

OCTOBER 1, 2020

EASTLAKE COUNSELING

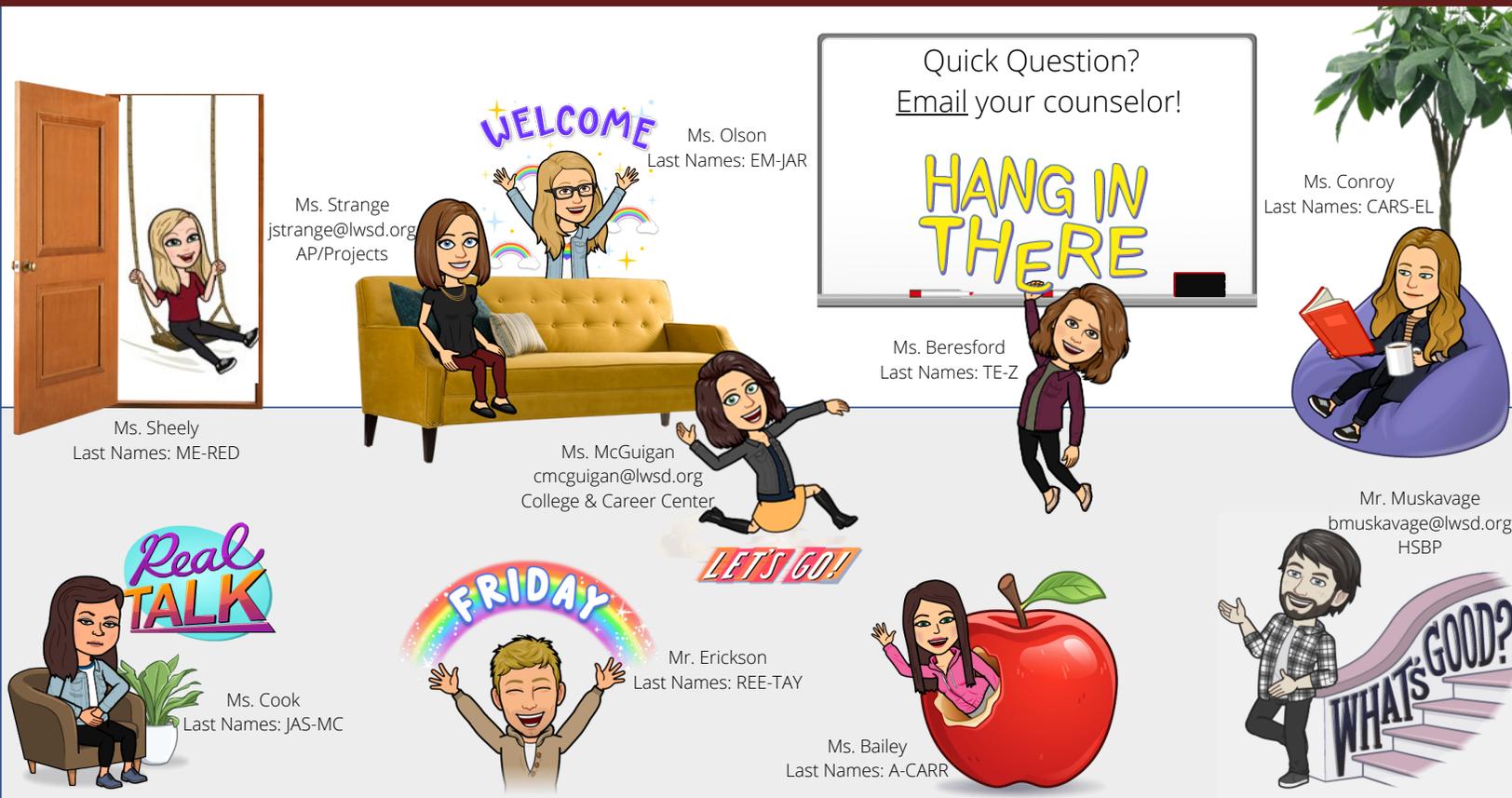
WOLF STRONG, PACK STRONG!

INCLUDED IN THIS NEWSLETTER:

- Counselor Welcome & Contact Information
- Counselor Introductions
- AP Classroom Enrollment & Payments
- Staying Grounded
- World Language Assessments
- Successful Remote Learning
- College & Career Updates

WELCOME TO THE 2020-21 SCHOOL YEAR!

While not the usual start to the academic year, we are still excited to work alongside each of you and support you remotely while we all navigate through these times as smoothly as possible. If you have questions, concerns, or just need to connect with a friendly face, please click on your counselors Bitmoji to be directed to a meeting request sign up link. Your counselor will confirm your appointment time. We look forward to working with you!



Academic Counselor Introductions

Some of you may know your counselor well, while others of you haven't had the chance yet to meet us formally. Below are brief introductions from your academic counselor.



Ms. Bailey Last Names: A-CARR

Hello Students! This is my 3rd year as a counselor at Eastlake and I am also the Head Fastpitch Coach and Assistant Slowpitch Coach. I absolutely love working with high school students and hope to eventually meet you all in person. I am a graduate from Eastlake and was born in raised in Sammamish---Go Wolves! Please reach out if you have any questions or would like to set up a meeting-- I miss seeing you all!



Ms. Conroy Last Names: CARS-EL

Hello Wolves! I'm excited to work with you this year! This will be my first year at EHS, and prior to that, I was at Lake Washington High School. I have two dogs, Buckley and Bo, and a cat named Winnie. I absolutely love being a counselor and working with students.



Ms. Olson Last Names: EM-JAR

Hello Wolves! I have been a School Counselor at EHS for 5 years, and at RSAR Middle School for 3 years. I have two sons that are in 7th grade and 9th grade. We are a pet loving family and currently have a German Shephard, 2 cats and a bearded dragon lizard. Some of my hobbies are reading, doing Sudoku puzzles, artwork, hiking and spending time with friends and family. I look forward to getting to know you better!



Ms. Cook Last Names: JAS-MC

I hope you are settling in well in the new school year; I know it is probably a difficult time with Covid and remote learning. I just keep reminding myself that this is not how it will always be and that helps me to remain positive. I can help you with a wide variety of topics, just reach out. This is my 19th year as a School Counselor and I have lived in Sammamish since 1998 so I hope to be a good resource for you. 😊



Ms. Sheely Last Names: ME-RED

I have worked at EHS for 7 years, before that I worked at LWHS and at the middle school level. I have two teen boys and a sassy shih-tzu. I love to be outside and enjoy hiking, walking, running, swimming, surfing, paddle boarding. Your teachers and counselors not only miss you, but we worry about you. If you are struggling please reach out to me, a teacher, parent and let us know. I look forward to working with you!



Mr. Erickson Last Names: REE-TAY

My name is Taylor Erickson, and I'm excited to be back at Eastlake for a 3rd year! I'm an avid disc golfer and pickleball player when I'm not chasing my puppy around in the backyard or gardening in the front yard. For those of you new to Eastlake, welcome and for those of you who are returning, welcome back!

Ms. Beresford Last Names: TE-Z

Hello! I am a previous high school biology teacher and am now starting my 13th year in school counseling. I have 3 kids, one in college and two in high school in the Northshore School District. I enjoy reading, cooking, watching my kids sporting events, walking my new puppy, Duke, and spending time with my family and friends. I look forward to connecting with you and encourage you to sign up for a Teams meeting so I can meet you!



AP Classrooms & Payments

We hope all AP students have worked with their teachers to get connected to the AP Classroom. If this step hasn't happened yet, please contact your AP Teacher & get connected before the end of October. Once you are connected to AP classroom, you have access to valuable tools!

Students who wish to take any AP tests in May of 2021 will also need to pay before October 30, 2020. To make a payment, click on this link:

[*AP Payments*](#)

Payments are now being accepted from Oct 1-Oct 30, 2020. Your printed receipt is your payment confirmation. If you need help with online payments, or need other payment options or financial assistance, please contact Karen Guinasso at kguinasso@lwsd.org or call 425-936-1504.

Questions about AP? Contact Jessica Strange @ jstrange@lwsd.org



World Language Assessments

On October 28th, students have the opportunity to take a World Language proficiency test. A morning and afternoon testing session will be offered. For those interested in testing, you will need to register by Wednesday, OCTOBER 14th. Priority will be given to current 11th & 12th grade scholars. Click [HERE](#) to register and select the "Wednesdays at the LWSO Resource Center" option.

Staying Grounded

Do you find yourself feeling anxious and having racing thoughts? Worry about the future? Here is an exercise to help you bring your awareness back to the present moment and to your environment! Practice this when you are in a calm state, so your body will automatically start to use this exercise when you need it most.

Begin by breathing slowly. In, and out. Then, start with paying attention to 5 things that you can see with your eyes. Name each thing and focus your attention briefly on each. Next, move on to think of 4 things that you can feel with your body (the chair you are sitting on, the wind blowing, etc.). Again, with each of these things, name them and focus your awareness to each, one at a time. Now think of 3 things that you can currently hear. After focusing on this, move on to 2 things that you can smell. Lastly, focus on one thing that you can taste.

GROUNDING WITH YOUR FIVE SENSES

5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

Successful During Remote Learning

Staying organized and learning to be an effective remote learner is not an easy task, but we know you can do it!! Here are some tips to help you be successful in remote learning:

1. **BREATHE!** If you feel like remote learning is a lot to absorb, learn and organize, you are not alone- your teachers are learning right along with you! Your Eastlake teachers and staff are here for you and we will get through this out together!
3. **GET ORGANIZED:** Use calendars and lists to prioritize and plan daily activities and incremental steps for larger projects. Find a system and flow that help you manage the workload of seven classes and find an effective process to record, complete and turn in assignments. Take a few minutes to watch this [video](#) as you reflect on your remote learning experience to date and make adjustments as needed!
4. **BE INDEPENDENT:** You know what you know and when you don't know something, rely on the resources around you. Refer to class notes or reach out to teachers or classmates. Access additional help from teachers during Wolf Time or Asynchronous Learning and Support!
5. **BE ATTENTIVE:** Pay attention in class and stay engaged in group work. Understand the learning target, take proactive steps to learn the skill or content in class and take immediate steps afterwards if there is something you do not understand.
6. **BE COMMITTED:** Whether through playing a sport, instrument or even a video game, it takes commitment to improve and succeed. When you commit to something, you have to work hard. Right now, that means you are diligently attending your remote classes and completing your assigned work. You have the control...take the initiative and responsibility for your own learning and ask for help in this process when you need it!
7. **BE STRATEGIC:** Work smarter, not harder. Reflect on what has and has not worked for you so far. By knowing yourself and how you work well, apply that knowledge to implement effective study habits that bring you personal success. If you don't know what this looks like for you, reach out to your counselor or a teacher for some suggestions!
8. **BE CENTERED:** Taking care of yourself sets a strong foundation for success in school. Healthy habits for your mind and body are paramount, especially during this time. We were not built to sit in front of a computer all day without any breaks. Take a walk during lunch, stand up and stretch during a small lecture. Unwind after class with some good music, walk your dog, go for a social distance run...whatever it is that breathes energy & life back into you, try to do so you can be in your best space!
9. **REACH OUT:** We all need help, support and care. Some days will be easier than others. Know your support system and stay connected with people who love and care for you. If you aren't sure where to start, please reach out to your counselor- we are here for you!

**"Plan your
work and
work your
plan."**

NAPOLEAN HILL

College and Career News



Mrs. McGuigan, College and Career Center

Hi! I graduated with my BBA from the University of Notre Dame (Go Irish!) and worked 10 years in marketing and bridge to workforce programs helping students transition to careers through internships and other development initiatives. I decided to leave the corporate world, obtain my college counseling certificate from UCLA, and work full time with students. This is my 5th year at Eastlake, and I absolutely love supporting students as they explore and prepare for what's next. I have 3 kids and we love to travel, hike and can (almost) bake chocolate chip cookies with our eyes closed.



Mr. Muskavage, High School and Beyond Plan

Hey wolves! I am new to Eastlake. I just graduated from Western Washington University with my Master's in School Counseling. Last year, I completed my school counseling internship at Liberty High School in Renton, WA. I am passionate in helping students discover their own passions and pursue meaningful careers. In my personal time, I enjoy cooking, outdoor activities, and going to Seattle Sounders matches (pre-Covid). I look forward to working with you all and I hope we have a great school year.

Welcome to the 2020-21 School Year! The College and Career Classroom Team houses College and Career Center and High School and Beyond Plan Resources including:

- Post High School Options
- College Planning Resources
- Financial Aid and Scholarships
- Opportunities such as jobs, internships, volunteer, contests, summer and other opportunities
- Career Exploration
- Timelines
- Event Calendar
- High School and Beyond Plan

Questions? Need Additional Resources? Contact us!

Carol McGuigan- College & Career Specialist (College and Career Center)

cmcguigan@lwsd.org

Brett Muskavage- College & Career Readiness Specialist (High School and Beyond Plan)

bmusavage@lwsd.org



New York University
10/7 at 9:00am



Columbia University
10/7 at Noon



UCLA Application Tips
10/7 at 1:30pm



Gonzaga University
10/7 at 3:00pm

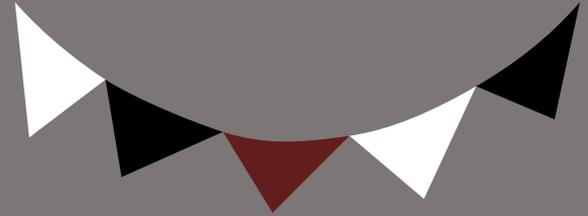
Hosted by the LWSJ College and Career Center Team



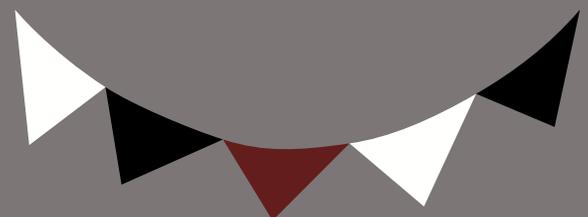
The **Live Wednesday series** connects students with college admissions and other post-secondary speakers. These sessions are hosted by the College and Career Centers of Eastlake, Juanita, Lake Washington, and Redmond High Schools and are open to all students and parents.

The **Wednesday, 10/7, lineup** includes **New York University (9:00 am)**, **Columbia University (12:00 pm)**, **UCLA Application Tips (1:30 pm)** and **Gonzaga University (3:00 pm)**. If you miss a Live Event, the live link takes you to the recording.

See the full **Live Wednesday schedule** and other virtual events on the **College and Career Center Calendar** on the EHS Website and Teams.



EHS College and Career Center	
Today	Thursday, October 1
	4:00pm UC Application & Personal Insight Question Webinar
Friday, October 2	
	9:00am [NACAC] Northeast Public Universities-Virtual Event
	10:10am Virtual Club & Community Service Fair
Saturday, October 3	
October SAT Test Date	
Monday, October 5	
PNACAC Virtual Fairs-Oregon Student Week	
	4:00pm UCLA Virtual Fall Open House
Tuesday, October 6	
PNACAC Virtual Fairs-Oregon Student Week	
	4:00pm UCLA Virtual Fall Open House
	5:00pm Washington Student Achievement Council-12th Year Camp
Wednesday, October 7	
November SAT Registration Deadline	
PNACAC Virtual Fairs-Oregon Student Week	
Embracing Our Differences Coniest	
	9:00am Live Wednesday - New York University
	12:00pm Live Wednesday - Columbia University
	1:30pm Live Wednesday - UCLA Application Tips
	3:00pm Live Wednesday - Gonzaga University
	4:00pm UCLA Virtual Fall Open House





[UW General Info Session and FAQ](#)
[UW Coalition App Walk Through](#) (Eastlake specific examples)
[UCLA Application Tips](#) (10/7)
Wolf Time Virtual Drops Ins Coming in October and November



[Application Guide for First Year Students](#)
[Common App You Tube Channel](#)



[Coalition Application](#)
[Coalition Counselor](#)
[UW Coalition Tutorial](#)
[UW Reporting Running Start Coursework](#)
[UW Reporting College in the HS Coursework](#)
[UW Freshman Honors Program](#)

UW Coalition Application Webinars

[All Application webinars are 4-5 pm.](#)
Thursday, October 8
Tuesday, October 20
Monday, October 26
Monday, November 2
Friday, November 6
Tuesday, November 10
Thursday, November 12



[UC Application](#)
[UC How to Apply](#)
[UC Application Help Center](#)
[UC Minimum Admission Requirements](#)
[UC Subject Requirements](#)
[UC A-G Course List](#) (tip: enter in the name of your Eastlake class to find something similar in the UC system to see how your Eastlake class is classified)
[Quick Reference Guide to UC Admissions](#)
[UC Campus Virtual Tours](#)
[UC applicant data](#)
[UC Comprehensive Review](#)
[Beyond the Numbers](#)
[CSU-UC Minimum Requirements](#)
[UC Santa Barbara Application Tutorials on YouTube](#) (great for all UC applications)

UC Application Center:
Email: ucinfo@applyucsupport.net
Telephone: (800) 207-1710



[Cal State Application](#)
[Cal State Applicant Help Center](#)
[Cal State Application Freshman Coursework](#)
[Cal State Application Academic History](#)
[Cal State A-G Requirements](#)



It's FAFSA and WASFA Time

The Free Application for Federal Student Aid ([FAFSA](#)) and Washington Application for State Financial Aid for those not eligible for federal aid ([WASFA](#)) are now open. **Not sure if you should complete the FAFSA or WASFA? Start Here.**

College Goal Washington Financial Aid Info and Filing Events

College Goal WA State-Wide Virtual Financial Aid Information and Filing Events are open to all seniors working on their FAFSA!

Register in advance

10/6/20 5:00-8:00pm
10/15/20 11:00am-2:00pm
10/24/20 11:00am-2:00pm
10/28/20 5:00-8:00pm
11/10/2020 11:00am-2:00pm
11/19/2020 5:00-8:00pm
12/1/20 5:00-8:00pm

Financial Aid Resources

LWSD FINANCIAL AID NIGHT 2020

[Recording](#)

AFFORDABILITY

[College Scorecard](#)

[Net Price Calculator Center](#)

[College Affordability & Transparency List](#)

[College Navigator](#)

[Financial Aid Shopping Sheet](#)

APPLYING

[Federal Student Aid website](#)

[Types of Aid](#) and [Eligibility](#)

[Dependent versus Independent](#)

[FAFSA](#) and [FAFSA Online Help](#)

[WASFA](#)

[Student Aid Report](#) + [Sample](#)

[CSS Profile](#)

[Selective Service System](#) (males must register in order to be eligible for federal aid)

MONEY MANAGEMENT

[College Budgeting](#)

[Money Management Checklist](#)

[Occupational Outlook Handbook](#)

RESPONSIBLE BORROWING

[Federal Loans versus Private Loans](#)

[Federal Loans and Repayment Estimator](#)

SCHOLARSHIPS

EHS Scholarship Bulletin on Teams

[Washboard](#)

[3 Ways to Spot a Scam](#)

[Career One Stop Scholarship Finder](#)

[Peterson's](#), [Unigo](#), [Cappex](#), [Niche](#)