

Senior Class of 2024

November 2023



IMPORTANT DATES:

- Nov. 1st: WSU Distinguished Scholarship
- Nov. 1st: State Masonic Public Essay Contest Scholarship
- Nov. 13th: Elks Scholarship
- Nov. 16th: Jack Kent Cooke Scholarship
- Nov. 24th: Schoolhouse Connection Youth Scholarship Connection
- Nov. 30th: Andrew Flushe Scholarship

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November Theme: Gratitude

November's counseling focus is Gratitude. What does it mean to "practice gratitude"? Gratitude is more than just an emotion or state of mind. Gratitude is the quality of being thankful or readiness to show appreciation for and to return kindness. Gratitude starts with the recognition of what is good in your life, but doesn't stop there. The practice of gratitude includes acknowledging the source of that goodness and expressing appreciation for it, maybe even to "pay it forward" by either returning it or sharing it with others. A few resources to learn more include:

<https://life-insight.com/3-acts-of-gratitude/#:~:text=The%20practice%20of%20gratitude%20includes,on%20mental%20and%20physical%20health.>

https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf?_ga=2.96267676.1228431681.1604349803-1164973966.1604349803

<https://www.therapistaid.com/therapy-worksheet/gratitude-letter>

<https://www.youtube.com/watch?v=JMd1CcGZYwU>

Please Check out the Scholarship Listserve for updated Scholarships:
<https://docs.google.com/document/d/13p5kVi-d6uV7G06ImkuTYmTTiZguHodppL5Gs3xFBio/edit?usp=sharing>

Central's counseling theme for **November**:
Gratitude

3 Important Items for Seniors in November:

1. Check the Scholarship listserv and start working on scholarships:
<https://docs.google.com/document/d/13p5kVi-d6uV7G06ImkuTYmTTiZguHodppL5Gs3xFBio/edit?usp=sharing>
2. Collect References/ Transcripts for college and scholarships (Talk to Dr. P if you need help)
3. Sign up and Take the ACT test again.