

AUGUST 2022, VOLUME 2, ISSUE 1

CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor



Hello, everyone!

Welcome back to school! For our freshmen, welcome to CGS! I am the CGS Program Counselor and excited to start another year with each of you. Each month, I will send out a newsletter filled with different resources that cover a variety of topics relevant to YOU.

In this issue you I provide you all with information on starting the school year off on the right foot – from organizing, to planning, to emotional health. Each resource is linked to a website for easy access.

For students interested in synthetic biology, Stanford iGEM is offering a unique virtual opportunity. [Click here for more information.](#)

As always, if you need something, please reach out. Email is the best way to get a hold of me.

Take care and see you all soon!

Mrs. Morganti

mmorganti@cgsva.org

IN THIS ISSUE:

Pg 2 - Back to school resources

Pg 3 - Social-emotional resources

Pg 4 - SAT/ACT info

IMPORTANT DATES:

Aug 27 - SAT Test date

Sept 2 - Oct SAT registration deadline

Sept 10 - ACT Test date

Sept 21 - FAFSA&Merit Scholarship presentation



BACK TO SCHOOL RESOURCES

Seniors and Juniors!

Check out my guide to college applications and financial aid! Your home school counselors should also be covering this in the fall but if you have questions, I am here to help. College applications can get overwhelming but staying organized and having a plan will reduce the stress immensely!

Should I take the SATs/ACTs?

Many colleges and universities are still going to be "test optional" for your applications this fall. However, please be aware that some colleges may use SAT/ACT scores for admission and/or merit-based scholarships. Page 3 lists all the 2022-2023 test dates. Need a fee waiver? Speak to your home high school counselor. Here is an extensive list of "test optional" schools.

Getting organized to tackle this year!

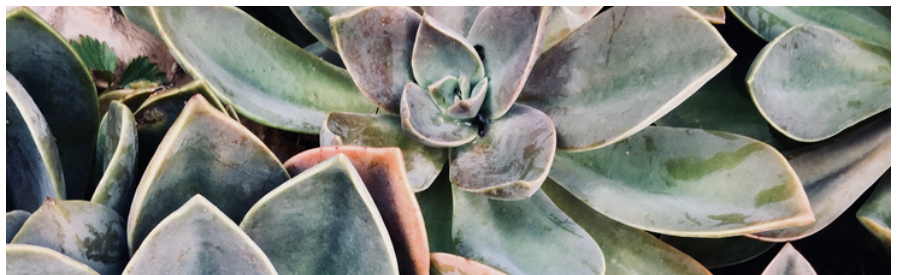
Staying organized, creating positive work habits, asking for help, and developing good time management skills will help you be successful as a student. Check out this article for useful tips and tricks from a recent high school student!

Creating calm

You hear a lot about self-care and there is a good reason for that! Taking care of yourself emotionally and physically will help you meet your goals, feel good about yourself, and contribute to your overall health. After all, mental health is just as important as physical health. Here is a quick mindfulness activity for you that is easy for anyone to do.



I'VE ALWAYS LOVED
THE FIRST DAY OF
SCHOOL BETTER THAN
THE LAST DAY OF
SCHOOL. FIRSTS ARE
BEST BECAUSE THEY
ARE BEGINNINGS." –
JENNY HAN



Social-emotional Resources

> Click image for more information <



SAT and ACT Info

SAT

Test dates for 2022-2023

August 27, 2022

March 11, 2023

October 1, 2022

May 6, 2023

November 5, 2022

June 3, 2023

December 3, 2022

Registration and Test
Information

ACT

Test dates for 2022-2023

September 10, 2022

February 11, 2023

October 22, 2022

April 15, 2023

December 10, 2022

June 10, 2023

July 15, 2023

Registration and Test
Information

If you have specific questions regarding test dates, testing accommodations, or test fee waivers, please contact your home high school counselor.