

MAY 2022, ISSUE 9

CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor



Hello, everyone!

We made it! Another school year is complete! I hope you can all look back on this school year and reflect on all you have accomplished. During your reflection, I encourage you to also explore any areas of growth that you achieved or that you feel you could work on throughout the summer in preparation for the next school year. After all the reflection, I wish for you all to have a safe, relaxing, and healthy summer! You have all worked so hard and deserve time to unwind and enjoy some free time.

This month's newsletter focuses on post-secondary planning. Very often students and parents request information on future planning and, since the summer is a good time to start with that, I figured focusing on my last newsletter of the school year would be appropriate. Included are guides and some (hopefully) thought-provoking materials.

In addition, May is Mental Health Awareness Month. Nothing is more important to me than our students' health and wellness. Mental health is your social, emotional, and psychological well-being and is just as important as your physical health. If you are feeling unbalanced or need someone to talk to, please never hesitate to reach out to a trusted person in your life. YOU are so important and loved!

Lastly, don't forget to sign up for our Summer Enrichment! Details are on page 6.

As always, if you need something, please reach out. I am available most of the summer and am just an email away.

Take care and see you all soon!

Mrs. Morganti

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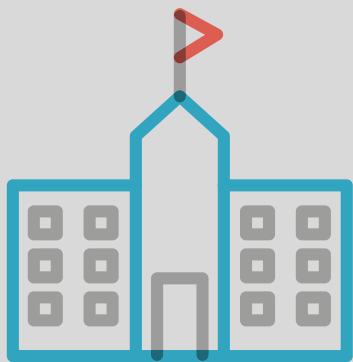
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IMPORTANT DATES:

May 2-6 - Teacher Appreciation Week

May 15 - Senior Recognition Ceremony

June 4 - SAT test date



COLLEGE planning

I often get asked the question, "What can I do to prepare for college?" Besides the obvious answer of having a strong high school transcript, there are several steps every serious student should take as they journey through high school. Below are guides I have used for many years with students and families. College Board has produced planning lists for each year in high school. Check them out!

[9th and 10th grade College Planning](#)

[11th grade College Planning](#)

[12th grade College Planning](#)

Don't forget about your resume!

Your resume is the story of you - your brag sheet. Your opportunity to list all your accomplishments and skills. A resume will be useful when applying to college, requesting letters of recommendation, applying for scholarships, and applying for jobs. For help developing your resume, be sure to use the resume builder in Naviance or [check out this website](#).

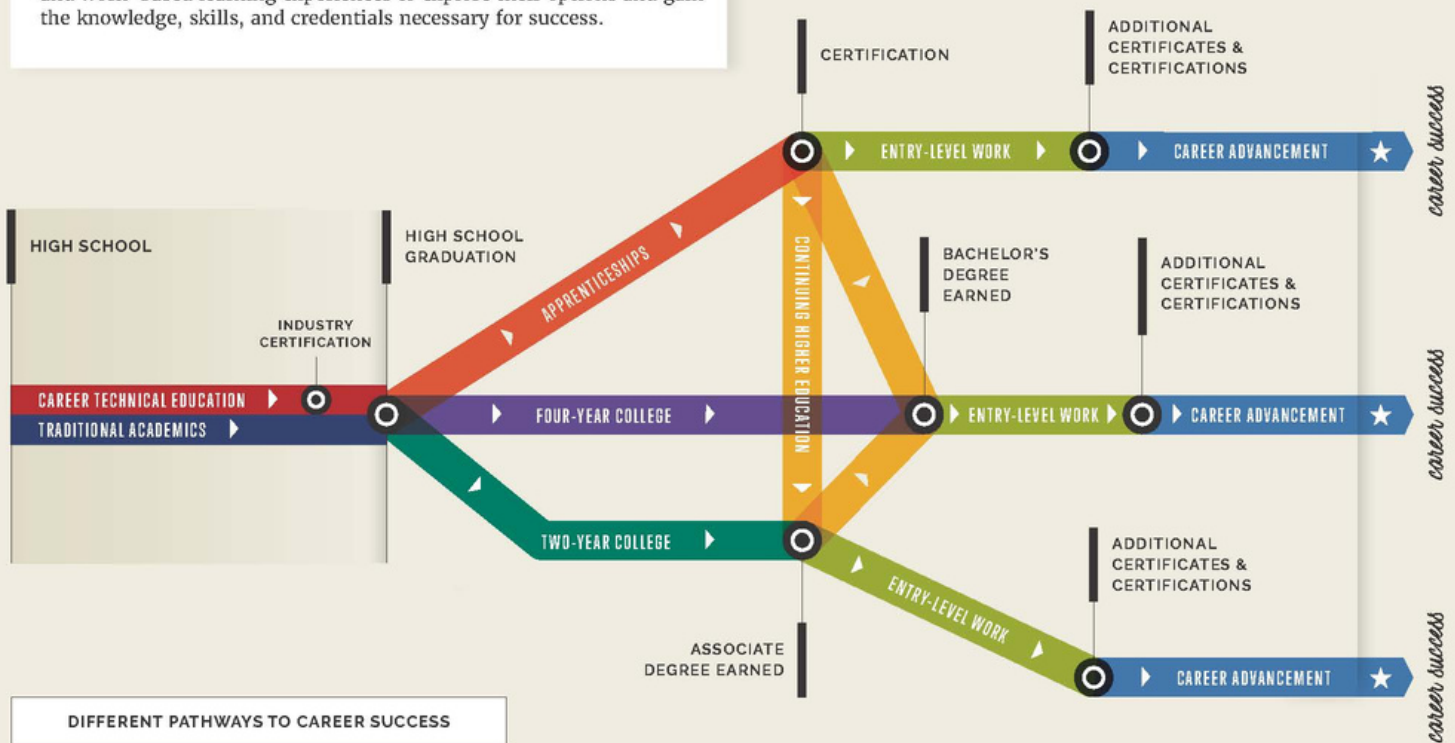


As you continue thinking about your passions and future career, be mindful of the optional paths that may exist. Sometimes we have a career in mind and we think, "Ok, I need to go straight to a 4-year university." But what if you didn't have to? What if you need a different path due to circumstances? There is a lot to consider when planning for your future. Be open to the different possibilities. Below is a graphic (you may need to zoom in) that outlines different paths to finding a successful career.

MULTIPLE PATHS TO SUCCESS

Even though in today's economy, it's necessary to have some type of education or training beyond high school, the journey through education to a fulfilling, family-sustaining career is not always linear. Enrolling in a four-year college right after high school isn't the only path to long-term success — nor is it the only way to ultimately earn a bachelor's degree. Students can pursue different education, training, and work-based learning experiences to explore their options and gain the knowledge, skills, and credentials necessary for success.

Like a trip on the subway, different pathways can run in parallel, diverge, or intersect at various points. But as with a journey on public transportation, mapping your route in advance can help ensure a more direct path to career success.

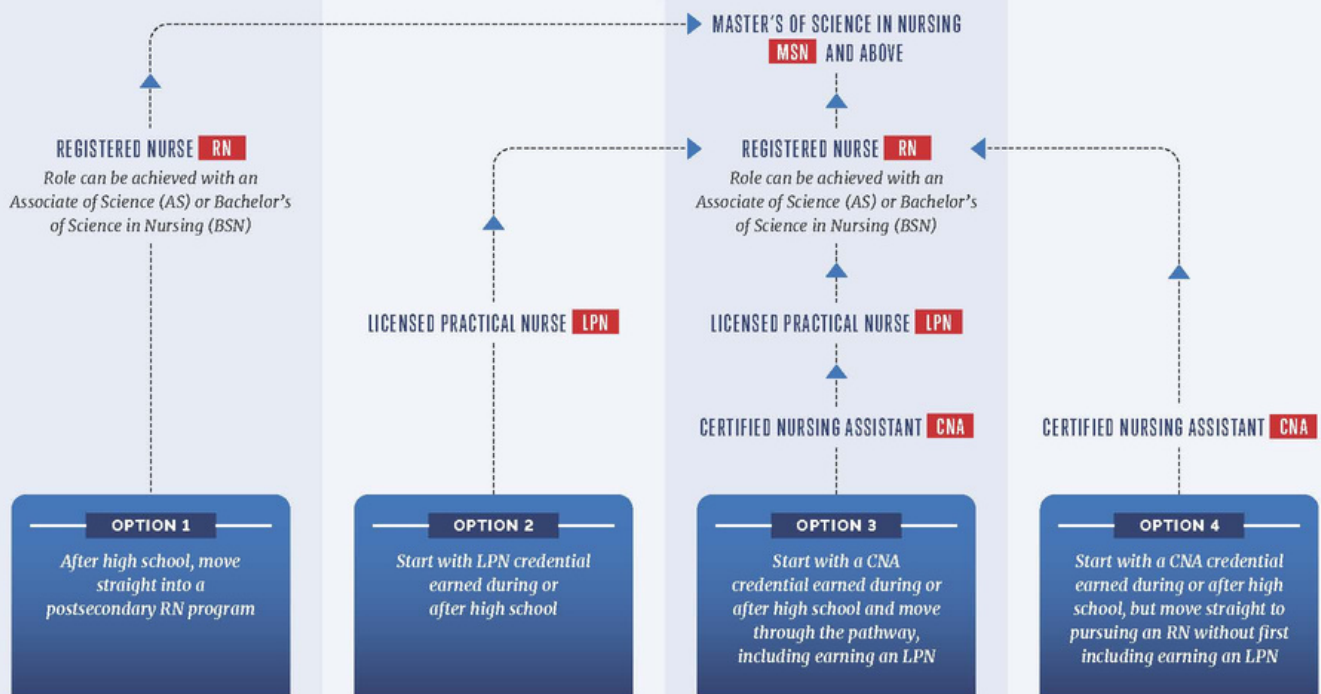


This is an example of how a path to a career can have different options depending on an individual's situation. When thinking of your career goals, be sure to look at ALL opportunities.

CAREER LATTICE

SAMPLE EDUCATIONAL PATHWAY IN NURSING

Individuals can enter and exit at various points along pathways within a field, earning different credentials along the way. The Registered Nurse (RN) credential can be achieved through multiple education routes.



Credit: Carnegie Corporation of New York

**YOU ARE
NOT
ALONE**

**May is Mental Health
Awareness Month**

 **NAMI** | Virginia
National Alliance on Mental Illness

You Matter - website and blog designed specifically for youth mental health.



Rappahannock Area Community Services Board
(RACSB) - provides mental health services to our community.

Mental Health is Health - GREAT website filled with useful resources for you and your loved ones' emotional health.





SUMMER ENRICHMENT

We have 3 opportunities for CGS Summer Enrichment. Use the link to sign up for any of the experiences. There are funds available to help cover the cost if needed. If you have questions feel free to reach out to Mrs. Robison or Mrs. Morganti.

Here is the link to sign up: <https://forms.gle/56e8xysw4guqrkzT7>

Use the links below to access the information on each event.

- **Altria Theater, June 1** <https://tinyurl.com/3pf87nwz>
- **College Visit (Roanoke College and Virginia Tech), June 16**
<https://tinyurl.com/38t2vzu6>
- **Caving, June 17** <https://tinyurl.com/3uayj3k9>