



# COUGAR CAREER CENTER



## Upcoming Events

Sign up for these events online through the Career Center's [webpage](#) (in the Communications, Visitors & Special Events tab) or in the Career Center.

<b>TUESDAY, NOVEMBER 1<sup>ST</sup></b> Oregon State University	<b>1:30pm</b>	<b>Career Center</b>
<b>WEDNESDAY, NOVEMBER 2<sup>ND</sup></b> U.S. Navy	<b>Both Lunches</b>	<b>Commons</b>
<b>FRIDAY, NOVEMBER 4<sup>TH</sup></b> Gonzaga University	<b>10:00am</b>	<b>Career Center</b>
<b>FRIDAY, NOVEMBER 4<sup>TH</sup></b> Job Corp	<b>9:55am &amp; 10:55am</b>	<b>Career Center</b>
<b>MONDAY, NOVEMBER 7<sup>TH</sup></b> University of Washington	<b>9:00am</b>	<b>Career Center</b>
<b>MONDAY, NOVEMBER 7<sup>TH</sup></b> Seattle University	<b>11:30am</b>	<b>Career Center</b>
<b>WEDNESDAY, NOVEMBER 9<sup>TH</sup></b> Miss Thurston County Scholarship Program	<b>11:15am – 12:40pm</b>	<b>Commons</b>
<b>THURSDAY, NOVEMBER 10<sup>TH</sup></b> Pacific Lutheran University	<b>11:45am</b>	<b>Career Center</b>
<b>THURSDAY, NOVEMBER 17<sup>TH</sup></b> University of WA – Tacoma	<b>11:15am – 11:40am</b> (1st Lunch)	<b>Commons</b>
	<b>12:05pm – 12:35pm</b> (2nd Lunch)	<b>Career Center</b>
<b>TUESDAY, NOVEMBER 22<sup>ND</sup></b> University of WA – School of Engineering	<b>1:30pm</b>	<b>Career Center</b>

Meeting with a college admission counselor can be an important part of the college planning process. We have many reps visit CHS throughout the school year. Students are encouraged to visit with reps, ask questions and gain additional information about colleges they are interested in. A complete list of college reps visiting CHS can be found on the Career Center's [webpage](#). (Parents are also welcome to attend any of these events.)

Let us know if you would like to visit with a particular college, business representative, or sit in on a certain workshop. We would be happy to arrange what we can.

### **Sample Questions to Ask a College Representative**

- What happens on weekends—are there things to do on campus or in town, or do most kids go home?
- What are the housing options for freshmen?
- What are the most popular clubs and activities?
- What's the security like on campus?
- What's the surrounding area like? Is it easy to get around?
- What support services are available (academic advisers, tutors, etc.)?
- Do I need to bring my own computer?
- Are any big changes in the works that I should know about?

*Source: Get it Together for College 2nd ed. (College Board 2011).*

### **Tips When Meeting College Representatives**

- Prior to meeting the representative, do a little research on the school. Start by looking on their website or through the brochures in the Career Center.
- Ask thoughtful questions. (See examples above.)
- Dress in a manner that suggests you are taking the meeting seriously. It's about putting your best foot forward and showing respect, enthusiasm, and interest.
- Act like a professional. Smile, look the representative in the eye, show up on time, turn off your cell phone, do not interrupt the representative, wait until the end of the presentation to ask your questions unless the representative asks for questions before then.
- Follow up with a handwritten thank-you note after the meeting to show the representative you valued their time.

## Tips For Visiting a College

- The first, is just to see the campus, get a feel of the place. Don't meet admissions, just go see if you can envision yourself at the school.
- The second time you check it out, get a tour, meet some people, possibly some professors. Likely this would be a more information, unofficial visit.
- The third time should be an official visit. This is an overnight visit where you are really kicking the tires of the college to see if this school is going to be the one you pick from those on your list. Keep in mind, Official Visits cannot take place until September 1 of your senior year.



Don't miss out on financial aid because you waited too long to fill out the FAFSA. To begin your application, go to <https://fafsa.ed.gov> .  
<https://twitter.com/FAFSA>

## Career Cruising

Reminder: Your username has changed!

Your student username is now:

chs-your last name 1st letter of first name graduation year

*example: Hannah Jones—chs-jonesh17*

Your password is still your student id#. (Some may have ZERO as first #.)

If you are having trouble logging in, please stop by the Career Center for help.

**Career Cruising**  
[www.careercruising.com](http://www.careercruising.com)

## High School and Beyond Plan (A Graduation Requirement)

Seniors as a reminder, you need to be at 93% by the end of January. You should have an error free resume and cover letter uploaded into Career Cruising by then. Please be sure to have your teacher, counselor, or Mrs. Beers look it over for errors.

Juniors, reflect and confirm your career interests and schools of interests. Complete any assessments you have yet to complete.

Sophomores, complete your resume and cover letter. If you missed the recent assignment and need help, please stop by the Career Center for assistance.

Freshmen, complete My Skills, Learning Styles, 3 Saved Careers, 3 Saved Career Clusters, Career & Life Goals, and 1 Career Planning Activity.

\*Don't forget to **Reflect & Confirm**.\* If you need assistance with your HSBP please stop by the Career Center.

## College Applications / Requesting a Transcript / Letters of Recommendation

To view a list of college application deadlines, go to the Career Center's webpage and click the tab for [College Application Information](#).

Once you have completed your college application you can request your [transcript](#) from Ms. Anderson, the Registrar, located in the Counseling Center.

Don't wait until the last minute to ask your teacher or counselor to write you a [letter of recommendation](#). You need to give them 2 – 3 weeks' notice, prior to the date you need the letter. Don't forget to send a handwritten thank you note to those that have written you a recommendation.

## U.S. Service Academies

The nomination process for the U.S. Service Academies is extremely competitive. Applicants should possess the highest level of scholastic ability, civic responsibility, and physical fitness. The rewards of an academy appointment are incredible, including an outstanding college education worth approximately \$500,000. If you would like to be considered as an appointee, please talk to your counselor **by November 18<sup>th</sup>**.

## Scholarships



The [November scholarship list](#) is now available! You can access online on the Career Center's [webpage](#). We also have printed copies in the Career Center.

- Capital Lake Fair Royalty Court Scholarship

<http://www.lakefair.org/scholarship-program>

If you would like to be considered as the candidate to represent Capital High School, you must currently have at least a 3.3 cumulative GPA. You must also submit the application and essays to the Counseling Center by Friday, November 28th at 2:30 PM

Due Date: 11/28/16

Award: \$500 - \$4500

Grade: 11th



- Miss Thurston County Scholarship Program

<http://www.missthurstoncounty.com/application>

Girls between the ages of 17 and 24 who live, work or attend school in Thurston County are eligible to participate. If you reside in Mason County you may qualify.

Due Date: 12/01/16

Girls Ages: 17 - 24

## Open for Lunch

Stop by the Career Center during your lunch break and get help with Career Cruising, your resume or cover letter, scholarships, jobs, and more. Or if you prefer, just bring your lunch and hang out with friends. The Career Center is a great place to become familiar with. 😊