Currently, I am sitting at the downtown Fargo Public Library. In fact, I am sitting on the second floor in a chair that overlooks our downtown community through these massive floor-to-ceiling windows. This coffee with vanilla and cream is delicious and the country music flowing through my headphones hits the spot.

I call this self-care. Counseling and Psychology Services at Utah State University define self-care as “a way of living that incorporates behaviors that help refresh yourself, replenish your personal motivation, and grow as a person” (source).

Self-care is an extremely important activity in my personal and professional life. It’s when, where, and how I center myself, reflect, and find inspiration. Luckily, after years of practice, I have developed a variety of methods to achieve self-care. Here are a few:

- Coffee Shop Vibes – intentionally placing myself in an environment that fills my cup
- River Trail Running – intentionally seeking out a run that embraces nature
- Sunset Views – intentionally slowing down to watch the sky change color

Notice a theme? Yeah... it’s intentional, not something that happens accidentally.

I am taking this opportunity to discuss self-care because these next couple months can be really, really difficult for some individuals. As the weather gets warmer and overall spirits of people get brighter, some may find themselves stuck in a rut. If this is you... ask yourself these few questions:

- When was the last time you invested energy into loving yourself?
- When did you last re-energize your mind, body, and soul?
- When was the last time you were intentional on practicing self-care?

If it’s been a while, I encourage you to try something soon.

Be creative and have fun! These activities can be costly of our time, energy, or even financial resources. However, no matter how big or small, you are worth the investment. You got this.

Mr. Joshua Andres (A-D)
# ADVANCED PLACEMENT EXAM SCHEDULE - 2019

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Morning (8:00am – noon)</th>
<th>Afternoon (Noon – 4:00 pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, May 6</strong></td>
<td>United States Government and Politics</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday, May 7</strong></td>
<td></td>
<td>Physics 1: Algebra-Based</td>
</tr>
<tr>
<td><strong>Wednesday, May 8</strong></td>
<td>English Literature and Composition</td>
<td>European History</td>
</tr>
<tr>
<td><strong>Thursday, May 9</strong></td>
<td>Chemistry</td>
<td>Psychology</td>
</tr>
<tr>
<td><strong>Friday, May 10</strong></td>
<td>United States History</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Morning (8:00 am – noon)</th>
<th>Afternoon (Noon-4:00 pm)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday, May 13</strong></td>
<td>Biology</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday, May 14</strong></td>
<td>Calculus AB</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday, May 15</strong></td>
<td>English Language and Composition</td>
<td>Macroeconomics</td>
</tr>
<tr>
<td><strong>Thursday, May 16</strong></td>
<td></td>
<td>Statistics</td>
</tr>
<tr>
<td><strong>Friday, May 17</strong></td>
<td>Microeconomics</td>
<td>Computer Science A</td>
</tr>
</tbody>
</table>
**WORKKEYS INFORMATION**

**Only one final testing date is left** - register ASAP! **

Students and parents have likely heard much discussion about qualifying for the ND Scholarship over the course of high school. Students who meet specific course requirements for the ND Career and Technical Education track of this scholarship are also required to either have a 24 composite on the ACT or a score of at least “5” on all 3 WorkKeys assessments. These 3 assessments measure students’ ability in: Applied Math, Graphic Literacy, and Workplace Documents. Davies High School offers a computer-based version of these assessments to provide students with an opportunity to qualify for this scholarship.

Students **MUST** attend one of the following testing dates:
- Thursday, December 13th from 1:00pm - 4:00pm
- Thursday, February 14th from 1:00pm - 4:00pm
- **Thursday, April 11th** from 1:00pm-4:00pm

The cost is $36 (or $12 per test should a student need to retake only one assessment). To register, please bring your registration fee (cash or check to Davies High School) and sign up in the Counseling Center.

**North Dakota State Assessments (NDSA)**

To our knowledge, students at Davies High School are NOT taking the Math nor English Language Arts state assessments this spring, unlike previous years. Our district has been allowed to use the Statewide Junior ACT in place of the Math and ELA North Dakota State Assessments.

**EAGLES CUPBOARD**

The Eagles Cupboard is up and running. The cupboard supplies basic needs to students who could not otherwise afford them, including food items, personal hygiene products, clothing, and school supplies. If this is something your student needs to access, please have him/her contact a trusted Davies adult (counselor, teacher, principal, para, coach, maintenance staff, etc.). Help is **free, safe, and confidential**. We are here to support you.

If you are interested in donating to the Eagles Cupboard, please consider monetary items (gift cards for food, gas, etc) as we have limited space to store clothing and grocery items. We greatly appreciate all the generous past, present, and future donations to support our students and families in need.
Summer Opportunities

There are several academic and career exploration opportunities available to students over the summer. See what some options are at the Counseling Center Summer 2019 Opportunities link: [https://www.fargo.k12.nd.us/Page/1092](https://www.fargo.k12.nd.us/Page/1092)

Some possible opportunities include:
- North Dakota Governor's School
- North Dakota Leadership Seminar (NDLS)
  - Deadline - April 1st
- ND Boys State
- ND Girls State
- Camp Good Mourning
- Code Blue EMS (Emergency Medical Services) Camp
- Opportunities in Medora
- Crack the Code Tech Day Camp for Girls
- Camp RYLA
- MSUM Outreach
- Summer Programs at NDSCS
- Camp Psych (Psychology)

LOOKING FOR INFORMATION?

You will find some helpful links and resources at the Davies Counseling Center website, on our Twitter feed, and on our Pinterest page. Check us out!

- On the web: [www.fargo.k12.nd.us/daviescounseling](https://www.fargo.k12.nd.us/daviescounseling)
- Twitter: [@DaviesCounsel](https://twitter.com/DaviesCounsel)
- Pinterest: [www.pinterest.com/davieshs](https://www.pinterest.com/davieshs)

SCHOLARSHIPS

Have you signed up for the Davies website yet? Once you do, you can subscribe to the Scholarships page on the Counseling Center website, and you will receive an e-mail each time the scholarships are updated. There are many scholarships available, and several have due dates coming throughout February and March. Take a look at [www.fargo.k12.nd.us/daviescounseling](https://www.fargo.k12.nd.us/daviescounseling) and click on the Scholarships and Financial Aid link.
ACT STATE-MANDATED TESTING

The ACT state-mandated test will be for all juniors on April 2nd. You will need to know...

- All registration and pre-test administration activities will take place at Davies
- State-mandated testing is free to all students
- You MUST have a picture ID in order to take the test—a driver’s license or school ID are sufficient.
- **Testing will start promptly at 8:00** even if you do not have a period one class. Late arrivals will not be allowed to take the test on the 2nd.
- **No electronic devices, including smart watches** will be allowed in the testing rooms.
- Only permissible calculators will be allowed, and you must have your own—you may not share. A list of permissible and prohibited calculators can be found at [http://www.actstudent.org/faq/calculator.html](http://www.actstudent.org/faq/calculator.html).
- Failure to follow the rules could cause your test to be invalidated, or worst-case scenario, the whole school’s tests.
- Test time will take approximately four hours.
- If you miss school on April 2nd, the make-up test date is April 24th.

**What might help you on the test?**

Since this is the real ACT test, you should prepare just like you would for a national test date! FREE ACT test prep tools are available to you on the Testive program at RUReady.ND.gov. You have an account set up already from the career units you have done in the past. If you have forgotten your login information, Mrs. Gonzalez in the Career Center can help you.

**North Dakota Academic and Career & Technical Education (CTE) Scholarships**

Two merit-based scholarships were created during the 2009 legislative session: the North Dakota Academic and CTE scholarships. These scholarships are aimed at increasing high school rigor and retaining college students in North Dakota. It is the student’s responsibility to check requirements and apply!

**General Information:**

- **Requirements:** General requirements for both scholarships include maintaining a 3.0 GPA and earning Cs or better in the coursework required for graduation. Both scholarships also have specific course and testing requirements, which can be found on the Department of Public Instruction (DPI) website, listed below.
- **How to apply:** In addition to taking the required coursework and meeting the required grade point average and testing requirements, an application is required. Please complete the application form at [https://apps.nd.gov/DPI/scholarship/login.aspx](https://apps.nd.gov/DPI/scholarship/login.aspx) on the DPI website.
2018-2019: Quarter 4

- **Amount**: Total possible value is $6,000; $750 per semester or $500 per quarter.
  - Scholarships are renewable for full-time students who maintain cumulative collegiate GPAs of 2.75 or higher.
  - Full-time for this scholarship means enrollment in at least twelve credits during a student's first two semesters or quarters and enrollment in at least fifteen credits during each term thereafter.
- **Where the scholarship can be used**: Recipients can use the scholarship at any of the approved regional public, private or tribal colleges within the state of North Dakota. Eligible institutions must be regionally accredited and offer programs of study of at least 2 years in length.

*Specific requirements for the scholarships can be found on the North Dakota Department of Public Instruction website at [https://www.nd.gov/dpi/SchoolStaff/SAO/grantscholar/](https://www.nd.gov/dpi/SchoolStaff/SAO/grantscholar/)

**TRANSCRIPT REQUESTS**

Once you know where you need to send your transcript, please send a “Final Transcript” as soon as you can. You can select this option when requesting a transcript. Follow instructions below and see the Counseling Center with questions.

Step 1: Click on the icon pictured below

Step 2: Select “Education Portal” link
Step 3: Select the “Send Transcript” tab

Also...

Seniors will receive their immunization records in their final report card in early June. The college of your choice will need this record so make sure you save it when it comes in the mail.
COLLEGE ENTRANCE EXAMS

Some students ask if they should take the ACT before the state-mandated date. That is completely up to the individual and their family! Also, some may ask if they can take it again after the state-mandated test. The answer to that is YES, but you do not have to do so. The ACT is given on several national test dates at various locations in Fargo. If students do choose to test on a national test date, all registration activities are done on the website at www.actstudent.org.

2018-2019 ACT Test Dates
Davies High School Code 350-569
Fees: $50.50 without writing, $67 with writing*

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>Late Fee Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 13th</td>
<td>March 8th</td>
<td>March 9-25</td>
</tr>
<tr>
<td>June 8th</td>
<td>May 3rd</td>
<td>May 4-20</td>
</tr>
</tbody>
</table>

Register online at www.actstudent.org
*See your counselor if you feel you require a fee waiver

2018-19 SAT Test Dates
Davies High School Code 350-569
Fees: $47.50 for SAT without essay, $64.50 with essay
SAT Subject Test fees start at $26.
See https://collegereadiness.collegeboard.org/sat-subject-tests/register/fees-payments/fees for specific information

<table>
<thead>
<tr>
<th>Test Dates</th>
<th>Test</th>
<th>Registration Deadline</th>
<th>Late Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 4th</td>
<td>SAT + Subject Tests</td>
<td>April 5th</td>
<td>April 24th</td>
</tr>
<tr>
<td>June 1st</td>
<td>SAT + Subject Tests</td>
<td>May 3rd</td>
<td>May 22nd</td>
</tr>
</tbody>
</table>

Register online at www.collegboard.com/mysat

Thank you! Counseling Center Staff

Counselors & Staff

<table>
<thead>
<tr>
<th>Joshua Andres</th>
<th>Jennifer Toso-Kenna</th>
<th>Debbi Osowski</th>
<th>Anita Mahnke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Names A-D</td>
<td>Last Names E-J</td>
<td>Last Names K-Q</td>
<td>Last Names R-Z</td>
</tr>
<tr>
<td>446-5612</td>
<td>446-5614</td>
<td>446-5613</td>
<td>446-5615</td>
</tr>
<tr>
<td><a href="mailto:andresj1@fargo.k12.nd.us">andresj1@fargo.k12.nd.us</a></td>
<td><a href="mailto:tosokem@fargo.k12.nd.us">tosokem@fargo.k12.nd.us</a></td>
<td><a href="mailto:osowsk@fargo.k12.nd.us">osowsk@fargo.k12.nd.us</a></td>
<td><a href="mailto:mahnke@fargo.k12.nd.us">mahnke@fargo.k12.nd.us</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dona Sabby</th>
<th>Sylvia Gonzalez</th>
<th>Alexis Rinas</th>
<th>Davies High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registrar</td>
<td>Career Coordinator</td>
<td>Student Wellness &amp; Family Facilitator</td>
<td>7150 25th St S, Fargo, ND</td>
</tr>
<tr>
<td>446-5616</td>
<td>446-5617</td>
<td>446-5627</td>
<td>Phone: 446-5600</td>
</tr>
<tr>
<td><a href="mailto:sabbyd@fargo.k12.nd.us">sabbyd@fargo.k12.nd.us</a></td>
<td><a href="mailto:gonzals@fargo.k12.nd.us">gonzals@fargo.k12.nd.us</a></td>
<td><a href="mailto:rinas@fargo.k12.nd.us">rinas@fargo.k12.nd.us</a></td>
<td>Fax: 446-5910</td>
</tr>
</tbody>
</table>