

Credenda: Career and College Newsletter

COLLEGE APPLICATION WEEK



We will observe College Application Week during the week of November 13-17. Seniors will be given opportunity to apply to at least one college or university through CFNC. College representatives in addition to the College Advisor, Parker Martin, and School Counselors April Daw and Merrill Davis, will be on hand to assist students with their college application. During this week, many colleges waive the application fee. All Community College applications are free.

This is a great opportunity for all of our seniors to take advantage of the time and assistance that will be available to them. Although some seniors plan to go to the military and some plan to become employed immediately after graduation, it is always a good thing to have secondary plans just in case you change your mind or circumstances change. Every senior is encouraged to apply to at least one college. We would like 100% participation during CAW. We can do this. We really can!

NEW SCHOOL COUNSELOR

April Daw has arrived as the new school counselor for Beddingfield. She comes to the Bruin family with many years of experience as an educator, nine years as a CTE teacher, and she has counseled at all grade levels for six years. She received her undergraduate degree from NC Wesleyan College and her Masters degree in school counseling from East Carolina University. She is a National Board Certified Teacher. She comes from a military family and married a Wayne County farmer. She has a 25 year old son and a seven year old little girl that she and her husband adopted at birth.

She is very excited to join Beddingfield High School. Let's do everything we can to make her welcome.



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Remembering
our Veterans



ELKS NATIONAL FOUNDATION, INC.

Most Valuable Student Scholarship that stresses scholarship, leadership and financial need. Applicants that are eligible must be a high school senior and U.S. citizen. There are 500 four year awards available. Visit enf.elks.org/mvs to apply. The application deadline is November 27, 2017

The Elks National Foundation awards \$2.44 million in college

scholarships to a total of 500 high school seniors nationwide through its Most Valuable Student scholarship contest. To learn more about the details, visit the scholarship website.



The key aspect of an electrical engineer is making sure equipment meets relevant safety and design standards.

Speaking the Language

So you think you may be interested in becoming an engineer? What kind of engineer would you like to be?

- Civil Engineer
- Electrical Engineer
- Drilling Engineer
- Mechanical Engineer
- Motor Vehicle Technician
- Telecom Engineer
- Aerospace Engineer
- Chemical Engineer



SCHOLARSHIP SEARCH

Searching for scholarships can be a daunting task especially when you go it alone. There are sources that require payment and there are sources that are free. There are plenty of quality free databases that you should not have to spend money for any online search. A few local scholarships are available usually during the period of January 15th through April 15th but do not limit yourself to the locals. For some of those, we are limited as to how many we can nominate. For example, for the Kiwanis, we are allowed to nominate three qualified candidates. While there are many more seniors who apply for national scholarships, do not count yourself out if you qualify. Search beyond your backyard.

How many scholarships should you apply for? Experts tell us there is no magic number. The emphasis should be finding a balance between quantity and quality.

Seniors need to know that colleges and universities have scholarships that are often unique to the institution. There may be a scholarship or two available for you especially if you have committed yourself to a certain college or university. Colleges need students to stay open. They want to help students who qualify to choose their institution instead of the other institution across the way. Apply for the scholarships specific to the college or university. Here are a few websites to consider:

SuperCollege	www.supercollege.com
moolahSPOT	www.moolahspot.com
Fast Web	www.fastweb.com
CollegeNet	www.collegenet.com

The Prudent Student

By Merrill Davis

Do emotions have any relation to learning? Research tells us that there is a connection, a link as to how we think in regards to our emotions. Students who have well developed social emotional competencies tend to do better in school by being engaged and motivated to learn and grow.

For example, suppose a student says, "I am bored." Where did the boredom come from? Why is the student bored with school? Trace it as you will but some of this disposition comes from conditioning from outside sources not excluding family and other factors. Bored friends tend to make bored friends. There is so much that attempts to grab students' attention these days. Some of these distractors can cause a student to lose interest in education because of unrealistic expectations.

The prudent student learns to self-regulate emotions and the stresses of life. This student learns to navigate the emotions so that the negative emotions are overridden or held in check. Just as a riverboat captain knows the river and avoids the sandbars and underwater logs that could wreak havoc to his boat, a student and learn to overcome negative emotions. Steer away from the bored and avoid the excuse trap. The greater self-awareness (Knowing self) and the ability to manage self will help a student to effectively deal with the issues of life often affected by the emotional and social side of life.

To some degree your disposition may impact your position in life. Enthusiastic teenagers tend to be enthusiastic learners. When you feel life is out of control and you fail to make sound and wise decisions for yourself, it will become an unhealthy emotional state. All of us have been there one time or another. It is how we tackle the problem and solve the issues that makes the difference. This resilience is something marvelous to see in students.

At Beddingfield, we have numerous resilient students who refuse to allow people or circumstances to influence their way of life and future. They seek answers to problems and strive for emotional equilibrium. They use *balance* and *moderation* in their vocabulary.

It is a healthy action to know your emotional quotient. Are you at your optimal emotional state? Or, are you struggling to stay afloat in the midst of the churning sea, tossed to and fro, bouncing around with little or no control over direction? Do not allow those negative vibes drain your energy, sap your strength, and impact your enthusiasm for life. Look up. Make friends. Learn. Read. Bounce back and become stronger than ever before. You can do it. I know you can.



THOUGHTS TO MUSE OVER

If it ain't broke, how can we make it better?

If it ain't broke, when is it likely to break in the future?

If it ain't broke, how long will it serve as the world changes?

No matter how good an idea may be and no matter how perfect the idea may seem, ideas can always be improved. Think outside the box and thank a teacher who encouraged you to think outside the box.

You will make mistakes but when you learn from your mistakes, you become a better person. Anyone who does not make mistakes, doesn't do very much in life.

Stop looking for the easy way out. Be the right person and make the right choices, and, those choices will make you.

One of the best ways in the big wide world to keep from being boring is to quote people who aren't boring. Albert Einstein was not a boring man. Neither was Teddy Roosevelt or Booker T. Washington.

Experience is not the best teacher. Evaluated experience is the best teacher because everything we do can be improved and enhanced to be more efficient and productive making us more effective.

Seize the day. Share a little kindness. Chew gum away from school and buy someone a Krispy Kreme doughnut.

SEVEN SINS OF THE SCHOLARSHIP ESSAY

1. Try to be someone else and be less than honest
2. Try to impress the scholarship judges with quotes and clichés
3. Procrastinate and wait until the last minute to get it all done.
4. Write a sob story that fills a bowlful of tears.
5. Write only one essay that fits all. There is no such thing as one essay that fits all.
6. Stray far away from the topic as possible. A loss of focus likely means a loss of money.
7. Repeat your personal statistics over and over again. To be a bore do more.

Tips for Essays

1. When writing an essay be sure to write about how you overcame obstacles and rose to the challenge that was before you. People love a winner
2. Stick with the subject. Answer the question.
3. If you wait for the optimum time, there may not be an optimum time. Begin and start writing, edit, and write some more.
4. Refuse to rewrite the information provided in the application.
5. Do not consider yourself infallible. You are not. Ask for editing assistance from someone you trust and from someone who actually likes you.

RONALD MCDONALD HOUSE CHARITIES U.S. SCHOLARSHIPS

Applicants must be high school seniors less than 21 years of age who have a minimum of 2.7 GPA. They must be US residents who live in a participating Ronald McDonald House Charities chapter's geographic area. A list of chapters is on the website. There are four scholarships available: RMHC/Scholars, RMHC/Asia, RMHC/African-American Future Achievers, and RMHC/HACER. The deadline is January 20th, 2018. Applications are available online. An application form, transcript,

personal statement, letter of recommendation and parents' tax forms are required. The website is <http://www.rmhc.org>. You may visit www.ultimatescholarshipbook.com and enter code RO31718 for updates on this award.



TEACHER SCHOLARSHIPS

Some see teaching as more of a calling than a career. If you are interested in learning more about teaching in public schools, see Mr. Davis in the School Counseling Center about the Pee Wee and Myrtle Owens and the Maynard Scholarship. Both of these scholarships provide monies towards a college education in preparation for the teaching profession. The Pee Wee and Myrtle Owens Scholarship is approximately \$28,000 and the Maynard Scholarship is \$20,000.

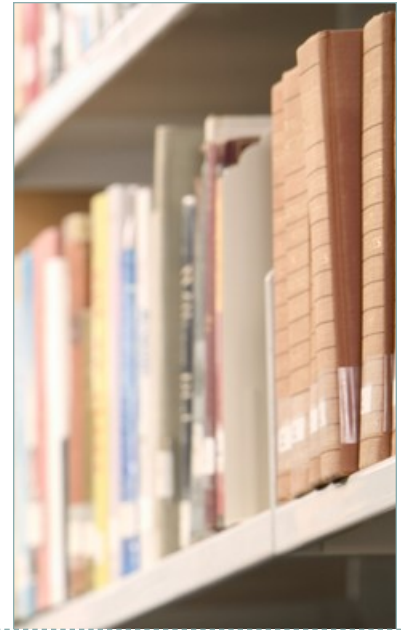
FLORENCE KIDDER SCHOLARSHIP

The National Society of the Colonial Dames of America in the State of North Carolina will award a scholarship of \$3000 and a runner-up scholarship of \$1,000 to two North Carolina high school seniors, to be used at any NC college or university. The recipients will be selected on the basis of the merit of an essay on the assigned topic, plus character and scholastic record and need. The application is to be completed and supported materials uploaded online no later than 11:59 PM on February 4, 2018 at www.ncdames.org/florence-kidder-memorial-scholarship. For more information you may call Carol Putney at 252-236-4118 or see Mr. Davis in the School Counseling Center.

SAT AND ACT

College readiness may be determined by the SAT and ACT. While all juniors are given opportunity to take the ACT in the eleventh grade, it is important for the majority of our college bound students to take the ACT a second or third time, in addition to the SAT. Some students may score higher with the ACT than the SAT, and vice versa. It is prudent to take both particularly if you plan to go to an UNC system college or university. There are practice tests for both and College Board provides Khan Academy to prepare for the SAT.

If you need assistance, see Parker Martin, our College Advisor who will be more than happy to help you with fee waivers if you qualify as well as any questions you may have in registering for the SAT or ACT.



“It is important for the majority of our college bound students to take the ACT a second or third time, in addition to the SAT”

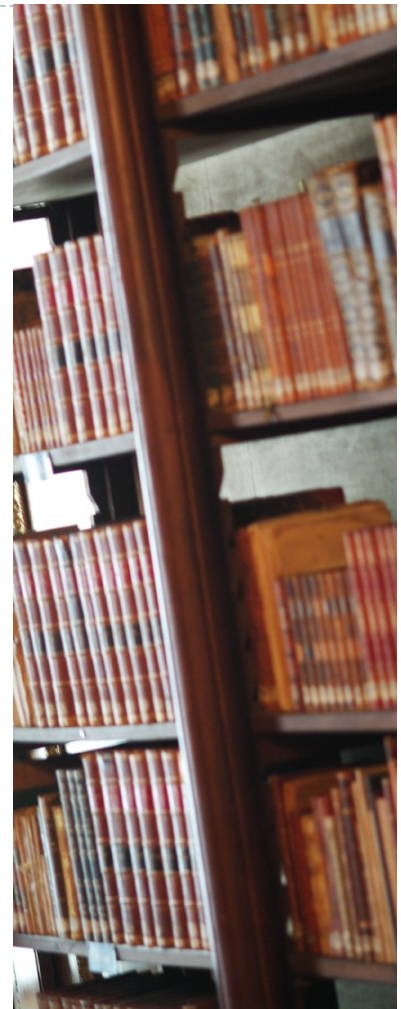
PRINCIPAL’S CORNER BY F.T. FRANKS

It is that time again: you need to study and you already know to avoid cramming and to get a good night’s sleep before the test.

Here are four less common study techniques that will increase your efficiency and up your game. [1] Choose a study place that works for you. Whether it is quiet or filled with music, a bedroom or a kitchen, the important thing is to find YOUR perfect spot [2] Once you have determined what you will review, set a schedule of what to study and when to study it. Reviewing for a short time each day is better than cramming at the last minute. [3] Learning facts in isolation can be challenging for most people. Try to relate information with what you already understand. For example, if your grandmother was born on December 7, 1961, then you may remember that Pearl Harbor occurred twenty years earlier. Try using acronyms, mnemonic devices, songs, and other tricks to “hook” your

new knowledge to what you already know [4] Sometimes it is best to study alone so that you can concentrate on what you need to review. Other times, studying with a group may be helpful. It can also provide you with different explanations about how to do a problem or what a poem means, or it can simply provide moral support. The key is to find a group of young people that is serious about doing well on the test and whose personalities mesh well with your own.

F.T. Franks, Principal



E.T. BEDDINGFIELD HIGH SCHOOL

Beddingfield High School will exemplify daily what it means to BE BRUIN by fostering an environment in which students will demonstrate good character and values and meet and exceed the academic challenges that lie ahead for both graduation and beyond.

Principal	F.T. Franks
Assistant Principal	Katrina Cobb
Assistant Principal	Kelly Carter
Specialist	Miles Brite
School Counselor	Merrill Davis
School Counselor	April Daw
College Advisor	Parker Martin

THE READER'S CHALLENGE

It is our wish that every student would read the newsletter and find something worth knowing or reading. The Reader's Challenge serves as a gentle and generous goad to motivate students to read.

The first three students who correctly answer the following questions and send the answers via email to Mr. Davis will receive a reward for reading, searching, and providing the right answer. The first place winner will receive \$10 and the second and third place winners will receive \$5.00. It is our belief that reading can be life changing and rewarding!

- [1] Kowalski drove a 1970 440 magnum Dodge Challenger from Colorado to San Francisco. At the end, he drives into a bulldozer and the car explodes. Chrysler wanted their Dodge back. What car (considered by Mopar enthusiasts as the "lesser car") actually hit the bulldozer in the final moments of the movie?
- [2] In the Battle of San Juan Hill in Cuba, two great soldiers fought there. One was of course Theodore Roosevelt known for his "Teddy Bear." His Rough Riders valiantly charged the hill with the help of the gatlings, and won the day. Who was the other soldier who became a great general in WWI? What is his nickname?

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