

# The Senior Scoop

MARCH, 2017

*A Publication of the Counseling Department at Monson High School Just for Seniors*



## How Serious is Senioritis?

Senioritis. Senior Slump. Senior Slide. Senior Slack. Whatever you call it, the result is the same. Seniors who have a lot on their minds, who are worried about their futures or how they are going to pay for college or those just tired of working hard, breeze through the last part of the year with little or no effort. And sometimes the consequences are serious:

- ▶▶ Student fails to graduate from high school
- ▶▶ Colleges can revoke admission offers and scholarships
- ▶▶ Nearly one-third of students entering college need remediation because they can't keep up with the challenging curriculum

Senioritis has been around for ages, however we might be more aware of it because of the larger number of students who are adversely affected as a result of their poor performance. More and more colleges are withdrawing offers of admission after seeing a student's senior year grades. When a student is initially offered admission, acceptance letters include warnings to students such as, "Your admission is contingent on your continued successful performance." So, when the senior grades are reported and they are not up to their standards, the offer of admission is revoked. In most cases a student will have to discuss the situation with an admissions officer and provide a reasonable explanation of the turn of events. Students who are allowed to enroll may find themselves on academic probation or under the watchful scrutiny from the College, even before setting foot in the door.

Another factor which has brought more light to senioritis is the increased participation in early admission programs. Some students take advantage of the fact that their college search is over by January 1st and they coast through the rest of the year assuming that nothing will happen to their acceptance if their grades are not up to par.

The government thinks things have gotten so bad that in 2001 The National Commission on the High School Senior Year was established. It reported that students need to be better prepared for college and an

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## Common Scholarship Will Soon Be Available

The Common Scholarship application for local scholarships will be distributed to seniors at a class meeting on March 16. Approximately twenty one local scholarships awarded at the annual senior awards program on May 31 can be found in the common application this year. Students will only have to complete one application and make copies for each of the scholarships to which they are applying. Applicants are cautioned to follow the directions and include a copy of the third quarter report card as well as the required essay. Some scholarships have additional requirements such as an additional essay or copy of a transcript. Incomplete applications will not be considered.

Scholarships that are to be submitted to a Monson High School staff member can be hand delivered. All of the scholarships that are to be mailed must be postmarked by Tuesday, April 25 which is just prior to the annual spring vacation.

Questions about the application or the application process should be directed to Mr. Bardwell at 267-4589x1109 or [bardwellr@monsonschools.com](mailto:bardwellr@monsonschools.com)





## March Scholarship Listing



For an application or more information on the following scholarships, please stop by the Counseling Office.

### **Hood Good Sport Scholarship**

**March 6, 2017**

For high school seniors who participated in a varsity sport and who will be furthering their education by attending a two- or four-year accredited college or university next year. Students must have earned a cumulative 3.0 GPA or higher and performed volunteer work in the community to be eligible. Apply online at [www.Hood.com/scholarship](http://www.Hood.com/scholarship).

### **Walter S. Barr Scholarships**

**March 15, 2017**

These awards for undergraduate education are made annually to graduating high school seniors. They must be residents attending public or private secondary schools in Hampden County, MA. The awards are given based on school records, college entrance examinations, general accomplishments, recommendations and financial need. The annual award is \$2,500 for a maximum of four years. **The William R. Rooney Award** is awarded to a graduating high school senior who is currently on and has been on an IEP or a 504 Plan for a minimum of two years. Please visit [www.HoraceSmithFund.org](http://www.HoraceSmithFund.org) to complete and submit an application.

### **The George Colman Scholarship**

**March 15, 2017**

Each year, the New England Association of Collegiate Registrars and Admissions Officers awards scholarships to three high school graduates who will be enrolling in a NEACRAO member institution for the fall semester of that year. Each high school graduate who is selected is awarded \$2,000\*. Each recipient of the scholarship is selected from candidates who are recommended by New England secondary school guidance professionals. Please visit <https://neacrao.org/about/scholarship-information/> for more information.

### **The Rebekah Assembly of Massachusetts**

**March 15, 2017**

Offers a scholarship of \$500.00 to qualified seniors who plan to further their education by attending two or four year college programs. Please see Counseling Office to obtain an application.

### **Professional Women in Construction**

**March 15, 2017**

Awarded to any student (male or female) enrolled in a study leading to an undergraduate degree in Construction, Construction Management, Interior Design, Architecture, or Civil, Mechanical, Structural, or Electrical Engineering. To obtain an application, please visit: [www.pwcusa.org/ct](http://www.pwcusa.org/ct).

### **Dunkin Donuts Scholarship Program**

**March 15, 2017**

Please apply on-line at [www.dunkindonuts.com/scholarship](http://www.dunkindonuts.com/scholarship).

### **The Great Scholarship Program**

**March 31, 2017**

The Great Scholarship Program aims to promote careers in cosmetology and at Great Clips salons to high school and cosmetology school students by providing tuition assistance or cosmetology tools to get them started. Scholarship values are determined by local Great Clips salon owners, who evaluate and select winners. For more information please visit [www.GreatClipsCareers.com/Scholarships](http://www.GreatClipsCareers.com/Scholarships).

### **Zonta International Young Women in Public Affairs**

**March 17, 2017**

A \$1000 scholarship opportunity to a young woman between the ages of 16 and 20 as of April 1<sup>st</sup>, and who lives in the Quaboag Valley. This scholarship seeks to recognize a student who demonstrates a commitment to her community, exhibits leadership ability, and shows global awareness. You may download an application at <http://www.zontaqv.org>.

### **Holyoke Community College Foundation Scholarship**

**March 22, 2017**

Must attend Holyoke Community College. [www.hccscholarships.org](http://www.hccscholarships.org).

### **Quaboag Hills Chamber of Commerce**

**March 23, 2017**

Must write an essay answering the question: What Role Should Business Play in Your Community? Please see the Counseling Office for more information or to obtain an application.

### **Lighthouse Guild Scholarship**

**March 31, 2017**

Annual scholarship program for college-bound high school and graduate students who are legally blind. For more information and an application please visit [www.lighthouseguild.org/scholarships](http://www.lighthouseguild.org/scholarships).

### **Massachusetts Association of Women in Law Enforcement Scholarship**

**March 31, 2017**

Applicants must be a female and accepted into a college or university full-time (minimum of two years) with a major in Criminal Justice at an accredited post-secondary institution and other various criteria. Please visit [www.MAWLE.org](http://www.MAWLE.org) for more information and to obtain an application.



## March Scholarship's continued

### Community Foundation of Western Massachusetts

March 31, 2017

Various criteria. *Encouraged to apply early.* Please apply on-line at [www.communityfoundation.org/scholarships/application.html](http://www.communityfoundation.org/scholarships/application.html).

### Italian Cultural Center Scholarships

April 1, 2017

These scholarships are available to Seniors of Italian heritage who are attending high school in Western Massachusetts.

The application for the scholarships can be found on their website at [www.iccwm.org](http://www.iccwm.org).

### Country Bank for Higher Education Scholarship

April 3, 2017

High school graduating seniors from public, private, parochial and charter schools within in the Country Bank market area who plan to attend a two or four year college or university are eligible to apply. Home-schooled students are also eligible to apply by providing documentation of high school equivalency and college eligibility as an incoming freshman in 2017. Applicants must also be a Country Bank customer for at least 6 months. Applications may be downloaded by visiting [www.countrybank.com/about-us/community-scholarship-program](http://www.countrybank.com/about-us/community-scholarship-program).

### The Stephen Phillips Memorial Scholarship Fund

April 3, 2017

The Stephen Phillips Memorial Scholarship Fund offers renewable, 4-year scholarships to student with financial need who display academic excellence, a desire to make a meaningful contribution to society, and strong citizenship and character. Download the application at [www.phillips-scholarship.org](http://www.phillips-scholarship.org)

### New England Association for College Admission Counseling

April 8, 2017

High School juniors and seniors from NEACAC-member high schools in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont are invited to submit a 500-word essay. For the essay topic and more information please visit: <http://www.neacac.org/essay-contest-information-application>.

### Wing Memorial Hospital Auxiliary, Inc.

April 15, 2017

Is pleased to offer a one year scholarship in the amount of \$750.00 to a student planning to enter the medical field. Examples of careers that are considered –nursing, medicine, physical therapy, occupational therapy, radiology, and medical technology. Please see the Counseling Office for a copy of the application.

### The Ann and Tony Odierna Community Service Award

April 15, 2017

All students from any middle school through high school or Grades 6-12 (public or private) in Hampden County of Western MA are eligible. Information and directions about this scholarship are available at [www.tonyahockey.com](http://www.tonyahockey.com) by clicking on **Community Service Award** (please examine all four headings).

### Marine Corp League Scholarship

April 30, 2017

Must have a relative who has served in the United States Marine Corps or as a Navy Corpsman with a Marine Unit for more than 90 days. Please see the Counseling Office to obtain an application.

### The William B. Menard Memorial Scholarship Program

May 1, 2017

This scholarship is open to current high school seniors through college juniors entering or continuing at a four-year college or university, with home addresses in the states of MA or CT, who are interested in studying gold management and/or pursuing a career in the golf industry. Please see the Counseling Office to obtain an application.

### B. Davis Scholarship

May 22, 2017

This Scholarship is available to all high school juniors and seniors as well as all students currently registered in any post-secondary institution. For more information please visit <http://www.studentawardsearch.com/scholarships.htm>.

### Abbot and Fenner Scholarship Program

June 12, 2017

The A&F Scholarships are available to all high school juniors and seniors as well as all students currently registered in any accredited post secondary institution. Various scholarships are available. Please visit <http://www.abbottandfenner.com/scholarships.htm>.

### The 2017 Aspiring Nurse Scholarship

June 30, 2017

This scholarship competition is open to all U.S. high school seniors who plan to pursue college education in nursing, including LPN/LVN, AND, and BSN programs. Application and more information is available by going to: <http://www.nursingschoolsalmanac.com/articles/2017-aspiring-nurse-scholarship>.

## Senioritis, continued from page 1

increasingly complex world of work. Students also should enroll in more rigorous academic programs which provide greater economic returns and ensure that Americans possess high levels of literacy, numeracy logic and the capacity to think critically. The Commission felt that by approaching the problem through a three prong approach - creating a more unified system of education Pre-K through 4 years of college, raising the achievement bar and providing more alternatives in the senior year, that the concerns over senior year decline will be reduced. Senior capstone projects, the development of meaningful internships and the opportunities to take college level courses are only some of the suggestions made to traditional approaches to educating seniors.

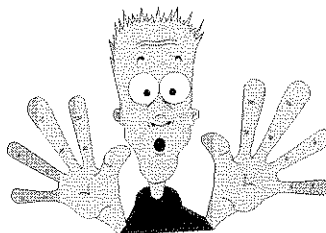
There is no doubt that the last year of high school is difficult for most seniors. The thought of going to college or into the working world, leaving their family and general uncertainty about their future should cause some anxiety. However, some students push the envelope by completely shutting down. A study by UCLA reports that 40% of students claim they are frequently bored in class during their senior year as compared to 35% in 1985. This trend is of concern.

For students who wish to avoid this phenomenon, here are some strategies to help:

- ▶▶ Plan ahead & stay organized - Seniors should know what activities they plan on being a part of and what the demands of their senior year will be. By planning ahead and knowing what is due and when, they can alleviate some of the stress associated with senior year which might result in slacking off.
- ▶▶ Maintain a challenging courseload - By taking courses that keeps one motivated and challenged, there is less of a tendency to slack. Also, for honors and Advanced Placement courses, where a high score on the AP exam may lead to college credit, students are less likely to let their grades slip.
- ▶▶ Stay active and involved - Volunteer work, school activities and sports will help students stay focused. Internships or career focused opportunities (i.e. - job shadow) will also help provide motivation as well as meaningful career-related experience.
- ▶▶ Try out college early - If you are ready for the challenge of college, try taking a college course. Online opportunities can provide even more options than those offered on campus.

▶▶ Talk it out - Seniors have many adults (counselors, teachers and parents) as well as their peers who have been through similar situations. By talking about their feelings with others, it will feel like a load is being lifted off their shoulders and thus provide some immediate relief.

For more information about senioritis or to review the Commission's report, go to [www.woodrow.org/CommissionOnTheSeniorYear](http://www.woodrow.org/CommissionOnTheSeniorYear).



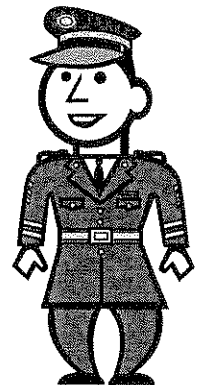
## A Reminder to Senior Males

Senior males who have turned 18 are reminded that they must register with the Selective Service System. Selective service laws require all males between the age 18-25 to register within 30 days of one's eighteenth birthday. Registration can be done online at [www.sss.gov](http://www.sss.gov) or at any U.S. Post Office. Registration requires basic biographical information and a social security number.

Those who fail to register may be imprisoned for up to five years and fined up to \$250,000. Additionally, you cannot qualify for federal student grants or loans, job training benefits and many state and federal jobs.

For those who register online they will receive a Selective Service number and a card in the mail confirming the information. For those who register by mail, registration confirmation will be sent within 90 days.

For more information contact [www.sss.gov](http://www.sss.gov) or call 847.688.6888.



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