

# CGS STUDENT NEWSLETTER

The Commonwealth Governor's School



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Hi everyone! Welcome to September!

The first few weeks of school have flown by and we are at interim time. I have spent a lot of time with students on time management and organization to help them start the year off strong. If you are a student who struggles with that, please reach out to me so we can brainstorm some success strategies for your academic toolbox!

As you journey through this school year, please keep the need for BALANCE in your life a priority. Take care of yourself, as well as your responsibilities. Your teachers and I are here for you and available if you need support.

Be sure to check out our Student Spotlight this month! Mailynn is a senior at our Stafford Site and has had some fantastic experiences out in our community and also has some great advice for her fellow CGS peers.

See you soon!

*Mrs. Morganti*



# STUDENT SPOTLIGHT



An interview with...  
**Mailynn Nguyen**  
12th grade, Stafford Site



## 1. Tell us about your work-based learning (WBL) experiences you have had while in high school.

In the summer after sophomore year, I asked the president of the regional Chamber of Commerce if I could help with data-related work, and she hired me after an interview. Since then, I've been able to create surveys, analyze my data, and use those data insights to inform Chamber events and outreach. The Chamber is unique because they represent the business community and also connect with schools and students to build the employment pipeline in our region. My data helped the Chamber realize that students in this area really want STEM internships, so we're encouraging businesses to be more open to hiring high schoolers for internships. We're proud to have connected nearly 100 students with internships at the Intern Expo last year! We're aiming to repeat that this year.

This past summer, I also started interning with the Capital Projects department in Stafford County government. I'm building geospatial (data + maps) skills way beyond what I learned in class while helping prioritize transportation projects to optimize safety and minimize traffic.

## 2. What is the most interesting thing you have learned from WBL?

On the technical side with Stafford County, I worked with VDOT crash datasets, created my own map data, and honed my Python skills through geospatial analysis.

Beyond that, I've also built "people skills," especially in my Chamber internship. There, I founded and continue to chair the Student Voice Subcommittee, which is a two-way street where student ambassadors get leadership experience and networking opportunities in the Chamber community while the Chamber hears direct student perspectives. (Accepting [applications](#) until Sept. 5!) Between Student Voice, panels, presentations, and even a radio interview, I've learned a lot about communication.

## 3. You have had some unique internship experiences so far in high school. What is some advice you may have for your fellow CGS students about career exploration?

Create your own opportunities based on what you're interested in because internships are your chance to figure out what you enjoy doing. Talk to people, email people: business owners, professors, anyone else who might have a gap you could fill. Taking initiative and taking that risk to create a job/internship for yourself is a great experience in itself, on top of the knowledge and skills you'll gain once you land a position.

## 4. What are your plans for after high school?

My Culminating project launched me into geospatial research with some conservationists in Madagascar, and the work we're doing involves all four of the disciplines I'm interested in—data science, geospatial tech, environmental science and economics—so I'd love to continue work like that during and after college.

## 5. In your spare time, what is something you like to do for fun or to relax?

I enjoy running cross country, hiking and (mostly) beating my family members at trivia.

# STUDENT WELLNESS RESOURCES

[changetochill.org](http://changetochill.org) - Online resources for teens. I like their online stress quiz because once you complete it, the website will provide you with useful stress management tips and resources tailored to your specific needs.

[Mental Health America of Fredericksburg](#) - Local agency that provides mental health resources for Caroline, Fredericksburg city, King George, Stafford and Spotsylvania.

[The JED Foundation Mental Health Resource Center](#) - Provides resources for teens and young adults on topics of peer support, overcoming challenges and other mental health topics.

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## SEPTEMBER “TO-DO’S” FOR ALL STUDENTS

1. Get organized!
2. Update your resume. Add: summer activities (jobs, volunteering, internships, etc), your culminating topic/project, your updated GPA, and any new clubs or sports for this school year.
3. Get outside and enjoy the nice weather.

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## YOUTH IN PHILANTHROPY - THE COMMUNITY FOUNDATION

Youth in Philanthropy is a great opportunity for students in grades 10-12 who are interested in having a positive impact on our community. Please visit their [website](#) and watch this [Youtube video](#) to find out more.



the  
community  
foundation

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## OPPORTUNITY FOR JUNIORS AND SENIORS

[United States Senate Youth Program](#)

Application due September 29, 2023

# CLASS OF 2024

WELCOME TO SENIOR YEAR!

Each month I will have scholarship information in this newsletter, along with other information to help you through your senior year!

## SCHOLARSHIPS

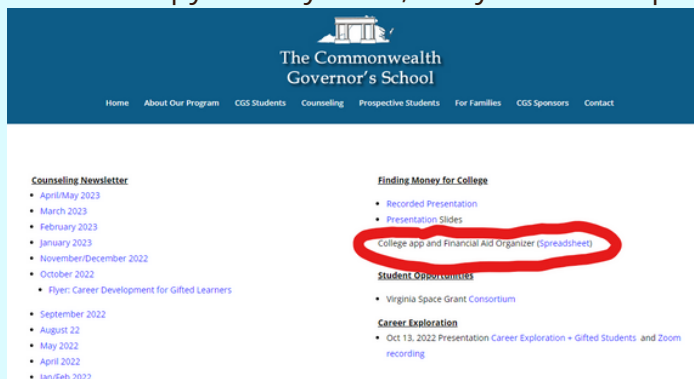
Coca-Cola Scholars Program - Deadline October 2, 2023

QuestBridge - National College Match and scholarships for high-achieving students with financial need. Deadline September 26, 2023.

Heisman High School Scholarship - Scholar Athletes. Opens on August 14, 2023 and closes on October 17, 2023.

## COLLEGE APPLICATIONS

Seniors, you will work directly with your home high school counselor when it comes to sending materials for your college applications. As always, I am also here to help if needed. Through collaboration, I have created a college application and financial aid spreadsheet to help you and your families stay organized through this process. The spreadsheet can be found on our CGS website in the Counseling section. Click on the spreadsheet link and it should force you to make a copy. Once you do, it is yours to keep! I hope this is a helpful resource!



## MAKE AN APPOINTMENT WITH ME

Feeling a bit overwhelmed? Make an appointment with me. Email me at [mmorganti@cgsva.org](mailto:mmorganti@cgsva.org) so we can set up a time to consult about your senior year.

Join the FXBG Regional Chamber of Commerce

# Student Voice

# Subcommittee!

~**Impactful leadership experience** for your college app or resume

~**Networking opportunities** with other students and leaders in the region

**Apply by Sept. 5!**

Use the QR code or link for the application & more information.

Email [intern@fxbgchamber.org](mailto:intern@fxbgchamber.org) with any questions.

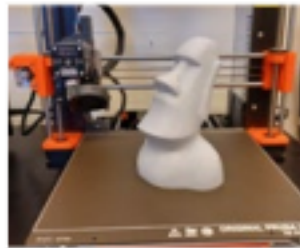
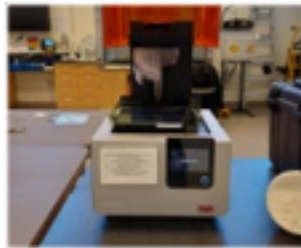


[tinyurl.com/23a896k8](https://tinyurl.com/23a896k8)



# GERMANNA

## MAKERSPACE



Germanna is offering free STEM workshops for local area high school students grades 9–12. Serving Spotsylvania, Stafford, King George, Caroline, Culpeper, Madison, and Orange. Limited seats available.

### UPCOMING EVENTS & WORKSHOPS

10000 Germanna Point Drive, Fredericksburg, VA 22408

#### Hand Soldering Basics

September 9 • 5 p.m.

#### Introduction to Computer Aided Design and 3D-Printing

September 23 • 5 p.m.

#### Your First Electronics Lab

October 7 • 5 p.m.

#### Create and Cast: Halloween Ghost Toy Casting Lab

October 21 • 5 p.m.

#### Getting Started with Arduino Microcontrollers

November 4 • 5 p.m.

#### Powering Motion: Exploring Servo, Stepper, and DC Motors

November 18 • 5 p.m.

#### RoboGrab: Lego Mindstorms Claw Machine Workshop

December 2 • 5 p.m.



SCAN HERE

Industry partners and sponsors

For more information, contact Harry Schoeller  
hschoeller@germanna.edu





# PATHWAYS TO COLLEGE & CAREER CONFERENCE

**SATURDAY, SEPTEMBER 30 | 8:30 AM - 2 PM**

**WHO:** 9th-12th grade military-connected and DoD students and parents/guardians

**WHERE:** Crossroads Elementary School  
3315 Purvis Road | Quantico, VA 22134

**HOW:** To register visit [pcc23.eventbrite.com](https://pcc23.eventbrite.com) or scan QR code.

**TIME:** Check-in begins at 8:30 a.m.  
Workshops will start at 9 a.m.

**Register by Thursday, September 21. Space is limited!**

**ADMISSION:** FREE

**This event is open to military and DoD ID card holders.**



For more information contact TGR Foundation at 714.765.8040 or email [ewsp@tgrfoundation.org](mailto:ewsp@tgrfoundation.org).

The Pathways to College and Career conference will be a half-day of hands-on specialized instruction offering a range of college and career preparation workshops for military-connected and DoD high school students and their parents/guardians. The primary goal is to help students finish high school better prepared for postsecondary success. This unique approach has a customized track of concurrent workshops for students and parents.

Continental breakfast and lunch will be served; this free event is open to 9th-12th grade military-connected students and DoD students and parents/guardians.

## SAMPLE STUDENT WORKSHOPS:

- o Developing Your College List
- o Personal Statement: Your Questions Answered
- o Scholarship Search 101

## SAMPLE PARENT WORKSHOPS:

- o College Applications Explained
- o Using Social Media for Scholarship Searches
- o Securing Funding for Higher Ed



Sponsorship does not imply Federal or Marine Corps Endorsement



## NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

TGR Foundation and the TGR Learning Labs admit students of any race, color, nationality and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the TGR Learning Lab and through its programming. It does not discriminate on the basis of race, color, nationality or ethnic origin in the administration of its educational policies, admissions policies, scholarships, loan programs, athletics and other school-administered programs.