

# CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor

Hello, everyone!

Welcome to Fall, my favorite season! I hope this newsletter finds you all doing well.

Thank you to everyone who watched our Scholarship and FAFSA presentation the other week. As a reminder, the recorded presentation is located on the CGS website under the "Counseling" tab. Let me know if you have any questions.

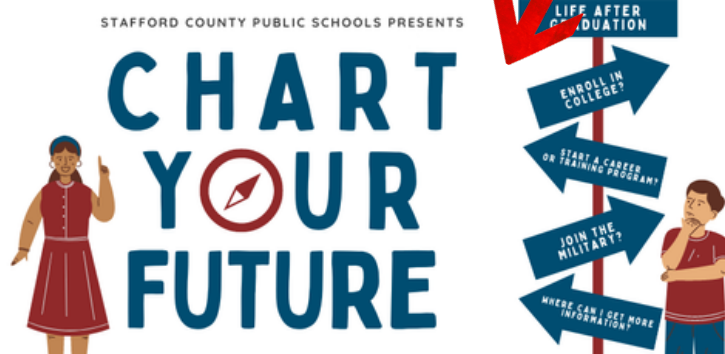
Careers are a hot topic for October. Stafford County Schools is hosting a really cool event, *Chart Your Future*, on Oct. 12. Please consider attending. The image below is linked to event details. I will be hosting a CGS family presentation on Oct. 13 titled Career Exploration and Gifted Students where we explore the unique needs of gifted students, hear directly from a Career Development Counselor, and a CGS student on their internship experience. Details are in the flyer on page 3.

As always, if you need anything, please do not hesitate to reach out.

Take care and see you all soon!

Mrs. Morganti

Stafford Co. Seniors Event AND  
Public Event Oct. 12



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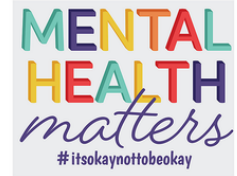
## IMPORTANT DATES:

10/1/22 - FAFSA opens  
10/1/22- SAT test date  
10/13/22 - Career Exploration for Gifted Students presentation  
10/19/22 - College Fair @ Spotsy Towne Center  
10/22/22 - ACT test date

Click on image for virtual college tours!



# Wellness & Mental Health



**When it comes to understanding feelings and managing your emotions, YOU ARE NOT ALONE!**

Being a teenager is hard but it doesn't have to be unmanageable. I recently came across these great videos on mental health for teens and featuring teens. Each video is about 5 minutes and contain insightful content that each of you can relate to. Click on the topic to view the video.

[Understanding Feelings](#)  
[Relaxation Skills](#)  
[Understanding Thoughts](#)  
[Managing Intense Emotions](#)  
[Mindfulness](#)

## SCHOLARSHIPS AND OPPORTUNITIES

[Coca-Cola Scholars Foundation Scholarship](#)  
[Heisman High School Scholarship for Male or Female Scholar Athletes](#)  
[UVA Society of Women Engineers High School Visitation](#)  
[Germanna Community College - Campus Tours](#)  
[University of Virginia - Open Houses and Tours](#)  
[United States Military Academy West Point: schedule a visit](#)  
[Prosper Students - Rappahannock United Way: Financial literacy class for teens.](#)  
[CyberStartVA](#) - see your Cyber teacher at your school for more info

### Where to find more scholarships:

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

SAVE THE DATE!

10/13/22

Career Exploration  
for Gifted Students  
presentation



October 13 @ 6pm

# **CAREER EXPLORATION FOR GIFTED LEARNERS**



- For CGS Parents and Students
- Learn about gift learners unique needs
- Insight from a Career Development Counselor
- CGS student internship experience

**Zoom meeting information, Oct 13 @ 6pm:**

[https://us02web.zoom.us/j/83637363998?  
pwd=WVhvY28vb0syVFR6YW43ekZFQjBTdz09](https://us02web.zoom.us/j/83637363998?pwd=WVhvY28vb0syVFR6YW43ekZFQjBTdz09)

Meeting ID: 836 3736 3998

Passcode: 916343