

JANUARY/FEBRUARY 2022, ISSUE 6

# CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor



**Hello, everyone!**

I hope your 2022 is starting off productive and positive! I have combined the January and February newsletters into one issue.

If you have met with me recently, I have likely talked to you about organization and time management. You are all juggling AP classes, electives, extra-curricular activities, and responsibilities inside and outside of your home. It is imperative as a teenager that you start learning ways to keep yourself organized. What works for your friend might not work for you so be open to learning new ways to manage your time. In this edition, I offer some easy strategies that you can start using today!

In addition, I have included some really great enrichment opportunities and scholarships. Seniors, please make sure you look into your high school's scholarship list! What I provide are just a few and there are many more out there.

As always, if you need something, please reach out.

Take care and see you all soon!

*Mrs. Morganti*

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## IMPORTANT DATES:

**Feb 11** - March SAT  
registration deadline

**Feb 13-19** - Random Acts  
of Kindness Week

**Feb 21** - Student Holiday

**Feb 25** - April ACT  
registration deadline



# Let's get organized!

Advice and strategies for starting your second semester strong!

## **Set and commit to a schedule**

You are busy and likely have after-school commitments. The most important part of getting organized is controlling your schedule. Start on Saturday or Sunday and look at your week ahead. Use an agenda or calendar (paper or electronic) to document your commitments (sports, club meetings, job, etc). After that, add to your schedule WHEN you will complete your homework and study every day. Each day, check your calendar and add or delete as needed. **Do you like color?** Try color-coding subjects to create a visually stimulating system.

## **Organize your school supplies, notes, binders, etc**

Is your backpack a mess? How about your study space at home? If so, take time to go through each class and get organized. Get rid of papers you don't need and then organize the rest. Once you have everything in order it will help you find what you need when you need it.

## **Ask for help**

Feeling overwhelmed? Don't be afraid to ask for help. People to ask: parent/guardian, teacher, gifted resource teacher, or school counselor. Personally, I love organizing and love helping my students with it! Email me if you need assistance with this.

## **Practice and patience**

Creating a new habit takes time so give yourself some grace. If you try a new way to organize your time and it doesn't work, try something different. You need to find what works for YOU so don't give up. Finding a system that works will help you be a better student and will be a skill you will use for the rest of your life.

# OPPORTUNITIES and scholarships

[New Voices for the Theater playwriting competition \(deadline Jan 31\)](#)

[National Youth Science Camp \(seniors only, deadline March 31\)](#)

[Summer law-related classes from The Center for Legal & Court Technology \(CLCT\) at William & Mary Law School](#)

[Society for Women Engineers @ UVA High School Visitation \(flyer\)](#)

[CareerChat on Speech Pathology for Spotsy students only during Flex Time \(Jan. 25\)](#)

[Youth Conservation Corps - Crewmember](#)

## [Senior Scholarships](#)

[Virginia Tech Pamplin Scholarship \(deadline Jan. 31\)](#)

[The Community Foundation Scholarships \(deadline March 6\)](#)

[P.E.O R. Berkley Memorial Scholarship \(female seniors only, deadline March 1\)](#)

[2022 Capital One Virginia Military Dependent Scholarship \(deadline March 28\)](#)

Douglas Frank Brown Memorial Volleyball Scholarship (please see your school counseling office for details. Deadline April 8)

[Dreams4U Scholarship \(Spotsy only, deadline April 15\)](#)

[AJ Slye Memorial Scholarship \(Spotsy and Stafford only, deadline March 21\)](#)

[Rappahannock Choral Society Scholarship \(Spotsy only, deadline March 25\)](#)

### Where to find scholarships:

- Your high school Counseling Office and website
- Naviance (Stafford, Spotsy, and King George)
- [College Board](#)
- [Fastweb.com](#)
- [Scholarships.com](#)



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