) and complete the additional items at [smu.edu/huntapply](http://smu.edu/huntapply).

### HUNT SCHOLARS

The 2018–19 Hunt Leadership Scholars, first year through senior, cut a wide swath through the country, with 95 students coming from more than 80 high schools nationwide. They:

- are strong and effective leaders in SMU campus governing bodies and student organizations
- engage actively in the SMU and Dallas community
- learn from some of the best professors in the nation
- meet and interact with national and international leaders
- refine skills that allow them to compete successfully in a rapidly changing world
- apply their intellectual abilities to leadership and community participation
- cross the globe through SMU's study abroad programs and SMU's affiliation with the George W. Bush Presidential Center

### BUILDING A STRONG COMMUNITY OF LEARNERS AND LEADERS

Hunt Leadership Scholars have access to a variety of opportunities that help build connections across campus.

- annual retreat at SMU-in-Taos, SMU's 423-acre campus in Taos, New Mexico
- first-year leadership seminar to develop leadership skills and personal growth
- sophomore study abroad program
- annual dinner and Tate lecture with Mr. and Mrs. Hunt
- dinners and other social gatherings with program mentors
- leadership lectures and service projects to nurture personal development and skill-building



*The Hunt Scholars network extends well beyond students' four years on campus. A vibrant alumni community helps to facilitate networking opportunities for the scholars, including company visits like this one to Southwest Airlines headquarters, organized by two Hunt Scholars alumni.*



*Hunt Scholars enjoy unique access to the Tate Lecture series on campus. Here, the students speak with General David Petraeus before his Tate Lecture, where General Petraeus offered the students advice on leadership and success.*



The Hunt Leadership Scholarship is one of the most generous and prestigious leadership scholarships in the country, and it allows students to combine learning and leadership in a unique way at SMU. We are looking for 20-25 students each year who have demonstrated extraordinary leadership in high school, and who will passionately pursue leadership as Mustangs. Hunt Scholars take a leadership development course together during their first semester on campus, study abroad together, enjoy wide access to the Tate Lecture Series, engage with campus, community, and world leaders, and create a lifelong network of leaders by working alongside one another.

Students selected as Hunt Leadership Scholars for the Class of 2023 will receive an annual Hunt Scholarship of \$42,000 or a total of \$168,000 over four years. The Hunt Scholarship may be stacked up to tuition and fees with need-based aid, outside scholarships, and many of SMU's departmental scholarship, but it will replace and supersede any centrally administered merit aid. Additionally, the Hunt Scholarship covers full tuition and airfare for a leadership-based study abroad program during May term following the scholars' sophomore year.

**Our application deadline is January 15**, and I would encourage you to send any of your interested students my way. I would love to answer their questions about the application or the program itself.

[smu.edu/hunt](http://smu.edu/hunt)

Lindsay Ray Davis, M.Ed. - Director, Hunt Leadership Scholars Program

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## **5- SEMPER FIDELIS ALL-AMERICAN PROGRAM**

The Semper Fidelis All-American Program honors high school juniors who go above and beyond. Students will be chosen based on moral character and academic performance in addition to athletic abilities.

Selected students will receive an all-expenses paid trip to the Battles Won Academy this July in Washington, D.C. and be honored as an All-American which is invaluable when it comes to resumes and college applications.

High school juniors can apply on their own or be nominated by people like yourself. Feel free to share this with the student body and other members of the faculty as well. Do your part and quickly nominate students today: <https://sfaap.marines.com/>

For more information on this program please visit our social platforms below:

Facebook: Semper Fidelis All-American Program

Twitter: @FightingSpirit

Instagram: @fightingspirit

If you have any questions, please do not hesitate to contact me. You can reach me at the number listed below.

Grace Grace Breseman **D:** 312-467-2832 **M:** 410-474-4439 303 E Wacker, Ste. 2200 Chicago, IL 60601

[www.intersportnet.com](http://www.intersportnet.com)

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## **6- WICHITA STATE UNIVERSITY – DSI APPLICATIONS**

### **DSI APPLICATIONS DUE NOVEMBER 1**

Wichita State University invites students to participate in the Distinguished Scholarship Invitational (DSI). A variety of scholarships are awarded to DSI participants, including three \$64,000 Harry Gore Memorial Scholarships - amongst the largest scholarships in Kansas! For more information on DSI requirements and event details, click [here](#).

Many scholarship and financial aid deadlines are fast approaching! Feel free to forward this list to your students to keep them in the know:

NOVEMBER 1 - Scholarship Application Deadline for DSI, Barton, Klose, Wallace, Koch, and McGregor Scholarship Competitions

NOVEMBER 16 - Competition date for Barton, Klose, and Wallace Scholarships

NOVEMBER 17 - Distinguished Scholarship Invitational & Koch Scholarship Competition Date

DECEMBER 1 - [Freshmen Merit Scholarship Priority Date](#)

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## **7- OKLAHOMA STATE UNIVERSITY SCHOLARSHIPS**

### **President's Leadership Council**

PLC is a competitive scholarship program that awards 125 incoming freshman with a \$1,500 scholarship and a leadership development program that connects students with the best leaders on campus. PLC is a dynamic group of student leaders who make the world around them better, and your students could be an integral part of this group.

The PLC program includes a summer retreat and one class during freshman year. The priority deadline for applying is Nov. 1.

For more information about PLC, go to our website. To apply, students should complete the leadership section of their OSU application and submit their response to the following question on their status portal: When were you at your best as a leader?

### **Oklahoma State Scholars Society**

We are excited for the second year of our Oklahoma State Scholars Society, a scholarship program for students showing the greatest potential. This four-year, cost-of-attendance scholarship is the first of its kind for Oklahoma State University.

Eligible students must have at least a 27 ACT or 1280 SAT, a 3.8 unweighted GPA and must apply for admission to OSU and to The Honors College by Nov. 1. Semi-finalists will be selected by a faculty committee and invited to interview in the spring. Up to five finalists will be selected to receive this prestigious award.

If you have any questions about OSSS, contact Jessica Medina-Benningfield at [osujessica@okstate.edu](mailto:osujessica@okstate.edu).



### **McKnight Scholars Leadership Program**

Out-of-state students with demonstrated leadership and community involvement are encouraged to apply for the McKnight Scholars Leadership Program.

The McKnight Scholarship provides a waiver for the out-of-state portion of tuition, as well as \$5,000 additional scholarship support for the first two years of a student's OSU career. Approximately 50 highly qualified students will be selected to participate in this leadership development and scholarship program.

Interested students must submit an application at [McKnightScholars.com](http://McKnightScholars.com) by Nov. 1. This application requires three letters of recommendation or "nominations" in addition to the application. Nominators should also submit their letters at [McKnightScholars.com](http://McKnightScholars.com) by Nov. 1.

If you have any questions, email [scholarships@osugiving.com](mailto:scholarships@osugiving.com).

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# IMPORTANT INFORMATION

## 1- FAFSA – IT IS OPEN!

Opened October 1st for current seniors to apply.

<https://studentaid.ed.gov/sa/fafsa/filling-out>

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## 2- XELLO!

**XELLO!** is an Internet based career exploration & planning tool students can use to explore options and develop a career plan.

Access our new College/Career website: **XELLO!**

Students will login into the FISD Student Portal and select the Xello tab to access. We have added an assignment called “Steps to Apply for College” which details the college application process. We encourage all students to start applications EARLY!

[https://drive.google.com/open?id=1NbiFFkAk9qrBIAClr6n3gvl5P\\_w40mTrnKUsSlzZIGc](https://drive.google.com/open?id=1NbiFFkAk9qrBIAClr6n3gvl5P_w40mTrnKUsSlzZIGc)

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## 3- FRISCO EDUCATION FOUNDATION GARY BURNS 5K & FUN RUN

FEF Annual Gary Burns 5K & Fun Run **Registration is Now Open!**

Saturday, October 27, 2018

Toyota Stadium

Fun Run at 8 a.m.

5K at 8:30 a.m.

**Register Here** [https://secure.getmeregistered.com/get\\_information.php?event\\_id=129169](https://secure.getmeregistered.com/get_information.php?event_id=129169)

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## 4- SELF-CONTROL

# Develop the Whole Child

There are two important types of self-control for students. Intrapersonal self-control allows them to align today's behaviors with tomorrow's goals. Interpersonal self-control allows them to maintain their temper, hold back from interrupting, and respond to others in ways that are socially appropriate.

### SELF-CONTROL

Controlling your actions, thoughts, and feelings so they align with your goals.

#### **Students who demonstrate self-control might be able to:**

- come to class prepared;
- resist procrastination;
- recognize and label their emotions;
- respond thoughtfully when criticized or otherwise provoked;
- actively listen to others.

#### **Teachers who demonstrate self-control might be able to:**

- commit to a schedule for grading assignments and dependably follow through;
- respond to a disruptive student thoughtfully, rather than reflexively;
- model the behaviors they want to see in students consistently throughout the school day.

12345

# SELF-CONTROL



## Ways to Practice

- Deep breathing;
- counting to ten;
- thinking before you act;
- considering how your words and behavior can impact those around you.

## Ways to Praise

Encouraging intrinsic pride and celebration when self-control is practiced. Example, "I noticed you thought about how that choice impacted others before making it.", "I see when you took a step back, you were able to think through a solution."



## Self-control is not:

- Struggling to manage emotions.
- Acting out based on feelings.
- Acting in a way that does not consider those around you.

## Resources

The Marshmallow Test-Mastering Self-Control by Walter Mischel; Rethinking Positive Thinking: Inside the New Science of Motivation by Gabriele Oettingen; Video: <https://www.characterlab.org/self-control/>; Research: The Science and Practice of Self Control



## 5- TEXAS YOUTH HOTLINE



**LIFE CAN HURT,  
WE CAN HELP.**



The Texas Youth Hotline is ready 24/7 to talk to parents and teens about their problems, help them consider choices, and develop a sensible solution. Hotline services are free.

**Find answers to questions like these and others:**

- I ran away from home. Where can I find help?
- I want to leave home. Can I move out without my parent's permission?
- I am having problems at school and with my family and friends. What should I do?
- What should I do if my child doesn't come home?
- My child is acting out. What can I do?



**LA VIDA DUELE,  
PODEMOS AYUDARTE.**



Nuestra línea esta disponible las 24 horas del día y los 7 días de la semana para hablar con padres y adolescentes sobre sus problemas, ayudarles a ver qué opciones tienen, y encontrar una solución razonable. Los servicios de la línea para jóvenes son gratuitos.

**Obtenga respuestas a estas y otras preguntas:**

- Me escapé de la casa. ¿Dónde puedo encontrar ayuda?
- Quiero salirme de mi casa. ¿Puedo mudarme sin el permiso de mis padres?
- Estoy teniendo problemas en la escuela, con mi familia, y con mis amigos. ¿Qué puedo hacer?
- ¿Qué hago si mi hijo no regresa a casa?
- Mi hijo está portándose muy mal. ¿Qué puedo hacer?

**Call or Text 24/7 at  
800-989-YOUTH (6884)  
Chat at TexasYouth.org**

**Texas Youth Hotline**

Stock #1-501-3000 8/2016

**Llama o manda un texto  
Las 24 horas 800-989-6884  
Para chat visita TexasYouth.org**

**Texas Youth Hotline**

## 6- INTERNATIONAL LEADERSHIP OPPORTUNITY IN COSTA RICA

We are presenting an exciting life-changing opportunity for female athlete students.

I accepted a fellowship offer before pursuing my master's and am now working for the company Beyond Sports Tours. As a [Beyond Fellow](#), I am serving at the forefront of a mission to empower the next generation of female leaders. We are a team of 9 recently graduated collegiate athletes, committing ourselves to live and work in Costa Rica for the next year. We are launching a new Beyond Sports initiative, designed specifically for female HS athletes to attend in the spring and summer of 2019.

**GLASS (Girls Leadership Academy for Service & Sport)** is an 8-10 day premier academy that will allow student-athletes to travel to Costa Rica to **engage in sport-specific training, promote sustainable community development, reflect within leadership workshops, undergo an authentic cultural immersion, and participate in adventure excursions.** While we value improving each athlete in their respective sport during the experience, our main priority is to provide cross-generational mentorship to young girls before they transition into the university or college setting. We understand that the combination of sports and academics can be an invaluable experience in a young person's life and want to succeed in holistically developing each student academically, physically, and socially.

Find out more by visiting our website - [Girls Leadership Academy for Service & Sport](#)

GLASS is an excellent resume booster for students, a chance to learn about the college process in relation to sports, and the opportunity to demonstrate what it looks like to be a well-rounded candidate.

[www.beyondsportstours.com/glass](http://www.beyondsportstours.com/glass)



**GLASS**  
GIRLS LEADERSHIP ACADEMY FOR SERVICE & SPORT

**JOIN US! 7-10 Day Programs in Costa Rica**



**Service**



**Sport**



**Global Engagement**

**What:**  
GLASS is a transformational sport leadership program designed for athletes to **enhance athletic and leadership skills, give service, explore a different country, and make lifelong friends!**

**Who:**  
High school female athletes

**Where:**  
Playa Flamingo, Costa Rica

**When:**  
Spring and summer of 2019

**APPLY TODAY!**  
[www.beyondsportstours.com/glass](http://www.beyondsportstours.com/glass)

For more information visit our social media sites or contact us directly

✉ [fellows@beyondsportstours.com](mailto:fellows@beyondsportstours.com)

 [@beyondsportsglass](#)  [@beyondsportsglass](#)

 [@bsportsglass](#)  [beyondsportstours.com/glass](http://beyondsportstours.com/glass)

**BEYOND SPORTS**



7- PROMOTING SCHOOL SAFETY THROUGH CONNECTION AND MENTAL WELLNESS

# PROMOTING SCHOOL SAFETY THROUGH CONNECTION AND MENTAL WELLNESS

AT FRISCO ISD ADMIN BUILDING  
DISTRICT BOARD ROOM

**6:30-8PM**

**TUESDAY  
OCT 23, 2018**

HOSTED BY FRISCO ISD  
GUIDANCE & COUNSELING

## KEYNOTE SPEAKER

Dr. Stephanie Cook

## The Importance of Developing Protective Factors

Evidence based strategies to keep your students and school safe.

## PROTECTIVE FACTORS BREAKOUT SESSIONS:

- Individual Protective Factors
- Family Protective Factors
- School/Community Protective Factors

5515 OHIO DRIVE, FRISCO, 75035

CHILDCARE NOT PROVIDED





# COLLEGE INFORMATION, VISITS AND SUMMER PROGRAMS

## 1 – TEXAS A&M UNIVERSITY – SOCIETY OF WOMEN ENGINEERS

The Texas A&M University section of the Society of Women Engineers would like to invite all high school juniors and seniors, parents, teachers and counselors to our 43rd Annual High School Conference:

### You've Got An Engineer In Me

The conference will be held Friday and Saturday, January 25-26, 2019 at the Texas A&M University campus in College Station, TX. The conference is open to all high school juniors and seniors, especially those interested in math, science or engineering related fields.

This two day event will cost \$50 and will include engineering competitions, department and lab tours, panel discussions, interactions with Texas A&M engineering students, and much more!

Due to space limitations, we are only able to accommodate 100 students and 20 adults. Spots will be assigned on a first come/first serve basis as we receive completed registration forms and payment. Within each high school, registration will be limited to the first twenty participants to return completed registration packets. Every individual attending the conference, whether student, parent, or educator, must fill out a registration form and pay the registration fee.

Registration opens on November 5, 2018 and closes on December 3, 2018. Registration information and more details are available at <https://www.swetamu.com/high-school-conference>. Confirmation packets containing information regarding logistics will be sent out via email after all registration documents and full payment have been received. The registration refund deadline is January 11, 2019.

Housing with a current Texas A&M student in their dorms Friday night will be handled on a first come/first serve basis. You will find out if you can stay on campus by Friday, December 28, 2018. Students who register after all overnight dorm spots have been filled will be asked to either make alternate housing arrangements or withdraw and be refunded. We encourage all students to try to take advantage of this opportunity, but we do also allow attendees to spend the night at home or make reservations with their parent at a hotel for the night of the conference. Please note that a parent or other approved adult must be present for all check-in and check-out procedures, students will absolutely not be allowed to leave on their own.

We are looking forward to meeting each of you, and hope that this conference will give you some valuable insight into both the field of engineering and Texas A&M University. If you have questions or need assistance in any way, email us at [hsc@swetamu.org](mailto:hsc@swetamu.org). We hope to see you at the 43rd Annual High School Conference!

Sincerely,

Joyanna Mazzone, Maitreyi Ramaswamy, Sarah White  
2018-2019 High School Conference Co-chairs  
Society of Women Engineers  
Texas A&M University





## 2 – FAPA.AERO – FUTURE & ACTIVE PILOT ADVISORS



**Would you help us share event details, please?  
FAPA Pilot Job Fairs & Future Pilot Forums**

**Dallas/Fort Worth | 12/08/18  
2019 Registration is open!**

Monthly around the U.S.

Attendees may register for **FREE** to attend in person or  
to view the presentations on video later



Next events:

**Saturday, 12/08/18 | Dallas/Fort Worth**

Location TBD

**2019 registration is open!**

FAPA is delighted to announce [Air Wisconsin](#) as our FAPA Future Pilot Forum Platinum Partner for all 2019 events! They will be doing presentations and hosting roundtables at all FAPA Future Pilot Forums below. They will also be recruiting at all 2019 FAPA Pilot Job Fairs.

**Schedule:**

DFW | 12/14/19

**FAPA Pilot Job Fairs**

FAPA (Future and Active Pilot Advisors) Pilot Job Fairs bring recruiters and active pilots together. Air Wisconsin and other airlines will be recruiting. Companies sign up to recruit on a rolling basis. Job-



seeking, qualified pilots should register for free and see an updated list of companies recruiting at [FAPA.aero/Jobs](http://FAPA.aero/Jobs).

**FAPA Pilot Job Fairs** are for qualified, job-seeking pilots only. You must have at least 250 hours to attend. If you have less than 250 hours and are interested in learning about pathways to professional pilot careers, please attend the FAPA Future Pilot Forum instead. The events are free. All FAPA Future Pilot Forum attendees (including parents, siblings and spouses) should pre-register at [FAPA.aero/FuturePilot](http://FAPA.aero/FuturePilot).

#### **FAPA Future Pilot Forums**

FAPA and its partner Air Wisconsin are 'Building the Pilot Pipeline' TM by inviting aspiring pilots of all ages including career changers, students and their families, non-aviation separating military personnel, and future pilots of all backgrounds to **FAPA Future Pilot Forums** to learn about the pathways to a professional pilot career. School counselors are also encouraged to attend. The FAPA Future Pilot Forum will be from 1 PM – 6 PM in the same location following the FAPA Pilot Job Fair.

The FREE forums educate future pilots about pathways to professional pilot careers including information about scholarships, veterans' benefits, college choices, flight school options, an industry outlook and more. The event will also include a complimentary showing of the inspirational National Geographic documentary Living in the Age of Airplanes. FAPA, Air Wisconsin and others will host roundtable discussions for a personalized experience. The events start at 1 PM sharp and will conclude by 6 PM. Please plan on staying for the entire event. All Future Pilot Forum attendees (including parents, spouses and siblings) should pre-register for free at [FAPA.aero/FuturePilot](http://FAPA.aero/FuturePilot).

FAPA Future Pilot Forums are not events for qualified, job seeking pilots. If you have 250 hours or more, please register instead for the FAPA Pilot Job Fairs for free at [FAPA.aero/Jobs](http://FAPA.aero/Jobs).

Air Wisconsin is FAPA's Future Pilot Forum Platinum Partner. They will be giving presentations at every FAPA Future Pilot Forum which will be available later in the [FAPA.aero](http://FAPA.aero) video library and hosting roundtable discussions. They will be recruiting at every FAPA Pilot Job Fair.

- > Sign up for updates about Future Pilot Forums: [FAPA.aero/FuturePilot/Subscribe](http://FAPA.aero/FuturePilot/Subscribe)
- > Download fliers, web newsletter graphics: [FAPA.aero/event-graphics](http://FAPA.aero/event-graphics)
- > See recent press at [FAPA.aero/press](http://FAPA.aero/press)
- > [Read testimonials](#) from past attendees

Contact: Laura Arden, Vice President of Sales & Marketing  
[Laura@FAPA.aero](mailto:Laura@FAPA.aero) | 1-800-JET-JOBS ext.11

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[Pilot Job Fair Registration - Free](#)

[Future Pilot Forum Registration - Free](#)

[Sign up for Future Pilot Forum Updates](#)

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### **3 – THE UNIVERSITY OF TEXAS AT AUSTIN - UPDATE**

I am writing with an important update for your juniors (high school graduating class of 2020).

Each fall The University of Texas at Austin announces the rank that current high school juniors in Texas will need to be eligible for automatic admission when they apply during the next application cycle. UT's President Gregory L. Fenves recently announced that Texas students will be eligible for automatic admission if they are in the top 6% of their graduating classes when they apply to summer/fall 2020 and spring 2021. This is the same rank required for automatic admission for fall 2019 and spring 2020. This information has already been sent to the Education Service Centers.

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### **4 – OKLAHOMA STATE UNIVERSITY – ORIENTATION DATES**

#### **New Student Orientation Dates Opening**

New Student Orientation dates for the spring 2019 semester opened Oct. 1. If you are working with students who plan to begin their freshman year at OSU in the spring semester, your students should visit [newstudents.okstate.edu](http://newstudents.okstate.edu) to sign up.

The freshman-specific date is Dec. 7, but three makeup dates are available should your student not be able to attend.

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## 5 – SAM FOX SCHOOL OF DESIGN & VISUAL ARTS

# Apply

>> [samfoxschool.wustl.edu/precollege](http://samfoxschool.wustl.edu/precollege)

Applications Open

Dec. 15, 2018

International & Early Application Deadline

Mar. 15, 2019

Scholarship Application Deadline

Mar. 15, 2019

Regular Application Deadline

Apr. 15, 2019

Applications open **December 15, 2018**. Admissions are rolling and early applications are encouraged. For full details and to start your application, visit our website.

### Tuition

Estimated costs include tuition, room and board (3 meals/day), supplies, and field trips.

**Architecture Discovery Program**  
(2 weeks) \$3,471

**Portfolio Plus Program**  
(3 weeks) \$5,198

### Scholarship

Full application due **March 15, 2019**. Scholarship assistance is available up to the full cost of attendance. Awards are based on financial need and academic merit. See website for scholarship application forms.

**Questions?** Contact Courtney Cushard, Coordinator of Special Programs, at [courtney.cushard@wustl.edu](mailto:courtney.cushard@wustl.edu).

WashU Architecture, Art, & Design

# Pre-College Programs

SUMMER 2019

 Washington University in St. Louis

ARCHITECTURE

## Architecture Discovery Program

2 weeks | July 7-20, 2019

ART & DESIGN

## Portfolio Plus Program

3 weeks | July 7-27, 2019



The Sam Fox School of Design & Visual Arts offers top-ranking programs within a world-renowned academic and research institution. You'll experience college-level courses and studio culture, and explore the dynamic art and design scene in St. Louis.

### What You Can Expect

- Attend lectures from WashU faculty and professionals
- Participate in workshops on portfolio preparation and college admissions
- Learn new tools and techniques in our outstanding facilities
- Present your work in a public exhibition
- Earn college credit

### Field Trips

You'll visit some of the best museums, galleries, and buildings in the region. Past visits include:

- Award-winning architecture firms and professional artists' studios
- St. Louis Art Museum
- Gateway Arch National Park
- Contemporary Art Museum St. Louis
- Pulitzer Arts Foundation
- Plus movies in the park, bowling night, City Museum, and more!

### Campus Life

You'll live in residence halls with maker-spaces, lounges, computer labs, and more.

- Use the Sam Fox School studios, woodshop, and design labs
- Visit both historic and modern buildings across campus
- Enjoy amazing dining options from cafés and restaurants across campus
- Live in residence halls with program assistants who help with classes and offer guidance throughout the program. All are current undergrads or recent grads.



# **JOB, VOLUNTEER & INTERNSHIPS OPPORTUNITIES**

## **1 – VOLUNTEER OPPORTUNITIES IN FRISCO**

### **How to Find Volunteer Opportunities for Teenagers in Frisco**

The most direct way to identify non-profit organizations who serve the Frisco community is through the new, citywide initiative, **GIVE FOR FRISCO!** The NEW web platform is **developed and managed by Lifestyle Frisco** with support from Mayor Cheney to assist nonprofit organizations with increased awareness and digital marketing support, thereby driving more volunteers and donor dollars. Whether you're looking to volunteer, become an advocate or make a donation, finding your favorite local cause is the easiest it's ever been!

For the newsletter: <https://lifestylefrisco.com/giveforfrisco/>

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## **2 – JOB OPPORTUNITY@ SEARS**

Sears at Stonebriar Center is looking to hire 15 or more seasonal associates with night time and weekend availability.

**We are having open interviews on 10/20**

For more information please contact Andrew Bobbitt -store manager

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## **Join Our Team!**

Chick-fil-A Frisco Lakes is looking for high-energy team members who are passionate about serving our guests and making a positive influence in our community!

Apply in person or Online  
Chick-fil- A Frisco Lakes  
7979 FM 423  
Frisco, TX 75034

**[www.cfalocal.com/friscolakes](http://www.cfalocal.com/friscolakes)**

Great Work Environment - College Scholarships - Sundays Off - Competitive Pay

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