

The Senior Scoop

MAY, 2017

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



Let the Countdown Begin

Graduation is quickly approaching and the last few weeks will provide numerous challenges and diversions to one's academic responsibilities. It is imperative that seniors do not let up and allow for senioritis to set in. The warmer weather and fact that school is almost over are great temptations to affect your performance, but don't let that get in your way.

Here are some tips to help you make it through the final few weeks.

- * **Start a countdown.** Thoughts like there are only 19 more days to go or I only have 2 more weeks of school will make things more manageable.
- * **Don't give into it.** Do you really want your high school career to end on a negative note? You only have a few weeks left of your high school career and many years to enjoy being out of school (if you so choose.) Resist the temptation to slack off knowing that it's almost over.
- * **Break things down into small chunks.** If you are feeling overwhelmed with numerous tasks during the final few weeks, it may be helpful to look at things in smaller bits. Looking at one day or one subject at a time will reduce the stress associated with having too much to do.
- * **Complete the easy things first.** While this won't work for everyone, sometimes it helps to complete the smaller tasks first and leave the larger ones to later. The feeling of accomplishment as you finish more and more assignments will be a big boost to your level of energy and ability to overcome the stress.
- * **Keep a list.** It may seem like a silly thing, but you will feel a sense of accomplishment when you are able to cross something off your list of things to do. As the list shortens, you won't feel so overwhelmed about the tasks you face.
- * **Think positive thoughts.** Also called self talk or self fulfilling prophecy, if you keep telling yourself that you will be fine and everything will work out, then it will most likely happen.
- * **Take time to have fun.** Everyone talks about how fun one's senior year should be, but often you can't help but feel stressed out when planning for your future, keeping up your grades or thinking about moving into a college dorm. But what about time for some fun and relaxation? We all have ways to reduce our stress levels, whether it is reading, listening to music, playing a sport or shopping. Whatever the activity, remember that moderation is the key. Too much of any one thing is usually not a good idea.

Remember that these tips won't make the work disappear, but it will help you to handle the stress in a more productive way. The key is to keep your head high and not let the negativity get you down.

Senior Signing Day Is May 19

MHS will hold its third annual Senior Signing Day on May 19 where we will recognize and celebrate all 82 seniors by highlighting their pursuits after graduation.

The program will begin with a breakfast for all seniors, their families and invited guests at 8:00 AM followed by a school wide assembly at 8:45 AM where all grade 9-11 students will participate. In addition all grade 8 students will also join us. The program should conclude around 9:45. Each senior will receive a Signing Day t-shirt, have their future plans highlighted on a video screen when their name is announced and receive a certificate from their sponsor, and an admission representative from their respective school, military recruiter or local business community representative. A high school staff member will also sponsor each student as part of the ceremony. After each name is announced, each senior will sign an official banner highlighting that plan which will then be displayed in the front foyer of the school for the next year.

This is truly a community celebration and all are welcome to attend. Elected local and state officials have been invited to participate, some of whom will make brief remarks during the program.

The event is being coordinated by the counseling staff. Special thanks to Herff Jones for sponsoring the t-shirts and Soccer City for sponsoring the banner and the Monson PTSA for providing financial support for the breakfast.

May Scholarship Listing



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 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> .

Hampden County Improvement League

June 1, 2017

Recipients must be a resident of Hampden County for at least two years, be a good student and must show current or previous involvement in 4-H, an agricultural endeavor or be a member of a farm family. Please see Counseling Office to obtain an application.

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> .

Horatio Alger Association Career & Technical Scholarship Program

June 15, 2017

This program provides financial assistance to students throughout the nation who have financial need and have exhibited integrity and perseverance in overcoming personal adversity. Scholarship criteria also include high school completion by spring of 2017, **commitment to pursue and complete a career or technical certificate/degree**, and United States citizenship. For more information or to obtain an application please visit <http://www.application.horatioalger.org> .

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> .

Some Scholarship & Award Etiquette

Each year thousands of dollars of scholarships are awarded to graduating seniors. Approximately \$60,000 is awarded to students from Monson High School through local scholarship organizations.

If you receive a scholarship or award, here are some basic tips that you should consider:

- * Within a week after the Awards ceremony, it is important to send a thank you note to the individual or organization. The note does not need to be lengthy or elaborate, but should be sincere and heartfelt.
- * It should be hand written.
- * Write it yourself.
- * If possible, make a point to hand deliver it to the individual or a representative of the group. Not only is this a kind gesture, but it will make the donor feel good about their efforts.
- * If you receive the check prior to the beginning of school, ask the college if the money can be credited to your account in order to avoid the temptation of spending it on things other than school related expenses.

It is important to remember that the way in which you handle the scholarship process is highly scrutinized. Everything from the initial application, to the awards selection, to the follow up reflects not only upon the individual, but also Monson High School and future scholarship recipients.

Therefore, it is imperative that you handle yourself in a mature and responsible manner.

