

# the AMES School Counseling Newsletter

Wednesday, 04.15.2026 —

## COMING UP:



Registration for CHS Summer Driver's Ed has begun. Class will begin Monday, June 1st and will run through Tuesday, June 23rd. Class is held Monday-Friday from 7-9AM. for more information contact the Finance Office or Mr. Workman in Relo #615. Hurry spots fill up fast!



Interested in moving up to Honors Math? The Math Summer Bump-Up is approaching! Taught by Mr. Jensen, this is a fabulous opportunity for those who would like a bit more challenge next year. The Summer Bump-Up dates will be June 8-12 and August 3-6. Sec IH will meet from 9am-11am, Sec IIH from 11:30am-1:30pm each of those days. For sign-ups and any other information, contact Mr. Jensen ([cjensen@ames-slc.org](mailto:cjensen@ames-slc.org))



Registration has been extended for SLCC's **First-Generation Student Conference!** This event will take place **this Friday, April 17<sup>th</sup> at the Taylorsville Redwood Campus.**

If your student hasn't registered yet, we highly encourage you to do so here: [First-Generation Student Conference](#)

Both breakfast and lunch will be served at the event – accommodating for multiple diets and tolerances. Buses will NOT be running from AMES; Students who sign up are responsible to get there, but AMES will excuse attendance for those who participate in this activity.

**FIRST-GEN GRAND PRIX**

Start your engines & get revved up for college!

**EVENT OPEN TO ALL FIRST-GENERATION HIGH SCHOOL SOPHOMORES, JUNIORS & SENIORS!**

**FRIDAY, APRIL 17**  
**8:30 AM - 1:30 PM**

**TAYLORSVILLE CAMPUS**

**REGISTER HERE!**



*Think before you speak. Make sure your intention is positive and your words are sincere.*

## Attention Seniors

**Mandatory Meeting** for ALL 12th grade students **Thursday, April 23rd** during B2 in Room 209. This meeting will take approximately 20-25 minutes, and will go over everything that is needed to graduate, deadlines, cap and gowns, senior presentation, and graduation details. *You must email your counselor if you have any extenuating circumstances and will not be able to attend.*

**Senior Presentations** will be held **Thursday, May 14th, from 2:30 - 4:30**. This is the final graduation requirement for all seniors, and presence is mandatory. Parents and family are invited, and the instructions for the SR Presentation can be found here:

<https://ames.instructure.com/courses/2375/pages/senior-presentation-intro>

Graduation practice is 9 am on May 28th, and graduation is at 3 pm on May 28th.



**SENIORS: All outstanding credits (be it credit recovery, grade replacement, original credit, PE Packets, or HSUP credits) need to be turned in as soon as possible. Failure to do so may impact your ability to walk at graduation.**

## OFFICE ANNOUNCEMENTS:

### Student [Summer] Opportunities

#### Summer Financial Literacy/Health through AMES



Interested in taking additional coursework this summer? Sign up for the AMES Summer Health and/or Financial Literacy course. At the end of the summer, you can earn up to 1.0 credits toward High School graduation requirements (0.50 Health, 0.50 Financial Literacy).

Commitment:

- June-August online coursework (via Canvas)
- Checking Canvas weekly, and maintaining steady progress throughout the course.
  - *For Financial Literacy only:* Taking the State Exam in-person with Mr. Cushing in August

Sign up: <https://forms.gle/JuM3wM4wGRLA8zyh7>



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## School-wide Updates

- Board Meeting Tonight @ AMES, Room 324 C
- Educators Rising Field Trip is this Friday!
- **AMES Prom 2026: Old Hollywood** is this Saturday, April 18 from 7-10p at the U of U Alumni House. Tickets are on sale now in the AMES office for \$10 (will be \$15 at the door).
- AMES is now accepting new student applications for 2026-27 school year! Prospective student tours are every Wednesday morning at 8:45. Tell your friends and family!

## Students and Parents, we want your input!

As we approach the end of our School Improvement Plan (SIP) survey window, I wanted to send a quick reminder and thank you for your continued collaboration.

The survey will be closing this week, and we are hoping to reach at least 50% participation from both parents and students to ensure our data accurately reflects the voices of our community. At this time, we have received responses from 135 students.

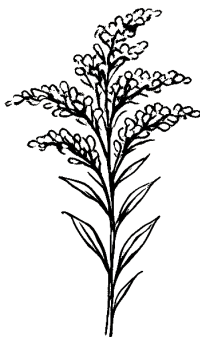
If you have not yet completed the survey, please take a few moments to do so. Your input is essential in helping us make informed decisions that support our students, strengthen our school culture, and guide our next steps as a community.

- Here is the student survey link:

<https://forms.gle/4e92CCU14Duuecod6>

- Here is the parentsurvey Link:

[https://ameslc.sjc1.qualtrics.com/jfe/form/SV\\_emPuyXyF7cNHJmm](https://ameslc.sjc1.qualtrics.com/jfe/form/SV_emPuyXyF7cNHJmm)



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## Scholarship Spotlight



## HORATIO ALGER CAREER & TECHNICAL SCHOLARSHIP PROGRAM

### CTE SCHOLARSHIP APPLICATION NOW OPEN

This year, 300 students will be awarded with scholarships up to \$2,500 to help fund their education. Funds may be used for tuition, childcare, transportation, equipment, supplies, or other related costs.

To apply for a scholarship, applicants must meet the following criteria:

- Have completed high school (or equivalency) by July 1
- Plan to attend a not-for-profit community college or trade/vocational school
- Enroll in an associate's degree, certificate, or diploma program by September that will lead to employment
- May not be enrolled in pre-requisite courses
- Demonstrate financial need (applicants must show household income of \$100,000 or less)
- Be under the age of 35
- Be a United States citizen

PRIORITY DEADLINE: JUNE 5, 2026

Applications will be accepted until all scholarships have been awarded

[APPLY TODAY](#)

## Student Opportunities

You are invited to the 2026 [ACCESS Scholars Research Symposium!](#)

This year's ACCESS Scholars have worked incredibly hard during their first semester of research at the University of Utah. The Symposium is a showcase of that hard work, initiative, and drive. For most of our Scholars, this is just the beginning of their undergraduate research journey. Many will continue working on their projects, publish in a research journal, attend conferences, and make lasting contributions to cutting edge science.




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Please join us to encourage these problem solvers and innovators, by celebrating the accomplishments of the 2025-2026 ACCESS cohort!

- April 16 - 17  
Preview students' projects [online](#)
- April 17, 2 - 4pm  
(Alumni Panel 2 - 2:30)

### Attend the symposium:

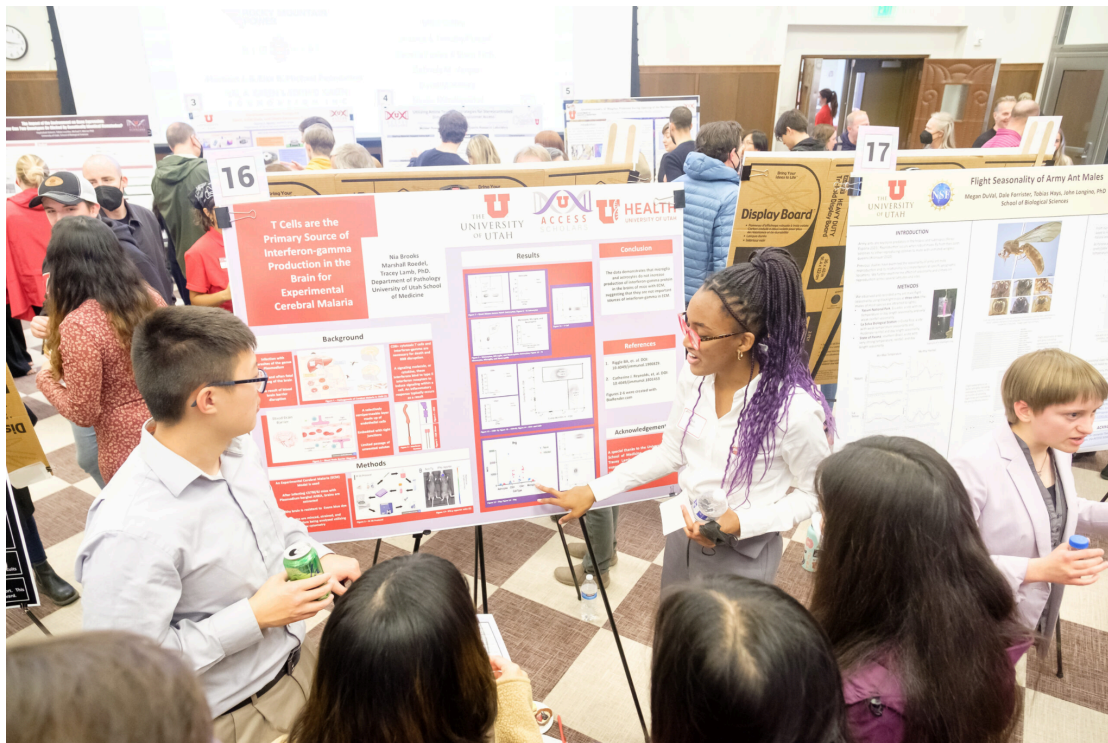
Alumni Panel: Laurel Hales, Claire Decker, Laura Cotter, Jaime Kook

View project posters, ask ACCESS Scholars about their research, and enjoy refreshments!

Crocker Science Center (CSC)

1390 Presidents Circle, Salt Lake City, UT 84112

Parking: You may park in the Campus Store parking lot for free using the event parking code at one of the kiosks and walk down to the Crocker Science Center (parking code: COS00113). You may also park in any of the paid stalls on Presidents Circle (pay via text as per the posted signage). If you plan to take TRAX, you can get off at the Stadium Station.



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## Wellness Wednesday

### *You Deserve to Rest*

Adapted from the [Passion Planner Blog](#)

Junior year. AP exams. College apps. Practice. Work. Family. Sound familiar?

If you feel like you never stop (or, maybe more accurately, that the deadlines/expectations never stop) you're not alone. Many AMES students wear busyness like a badge of honor, but running on empty isn't something to be proud of. Rest isn't laziness. It's actually essential if you want to perform your best and feel like yourself.

#### **Numbing vs. Actually Resting**

Picture this: You're finally home after a brutal day. You grab some snacks, and spiral into hours of scrolling or Netflix (or the dreaded combo of scrolling with Netflix/YouTube background noise), only to feel just as drained afterward? That's numbing, not resting. Numbing isn't "bad," but it tends to be your mind's way of saying "I'm overwhelmed and I don't want to feel it right now." True rest actually recharges you.

#### **Not All Tired Feels the Same**

Before you can rest well, it helps to know what kind of tired you are. Here's a quick breakdown:

#### **Physical**

Signs

Sore from practice or a tough workout

Fighting off a cold or just feeling run-down

Rest ideas

Prioritize sleep. Teenagers need more sleep than almost any age group, and you will be more able to tackle whatever you've been putting off after a good night's rest.

Take a slow walk or stretch instead of pushing through

Drink more water than you think you need

#### **Emotional**

Signs

Drama with friends or family is wearing on you

You feel sad, anxious, or just "off"

Rest ideas

Journal or talk to someone you trust

Let yourself feel it! This can look like having a good cry, moving your body, breathing intentionally

Lean on a friend without needing to "fix" anything

#### **Sensory**

Signs

Screen time has your eyes and brain fried

Crowded hallways or loud spaces feel overwhelming

#### **Mental**

Signs

Decision fatigue after a long school day




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Rest ideas

Try a screen-free hour (yes, really)

Go outside, even just for 10 minutes (touch some grass, as they say)

Find a quiet spot to decompress

## Spiritual

Signs

You feel disconnected from what matters to you

Wondering what the point of it all is

Rest ideas

Spend time in prayer, meditation, or reflection

Volunteer for something you care about

Connect with a mentor, counselor, or community

## Creative

Signs

Writer's block, art block, or just feeling "blah"

Burned out from a big project or performance (looking at you, theatre kids)

Rest ideas

Step away from the project for a bit

Consume something creative, music, a film, a book

Try a totally different creative outlet with zero pressure to produce work

## You don't have to earn rest.

Rest isn't a reward for finishing your to-do list. It's not something you get after you ace the test, finish the season, or graduate. It's something you need, and deserve, right now, as you are.

You're doing a lot. Give yourself permission to recharge.

Source: "How to Rest When You Don't Feel Like You Deserve It," Passion Planner blog, September 2024

Can't focus no matter how hard you try

Rest ideas

Do something mindless, but intentionally without a screen: color, build, doodle

Take real breaks between study sessions

Skip planning for one afternoon. We promise it'll be okay.

## Social

Signs

Too many obligations, not enough alone time

Feeling like you're always "on" for other people

Rest ideas

Say no to plans without guilt

Spend time with people who let you be yourself

Schedule intentional alone time




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## AMANDA'S CALMING CORNER

*Coping Skills from your AMES School Social Worker*

# 5 Tips TO HELP TEENS COPE WITH STRESS

<p><b>GET SOME SLEEP</b></p>  <p>Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about <b>8-10 hours each night</b>.</p> 	<p><b>FOCUS ON YOUR STRENGTHS</b></p>  <p>Take time to <b>think about what you're good at</b> and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.</p> 	<p><b>DO THINGS THAT MAKE YOU HAPPY</b></p>  <p><b>Find activities or hobbies that make you happy</b> and incorporate them into your daily life.</p> 	<p><b>ENGAGE IN PHYSICAL ACTIVITY</b></p>  <p><b>Exercise takes our mind off stress</b> and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.</p> 	<p><b>TALK TO SOMEONE</b></p>  <p>It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find <b>ways to manage your stress</b>.</p> <div style="text-align: center;">  <p><b>MENTAL HEALTH FIRST AID</b> MHFA.org/teens</p> </div>
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Mental Health FIRST AID  
from NATIONAL COUNCIL FOR MENTAL WELLBEING



### CHS Teen Center & Pantry



Did you know that **AMES** students have access to the Cottonwood Teen Center and Food Pantry?

Every Thursday during HOMEROOM, students needing access to the Food Pantry for themselves and their families can meet in Amanda's room (324F).

1. You do not need to check in with your Homeroom teacher. Amanda will take attendance and excuse your absence.
2. Amanda will walk with you to the Food Pantry so you can gather what you need.
3. You can then store your food in Amanda's room and pick it up after school.

**AMES** students also needing hygiene products, school supplies, breakfast or lunch, showers, or laundry facilities can access them in the Teen Center.

**AMES** students have access to these resources throughout the school year, with Food Pantry access every Thursday via the above instructions.

Email [a.finlayson@ames-slc.org](mailto:a.finlayson@ames-slc.org) with questions or to learn more.



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# MONTHLY ADMISSIONS UPDATE

Hey Future Aggies! Here's your latest update from the Admissions Office at Utah State University.

**Scholarship Acceptance Deadline** The USU scholarship acceptance deadline is **May 1, 2026** for Fall 2026. You must accept your scholarships from the Admissions Office by [paying or postponing your enrollment deposit](#), or by [deferring your admission](#). This excludes federal aid or scholarships offered by departments outside the Admissions Office.

**Explore Our Academic Programs** With over 170 majors and programs, you're sure to find one that fits your interests and goals. We recommend exploring the [Degree Finder](#) to browse majors, minors, and certificates. Our programs range from Outdoor Product Design & Development (BS) to Welding Technology (CC, CP, AAS) to Music Therapy (BS) — and so much more! Check out the overview of our [academic colleges and departments](#) to learn more about everything we offer.

**Registration Now Open** Course registration for Summer and Fall 2026 is now open! Just a reminder: you'll need to complete the first two Orientation modules before you can register. You may also have additional holds on your account (such as academic advising), but the registration system will let you know about any holds and how to get them removed. If you have questions, reach out to your [Admissions Specialist](#).

Warmly,

The USU Aggie Fam



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## Steps for Requesting ADA Accommodations for High School Students Taking College-level Courses

1. Register with Disability Services: Contact the college's disability office immediately upon admission to the course(s).
2. Provide Documentation: Submit current documentation of the disability (e.g., medical records, psychoeducational evaluation, etc.).
3. Request Accommodations: The college/university will determine which accommodations are "reasonable" and do not fundamentally alter the course.
4. Notify Instructors: The student must deliver official accommodation letters to college/university professors.



**U of U Contact:**

Erin Sullivan

Associate Director

ADA/Section 504 Coordinator

[erin.sullivan@utah.edu](mailto:erin.sullivan@utah.edu)



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ITS NOT TO LATE TO TAKE A

# DANCE CLASS

AT COTTONWOOD HIGH SCHOOL  
FOR THE 26-27 SCHOOL YEAR!

SCAN THE  
CODE TO SIGN  
UP FOR A  
CLASS RIGHT  
NOW!



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