Happy Friday! The Counseling Department is hoping you and your loved ones are well! As you receive these Counseling Newsletters, you will find specific information for your grade level and important upcoming dates. Please read thoroughly to make sure you do not miss out on opportunities and numerous available scholarships that can provide you with free money for your post education plans. Do not forget to visit your counselor during Office Hours! Link: [meet.google.com/kdv-jpop-zxm](meet.google.com/kdv-jpop-zxm)

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College Choice Conversations

Are well under way! We are very excited to support you with your college choice and the matriculation steps once you have made your decision. **Remember that all UC’s and some CSU colleges have a decision deadline of May 1st, 2020 (NEXT FRIDAY). Do not miss this deadline!**

Before you make this important decision, we will support you with:

- Reviewing all admission decisions
- Supporting with To-Do Lists
- Breaking down financial aid offers

After you decide where you would like to go, we will support you with:

- Submitting your “Intent to Enroll” or “Statement of Intent to Register”
- Registering for new student orientation
- Placement exams or courses, if applicable
- Housing applications, if applicable

If you have not scheduled a college choice conversation with your counselor yet, please reach out to them ASAP.

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*CSU campuses that have extended their **SIR deadlines to June 1st**: Dominguez Hills, Cal Poly Pomona, Channel Islands, Chico, Sacramento, San Bernardino, San Marcos, Stanislaus, San Francisco.

**ALL OTHER COLLEGES MUST RECEIVE SIR AND DEPOSIT DECISIONS BY MAY 1st!**

May Day Video Submission

Please record a 30 second video announcing what college you will attend next year or what you plan to do after high school. Upload your videos to **this folder** by 8pm Tuesday April 28th.
*Please note that if your college extended its decision deadline to June 1st, you can submit your video announcement at a later date*

May Day Video Requirements
- Your video should be no more than 30 seconds in length.
- Please follow the script below:
  o “My name is ___________ and for the fall of 2020 I will be attending _____.” OR
  o “My name is ___________ and after high school I plan to do _____.”
- If you have college gear for your accepted school you can wear it in the video but it is not required.

If you have any questions please reach out to Ms. Herrera at bherrera@laalliance.org or call her at (650) 667-6595.

“Transition to College/Post-High School Plans” Workshop Survey:
Please complete the google form to provide feedback on how the counseling department can provide support with transitioning to your post-high school plans.

Class of 2021:
$2000 Matchlighters Scholarship
We are excited to share that we have established a partnership with The College Essay Guy and Matchlighters Program. Scholars have the opportunity to apply to the $2,000 Matchlighter Scholarship which will pay for 10 hours of 1 on 1 college essay help during the summer from an experienced counselor.
Here's what's included for your students in this new program:
1.) Scholars must participate in a virtual orientation.
2.) Attendance to a week-long virtual college essay workshop (June 1st - 5th)
3.) Access to my brand new Choose Your Own Adventure Essay Revising Tool.
4.) Access to a virtual professional development session for college counselors

The virtual boot camp for students will be held on:

June 1st, 3rd, & 5th : Mon, Wed, Fri (10:00-11:30am OR 4:00-5:30pm)

Students can opt-in, you can send the link below to your students where they can register for the boot camp on their own at https://collegeessayguy.com/sub-ceg-for-schools-students

Class of 2022:

**GEAR UP: College & Career “Virtual” Club Lessons**

You will receive an email to add our GEAR Up, College & Career “Virtual” Google Classroom where we will provide lessons on understanding your MAP Letter and learning how to write a resume for a job.

**Spring Conversations**

Beginning in April, Ms. Gutierrez and your GEAR UP coach will meet with you via Google Hangouts or phone to review graduation status, discuss career and college exploration, and provide support with your college planning. Please prepare questions and keep your eye out for an email to schedule your appointment.

**Riordan Scholars:**

“Do you see yourself as a future leader in business or in the community?”

Are you interested in applying for a highly competitive program with a 100% college acceptance rate? Either apply today or join in on **Riordan Programs Snack and Learn Webinar Series.** During the webinars, students will have the opportunity to learn from our Riordan Program alumni and their professional background (TikTok, ESPN, BET). **SIGN UP TODAY** to join a webinar OR **APPLY** (Deadline: May 1st)!!!
Contact Ms. Gutierrez for extra support, “I am here to support you with your application. Amazing program at UCLA!”

Message from Ms. Gutierrez and Mr. Steven:
Let’s go CLASS OF 2022, finish this semester strong! We believe in you!

Freshman:

Beat the Odds Scholarship

The CDF Beat the Odds® program honors outstanding high schools students who have overcome tremendous adversity, demonstrated academic excellence and given back to their communities. Started in 1990, the program identifies and rewards young people who have experienced significant hardship in their lives and supports and trains them to become future leaders in adulthood. Their grit and resilience are overwhelming. Their stories give hope and remind us that none of us have a right to give up on any child or youth.

Five 9th grade students in Los Angeles will be selected for the Beat the Odds Scholarship and will receive:

- $10,000 scholarship
- College test preparation
- Access to workshops focused on financial aid, financial literacy and essay writing
● College counseling and mentoring
● Access to college fairs
● Internship referrals
● Career, and life skills development
● Assistance with the college or post-secondary education enrollment process

Deadline to apply: Friday, May 29th, 2020

Link to application page: https://cdfca.org/programs/beat-the-odds/

*During the application process, you will be asked to identify an adult who can speak to your character and commitment to your community. **Ms. Nishimura would be happy to write a letter of recommendation for you!** Please email mnishimura@laalliance.org or text 619-677-6629 if you have questions about the scholarship or would like support from your counselor.

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**UCLA Snack and Learn Webinar Series**

Every Friday, starting this week, at 12:30 pm!

● Learn from professionals at TikTok, Google, ESPN, BET, and other major companies!
● The Riordan Programs invites high school and college students to attend the Snack and Learn webinar series. During the webinars, students will have the opportunity to learn from our Riordan Program alumni and their professional background. Students will be entered to participate in fun challenges and win prizes after each webinar.
● Participate in all of the six Snack and Learn webinar speaker series and get a participation certificate!

**REGISTER HERE**

**Emotional Wellness**

You are important and so is your emotional/mental wellness! If you are interested in increasing your awareness about stress management, then you are in the right place of the newsletter and we are excited to provide helpful information. Let's first start by saying that stress is natural to experience in your everyday activities. There are two types of stress: distress and eustress, let's explore these further:
How can we reduce distress?

Let’s get started:

- **Evaluate what is in your control vs. out of your control**
  
  **Activity:** take out a piece of paper and draw two circles, “Out of my control” vs. “In my control.”
  
  - **Step 1.** Out circle: also known as “things you cannot change.” Write down things you feel worried about and feel like you cannot change (i.e. other people’s actions, other people’s mistakes, your family).
  
  - **Step 2.** In circle: also known as “in your control.” Write down things you would like to focus upon that you can change or improve (i.e. attitude, words, actions, effort, how you treat others).
  
  - **Step 3.** Write down 5 things that they can do to spend more time focusing on the things that are in your zone.

- **How do I cope with stress?**
  
  - It is natural to feel distressed at times and if you currently are just know you are not alone. It is important that you identify what helps you reduce distress. These are known as your **Coping Strategies**.
    
    - Visit the link: [50 Coping Strategies](#)
    
    - Select 3 coping strategies that you will like to try for the next few weeks!

  - **Emotional wellness challenge:**
    
    - Gratitude: write down five people, events, or things that you are grateful for.
      
      - Example: “I am grateful for my family, my health, new opportunities, transportation, the sun, and the beach.”
It’s College Friday!

College Fridays are back! Let’s explore UC Merced today.

**Step 1:** Open the Google Sides to get started: [UC Merced Virtual Tour](#)
**Step 1:** Complete the Virtual College Tour Google Form

Are interested in learning more about a College/ University that has not been shared? Visit the campus virtually through the college’s website or conduct a Google search by typing in “[College/ University Name] Virtual Tour,” for an example: “CSU San Marcos virtual tour” and start exploring the campus.

In addition to a virtual tour, begin exploring majors, resources, on-campus housing, and the campus culture (i.e. traditions, campus events, clubs & organizations) of a College/ University. What are you looking for in a college campus? Some factors to consider include: campus size, academic programs, athletic teams, on-campus housing, and student support services.
. (Sophomores & Juniors) **African American Leaders for Tomorrow Program** *(Deadline: April 27, 2020)*

$200-$500 scholarship prize. Applicants must be in good academic standing as of January 1, 2020 and demonstrate leadership potential (i.e. involvement in student government, community leadership or similar activities). Requirements: high school transcript, two letters of recommendation, and two essays (see website for more details).

*(MS, HS)* **All About Education Scholarship** *(Deadline: April 30, 2020)*

$3,000 scholarship prize. Applicants are required to be thirteen (13) years of age or older at the time of application and hold legal residency of the fifty (50) United States or the District of Columbia. Short answer prompt: "How will a $3,000 scholarship for education make a difference in your life?" (250 words or less).

*(MS, HS)* **10 Words or Less Scholarship** *(Deadline: April 30, 2020)*

$500 scholarship prize. Anyone who is between the ages of 14-25 who will be attending school in the Fall of 2020 can apply! Requirements: Go to www.facebook.com/myscholarships and place a comment on any post you see answering the question: In 10 words or less, tell us why you deserve the $500 scholarship. Before or after writing your answer, "Like" the Facebook page. **Note: Only the answers provided from people that have "Liked" their page will be considered.**

*(HS Senior, Alumni)* **Shawn Carter Scholarship Fund** *(Deadline: April 30, 2020)*

$2,500 scholarship prize. Who can apply? High school seniors, students with GED diplomas, undergraduate (2 year or 4 year) college students, and students at vocational or trade schools. Applicants must be a US citizen or Permanent resident, 25 years old or younger with a min. 2.0 GPA. **(AB540, HS, Alumni)**

*(AB540, HS, Alumni)* **SALEF’s Fulfilling Our Dreams Scholarship** *(Deadline: May 1, 2020)*

$2,500 scholarship prize. Applicants must be 18 years or older and are required to be enrolled in a college/university at least 200 miles from their permanent home, must be in good academic standing as determined by his or her college/university, have a minimum 2.5 GPA, and identify direct or parental ties to a specific country to determine Hispanic origin on the application. The applicant must write an essay in 300-500 words demonstrating college level writing and grammar skills (essay can be answered in Spanish and translated in English) and demonstrate or discuss socio-economic need such as financial need, cultural considerations, etc. **(AB540, HS, Alumni)**

*(AB540, HS, Alumni)* **SALEF’s Fulfilling Our Dreams Scholarship** *(Deadline: May 1, 2020)*

$1,000-$5,000 scholarship award. Applicants must be of Salvadoran or other Latin(o/a/x) ethnicity, have a
minimum 2.5 GPA, demonstrate proven financial aid need, a commitment to community involvement, full-time status as a student, be pursuing any associate degree, any bachelor's degree, a master's, J.D. or Ph.D, and must live or went to High School in the city of Los Angeles.

(HS Senior) Genita Evangelista Johnson Endowed Scholarship *(Deadline: May 4, 2020)*
$2,500 scholarship award. Applicants must be an African American female enrolled as a senior in the 2019-2020 academic year, currently residing in Los Angeles County accepted into an accredited US four-year college or university, and pursuing a pre-medical major or course of study. Applicants must submit one personal statement demonstrating interest in pre-medical studies, citing specific examples and any individuals who have influenced the student’s interest in medicine in a max of 750 words, one letter of recommendation, academic transcripts, and acceptance letter(s) from four-year universities or colleges.

(HS) African American Leaders for Tomorrow *(Deadline: May 11, 2020)*
$200-500 scholarship award. Applicants must be a student, who is currently a sophomore or junior and is in good academic standing as of January 1, 2020, and demonstrate leadership potential (i.e. involvement in student government, community leadership or similar activities). The applicant must submit the following documents: current High School transcript, two letters of recommendation, one letter must be from a school official and one from a community member who is not related to the applicant, two essays (see website for more details), and each essay must be typewritten on a separate page. Include your full name at the top of each page.

(HS Senior) ACT Cares Community Scholarship *(Deadline: May 15, 2020)*
$1,000 annual, non-renewable scholarship award. Scholarship recipients are selected on the basis of academic record, demonstrated leadership and participation in school and community activities, honors, work experience, statement of goals and aspirations, unusual personal or family circumstances, and an outside appraisal. Awards are granted without regard to race, color, creed, religion, sexual orientation, age, gender, disability, or national origin. Financial need as calculated by Scholarship Management Services must be demonstrated for the student to receive an award.

(HS) B. Davis Scholarship *(Deadline: May 28, 2020)*
$25-$2,000 scholarship award. Applicants must write an essay of less than 1000 words on the topic: describe the three characteristics of leadership you value most. Discuss why you believe that these traits are so important and how you feel that they are developed in an individual, include your name and the school you are attending this year and next so readers could know where you are going to school now and what your future academic plans are.

(HS) Ayn Rand's Anthem Essay Contest *(Deadline: May 28, 2020)*
$25-$2,000 Scholarship award. Write an essay on one of the three topics listed on the website; the essay must be between 600 and 1,200 words in length, double-spaced. Essays will be judged on both style and content. Judges will look for writing that is clear, articulate and logically organized. Winning essays must
demonstrate an outstanding grasp of the philosophic meaning of Anthem.

(HS Juniors and Seniors) **Ayn Rand's Novel the Fountainhead Annual Essay (Deadline: May 28, 2020)**
$50-$10,000 scholarship award. Applicants must write an essay on one of the three topics listed on the website; the essay must be between 800-1,600 words in length, and double-spaced. Essays will be judged on both style and content. Judges will look for writing that is clear, articulate and logically organized. Winning essays must demonstrate an outstanding grasp of the philosophical meaning of The Fountainhead.

(HS) **Fifth Month Scholarship (Deadline: May 31, 2020)**
$1,500 scholarship award. Applicants must submit an online written response to the question: "May is the fifth month of the year. Write a letter to the number five explaining why five is important. Be serious or be funny. Either way, here's a high five to you for being original." (250 words or less)

(HS) **Voice for Animals (Deadline: May 31, 2020)**
$200-$500 scholarship award. Depending on age, there is a different essay submission. Visit the contest website for more details. The contest is open to all otherwise eligible students worldwide regardless of nationality, citizenship, or country of residence. Applicants must have been less than 19 years of age when the scholarship opened on January 23, 2020.

(Undocumented, Senior, Alumni) **CLLCF Scholarship program (Deadline: June 1, 2020)**
$5,000 scholarship award. Applicants must be a full-time student (undergraduate or graduate) in good academic standing at an accredited college or university, or a graduating high school senior with written proof of acceptance at an accredited institution of higher learning. Applicants must have a minimum grade point average (GPA) of 2.5. In order to submit a completed application, required documents are: resume, two letters of recommendations, school transcripts (official or unofficial), and an acceptance letter to the school they will attend during the next school year (for prospective undergraduate, transfer, and graduate students).
9th -12th Grade Free Opportunity: PLUS ME Project

PLUS ME Project Launches
Our Stories Matter: A 10-Week Community Journaling Experience
April 13 - June 19, 2020

In response to the current climate of isolation and uncertainty, PLUS ME has launched *Our Stories Matter: A 10-Week Community Journaling Experience* to provide social and emotional support for high school students and adults.

This virtual experience will create a space for us to reflect on, write down, and share our stories. Week by week, we will self-reflect and connect as a community through collective journaling and storytelling exercises in PLUS ME’s *My Story Matters Journal* and on social media. Participants can join at any time throughout the 10-week experience.

**Benefits for joining this experience include:**

- Building your story to increase your self-awareness
- Improving your communication skills with loved ones
- Creating the foundation for your college personal statement, scholarship essay, cover letter, or job interview preparation

Join our experience and help support our mission today by purchasing a 100-page *My Story Matters Journal* for $20. For every journal purchased, we will gift one to a high school student in Southern California.

**The program is FREE for any high school student in LA + OC + IE**

Visit [www.theplusmeproject.org/osm](http://www.theplusmeproject.org/osm) to learn more or register today.