

GORAMSGO MEMO V.2 N.12

Fall Dec.4th, 2020

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I.SCHOLARSHIPS & OPPORTUNITIES FOCUSED ON DIVERSITY AND EQUITY

BEREA COLLEGE: CARTER G. WOODSON LEGACY SCHOLARSHIP & AWARD FOR OUTSTANDING JUNIORS

Berea College's prestigious Carter G. Woodson Legacy Scholarship & Award honors your outstanding high school **juniors** who embody Dr. Woodson's spirit in the areas of academic excellence, civic engagement, and community service.

To learn more about Berea College, go to berea.edu.

Who qualifies to be a Legacy Scholar?

- High School Juniors
- Identifies as African-American
- Demonstrates Financial Need (household income less than \$40,000; would be Pell Grant eligible)
- Exhibits Academic Promise (GPA range 3.25-4.00, Potential for ACT range 20-30 or SAT 1050-1410)
- Has outstanding qualities like persistence and leadership

If selected as a Legacy Scholar, your students receive:

- The Legacy Scholar Tuition Scholarship in the amount of \$8,000 to be combined with our Tuition Promise Scholarship if admitted to Berea
- A special day for the student and family on Berea's campus
- A personalized award and recognition in their local newspaper
- The opportunity to apply for admission early as a senior and, if accepted

Should you wish to be nominated, please write a letter to Mr. Fowler explaining how you demonstrate persistence and leadership skills and how you are active in the community, school, civic, and/or church organizations.

Submit your letter to Mr. Fowler no later than **December 17, 2020 BY 10 AM**. (kevin.fowler@jefferson.kyschools.us)

ETA ZETA CHAPTER ZHOPE SCHOLARSHIP

Established 1928

The Eta Zeta Chapter of Zeta Phi Beta Sorority, Incorporated, Zetas Helping Other People Excel Committee is now accepting scholarship applications. ZHOPE is an interactive holistic multidimensional outreach program designed to enhance, cultivate and empower participants to develop health promoting lifestyles and cultivate choices across the lifespan. We aim to award scholarships to eligible students in the pursuit of higher education. It is our honor and privilege to offer scholarships to well deserving high school students, who are planning to attend a technical or trade school, college or university during the 2021 Fall semester. To be considered, all applicants **must** meet the criteria listed below and submit the following information:

- ☐ Completed a minimum of 80 hours of community service throughout high school years.
- ☐ Current Resume including community service location(s) and hours
- ☐ At least one letter of recommendations from school official or volunteer coordinator.
- ☐ A Headshot photograph in jpeg or pdf format (**Note:** Your photo will NOT be returned)
- ☐ A typed essay (500-word maximum) answering the prompt below:

• How has your community service made an impact on both you and today's society?

- ☐ Please ensure that submitted documents are accurate, complete, and legible.
- ☐ To be eligible, a completed application with supporting documentation must be submitted by January 31, 2021.

•Electronic Applications submitted by 11:59 p.m. January 31, 2021

•Paper Application postmarked January 31, 2021

Eta Zeta ZHOPE Service Committee Zeta Phi Beta Sorority, Incorporated c/o Jennifer Beckham P.O Box
3054Louisville, KY 40201

For complete ZHOPE application:

<https://drive.google.com/file/d/1KxLrzc3t7TtvxINcbDCdouOcnj1h4XT6/view?usp=sharing>

II. SCHOLARSHIP & OPPORTUNITIES (Seniors Only)

TERMS SENIORS SHOULD KNOW:

Students should know these financial aid terms High school planners Seniors As high school seniors and their parents begin the college financial aid process, they should know these terms.

- Conversion scholarship/loan: This type of scholarship requires students to provide certain services. If they don't provide the service, the scholarship becomes a loan.
- Cost of attendance: The total cost of one year of college: tuition, fees, room, meals, supplies, transportation and personal items.
- Expected family contribution: The EFC is the amount the student and family are expected to pay for the student's education. It is based on a formula set by Congress.
- FAFSA: The Free Application for Federal Student Aid must be submitted by students applying for federal and state aid. The best way to do so is at <https://studentaid.ed.gov/sa/fafsa>.
- Financial need: The difference between the cost of attendance and the EFC.
- Institutional aid: The scholarships, grants and other financial aid programs provided by the college.
- Verification: The process of making sure the information submitted on the FAFSA is correct. The federal government requires colleges to have a certain number of students' FAFSA information verified.

SENIORS TO DO LIST:

December/January:

Make sure your applications were received on time.

If you applied for Early Decision and were accepted, withdraw your applications from other

KENTUCKY PTA/PTSA SCHOLARSHIP

PTA Eligibility: Must be a Kentucky high school graduating senior, attend a high school with a PTA/ PTSA, plan to attend an accredited Kentucky college or university and plan to pursue a degree in education. Consideration given to financial need, academic achievement, personal remarks, career plans and involvement in school and community service. Award: \$5,000
Number: 1 to 5

Deadline: February 15, 2021

Contact: Kentucky PTA, 148 Consumer Lane, Frankfort, KY 40601; 502.226.6607; kentuckypta@bellsouth.net; www.kypta.org

III. COLLEGE VISITS, FLY-INS, & OPEN HOUSES

OHIO STATE UNIVERSITY VISITS:

On-Campus Visits

Undergraduate Admissions has resumed limited in-person campus visit appointments, which include an individualized appointment followed by a campus walking tour. Students can [register for a campus visit](#) and review our mandatory COVID-19 safety measures on our website.

Virtual Visit Opportunities

Virtual Appointments

Students can [sign up for a preferred day and time](#) for a one-on-one video appointment with an OHIO admissions advisor.

Virtual Informational Sessions

Students can [register for an OHIO virtual information session](#) to learn more about academics, campus life, financial aid, and next steps. Upcoming sessions:

- Tuesday, Nov. 24 at 3 p.m.
- Tuesday, Dec. 1 at 3 p.m.
- Wednesday, Dec. 2 at 12 and 7 p.m.
- Thursday, Dec. 3 at 3 p.m.
- Tuesday, Dec. 8 at 3 p.m.
- Wednesday, Dec. 9 at 12 and 7 p.m.

Virtual Business of Games Summit

Let your students know they should mark their calendars for the [Business of Games Summit!](#) They can join us virtually on **Tuesday, February 23, 2021**, as students, educators, entrepreneurs, and technologists explore all aspects of the business of digital games and e-sports.

IV. COLLEGE TESTING SUPPORT

6 FREE RESOURCES FOR ACT AND SAT PREP

<https://www.collegeraptor.com/getting-in/articles/act-sat/7-free-resources-for-act-sat-test-prep/>

Official SAT Practice on Khan Academy:

Now that so many students have just taken the PSAT/NMSQT, this a great time to tell them about the benefits that [Official SAT Practice on Khan Academy](#) offers, including:

- **Personalized** practice plans
- **Thousands** of practice questions, videos, and lessons
- **Eight** full-length practice tests
- **Free** practice to all students

[Learn More](#)

V. STUDENT OPPORTUNITIES (VARIOUS GRADE LEVELS)

SOPHOMORES: HOBY STATE LEADERSHIP SEMINAR

STATE LEADERSHIP SEMINAR

At HOBY, high school sophomores build their leadership potential through an inspiring three- or four-day Leadership Seminar based on three leadership perspectives: Personal, Group, and Societal. As many as 300 “ambassadors” from high schools across the state or country gather at their local HOBY State Leadership Seminar between April and June to:

- Experience life on a university campus, where HOBY Leadership Seminars are hosted
- Interact with local community leaders—from CEOs to business owners to doctors to media experts—through panels, presentations, and group discussions about real-world issues
- Participate in hands-on activities to explore and exercise leadership on personal and group levels
- Form diverse relationships with adult professionals, college-age mentors, and high school students from across the state with diverse leadership styles and backgrounds
- Conduct a community service project to put leadership-for-service skills into action
- Open opportunities for internships, mentorship programs, and other HOBY Ambassadors Connect benefits

After each seminar, HOBY alumni are challenged to complete 100 hours of community service within the next year as a way to put their passion and newly built leadership skills into action.

duPont Manual may nominate 3 students to attend the State Seminar. Students who are not nominated may still apply on their own. Students who are nominated will be responsible for payment of the program which now has an approximate range of \$250 - \$450, depending on whether Kentucky-West (for JCPS students) opts for a virtual or a live session. At this time, Kentucky-West HOBY region has not set the final dates nor the location.

Sophomores interested in being nominated must email the following information to Mr. Fowler by 3 pm on Friday, December 11, 2020 (kevin.fowler@jefferson.kyschools.us):

A one page resume, and

A one-two page explanation of why duPont Manual should nominate you for the HOBY opportunity.

To learn more about this opportunity, go to <https://www.hoby.org/>

The three nominees will be notified of their selection before the winter break.

SOMERSET PLANS NEW FOUR-YEAR UNIVERSITY

Somerset community leaders have announced plans to develop a new liberal arts undergraduate university in the heart of its downtown.

The University of Somerset will be a private four-year school. It plans to offer degree programs in artificial intelligence, homeland security, nanotechnology, and data science, as well as traditional offerings in English, education, math and other fields. Plans are to offer some master's and doctoral programs as well.

"This is critical for the future of Somerset. This

is critical for the future of our region and our Commonwealth," said Somerset Mayor Alan Keck, a member of the university's founding board of directors. "We will demand complex ideas and unique discussion. This university will empower spirited leaders and thinkers and transform this community."

Keck said the university will enhance progress that has already been made in downtown Somerset. Tentative plans are to build the University of Somerset in Cundiff Square, an ailing nine-acre development downtown that was once a center of commerce and the site of Town Spring, where Somerset was founded.

Keck said the success of the University of Somerset depends, in part, upon the community's support, and in the coming weeks, residents will have the opportunity to learn more and get involved.

A timeline for the university's development will be announced in the coming months. University Vice President Michael Keck said organizers are in the fundraising stage and are welcoming donations. The university has been organized as a nonprofit and will launch its capital campaign in early 2021.

Learn more about the University of Somerset at

<https://universityofsomerset.org/>

Students grades 5–12

Can enter financial

Literacy video contest

Students in grades 5–12 can enter the Kentucky Jump\$tart Coalition's 2021 Kentucky Saves Week video contest. The deadline to enter is Dec. 18.

Entries are divided into four grade levels:

- Grades 5 and 6,
- Grades 7 and 8
- Grades 9 and 10
- Grades 11 and 12.

The first-place winner in each level will receive a \$50 grand prize. Winning videos will be displayed on various social media platforms.

The contest is open to individuals, classes and non-school groups. However, entries must be from Kentucky students.

Entrants can choose one of the following themes:

- Financial responsibility
- Saving for college
- Money management
- Planning for your future
- Using money wisely
- Personal finance.

Videos should be no more than 3 minutes long.

Videos must be original work and cannot infringe upon the rights of any third party, including copyright, trademark or privacy. Judging is based on theme (40 percent), style and content (30 percent) and creativity (30 percent).

The entry form can be accessed clicking [HERE](#).

TUFTS' SUMMER 2021 PRE-COLLEGE PROGRAM

Do you know a student who is ready to test their skills and expand their knowledge this summer? Then you should let them know about Tufts' Summer Pre-College Programs. In one of the many program options they'll challenge themselves alongside like-minded peers at a top university.

Applications open December 1, 2020. Visit precollege.tufts.edu today to learn more.

We offer a program for every interest. Highly motivated high school students can choose from:

- 1 to 3–week intensive programs exploring topics from engineering to fine arts, international relations, climate resilience, medical school, food sustainability, and more
- 6-week Tufts College Experience
- 6-week Tufts Summer Research Experience
- Enroll in a single, university-level course in a variety of disciplines, including sciences and the liberal arts

If you have any questions, please email us at precollege@tufts.edu, call us at 617-627-2926, or feel free to [chat with us online](#).

Arianna Wilson

Director, Pre-College Programs

precollege@tufts.edu

617-627-2926

Carson Scholars Program (9th – 11th). Deadline is December 14, 2020 at 3 pm.

CARSON SCHOLARS PROGRAM SCHOLARSHIP FOR GRADES 9, 10 & 11.

The Carson Scholars Fund awards \$1,000 college scholarships to students in grades 4-11 who excel academically and are dedicated to serving their communities. Scholarship winners receive the honor of being named “Carson Scholars” and are awarded an Olympic-sized medal and a trophy for their school to celebrate their accomplishments. An interested student must be nominated by their school to be able to compete for a Carson Scholarship. Only one student from each school is able to apply, ensuring that each nominee epitomizes academic excellence. Carson Scholars must have a minimum GPA of 3.75 and display humanitarian qualities through community service. Scholarships are awarded solely on the basis of academic achievement and humanitarian qualities, without regard to financial need, ethnicity, creed or religion. If you are interested in learning more about the scholarship program, please view more detailed information at <https://carsonscholars.org/scholarships/>

If you wish to be nominated by Manual for this award, send your resume and a letter explaining why you should be Manual’s Carson Scholar nominee to Mr. Fowler via e-mail no later than 3:00 pm on 12/14/20. In your letter, detail your humanitarian qualities and your community service involvement. (kevin.fowler@jefferson.kyschool.us)

VI. PARENT INFORMATION

HOW TO DEAL BETTER WITH REMOTE LEARNING:

Remote Learning

KHEAA OUTREACH CONTINUES...

KHEAA continues hosting social media outreach KHEAA Outreach will continue to provide live help in November and December via Facebook, Twitter and Instagram. Some sessions will include Kentucky specific as well as general information. The schedule is:

- Dec. 1: Considering Your Options: Certificates, Diplomas, and Associate Degrees, Facebook
- Dec. 2: Considering Your Options: Bachelor’s Degrees and Beyond, Twitter
- Dec. 8: Winter Break: KHEAA’s Holiday Party, Facebook
- Dec. 9: Winter Break: What to do Over Break, Twitter
- Dec. 10: Winter Break: Exploring Student Aid with KHEAA, Instagram

All sessions begin at 3 p.m. Eastern, 2 p.m. Central. The links are:

www.facebook.com/KHEAA/

www.twitter.com/KHEAA

www.instagram.com/kheaaoutreach/?hl=en

COLLEGE AND HOMESICKNESS

HOMESICKNESS IN COLLEGE A GUIDE FOR STUDENTS AND PARENTS:

Homesickness in college students is relatively common. When a student first strikes out on their own, they may feel excited about launching their life as an adult. However, it's also normal to experience a range of other emotions, including anxiety about what the future holds or missing their families. When negative feelings are strong, students might long for their old life at home. For students, this can be incredibly distressing, potentially leading to anxiety, depression, or other emotional states. For parents, knowing that your student is homesick can be heartbreaking, particularly if you don't know how to help. Here's a look at what homesickness in college is, the signs of homesickness in students, and tips for students and parents that can make overcoming homesickness easier.

WHAT IS HOMESICKNESS IN COLLEGE?

Homesickness is a term used to describe the emotional and mental distress that can occur when someone is separated from home. In this sense, "home" doesn't necessarily mean a physical building. Instead, it can encompass a range of things that make an area feel comfortable, such as specific people, a standard of living, a routine, or a sense of familiarity. In college students, homesickness can occur when they choose to go away to college. Not only is the physical environment new, so is the culture. This can be a shock, as the way of life in their new home is unfamiliar and might be dramatically different from their family culture. Plus, unless they head to their new school with friends, their support systems might not be local, making them feel alone. Ultimately, homesickness in college occurs because heading to school is a significant life transition, and that isn't always easy to navigate.

SIGNS OF HOMESICKNESS:

When a student is homesick at college, it usually shows. While some students may come right out and say they are experiencing those feelings, others may not be so forthcoming. By understanding what the symptoms of homesickness are, you can increase your chances of spotting it. The signs of homesickness can vary from one student to the next. However, certain indications are more common, including: • Anxiety • Depression • Feeling like they don't fit in • Decreased motivation • Loneliness • Sadness • Irritability • Longing for a connection with someone • A sense of grief or loss essentially, being a homesick college student is distressing, and it can negatively impact their lives. For example, they may skip classes because they feel too sad or depressed to attend or could struggle to remain focused, causing their grades to tumble. Avoiding social activities or isolating themselves are also potential signs of homesickness. It's important to understand that the signs of homesickness in college above can also be symptoms of other health conditions, including some that are potentially serious. Telling the difference between homesickness and other conditions, particularly depression, isn't easy, so you don't want to assume that homesickness is the root cause. If you or your student is struggling with any of the emotions above, it's wise to seek guidance from a medical professional. They can help identify the underlying cause and create a treatment plan to address the health issue.

HOW TO DEAL WITH HOMESICKNESS IN COLLEGE:

Dealing with homesickness doesn't seem like an easy task, particularly if it leaves a student feeling sad and unmotivated. However, that doesn't mean it can't be overcome. Above all else, understand that the feelings a homesick college student feels are normal. Many students experience them as they adjust, so students aren't alone in this struggle. In many cases, figuring out how to cure homesickness is mostly about taking actions that allow the campus to feel like home. Typically, this involves increasing a student's comfort level with the area and building a suitable support system. If you are trying to figure out what to do when homesick so that you can feel better, here are some tips.

PERSONALIZE YOUR SPACE When a space feels like you, it's almost always more comfortable. When you decorate your dorm room, make sure you bring items that feel familiar. These can include decorations, pictures, bedding, knickknacks, or anything else that makes you happy and helps you personalize your space.

GET INVOLVED ON CAMPUS By getting involved on campus, you are creating opportunities to become more familiar with your environment and make new friends. Since knowing your local area can make you more comfortable, fully exploring your campus is wise. Plus, by joining in on activities, you can familiarize yourself with the culture, and that makes a difference, too. Getting to know other students is also essential. By cultivating a social circle, you are forging a local support system. If you look for clubs, study groups, or other gatherings that focus on your areas of interest, you can find likeminded individuals who enjoy what you do. With a bit of time, you can build connections that can turn into friendships, making your campus feel more like home.

KEEP IN TOUCH WITH LOVED ONES:

Staying in touch with friends and family is important. Schedule regular phone calls, connect on social media or otherwise find ways to keep up with everyone's lives and to tell them about yours. That way, you can maintain this support system. Just make sure you don't spend too much time visiting your loved ones. If you leave campus at every opportunity, you might have a harder time establishing the school as your new home, making your homesickness worse instead of better.

TALK ABOUT YOUR FEELINGS:

A lot of students are probably dealing with the same feelings of homesickness you are experiencing. By talking about it, you can more easily process your emotions. Plus, you'll learn pretty quickly that you aren't alone and might be able to craft stronger bonds that lead to friendships. Discussing your feelings also ensures you aren't ignoring them. Bottling up what you're going through usually makes the situation worse, not better, so find a way to express them. If you are having difficulty figuring out how to deal with homesickness as a college student, it's best to get help from a medical professional. Mental health services can be incredibly beneficial. Plus, if homesickness is a symptom but not the root cause of the issue, a medical professional can help identify the core condition and develop a proper treatment plan.

HOW TO HELP SOMEONE WHO IS HOMESICK:

As a parent or family member, it may seem like helping a homesick college student is simple. You might be tempted just to have them come home, as that looks like a logical solution. In other cases, you might think that frequent visits are a great option. However, in both scenarios, that isn't always the best approach. If your student comes home too often or you visit too much, your student might be less likely to develop a support system at school. This can make the situation worse, not better. Similarly, if they visit you regularly, they might not view their college as their new home, and that can also make their transition more challenging. Instead, you want to focus on being supportive, reassuring, and encouraging without being too present. It's a tricky balance, but it might yield the best results.

OFFER THE HOMESICK STUDENT SUPPORT:

If you are trying to figure out what to say to someone who is homesick, focus on being supportive. Listen to your student's concerns, first and foremost. That way, you can identify areas where your student is struggling, allowing you to focus your response in the right areas. Next, you can make recommendations that help them turn their college into their home. You might want to suggest they participate in social activities to help them build a strong social circle or sign up for activities that they enjoy. You might help them evaluate clubs on campus or encourage them to join study groups. Advising them to keep an eye on bulletin boards to learn about events is also wise. **ENCOURAGE EXPLORATION** For many freshmen college students, the school itself isn't the only new environment they are facing; they're in a new town, too. Living in a new city can be intimidating. Plus, if they are experiencing stress in other areas of their lives (like challenging classes), their negative feelings might amplify the sense that they don't belong. If your student is struggling, encouraging them to explore their new city can be a good idea. This can include getting to know their campus, finding the best restaurants for lunch, or learning where the best park is so that they can thoroughly enjoy a sunny day. As they get comfortable with their new surroundings, it's easier for the student to take ownership of their new home. This can potentially make dealing with homesickness easier.

BE REASSURING as you speak with your student, make an effort to be reassuring. Let your student know that homesickness is common and, to a degree, normal on occasion. Remind them that others around them likely have these feelings, too, and that they aren't alone. You can also tell your student that these emotions tend to diminish with time. As they get to know their new home, get active on campus, and build a social circle, they will likely start to feel better. Encourage them to focus on the positive aspects of their college experience and to cultivate the relationships they need to have a suitable amount of local support.

RECOMMEND GETTING HELP

If your student's homesickness symptoms are significantly interfering with their daily life, it's wise to recommend they get help from a medical professional. This is especially true as the signs of homesickness can also be symptoms of serious health conditions, including major depression. Most campuses have services for students, including some for mental health. Ignoring depression or other mental health concerns can have severe consequences, so it's always best to recommend your student seek out help if they are struggling to figure out how to get rid of homesickness or with other negative emotions.