

# CGS STUDENT NEWSLETTER

From the desk of Mrs. Morganti, CGS Program Counselor



## The Commonwealth Governor's School

### WOMEN'S HISTORY MONTH



### CGS PTO SCHOLARSHIPS

[PTO Senior Essay Contest](#)

[Northrup Grumman STEM Scholarship](#)

[Michael Isenberg Scholarship](#)

### SCHOLARSHIPS AND OPPORTUNITIES

[Seniors: 2023 Capital One Virginia Military Dependents Scholarship](#)

[Native Forward Scholars Fund](#)

[Horatio Alger Assoc. Scholarships](#)

[Virginia Council on Women STEAM-H Essay Contest](#)

[Virginia School Counselors Assoc. Scholarship](#)

*Visit your school counseling office and website for additional opportunities!*

### Summer Enrichment Opportunities

[University of Mary Washington Summer Program](#)

[Boston Conservatory @ Berklee](#)

[Summer Engineering Academy @ U Penn](#)

[Summer Institute for the Gifted](#)

[Boston University High School](#)

[Summer Programs](#)



[Boston University Summer Journalism Academy](#)

[Catholic University Pre-college Summer Program, Architecture](#)

[National Youth Science Camp](#)

[William & Mary Summer SEP](#)

[William & Mary Focusing on the Future](#)



[UVA School of Architecture visits](#)



[UVA School of Engineering Open House - April 1](#)

[United States Military Academy West Point: schedule a visit](#)

### GERMANNA COMMUNITY COLLEGE

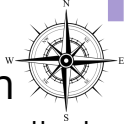
[Germanna Community College - Campus Tours](#)

[Germanna Makerspace STEM events](#)

[Germanna STEAM-H Day - April 1](#)

# POST-SECONDARY PLANNING TIPS FOR FRESHMEN!

## Exploration



High school is all about exploring all the different options. From classes to clubs, sports to volunteering - see what is out there! You never know what new passion you may discover. Exploring different paths may help you find a potential career interest.

## Focus on growth

Growth in high school comes in many forms. Focusing on your academic growth and success allows you to have more options after high school. How do you do that? Stay on top of your work and ask for help when you need it. Personal/social growth is another area that you should give attention to. You will change and develop through these years into a young adult

## Know your options



Depending on your career goal, there are many different post-secondary options available. Four year colleges, two year colleges, military, technical/trade schools, or full-time employment are the most popular. It will be important to become familiar with the admissions requirements and financial aid options with any post-secondary institution as well. In addition, start developing your resume now. Your resume is a living and breathing document that will change and grow throughout the years.

## GETTING (RE) ORGANIZED BECAUSE SOMETIMES WE NEED TO BEGIN AGAIN

### 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.