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Counseling Center News

Week of March 23, 2020

We know a lot has changed since last week, and we hope you are settling in with online learning! Here are some tips from CFNC for working at home:

1. **Set up a** **work area**: Make one part of your room or home your “office.” Keep all school supplies in that one place. Avoid seating that is TOO comfy…..you might find it harder to concentrate.
2. **Avoid distractions** like television or games in your work area.
3. **Keep a schedule**: Set aside specific time(s) daily for school work. ***It is very important to schedule breaks***: You need to stretch, walk, get outside, etc.

If you find you have any free time, you can go to [CFNC and create an account](https://www.cfnc.org/index.jsp). (Save your username and password!) CFNC allows you to take ***career inventories*** or ***research careers and colleges*** in North Carolina.

Another great tool on CFNC is [Financial Basics](https://basics.financialliteracy101.org/): This online course teaches students practical money management skills, including creating a monthly budget and learning how credit works. ***Plus, you can enter to earn a $500 scholarship when you complete the course.*** Take a look!

Seniors: If you need a transcript, you are encouraged to complete the online request form at <https://needmytranscript.com/haywood-county-schools>. We recommend that you order early enough to receive the transcript by mail. If you have question, call 456.2408.

If you need help with college applications (including Haywood Community College), scholarship applications, or the FAFSA, our college / career coach Mr. Johnson can be reached at his email [aajohnson@haywood.edu](mailto:aajohnson@haywood.edu). Your counselors can be reached by email as well: Ms. Russell [krussell@haywood.k12.nc.us](mailto:krussell@haywood.k12.nc.us) or Ms. Heinz [theinz@haywood.k12.nc.us](mailto:theinz@haywood.k12.nc.us) or Ms. Plott [jplott@haywood.k12.nc.us](mailto:jplott@haywood.k12.nc.us). ***Just because students are not “in” school does NOT mean we are not available for questions!***

**CLICK HERE for full** [**Scholarship Listing (updated weekly)!**](https://docs.google.com/spreadsheets/d/1Z-AEkoMkslpKxCz8JJfMMbhPjN8OEMiM9zeuRGG1_5Y/edit#gid=0)

**Due Scholarships: Delta Kappa Gamma Scholarship for Future Teachers (by mail 3/29), Construction Trade Scholarships (online 3/31)**

**New Scholarships**:

* **Earlier this week we posted all PAPER applications (those not available online) in the Senior Google Classroom.**
* **If you do not have access to a printer and need a paper copy of an application, please email your counselor or call the THS main office at 456.2408 about a time you can pick one up.**
* **Mr. Johnson emailed seniors whose HCC applications are complete if they qualify for the Pop & Marg Kelley Scholarship. If you have any questions about this opportunity, email Mr. Johnson!**

**CLICK HERE for full** [**Student Opportunity Listing**](https://docs.google.com/spreadsheets/d/1zUuv14o2jHE87tFaLmhOY9M-30SU1E3yQ591-BqP4RQ/edit#gid=0) **(updated weekly)!**

**Due Opportunities: Young American Creative Patriotic Art Scholarship Contest (3/31).**

***Are you tired of hearing about COVID-19?!?***

The CDC provides some helpful tips in managing the stress of this new situation:

1. Understand the facts: There are lots of things you can do to stay healthy and safe.
2. Limit your media intake: Cut off the television or take a break from social media. There are still OTHER things going on around the world …. And these precautions will NOT last forever!
3. Take care of yourself: Take breaks, get plenty of sleep, exercise, and eat well.
4. Connect with your friends and family members: We are ALL cycling through surprise, anxiety, frustration and more—sometimes in a single day…YOU ARE NOT ALONE!

From <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>