

the AMES School Counseling Newsletter

Wednesday, 01.21.2026 —

COMING UP:



Dates to mark on your calendar

- **Parent-Teacher Conferences**
 - **Wednesday, February 11**
 - In-person: **4:30–7:30 PM**
 - **Thursday, February 12**
 - Virtual (Zoom): **4:30–6:00 PM**
 - Zoom links will be posted on the AMES website
 - By appointment (Zoom or in-person): **6:00–7:30 PM**
- **AMES Enrollment & Tours**
 - AMES is now **accepting applications!**
 - **Weekly Tours:** Every Wednesday at **8:45 AM, meet in front of the AMES office**
 - **Incoming 9th Grade [Applications](#):**
 - Open now through **February 27, 2026**
 - **Upperclassman Applicants:**
 - No deadline, but **transcripts are required**
 - **Lottery results** will be shared by the **end of the first week of March**
- **Communication Update**
 - A text message will be sent through **ONE CALL** in the coming week.
 - Please **opt in** to receive important AMES updates via text.

Parent-Teacher
CONFERENCES



Student Showcase February 4th!

Join us for the AMES Student Showcase!

Come celebrate student creativity and learning on **February 4th from 5–7 p.m.** Explore interactive exhibits, student performances, and hands-on activities across campus, including **live music, robotics, drone flights, and a food jamboree**. Bring the whole family for a fun night of discovery!



Take positive action. Follow your vision without wavering.

OFFICE ANNOUNCEMENTS

- **Welcome!**
 - Please join us in welcoming **Kim Mounts**, our new **Attendance Secretary** 🎉
- Her email is kmounts@ames-slc.org. Ms. Mounts has an AMES senior who graduated in 2023, and has a class of 2026 grad. We're so happy to have her with us at AMES!

SCHOLARSHIP SPOTLIGHT

1. Horatio Alger Scholarship

Supports students who have demonstrated perseverance through adversity and are pursuing a bachelor's degree.

 More information:

<https://scholars.horatioalger.org>

Eligibility Highlights

- Household income of **\$100,000 or less**
- Minimum **2.0 GPA**
- Participation in extracurriculars or community service
- U.S. citizen

For Juniors

- **Deadline:** March 1, 2026

For Seniors

- **Deadline:** February 15, 2026

Questions: programs@horatioalger.org



YOU ARE SCHOLARSHIP MATERIAL

**600+ SCHOLARSHIPS
UP TO \$25,000 EACH**

HORATIOALGER.ORG/SCHOLARSHIPS

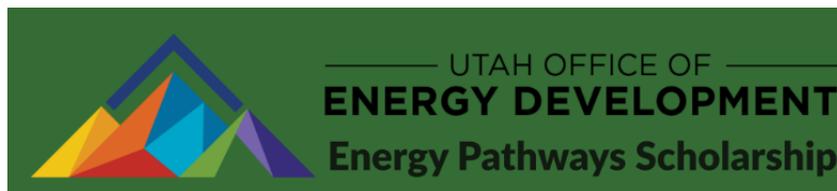
HORATIO ALGER ASSOCIATION
of Distinguished Americans, Inc.



Take positive action. Follow your vision without wavering.

2. Energy Pathways Scholarship

Sponsored by Chevron & the Utah Office of Energy Development



- **Award Amount:** \$3,000
- **Eligibility:** High school seniors, freshmen, sophomores, and juniors pursuing STEM in Utah
- **Application:**
<https://forms.gle/SKngpwNNbeSi4sra9>
- **Note:** AI-generated responses will result in disqualification

3. University of Utah – Engineering & Science Scholarships (Seniors)

Deadlines: February 1, 2026

- **Metallurgical Engineering**
 - GPA: 3.0+
 - Award: \$1,000–\$10,000
 - Apply by emailing:
sara.j.wilson@utah.edu
- **Materials Science & Engineering**
 - GPA: 3.0+
 - Award amounts vary
 - Apply here:
<https://www.mse.utah.edu>
- **Mining Engineering**
 - GPA: 3.0+
 - Award: \$6,000–\$10,000
 - Apply here:
<https://www.mining.utah.edu>
- **Mining Engineering Open House**
 - **January 29, 2026 | 6–8 PM**
 - RSVP:
<https://forms.gle/PXXGbCYqi8eQMCBL8>



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4. Utah Valley University – Freshman Academic Merit Scholarship

<https://www.uvu.edu/financialaid/scholarships/freshman.html>

Deadline: February 1, 2026

To be considered, seniors must:

- Apply for admission to UVU
- Submit an official high school transcript
- Submit ACT or SAT scores

STUDENT OPPORTUNITIES

University of Utah – Summer Research Internship

For students graduating **2027 or 2028**

- **8-week, no-cost program**
- Hands-on research with university faculty
- Runs **June 8 – August 1, 2026**
- Includes UTA transit access

[Learn more & apply:](https://price.utah.edu/sri/)
<https://price.utah.edu/sri/>



UNIVERSITY OF UTAH
JOHN AND MARCIA PRICE COLLEGE OF ENGINEERING

SUMMER RESEARCH INTERNSHIP 2026

8 week program working with faculty on research for High School students graduating in 2027 or 2028

• • •

APPLICATION OPENS: DECEMBER 1ST
APPLICATION DEADLINE: JANUARY 31ST

Contact Alyssa Koskinen for more info:
alyssa.koskinen@utah.edu




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2026 Sundance Film Festival

JAN 22 – FEB 1

IN PERSON & ONLINE

Sundance Film Festival – Student Screenings

- **In-person screenings:** January 26–30 (Salt Lake City)
- **Online viewing:** January 29 – February 1

 **Free** screenings curated for high school students

 Sign up:

<https://airtable.com/app0qVkoEfTHwj7Fl/pag1lgzWeGC7irctM/form>

Utah Math Circle (Free!)

A weekly enrichment program for students who enjoy exploring math beyond the classroom.

 Learn more & apply:

<https://www.math.utah.edu/high-school-program/mathcircle.php>

ACT Prep Opportunity

Tutors Across America – ACT Weekend Bootcamp

- **Dates:** January 29–31, 2026
- **Location:** University of Utah
- **Discounted Cost:** \$199 (use code **UTES**)

 Register:

<http://TutorsAcrossAmerica.com/ACTcourse>



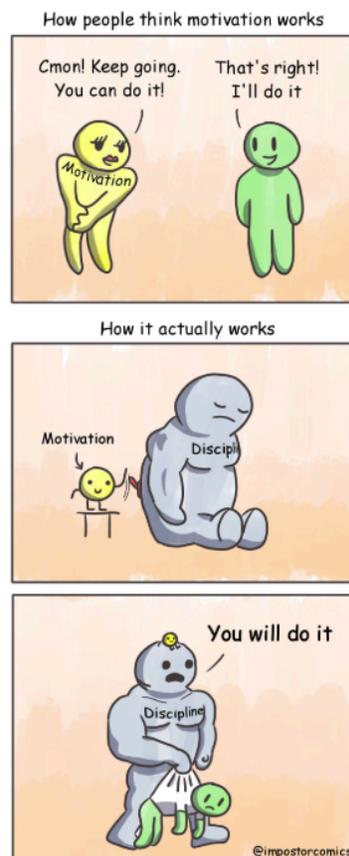
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Key of the Month: Commitment

January often arrives with bold intentions. We set goals, imagine change, and feel a surge of motivation for the year ahead. And then, like clockwork, motivation wavers. That's where our key of the month, commitment comes in. Commitment isn't always a dramatic leap or a perfectly executed plan. Most often, it shows up as steady, maintainable habits: showing up on time, trying again after a setback, choosing what moves us forward by just 1% each day. Those small, consistent actions are what quietly build real progress.

There's a comic I love that captures this perfectly: Motivation may get us started, but discipline is what carries us through, especially when things get hard.

At its core, commitment begins with a single moment: choosing to move forward with intention. Once that choice is made, feelings of fear or indecision fade into the background. Like a skydiver who has already stepped out of the plane, commitment means trusting the decision and focusing on what comes next. This is where growth mindset and self-respect meet: honoring the goals we set, learning from obstacles, and continuing anyway. Commitment doesn't demand perfection, it asks for persistence, courage, and the willingness to keep showing up, even when motivation isn't leading the way.



WELLNESS WEDNESDAY / MINDFUL MINUTE

Make a Yay! List

Making a "Yay List" (a list of things that make you smile, feel good, or say "yay!") is a simple, healthy way to boost your mood and shift your mindset. Focusing on positive moments, no matter how small, helps train your brain to notice joy, gratitude, and progress, even during stressful times. This practice can reduce anxiety, improve resilience, and increase overall emotional well-being. A Yay List is also a great reminder of what brings you happiness, especially when you need a quick pick-me-up.

1. Keep it simple: Include anything that lifts your spirit, like a good cup of coffee or a sunny walk.
2. Make it a habit: Add to your list daily or weekly to build a positive routine.
3. Keep it visible: Post it on your wall, fridge, or journal so you can revisit it often.

"BEING HAPPY DOESN'T MEAN EVERYTHING IS PERFECT. IT MEANS YOU'VE DECIDED TO LOOK BEYOND THE IMPERFECTIONS."

--UNKNOWN--

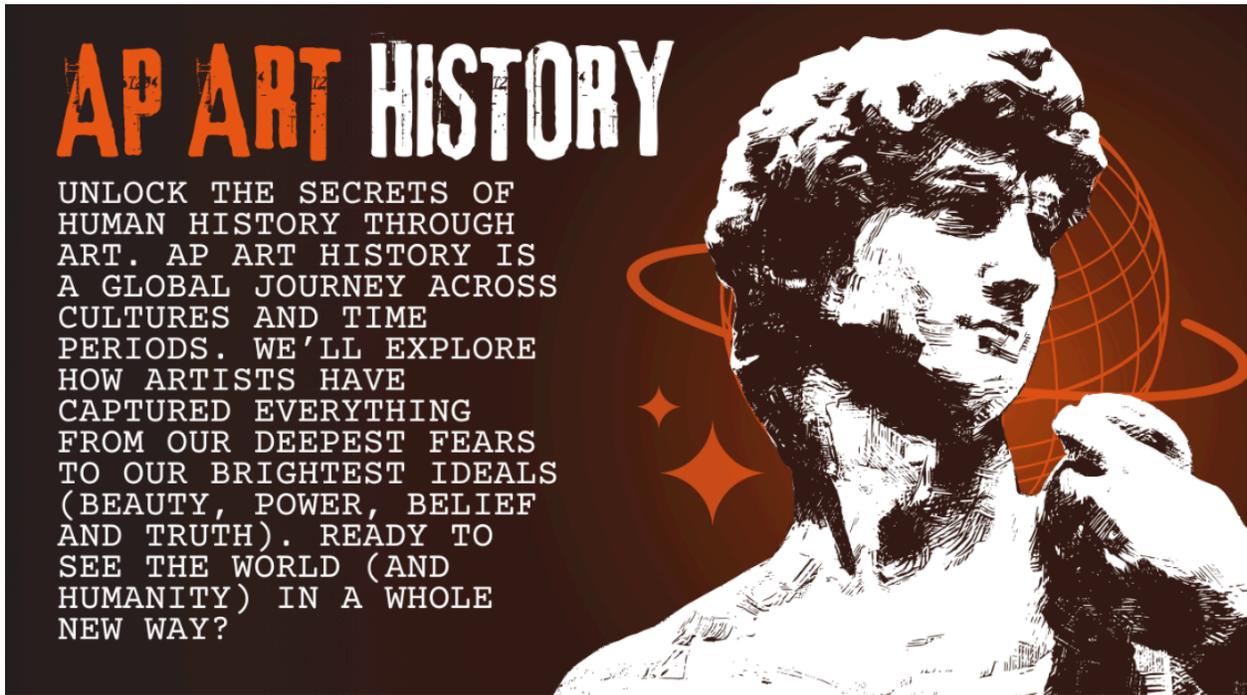


Actionable item: Take a pause this week. Even 60 seconds of slow breathing can reset your nervous system and improve focus. Try inhaling for 4 seconds, exhaling for 6 — repeat three times.



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Classes to Keep an Eye On



AP ART HISTORY

UNLOCK THE SECRETS OF HUMAN HISTORY THROUGH ART. AP ART HISTORY IS A GLOBAL JOURNEY ACROSS CULTURES AND TIME PERIODS. WE'LL EXPLORE HOW ARTISTS HAVE CAPTURED EVERYTHING FROM OUR DEEPEST FEARS TO OUR BRIGHTEST IDEALS (BEAUTY, POWER, BELIEF AND TRUTH). READY TO SEE THE WORLD (AND HUMANITY) IN A WHOLE NEW WAY?

ATTENTION SENIORS

SLCC Days – Orientation & Registration

An early college orientation opportunity for graduating seniors.

- **Day 1:** March 23, 2026
 - Cottonwood High School
 - 11:15 AM – 2:10 PM
- **Day 2:** April 23, 2026
 - SLCC Taylorsville Redwood Campus

 More info:

<https://slcc.edu/orientation/slcc-days.aspx>

STUDENT & FAMILY RESOURCES

- **SLCC Financial Aid Help**
 <https://www.slcc.edu/financialaid/>



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NEW FRESHMAN UTAH RESIDENT

SCHOLARSHIP	INDEX	AMOUNT (per year)	TOTAL VALUE (4 years)
Presidential	128+	\$6,557	\$26,228
Trustees	122–127	\$3,500	\$14,000
Deans	114–121	\$2,000	\$8,000
Merit	105–113	\$1,500	\$6,000
Success	99–104	\$1,000	\$4,000

TEST SCORE	GPA																						
	SAT (CR + M)	ACT	4.0	3.9	3.8	3.7	3.6	3.5	3.4	3.3	3.2	3.1	3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0
1570-1600	36	142	140	139	137	135	133	132	130	128	126	124	123	121	119	117	116	114	112	110	108	106	106
1530-1560	35	140	138	137	135	133	131	130	128	126	124	122	121	119	117	115	114	112	110	108	106	106	105
1490-1520	34	138	136	135	133	131	129	128	126	124	122	120	119	117	115	113	112	110	108	106	104	103	103
1450-1480	33	136	134	133	131	129	127	126	124	122	120	118	117	115	113	111	110	108	106	104	102	101	101
1420-1440	32	134	132	131	129	127	125	124	122	120	118	116	115	113	111	109	108	106	104	102	100	99	99
1390-1410	31	133	131	130	128	126	124	123	121	119	117	115	114	112	110	108	107	105	103	101	99	98	98
1360-1380	30	131	129	128	126	124	122	121	119	117	115	113	112	110	108	106	105	103	101	99	97	96	96
1330-1350	29	129	127	126	124	122	120	119	117	115	113	111	110	108	106	104	103	101	99	97	95	94	94
1300-1320	28	127	125	124	122	120	118	117	115	113	111	109	108	106	104	102	101	99	97	95	93	92	92
1260-1290	27	126	124	123	121	119	117	116	114	112	110	108	107	105	103	101	100	98	96	94	92	91	91
1230-1250	26	124	122	121	119	117	115	114	112	110	108	106	105	103	101	99	98	96	94	92	90	89	89
1200-1220	25	122	120	119	117	115	113	112	110	108	106	104	103	101	99	97	96	94	92	90	88	87	87
1160-1190	24	120	118	117	115	113	111	110	108	106	104	102	101	99	97	95	94	92	90	88	86	85	85
1130-1150	23	118	116	115	113	111	109	108	106	104	102	100	99	97	95	93	92	90	88	86	84	83	83
1100-1120	22	117	115	114	112	110	108	107	105	102	101	99	98	96	94	92	91	89	87	85	83	82	82
1060-1090	21	115	113	112	110	108	106	105	103	101	99	97	96	94	92	90	89	87	85	83	81	80	80
1030-1050	20	113	111	110	108	106	104	103	101	99	97	95	94	92	90	88	87	85	83	81	79	78	78
990-1020	19	111	109	108	106	104	102	101	99	97	95	93	92	90	88	86	85	83	81	79	77	76	76
960-980	18	109	107	106	104	102	100	99	97	95	93	91	90	88	86	84	83	81	79	77	75	74	74
920-950	17	108	106	105	103	101	99	98	96	94	92	90	89	87	85	83	82	80	78	76	74	73	73
880-910	16	106	104	103	101	99	97	96	94	92	90	88	87	85	83	81	80	78	76	74	72	71	71
830-870	15	104	102	101	99	97	95	94	92	90	88	86	85	83	81	79	78	76	74	72	70	69	69
780-820	14	102	100	99	97	95	93	92	90	88	86	84	83	81	79	77	76	74	72	70	68	67	67

- Determining your Index score:** →
- Find your test score on the left (SAT or ACT).
 - Find your GPA along the top.
 - Where these numbers meet is your index score—which tells you the scholarship that you are awarded as an incoming first-year Utah resident.

TEST SCORE		GPA																					
SAT (CR + M)	ACT	4.0	3.9	3.8	3.7	3.6	3.5	3.4	3.3	3.2	3.1	3.0	2.9	2.8	2.7	2.6	2.5	2.4	2.3	2.2	2.1	2.0	
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1450-1480	33	136	134	133	131	129	127	126	124	122	120	118	117	115	113	111	110	108	106	104	102	101	101
1420-1440	32	134	132	131	129	127	125	124	122	120	118	116	115	113	111	109	108	106	104	102	100	99	99
1390-1410	31	133	131	130	128	126	124	123	121	119	117	115	114	112	110	108	107	105	103	101	99	98	98
1360-1380	30	131	129	128	126	124	122	121	119	117	115	113	112	110	108	106	105	103	101	99	97	96	96
1330-1350	29	129	127	126	124	122	120	119	117	115	113	111	110	108	106	104	103	101	99	97	95	94	94
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780-820	14	102	100	99	97	95	93	92	90	88	86	84	83	81	79	77	76	74	72	70	68	67	67

*Scholarships listed on this document are applicable for first-time undergraduate degree-seeking students only.



Take positive action. Follow your vision without wavering.



MINE YOUR FUTURE 2026

Mining Engineering Open House

**THURSDAY, JANUARY 29
6-8:00PM @ UofU**

- ✓ Participate in Mining Demonstrations
- ✓ Learn about Mining Engineering Careers
- ✓ Scholarship Opportunities of \$10,000 & \$6000
- ✓ Light Meal & More!



Department of
MINING ENGINEERING
THE UNIVERSITY OF UTAH



Take positive action. Follow your vision without wavering.



**MATERIALS SCIENCE & Engineering
and
METALLURGICAL Engineering
Scholarships for High School Seniors**

Students must intend to pursue Materials Science or Metallurgical Engineering as their major to be considered for scholarships.

\$1,000 - \$10,000 Scholarships Available.

Apply if you want a career in:

Electronics
Metal Production

Aerospace
Clean Energy

Biomaterials
Manufacturing

DEADLINE TO APPLY
February 1, 2026



SCAN TO APPLY



Take positive action. Follow your vision without wavering.

U *Fund your Future* **MINING ENGINEERING Scholarships**



\$10,000
EXPLORE MORE
SCHOLARSHIP

\$6000
BROWNING
SCHOLARSHIP

**PATHWAYS
SCHOLARSHIP**
1ST YEAR TUITION
& HOUSING



It is no exaggeration to say that the world as we know it would not be able to function without mined materials. According to the National Mining Association, every American uses nearly 40,000 pounds of newly mined materials each year.

Be part of the innovation and future of mining.

Apply today and start your path to a rewarding career!



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JOHN AND MARCIA PRICE COLLEGE OF ENGINEERING

SUMMER RESEARCH INTERNSHIP 2026

8 week program working with faculty on research
for High School students graduating in 2027 or 2028



APPLICATION OPENS: DECEMBER 1ST
APPLICATION DEADLINE: JANUARY 31ST

Contact Alyssa Koskinen for more info:
alyssa.koskinen@utah.edu



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**ALA
UTAH**

Girls STATE



31 May - 6 June 2026

- Patriotic Appreciation**
- Civic Engagement**
- Confidence Building**
- Leadership Opportunities**
- College Credit (3 credits)**
- Scholarships**
- Lifelong Memories & Friendships**

FOR JUNIORS
Applications
due
March 31



31
DAY

5
MONTH

26
YEAR

www.alautahgirlsstate.org



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