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the Class of 2025, Class of 2026 A-F

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the Class of 2023, Class of 2026 G-O

[Charlene Jakich](#), Chair, School Counselor for
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[Renaef Bafus](#), College & Career Center

[Dee Bishop](#), Counseling Secretary

[Jen Wilson](#), Registrar



Moscow High School Counseling Center Update January 19, 2023

We are approaching the end of our first semester, and our **Finals Week** is Monday, January 23rd through Thursday, January 26th. Our pass-rate is at its highest point in the year thus far, so we know that our students are working hard in their classes. We are reaching out to students who are at risk of failing classes this semester to help them focus on passing. For students who end up failing classes this semester, it's crucial that we have a plan in place so that they can get back on track to graduating.

Students will see their **second semester schedules** on Wednesday, January 25th. Once the new semester begins, students have eight days to make changes. There are other limitations to schedule change requests, but students are always welcome to talk with us if they have questions or concerns about their schedules. The best way to see us is by [making an appointment](#) or by coming by before or after school.

MHS counselors will be meeting with classes to **pre-register students for the 2023-2024 school-year** in late February and early March. This is a great opportunity for parents to discuss plans with students as they prepare for what's next. Students can consult the 2022-2023 [Academic Guide](#) for an idea of classes that they may want to take next year.

Seniors, the **Idaho Department of Education Opportunity Scholarship** is a needs-based scholarship with a deadline of March 1st. Families must file the FAFSA by March 1st to be considered. If you are a senior with a GPA of 2.7+ and plan to attend a 2- or 4-year college in Idaho, you should apply. The application is very easy and no essay is required.



Information about additional Idaho scholarships can be found at [Scholarship Idaho](#). An extensive list of scholarships can also be found [here on the MHS website](#).

Now is a great time to think about **summer programs, internships, and conferences**, and one website that we recommend for exploring these opportunities is [HS Navigator](#). One example of what you can find on HS Navigator is the [Aspiring Scientists Summer Internship Program](#) at George Mason University, through which students work with faculty in areas like Biochemistry, Computer Science, Genomics, Mathematical Modeling, and Physics.

Every Week this Semester!



- ★ Submit your FAFSA to win prizes!
- ★ Mr. Andrews will draw names and announce **EVERY** Friday.
- ★ Air Pod Pros will be the **GRAND PRIZE** drawn at the end of this semester for everyone who has submitted their FAFSA.
- ★ **LETS GO BEARS!!!**

Seniors, the [Free Application for Federal Student Aid \(FAFSA\)](#) is open. This application is required for all students who want to be considered for any form of federal aid in college, including Work Study, and is also required to be considered for many scholarship opportunities. Select the 2023-2024 FAFSA and use your 2021 Tax Return. To get started, students *and* parents each apply for a [FSA ID](#).



Pullman Regional Hospital is now accepting applications for our Certified Nurse Aide (CNA) scholarship program

Recipients receive all-expenses-paid tuition and internship with a 2-year work commitment at Pullman Regional Hospital.

Applications open until April 15th



Contact Amber Roberts, Education Coordinator at Pullman Regional Hospital, with questions at (509) 336-7636 or amber.roberts@pullmanregional.org



Juniors will take the **SAT** at MHS on **Wednesday, April 12th, 2023**. Taking a college-entrance exam like the SAT or ACT is a requirement for graduation in the Moscow School District. Over 1,800 universities are now [test-optional](#), but a good score can still help admission chances and improve one's course placement for English and Math. MHS teachers Mr. Gravel and Ms. Lyon will be offering **SAT study sessions** for both Math and English during Access in February.

The [ACT](#) is the other nationally recognized exam accepted by all colleges and universities. Between the SAT and ACT, many students do better on one than the other, and we can help students learn the differences. The cost of the first time taking the ACT can be **reimbursed** for Idaho students (ask us how!).

ACT (MHS code 130415)	Registration Deadline	Late Deadline
April 15, 2023	March 10, 2023	March 24, 2023
June 10, 2023	May 5, 2023	May 19, 2023
July 15, 2023	June 16, 2023	July 7, 2023

SAT (MHS code 130415)	Registration Deadline	Late Deadline
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023

DrugFree Idaho has developed a free course called [Parent CRAFT](#) to help parents talk with their kids about substance abuse. The course provides parents with an evidenced-based resource that they can access from the privacy of their own home and try and gain some new techniques to better communicate with their kids.



2ND ANNUAL HIGH SCHOOL MATH COMPETITION

April 28, 2023

University of Idaho Campus
Moscow, ID

Teams of two to four students will compete against other teams within their selected division. Teams can be composed of students from different schools. All high school students are invited to participate.

Prizes include cash awards and scholarships for top teams!

There is no cost to register a team.

Visit the competition webpage for more information, to register, or to be added to the mailing list for future announcements.



uidaho.edu/sci/mathstat/math-competition

mathstat@uidaho.edu

208-885-6742

Divisions and Rules

- Division I – uses high school curriculum up to 10th grade, including Algebra I and Geometry
- Division II – uses the entire high school curriculum, including Algebra II, Trigonometry, and Calculus
- Each school is allowed up to two teams. If you would like to enter additional teams, let us know and we will contact you if space remains after initial registration.

Details

- Check-in will begin at 8:00 a.m. and the awards ceremony will end by 4:00 p.m.
- Breakfast, lunch, and snacks are included.





An **Idaho Food Bank School Pantry** is conveniently located in the Moscow High School basement to help you get food for your family at no charge. We are thankful for our partnership with the Idaho Food Bank and local donors. To access the Food Pantry by appointment or for more information, contact [Diana Hicke](#).

How do I meet with my MHS Counselor? We can meet with **students** during non-core classes or during an available class period. You can use our online scheduler <http://go.oncehub.com/MHSCounselors> to schedule appointments in order to discuss individual planning, academic and college advising, or personal concerns. We welcome meetings with **parents** as well and ask that you schedule your appointment through the Counseling Center Secretary, Dee Bishop, by calling (208) 882-2591.



The Idaho Foodbank is committed to ensuring all Idahoans have access to nutritious food, regardless of their situation and background.

The Moscow distribution will be held on **Monday, January 23, 2023**, at the Latah County Fairgrounds starting at 10am until the last box is handed out.

The distributions provide a variety of fresh produce, frozen meats, dairy and dry goods to help meet a family's needs.

This food is free – no documentation or eligibility is required.

The Idaho Foodbank and volunteers from United Way of Moscow/Latah County, will be distributing nutritious food to neighbors in need.

Questions Call the Idaho Foodbank @ 208-746-2288 or Idahofoodbank.org



Question from an MHS student: I would like to go to college somewhere else in the country/world, but out-of-state tuition is so expensive. What are my options?

Answer: If private and out-of-state schools aren't within your budget right now (even with the [WUE](#) and other scholarships) something else to consider is study-away programs like the [National Student Exchange](#). The University of Idaho, LC State, Boise State University, and Idaho State University are among the many colleges that participate in the National Student Exchange, which is a way to study at one of 180 campuses at an in-state tuition rate. Student Exchange is a great way to get you out of your comfort zone, make new connections, and experience life from a different point of view, all while still being an Idaho student. Most programs last for one year. To participate in the program, you'll need to be in good academic standing and be at least a sophomore in college.

If you want to look internationally, check out the Education Abroad programs (also called "Study Away" or "Study Abroad") at your college. The U of I's Education Abroad program, for example, lists over 300 opportunities for Study Abroad, Volunteer Abroad, Internship Abroad, and Field Study. These give you an opportunity to develop your language skills, overcome obstacles, and gain a greater understanding of other cultures. Besides the international focus, the biggest difference between these and the National Student Exchange is the cost, since Education Abroad programs typically cost between \$12,500 and \$18,500. There can be financial aid and scholarships available for these, you'll want to talk with the Education Abroad advisor at your college for more information.

If a friend or loved one is in crisis, there is help available.

*Call **911** if there is an imminent danger to self or others.*

*Idaho Crisis & Suicide Hotline / National Suicide Prevention Lifeline : **988** [Call or Text]*

The Crisis Text Line [Text 741741] can receive texts about any number of issues, including isolation, anxiety, depression, self-harm, stress, abuse, grief, etc.