

# Counselor Update

Doud's Counseling Corner FEBRUARY 1, 2021

## GREETINGS TO ALL!

It is the first of February and the rapid pace will continue to increase until the end of the school year. Again, I am sharing a great deal of information in the Counselor Update newsletter so take in what you feel is important to you!

**Senior parents**, if you haven't applied for the FAFSA yet, get that taken care of ASAP. Families are not able to apply for financial aid without the FAFSA. Hopefully your student has selected a school to attend and you have completed the application form and have been admitted. Talk to their financial aid office about scholarships that the school has to offer students. Make sure to look over my web page for local scholarship and daily information.

**Junior parents**, make sure students are taking time to check out schools online or start visiting them if they are offering tours.

## 7th and 8th: Why I Want To Go To College Writing Contest Scholarship

**I'm sharing an opportunity for your 7th and 8th grade students!**

The Nebraska State Treasurer's Office has opened their annual "Why I Want to Go to College" writing contest scholarship. Twelve 7th & 8th grade students will receive \$2,000, \$1,000, or \$500 in a college savings plan.

Please use this [LINK](#) to get more details from the Nebraska State Treasures Office

**Entries are due April 1.**

## TUESDAY TUNE UP

I will be hosting another TUESDAY TUNE UP on February 9th at 7:15 a.m. Please encourage your student to come and learn more about the SEM Passport Scholarship. I would highly encourage all juniors and seniors to attend. Thank you!

# SEM College & Career Fair

SEM will be hosting a virtual College & Career Fair for 6-12 on February 11th. The fair was postponed in the fall due to all the covid-19 restrictions and was rescheduled for February 11 as a virtual day of activities. Below is some of the activities and breakout sessions our students will be attending

## **6th Grade**

Career Clusters (NPPD)

Look2College with Education Quest

## **7th/8th Grade**

College & Career Interactive Lessons (UNL Extension Office)

Exploring Careers (Virtual Job Shadow)

KnowHow2Go with EducationQuest

Employer/Alumni Panel

## **Freshman/Sophomores**

Time Management/Chat with a Professor

Exploring College with EducationQuest

Transferable Skills with Dawson Area Development

Entrepreneurship with Premier Marketing and Management

Volunteerism with Dawson Area Development

Employer/Alumni Panel

## **Juniors/Seniors**

Time Management/Chat with a Professor

College Prep with Education Quest

Budgeting with Brian Luther from Compass Financial Resources

Professionalism with Elissa Martin and Mary Kay

Mock Interview

Employer/Alumni Panel

# ACT/PRE-ACT TESTING

## **INFORMATION FOR SOPHOMORES AND JUNIORS**

### **ACT and Pre-ACT Testing Information**

#### **National Testing Date:**

We will be testing ALL juniors and seniors on Tuesday, March 23 at SEM school. Testing will start at 8:30 and will take approximately 3.5 to complete.

**Juniors:** All juniors will take the ACT. The ACT will test the four core areas of English, Math, Reading and Science along with a writing test. All juniors will test in gym unless they have accommodations from their IEP or 504 plan.

**Sophomores:** All sophomores will take the Pre-ACT. The Pre-ACT will have the four core areas of English, Math, Reading and Science Reasoning.

**Prior to the test:** Sophomores and juniors have been given access to the "On To College" with John Baylor. The OTC is an online test prep program that provides students tools to better understand the

ACT/Pre-ACT. The **On to College (OCT)** program is a comprehensive guide to help students understand the specifics of the test. Each core section is broken down into study sessions with quizzes, tests and a final core test. With the online application, students are able to go back over their work and retake quizzes and the final core test. At the completion of the four core areas, students can take the full ACT and see their results. The OCT is an outstanding program that has shown tremendous opportunity for students to grow their ACT score. If you have questions about the On To College prep program, please don't hesitate to see Mr. Doud.

It should also be noted that students that are ready mentally and physically tend to do better on the morning of a test. SEM will provide a breakfast and snacks the morning of the test. There are several other pre-test strategies students can utilize such as; getting a good night's rest the night before, play some games that help stimulate their mind, go over your study notes, have your bag ready to go and in a location you know where it is, make sure you give yourself plenty of time in the morning that you are not rushing yourself, don't second guess yourself and understand that your preparation will help you through the test.

**Importance of the ACT:** The ACT is used for admission to colleges and also for financial assistance. The higher the ACT score the better the possibility for scholarship opportunities. The test will also better help students where their strengths and weaknesses lie. There is an old adage that people say they are "not good test takers" I believe that we all can be better test takers with better preparation and a positive attitude. I would encourage students to take the ACT several times throughout the year and grow off the scores you have done.

#### **Upcoming ACT Test Dates:**

##### **Test Date Registration Deadline (Late Fee Required)**

March 23 All Juniors and Seniors have been registered to take ACT/Pre-ACT at SEM

April 17, 2021 March 12 March 13-March 26

June 12, 2021 May 7 May 8-May 21

July 17, 2021 June 18 June 19-June 25

**Testing Waivers:** See Mr. Doud if you qualify for free or reduced lunch as there are free testing waivers that students can use to take the ACT on national test dates.

## SCHOLARSHIP INFORMATION

### FEBRUARY "To Do" List for FAFSA and Scholarships

**Seniors...**make sure you complete the FAFSA process Getting financial aid for college involves more than completing the Free Application for Federal Student Aid (FAFSA). Complete each step of the process so that you don't miss out on money for college.

1. If you haven't already, complete your 2021-22 FAFSA at [studentaid.gov](http://studentaid.gov) using 2019 income tax data. Before you start, you and a parent must each create a Student Aid account. If you need help with your FAFSA, contact EducationQuest to set up a free virtual appointment.
2. Expect a Student Aid Report (SAR) via an email link. The SAR acknowledges that your FAFSA was received and lets you know if you need to take further action before the form can be processed.

3. You might receive a verification notice from the college(s) you listed on your FAFSA requesting documents to verify your FAFSA information. The college will not process your financial aid until you provide required documents.

4. Watch for financial aid award notifications. Once you're accepted for admission to the colleges you listed on your FAFSA, they will notify you of the types and amounts of financial aid they're offering. Watch your email and student portal carefully for important details from colleges about admission and financial aid.

### **What you need to know about scholarships**

Most scholarships are based on academics, but others are based on community service, school involvement, or talent. Some are based on financial need as determined by the results of your FAFSA.

### **Here's where to look for scholarships:**

1. ScholarshipQuest at EducationQuest.org houses over 2,000 Nebraska-based scholarships. After you create a profile, you'll be matched with scholarships that fit your criteria. You'll also find links to national sites that EducationQuest recommends.

2. Your school counselor's office. Visit regularly to check on local and national awards.

3. The college you plan to attend. Contact the school for a list of scholarships they provide and the application procedures.

4. Other resources could include your coach, clubs and organizations, and your parents' employers and civic organizations.

## **Pink Bandana Scholarship**

As the COVID-19 pandemic has continued, we regret to inform you that we are unable to offer a 2021 Pink Bandana Scholarship.

Being a 501(c)(3) non-profit organization, we rely solely on donations and sponsorships. The majority of our revenue is generated from our annual Pink

Bandana Mud Volleyball Tournament, which was cancelled last year due to COVID-19. This negatively impacted our financial situation. With the uncertainty of the

2021 tournament, we currently are unable to commit to a scholarship. The decision to cancel our 2021 scholarship program was very difficult, and we thank you for your understanding.

Sincerely,  
Pink Bandana, Inc.

## **CENTRAL NEBRASKA SENIOR GOLF ASSOCIATION SCHOLARSHIP**

The Central Nebraska Senior Golf Association scholarships from \$500 to \$1000. These golf scholarships are awarded annually to high school seniors in our region who excelled in the game of



golf.

Attached are the materials for copying and distributing to your seniors who excelled in the game of golf. The attached materials include:

2021 Golf Applicant Information Letter, 2021 Golf Scholarship Application Form, and the CNSGA 2021 Player's Scoring Guide.

Deadline for receiving applications will be March 1 for GIRLS and June 10 for BOYS. Any applications postmarked after these dates will not be considered. Announcement of winners will come shortly after the application deadline..

Applicants need to mail the address below the 2021 Golf Scholarship Application, the 2021 CNSGA Player's Scoring Guide, two letters of recommendation, and a personal photo in the SAME mailing.

Applicants can mail information, certified mail is not necessary. Needs to be postmarked by **March 1 for GIRLS** and **June 10 for BOYS**.

Upon receiving the application, the applicant will receive an immediate email from me acknowledging that I have received their application. Winners for the scholarships will be announced shortly after the application deadline.

Don Sackett  
8944 S. 71st Street  
Lincoln, NE 68516  
[dlsackett72@gmail.com](mailto:dlsackett72@gmail.com)

## Central Nebraska Auto Club Scholarship

Check out the link below for scholarship application and application for the Central Nebraska Auto Club Scholarship.


Application must be postmarked by March 25

Should you have any questions, please contact:

Jeff Knapp, Chairman for Scholarship Committee  
(308) 233-5120



CNAC-Scholarship-App.pdf

 [Download](#)  
122.4 KB

## Nebraska Society of Mayflower Descendants Scholarship

At the Nebraska Society of Mayflower Descendants' Spring Meeting on Sunday, April 25, 2021, the Society will award the seventh Burt & Becky Whedon Memorial Scholarship in the amount of **\$1,620** to a high school senior planning to attend an accredited 4-year college or university during the 2021-'22 academic year.

Scholarship applicants must be a resident of Nebraska and a U.S. citizen. Applicants will be evaluated by a written essay, GPA and class rank, ACT or SAT scores, honors received, school or volunteer activities, employment, demonstrated leadership and a letter of recommendation from a teacher or guidance counselor.

**Mayflower ancestry is NOT a requirement.**

**Applications must be submitted in ONE .pdf file no later than March 31, 2021 to**

**[NebraskaMayflowerHistorian@gmail.com](mailto:NebraskaMayflowerHistorian@gmail.com).**

[About the scholarship](#)

[Scholarship Application](#)

## UNL Teacher Scholars Academy Scholarship

The Teacher Scholars Academy at the University of Nebraska-Lincoln is accepting applications for the third cohort. The UNL Teacher Scholars Academy is designed for incoming first-year college students who are interested in becoming teachers and leaders in tomorrow's classrooms. Scholars live together in their first year in a University Housing residence hall, and have the opportunity to live in an upper-class community in their second year. Scholars also take shared courses as a cohort including an Academy-specific seminar in the first semester. Additionally, Scholars engage in service in surrounding communities, engage with UNL Faculty and take part in a peer education program. The Academy seeks to bring a big campus into a small community of individuals with similar passions to live, learn and support each other.

Last year, the Academy completed its first year in operation. In the first year, the Academy posted a 3.72 GPA, a 97.5% retention rate, and most impressively, 360+ hours of service in Nebraska's schools and communities just in January-March before the COVID-19 pandemic. Most importantly, these Scholars have engaged in critical dialogue on social issues such as race and ethnicity, systems of oppression, and equity in our education systems.

Applications are open now through February 15, 2021. Students must first apply to UNL prior to applying for the Academy, and the application link is found on a student's MyRed account under 'undergraduate applications.' The application consists of a 5-7 minute video essay, submitted privately via YouTube and a resume. Prompts can be found on our flyers and our website:

<https://cehs.unl.edu/cehs/teacher-scholars-academy/>. Please note that showing student working with minors in videos is not recommended. The search committee will be reviewing the content and the student's abilities to articulate their experience, and how those experiences influence their goals for becoming an educator. After February 15, finalists will be invited to a virtual interview in late February or early March.

If a student is accepted into the Academy, students will receive up to 120 credit hours of in-state tuition and up to \$8,000 annually for room and board, books and fees.

The UNL Teacher Scholars Academy is looking for future teachers who have the ability to engage in hard conversations. Students who believe people and communities should be uplifted. Students who believe in equitable practices. Students who are able to lead in future classrooms. If you or someone you know is a good candidate, please direct them in our direction.

If you have questions, please email Teacher Scholars Academy Coordinator, Braden Foreman,

Facebook @UNLTeacherScholars for application updates, Academy information, and more.

To sign up for our mailing list, please click here. This link is also on the homepage of our website: <https://cehs.unl.edu/cehs/educator-information/>

**The deadline has been pushed to February 15.**

Matt Kreifels

**[UNL Agricultural Education](#)**

[matt.kreifels@unl.edu](mailto:matt.kreifels@unl.edu)

402.617.1419

## Greater Grand Island Community Foundation Scholarship Application

You can find out more about available scholarships here:

<http://www.gicf.org/communities/scholarships/scholarship-directory>

Here is a direct link to our universal application: <https://www.grantinterface.com/Home/Logon?urlkey=gicfscholarship>

Our universal application software allows students to complete one online application and applies them to any scholarship they meet the criteria for.

Application Deadline is February 10, 2021.

If you have questions or would like more information, please contact

**Marci Tompkins** | Program Officer | Greater Grand Island Community Foundation

ph 308.381.7767 x204 | 1811 W. 2nd Street, Ste, 365 | Grand Island, NE 68803 [mtompkins@gicf.org](mailto:mtompkins@gicf.org)

## **Local Scholarships Index listed by DATE DUE:**

Timothy R. Schroeder Scholarship-March 12, 2021

Fort Kearney Scholarship-March 12, 2021

Miller American Legion Auxiliary Scholarship Unit #351-Deadline March 15

Five Points Bank Scholarship-April 1, 2021

Jimmy Moore Wrestling Scholarship-April 1, 2021

Sumner-Eddyville-Miller SCHOLARS Scholarship-April 1, 2021

Sumner Saddle Club Scholarship-April 1, 2021

Beattie Family Farms Agriculture Scholarship - April 15, 2021

Haven and Virginia Smith Scholarship-April 15, 2021

Merwyn Eighmy Agriculture Scholarship-April 15, 2021

SEM Friends of the FFA-April 15, 2021

Sumner Alumni Association Scholarship-April 15, 2021

Sumner-Eddyville-Miller Education Association (SEMEA Scholarship)-April 15, 2021

## American Legion Scholarships

The American Legion offers a number of scholarships and other resources to assist young people in their pursuit of higher education. Each year, the Legion facilitates the awarding of millions of dollars in scholarships to high school students.

There are opportunities for everyone.

The American Legion, Department of Nebraska will award up to four (4) Jim Hurlbert Memorial Baseball Scholarships to American Legion Baseball players and also an annual scholarship for students planning to enroll in a Nebraska educational facility of higher learning with the 2021 Maynard Jensen American Legion Memorial Scholarship.

Please take a moment to look over these and make available to any student that would be interested in applying.

[You may also visit our website for information](#)

Any further questions please call Adjutant David Salak at 402-464-6338 or email [dwsalak@windstream.net](mailto:dwsalak@windstream.net)

## UNK Diversity Scholarship/Bilingual Educators Scholarship

### **Diversity Service Scholarship (8 Scholarship available)**

recipients of this scholarship will receive a full tuition waiver (up to 15 credits) per semester. This scholarship is renewable for up to eight regular semesters and two summer terms



## Bilingual Educators Scholarship (10 scholarships available)

Provides awards for the base cost of room and board for four years to students who demonstrate a genuine commitment to becoming an educator. Recipients will be selected based on academic potential, commitment to pursuing a career in the teaching profession and fluency in Spanish.

More information list on the link below.

Deadline is February 28, 2021

For more info, call 308-865-8571 or

email [odi@UNK.EDU](mailto:odi@UNK.EDU)



UNK Diversity Scholarship.pdf



Download

960.1 KB

## Buffalo County Farm Bureau Scholarship

Please see attached our scholarship requirements and application.

Word document application may be detached from e-mail and typed directly on document.

Call with any questions.

Thanks!

Sarah L. Everett

Administrative Assistant

Buffalo County Farm Bureau

3915 Ave N Ste A, PO Box 731

Kearney, NE 68848

(308) 234-2222 ph

(308) 234-1094 fx

[sarah.everett@fbfs.com](mailto:sarah.everett@fbfs.com)



Buffalo County Farm Bureau Scholarship Requirements .doc



Download

30.7 KB



Buffalo County Farm Bureau Scholarship Application  
(4).doc



Download

28.7 KB

Do You Know About AKRS Paid Tuition Program??

AKRS Equipment is excited to announce that we will be hosting a virtual launch of our new Jump Start Sponsorship program. We would like to invite you and students that you believe could make a career as a John Deere Technician to attend a virtual career event.

*Join us to learn how our Jump Start Program will put students on a path towards a rewarding career.*

This program gives selected students an amazing jump start on their career:

- 100% TUITION & FEE REIMBURSEMENT
- JUMP START and TOOL BONUSES
- VALUABLE PAID JOB EXPERIENCE
- GUARANTEED EMPLOYMENT UPON GRADUATION

To learn more, register to attend one of our upcoming virtual career events. Invite interested students to join with you, or feel free to forward this to students for them to register individually.

[REGISTER HERE](#)

## AKRS Jump Start Program



## Kearney Area Builders Association

The Kearney Area Builders Association is offering a student scholarship for graduating seniors that are interested in a career in the Home Building Industry. The scholarship is \$1500/semester for at least 2 semesters but no more than 4 semesters.

- Student must attend either CCC-Hastings majoring in Construction or UNK-Kearney majoring in Construction Management.
- Maintain at least a B average or above each semester
- Be mentored/employed by a KABA member

Attached is more information regarding the scholarship program. The application is online at [buildkearnev.com](http://buildkearnev.com).

## APPLICATION

Feel free to contact me if you have any questions or concerns.

*Diane Jorgenson*

*Kearney Area Builders Association*

*308-236-5151*

[BuildKearney@gmail.com](mailto:BuildKearney@gmail.com)

[www.BuildKearney.com](http://www.BuildKearney.com)

[NAHB Member Advantage](#)

## Mid-Plains Community College

•  
**MPCC Scholarship Application** – Deadline: March 1, 2021

Students qualify for the scholarships in the chart below and many, many more! Encourage students to register with an email address they will have access to after high school so they can continue to receive updates. Some scholarships are based on financial need so students should complete the FAFSA as soon as possible. Students should also go online to [www.mppcc.edu](http://www.mppcc.edu) to apply for admission at MPCC.

### **FEDERAL FINANCIAL AID:**

2021-2022 FAFSA processing will be similar to last year. With the move to Early FAFSA, the financial information included on the 2021-2022 FAFSA will be from 2019. Encourage students and parents to use the IRS Data Retrieval Tool (DRT) to import tax information into the FAFSA. Students (and parents) who are selected for verification and did not use the IRS DRT on their initial FAFSA can log back in to use the IRS DRT or submit a signed tax return or Tax Return Transcript from the IRS for the verification process.

### **Pell Grants, FSEOG Grants, Federal Work-Study (FWS) and Direct Loans**

To apply for **all** federal programs, complete the [FAFSA](#) for the 2021-2022 school year. Students and parents will need to use their **2019 TAX** information. Depending on eligibility criteria, federal aid to first-year students can range as follows:

**Federal Pell Grant:** up to \$6,495

**Federal Supplemental Educational Opportunity Grant:** from \$300 to \$1,000

**Federal Work Study:** from \$500 to \$2,000

**Direct Loans:** up to \$5,500 for dependent students, up to \$9,500 for independent students

### **AID FROM THE STATE OF NEBRASKA:**

#### **Nebraska Opportunity Grant**

Available for Nebraska high school graduates. Amounts range from \$500 to \$2,000 per year. Applicants must complete the FAFSA. NOG funding is limited so students should apply early.

## **DAVIS/CHAMBERS COMMUNITY COLLEGE SCHOLARSHIP** – Deadline: April 1, 2021

This scholarship is available to academically promising students that graduated from a NE high school and that are from diverse backgrounds who will be enrolled full time at a NE community college for the 2021-2022 school year. Amounts may vary.

The application packet is attached to this email. Contact [browne@mpcc.edu](mailto:browne@mpcc.edu) with any questions.

### **FOR STUDENTS STILL IN HIGH SCHOOL:**

#### **WALSH-BRADY 50%**

High school students ages 16 and over may enroll in up to 6 credit hours each semester of **McCook Community College courses taken on the McCook Campus** (not dual credit) and get 50% of the tuition and general-purpose fees paid.

Contact Deb Cumming at [cummingd@mpcc.edu](mailto:cummingd@mpcc.edu) or (308) 345-8111 for more information and for the application. Deadline to apply is the 10th day of the semester.

#### **ACE Scholarships**

If approved by the Coordinating Commission for Postsecondary Education, ACE will pay tuition and fees for college courses (does not pay lab fees or other “extra fees”). Go to <https://ccpe.nebraska.gov/ACE> to fill out the application form. First time users must register. Ensure the student enrolls for college course(s) in addition to sending the application to J. Ritchie Morrow in Lincoln as requested.

#### **MPCC IS STILL A BARGAIN!** (2021-2022 costs):

- Tuition: \$98 per credit hour for NE residents and residents of CO, KS, SD, and WY
- General Purpose Fees: \$16 per credit hour
- Books: approximately \$500-900 each semester
- On-Campus Housing: \$3,030 to \$3,405 each semester depending on meal plan and campus selected

If you have questions regarding scholarships or federal financial aid please call, e-mail me directly, or email [finaid@mpcc.edu](mailto:finaid@mpcc.edu) and we will get back to you as soon as we can. Mid-Plains Community College provides over \$1.18 million in academic, athletic and merit-based aid each year. We hope your students will be receiving a portion of those funds.

Erinn M. Brown  
Area Director of Financial Aid  
Mid-Plains Community College  
[browne@mpcc.edu](mailto:browne@mpcc.edu)  
office: (308) 345-8112

## **Chief Standing Bear Scholarship**

The **Chief Standing Bear Scholarship** was created in 2017 to support post-secondary education for American Indian students enrolled in a tribe and able to provide proof of tribal affiliation.

#### **Award**

\$2,500 minimum (multiple awards)

#### **Deadline**

03/15/2021



**You can contact :**

**Scott W. Shafer**

Nebraska Commission on Indian Affairs

Phone: 402-471-3494

State Capitol, 6th Floor, East

PO Box 94981

Lincoln, NE 68509-4981

Web: [www.indianaffairs.state.ne.us](http://www.indianaffairs.state.ne.us)

## Great Plains Communications College Scholarship

**The Great Plains Communications College Scholarship** is offered to graduating high school seniors who plan to attend a Nebraska state or private college, a Nebraska one or two year trade or technical school, Northwest Technical Institute of Goodland , Kansas, and Mitchell Technical Institute of Mitchell, South Dakota. Applicant must be a customer of Great Plains Communications or subsidiaries. Great Plains Communication s will award 1 \$5000 scholarship, 2 \$2500 scholarships and 7 \$1000 scholarships.

Applications must be postmarked by March 1, 2021 to be considered. The application is available in an editable PDF at this [LINK](#).

FRS College Scholarship Program: Great Plains is a member of the Foundation for Rural Services (FRS), which offers over \$100,000 in scholarships to rural high school seniors who express an interest in returning to rural area. Visit [LINK](#) for information regarding the scholarships they offer.

Questions can be directed to Emily Dabney at 402-456-9511 or email to [scholarshipgrants@gpcom.com](mailto:scholarshipgrants@gpcom.com)

## Nebraska Farm Bureau Scholarships and Awards

There are many county Farm Bureau scholarship available now!

Check out this [LINK](#) to learn more and apply

## NCK Tech Junior/Senior Days Spring 2021 and other Events!

Hello from NCK Tech!

**Junior/Senior Day** is coming up on February 23 (Hays) and March 3 (Beloit). Attached you will find fliers for these events. Please let your students know about this opportunity and encourage them to sign up soon as there is limited space. Interested students can register on our website or at the link below:

[LINK](#)

- We are still conducting face-to-face **campus tours**. Students can schedule a tour [online](#) or by calling (785) 738-9075 for Beloit tours or (785) 623-6166 for Hays tours.

- **Housing applications** for our Beloit campus will be opening up later this month. More info and instructions will be sent out mid-February. Spots fill up quickly, so students will need to be prepared to submit those promptly.
- Information and dates for our **Registration days** for Fall 2021 will be sent out to students later this month. This is a required event for all new students.

Have a great day,  
Alyssa Lombardi



**Alyssa Lombardi**  
Admissions Counselor  
[alombardi@ncktc.edu](mailto:alombardi@ncktc.edu)  
785-738-9021 NCKTC.EDU

#### OUR MISSION

North Central Kansas Technical College delivers applied, innovative and personalized education to empower learners, enrich lives, develop skilled professionals and strengthen economic systems.

EXCELLENCE · INTEGRITY · DEDICATION · INNOVATION · COLLABORATION · COMMUNICATION

## Nebraska Wesleyan University

Check out what Nebraska Wesleyan University has to offer!

[LINK](#)

## Dawson County Farm Bureau Scholarship

Dawson County Farm Bureau will fund three scholarships for \$500 each for the educational assistance to three deserving high school seniors, whose parent(s) are member so f the Dawson County Farm Bureau.

Application due at the Farm Bureau Office by April 2, 2021.

See application listed below.



Dawson County Farm Bureau Scholarship .pdf

[Download](#)  
55.1 KB

## 21 Tips for a Positive 2021

1. Stay Positive. You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.

2. Take a daily "Thank You Walk." You can't be stressed and thankful at the same time. Feel blessed and you won't be stressed.

3. Eat more foods that grow on trees and plants and less foods manufactured in plants.

4. Talk to yourself instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself with words of truth and encouragement.

5. Post a sign that says "No Energy Vampires Allowed." Gandhi said, "I will not let anyone walk through my mind with their dirty feet," and neither should you! [Watch This](#).

6. Be a Positive Team Member. Being positive doesn't just make you better, it makes everyone around you better.

7. Don't chase success. Decide to make a difference and success will find you. [ [Tweet This](#) ]

8. Get more sleep. You can't replace sleep with a double latte.

9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

10. Look for opportunities to [Love, Serve and Care](#). You don't have to be great to serve but you have to serve to be great.

11. Live your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.

12. Remember, there's no such thing as an [overnight success](#). Love the process and you'll love what the process produces.

13. Trust that everything happens for a reason and expect good things to come out of challenging experiences.

14. Implement the [No Complaining Rule](#). If you are complaining, you're not leading. [Download a free No Complaining Kit here](#).

15. Read more books than you did in 2020. I happen to know of [a few good ones](#). :)

16. Don't seek happiness. Instead live with love, passion and purpose and happiness will find you.

17. Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18. The next time you "fail" remember that it's not meant to define you. It's meant to refine you.

19. Smile and laugh more. They are natural anti-depressants.

20. Boost your immune system and health. Eat wild salmon, turmeric, blueberries. Take vitamin C, D and zinc.

21. Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

by Jon Gordon





## 10 Ways to Make Each Day Great


1. See each day as a gift.
2. Stay positive
3. Be thankful
4. Learn, improve, grow
5. Be a blessing to others
6. Replace HAVE TO with GET TO
7. Focus on Solutions
8. Control the controlables
9. Let go of the things you can't control
10. Be your best!




### Sumner Eddyville Miller

 Facebook

 205 East 5th Avenue, Sumner, ...

 [rdoud@semmustangs.org](mailto:rdoud@semmustangs.org)

 308-752-2925

 [doudscounselingcorner.weebly...](http://doudscounselingcorner.weebly...)