Sunday, Dec. 18th, 2022

Incline High School Families,

Happy first night of Hanukkah to all our families that celebrate. Wishing all of our Highlanders light and love during this holiday season.



This will be a quick 4-day week. From Student Leadership: We are so excited about the upcoming holidays! To celebrate IHS Leadership is hosting a holiday spirit week with holiday themed events throughout next week.

- On Monday the 19th we encourage all of you to wear blue and white for **Winter Wonderland**. There will be snowflake making at lunch outside the cafeteria.
- On Tuesday the 20th we have Santa's Workshop! Wear a Santa hat, red clothing, or dress as an elf. There will be a knockout tournament at lunch with a "present" for the winner in the gym. Teachers are welcome!
- On Wednesday the 21st break out your ugly sweaters! There will be an ugly sweater contest at lunch in the theater with a \$25 Drink Coffee Do Stuff gift card for the winner. Teachers are welcome to participate!
- On Thursday the 22^{nd,} for the last day of our spirit week, we would love for you to wear your favorite pair of **holiday pajamas!** To end the spirit week, we will be hosting a **holiday assembly** during **advisory**.
 - Assembly schedule is below. Thank you to Mr. Hyams, Mrs. Henderson, and Mr. Young for allowing us to use 7th period. As a result, block classes are only cut by 4 minutes.





assembly (large gym)	start	end	length
0	7:00 AM	7:45 AM	0:45
travel	7:45 AM	7:50 AM	0:05
4th	7:50 AM	9:27 AM	1:37
nutrition	9:27 AM	9:34 AM	0:07
travel	9:34 AM	9:37 AM	0:03
5th	9:37 AM	11:17 AM	1:40
lunch	11:17 AM	11:47 AM	0:30
travel	11:47 AM	11:50 AM	0:03
6th	11:50 AM	1:27 PM	1:37
travel	1:27 PM	1:30 PM	0:03
7th (leave backpacks)	1:30 PM	1:35 PM	0:05
travel to assembly	1:35 PM	1:40 PM	0:05
assembly	1:40 PM	2:25 PM	0:45
return to class	2:25 PM	2:30 PM	0:05
travel	2:30 PM	2:35 PM	0:05
8th	2:35 PM	3:30 PM	0:55

Crab Feed Update: Don't hesitate to buy your tickets, they are going to be gone soon!!!! Reserve 3/18 on your calendar! The link to purchase tickets is:

https://inclineboosters.ejoinme.org/MyEvents/AnnualCrabFeed2023/TicketsSpo nsors/tabid/1336757/Default.aspx

As I mentioned last week, Mr. Young, our Culinary Arts teacher, has been incorporating international foods into his curriculum in honor of the World Cup teams playing. This past week his class featured fritule (fritters) in honor of Croatia. With Argentina winning today over France, I can't wait to see what comes out of the kitchen this week!



How to Study for Finals

1. Prioritize the tests that matter the most.

As most students know, all finals are not equal.

Some classes may need the extra boost of a good final test score while others are comfortable at their current grade. Students will also be more proficient or have an affinity for a subject over others. You as an individual need to determine where you need to allocate and commit your study time.

2. Understand the test formats.

And use your strengths!

Most teachers will gladly communicate what format the test will be in. From essay to multiple-choice to a presentation, your studying could be tailored to meet the expectations of each final format. Once you begin studying, bring any questions you have to your teachers. You'll want to ensure your studying methods and subject focus will answer the asks of the test.

3. Plan ahead – at least one month!

Number one rule of passing tests... Be kind to yourself, and do not cram the night before.

Studying a little bit over a long period of digestible chunks is often the right way to study, especially when the test is cumulative. However, many students regret to look and plan ahead for final exams. The test may seem like a lifetime away, even though it's usually only a semester.

The best time to start studying is at the beginning of the class. Set aside a little time each week to sit down and organize your notes and think about what's going well and what's going badly. Three to four weeks ahead of time is the latest that you want to create a study plan for yourself.

4. Make a study schedule you'll stick to.

Don't get lost in the mess of notes, messages, and endless scrolling. Define what you need to study before you get started. Without having set goals, you can easily lose track of time, jumping between your phone, computer, notes and books. This method will only result in lost knowledge, disorganization, and a sense of confusion.

The best way to create an action plan is to get specific. Break your study schedule down by day, by subject, and give yourself time limits and goals to hit. Here's an example or an afterschool study schedule:

- 3:00 p.m. 4:00 p.m.: Create an outline of periods/events of American history according to the study guide.
- 4:00 p.m. -4:30 p.m.: Take a snack break.
- 4:30 p.m. 6:00 p.m.: Fill in the outline with class notes highlights from your textbook, or videos from class.

For athletes and students with after-school jobs, it's even more important to be very well planned. You have less time and need to schedule these sessions to work within your very busy schedule.

Besides focus and organization, there's another bonus to being specific: When you've completed your predetermined plan, pat yourself on the back and let yourself be done for the day.

Experts recommend breaking studying down into short, concentrated bursts with checklists. Make these tasks easily achievable and appreciate the satisfaction from checking them off the list. You'll feel accomplished and satisfied at the end of each study session instead of being overwhelmed by everything you haven't reviewed yet.

5. Practice, practice, practices tests.

Practice tests are your friend! Not only do practice tests help you work through a class's worth of material, but they also make you more familiar with the exam structure, reducing any possible test anxiety.

Most teachers will provide you with all the material necessary to ensure you pass the final exam. Practices questions, essay topics, study guides, and online resources are provided to get all your ducks in a row. Remember, you can always ask if you believe you could use more resources to provide a clear pathway to test success.

6. Avoid multitasking – turn off your phone.

In the process of writing this article, we've had to avoid checking the pings happening from social and email notifications, text messages from friends and scrolling through TikTok. And it sure is tempting. However, the research is in, and multitasking is NOT something our brains can do well. You're likely cheating yourself out of a great grade by splitting your attention.

If you're spending the evening hitting the books, leave your laptops at home or try disconnecting the wifi to prevent unnecessary notifications. The same goes for smartphones, social media accounts, and whatever else might be a distraction. When you've settled into study, it's time to focus and absorb the information you'll need.

7. Read out loud.

A big part of studying is just reading: finally reading that chapter you skipped, re-reading the material you felt shakiest on, reading over the notes you took months ago. To prevent your brain from becoming fuzzy and your eyes glazed over, start reading out loud.

It's one of the oldest study hacks and one of the most effective, as it forces you to focus on every word. You'll wake yourself up with your voice, and your brain will need to comprehend every word. And if that starts to get too easy, read upside down. Yes, turn your notes or book upside down and try to read it that way. It'll slow you down, but you'll truly concentrate on what you're reading.

8. Attend all class reviews.

If your teacher is offering any reviews or study sessions, take advantage of them! Naturally, your teacher will focus on the materials on the final, which will help you focus on the most important things. Plus, you can ask any teacher about anything you're finding challenging.

9. Motivate yourself with rewards.

How do you stay motivated when you're not in the mood to study? Treat yourself!

It's unrealistic and unhealthy to think you'll be able to review non-stop, so allow yourself valuable breaks as rewards. Chunking your review will make the material more digestible, you'll be more driven to get things done since there's a reprieved insight, and your brain will benefit from the refresh.

Fall 2022 Final Exam Schedule

Friday – Final Exam Schedule January 13th				
Period	Start	End	Length	
0, 7, 11 Periods	1:42	2:27	0:45	

Tuesday – Final Exam Schedule January 17th

Period	Start	End	Length
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0, 7, 11 Periods	1:42	2:27	0:45
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Wednesday – Final Exam Schedule January 18th

Period	Start	End	Length
1st Period	7:50	9:40	1:50
nutrition	9:40	9:52	0:12
travel	9:52	9:55	0:03
4th Period	9:55	11:45	1:50

Thursday – Final Exam Schedule January 19th

Period	Start	End	Length
2nd Period	7:50	9:40	1:50
nutrition	9:40	9:52	0:12
travel	9:52	9:55	0:03
5th Period	9:55	11:45	1:50

Friday – Final Exam Schedule January 20th

Period	Start	End	Length
3rd Period	7:50	9:40	1:50
nutrition	9:40	9:52	0:12
travel	9:52	9:55	0:03
6th Period	9:55	11:45	1:50

ACT NEWS

As you may be aware, the State of Nevada now requires all Juniors to take the ACT test. It is also a graduation requirement for WCSD. The test will be given statewide during school on March 7th, but students are also welcomed to register for the test on their own and take it anytime throughout the year. Register at: <u>www.ACTstudent.org</u> You do NOT need to register for the exam we proctoring on March 7th, only if you wish to take it in addition to this test date.

For students who would like help preparing for this important exam, Incline HS is working to provide a discounted ACT weekend bootcamp. This camp will be particularly important for Juniors, but students of all ages are welcome to attend. Watch our next Sunday Update for further details.

General Announcements

As the health warnings regarding the current triple threat: RSV, Influenza, and Covid continue to be ever present in the media and our greater community. Please be extra careful and keep your child at home if they have any symptoms. The holidays will be upon us quickly and we hope to keep everyone healthy and safe so they may enjoy the holidays with those they love.

We honor and respect the individual decisions students and adults make regarding mask wearing. We don't know a person's situation, if they have an immune-compromised family member or a newborn in their household. Regardless, each person should do what makes them comfortable and safe.

Regarding the bathrooms on campus, we have continued to have behavior issues this semester. Destruction of property, vaping, and general "hanging out" in our bathrooms during class time. This is something we have been dealing with as a staff all semester. We make frequent sweeps and lock certain bathrooms when destruction occurs, but issues have persisted. WCSD is in the process of updating all our soap and toilet paper dispensers. With these new upgrades, we hope students will treat our facilities with respect.

Dilworth Middle School had a very upsetting incident this past week that resulted in a teacher being injured by a student and their school shutting down on Friday. These types of incidents are certainly of concern and never acceptable. Post-Covid there has been a nationwide concern around mental health and student behaviors. Incline is a small microcosm, and luckily, we do not typically have the same societal challenges the bigger schools have. Our biggest issues tend to be misuse of technology in the classroom (students on their phones), attendance issues (tardiness/absences), and occasionally disrespect towards adults.

There is zero tolerance for any behavior that puts our students or staff at risk. We will continue to value Integrity, Humanity, and Scholarship as part of I.H.S.'s core values. We believe these values prepare our students for success when they graduate and enter the working world and we appreciate the support of our school community.

Yearbook Orders: This week is your last chance to order and get your name on the cover.



Study Club (think free tutoring) continues to be available on Tuesday & Thursday from 2:30 – 4:30 p.m. in the Career Center. This free academic support is paid for by a grant we received from the federal government. We have our own teachers from the Math, English, Social Studies, and Science departments here. We've found having our own teachers tutor is a huge advantage for student success. Any student with a grade below a C should be at Study Club to make up tests, quizzes or access the tutoring that's available to all.

You can now order **IHS Spirt Wear online** and pick it up in the school office! <u>https://incline-high-school-boosters.square.site/spirit-wear</u>

As winter has graced our mountains early this year, please be sure to call the **Snow Phone** if you are wondering if there will be a delayed start or any other important messages. The line should be updated by 5:30 a.m. 775-337-7509

Amazon Smile

You can support Incline High School by shopping on Amazon. Amazon donates 0.5% of your eligible purchases to the non-profit of your choice. <u>https://smile.amazon.com/</u> -- search for "Incline Boosters Club"

Calendar & Events:

Dec	cem	ber)			
						2022
Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
4	5 A	6 B	A 7	8 B	9 A	10
11	12 B	A	¹⁴	A	16 B	17
82	A	20 B	A	B 22	23 NON-STUDENT DAY/STAFF PD	24
25	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29 WINTER BREAK	30 WINTER BREAK	31

Jan	luai	ŗy				
						2023
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	6 WINTER BREAK	7
8		B	A	B	A ¹³	14
15	KING JR. DAY	17 B	FINALS	FINALS	FINALS	21
22	²³ A (TERM 2)	B 24	A	²⁶	A 27	28
29	³⁰	A				

Athletics: We're very proud of our new Wrestling team!!! Go get them boys!



Tuesday, Dec. 20th

- o 3:00 p.m. Girls JV BB vs. Coral Academy @Incline HS
- 4:30 p.m. Boys JV BB vs. Coral Academy @Incline HS
- o 6:00 p.m. Girls Varsity BB vs. Coral Academy @Incline HS
- o 7:30 p.m. Boys Varsity BB vs. Coral Academy @Incline HS
- o TBD Wrestling Dual vs. Truckee HS

Thursday, Dec. 22nd

- o 4:00 p.m. Boys Fr. BB vs. SLT @ SLT
- o 6:30 p.m. Boys Varsity BB vs. SLT @ SLT

Friday, Dec. 23rd NO SCHOOL for Students – Tchr Workday

Tuesday, Dec. 27th

o 2:30 p.m. Boys Varsity BB vs. Anaheim @Anaheim HS

Wednesday, Dec. 28th

o 1:00 p.m. Boys Varsity BB vs. Bravo Medical Magnet @Anaheim HS

Thursday, Dec. 29th

o 2:30 p.m. Boys Varsity BB vs. Northwood @Anaheim HS

Friday, Dec. 30th Boys Varsity BB vs. TBD @ Anaheim HS

Friday, Jan. 6th

o 10:00 a.m. Wrestling: Varsity Tournament vs. Sparks HS @SHS

o 10:30 a.m. Nordic Skiing Varsity Classic vs. TBD @ Auburn Ski Club

o 3:00 p.m. Girls JV BB vs. Pershing County @ Pershing County

o 4:30 p.m. Boys JV BB vs. Pershing County @ Pershing County

o 6:00 p.m. Girls Varsity BB vs. Pershing County @ Pershing County

7:30 p.m. Boys Varsity BB vs. Pershing County @ Pershing County
Saturday, Jan. 7th

• 7:00 a.m. Wrestling Tournament @ Sparks HS

Dec. 23rd - Jan. 9th Winter Break

Monday, Jan. 9th No School for Students – Professional Dev. For Staff

Tuesday, Jan. 10th – Students Return to School

- o 3:00 p.m. Girls JV BB vs. NLT @ NLT
- o 4:30 p.m. Boys JV BB vs. NLT @ NLT
- o 6:00 p.m. Girls Varsity BB vs. NLT @ NLT
- o 7:30 p.m. Boys Varsity BB vs. NLT @ NLT

Wednesday, Jan. 11th

- o 10:00 a.m. Ski Alpine Varsity Invitational vs. SLT @ Sierra at Tahoe
- o 3:00 p.m. Girls JV BB vs. TBD @ Pennington Boys & Girls Club
- o 4:30 p.m. Boys Fr. BB vs. TBD @ Pennington Boys & Girls Club

Friday, Jan 13th

- 2:30 p.m. Nordic Skiing Varsity Meet vs. Truckee @ Tahoe Donner Cross Country Ski Center
- o 3:00 p.m. Girls JV BB vs. Battle Mountain HS @Incline HS
- 4:30 p.m. Boys JV BB vs. Battle Mountain HS @ Incline HS
- o 6:00 p.m. Girls Varsity BB vs. Battle Mountain HS @ Incline HS

7:30 p.m. Boys Varsity BB vs. Battle Mountain HS @Incline HS
Saturday, Jan. 14th

- o 10:00 a.m. Girls JV BB vs. West Wendover @Incline HS
- o 10:00 a.m. Boys Fr. BB vs. West Wendover @Incline HS

• 11:30 a.m. Boys JV BB vs. West Wendover @Incline HS

• 1:00 p.m. Girls Varsity BB vs. West Wendover @Incline HS

o 2:30 p.m. Boys Varsity BB vs. West Wendover @Incline HS

Tuesday, Jan. 17th

 10:00 a.m. Ski Alpine Varsity Invitational vs. NLT @ Alpine Meadows Ski Resort

Thursday, Jan. 19th

 $_{\odot}~$ 10:00 a.m. Ski Alpine Varsity Invitational vs. Douglas HS @Kirkwood Friday, Jan. 20^{th}

o 3:00 p.m. Girls JV BB vs. Yerington HS @Yerington HS

o 4:30 p.m. Boys JV BB vs. Yerington HS @ Yerington HS

o 6:00 p.m. Girls Varsity BB vs. Yerington HS @ Yerington HS

 $_{\odot}~$ 7:30 p.m. Boys Varsity BB vs. Yerington HS @ Yerington HS Saturday, Jan. 21st

o 11:00 a.m. Girls JV BB. vs. Silver Stage @Incline HS

o 12:30 p.m. Boys JV BB vs. Silver Stage @Incline HS

o 2:00 p.m. Girls Varsity BB vs. Silver Stage @Incline HS

3:30 p.m. Boys Varsity BB vs. Silver Stage @Incline HS
Tuesday, Jan 24th

o 10:00 a.m. Ski Alpine Varsity Invitational vs. TBA

o 3:00 p.m. Girls JV BB vs. NLT @ Incline HS

• 4:00 p.m. Wrestling Varsity Dual vs. Yerington @ Yerington HS

o 4:30 p.m. Boys JV BB vs. NLT @ Incline HS

o 6:00 p.m. Girls Varsity BB vs. NLT @Incline HS

7:30 p.m. Boys Varsity BB vs. NLT @Incline HS
Wednesday, Jan. 25th

o 4:00 p.m. Boys Fr. BB vs. Excel Christian @ ECHS Friday, Jan. 27th

• TBD Wrestling Varsity Dual vs. Battle Mountain HS @BMHS

- o 10:30 a.m. Nordic Skiing Varsity Meet @Sugar Bowl
- o 3:00 p.m. Girls JV BB vs. Pershing Co. @Incline HS

• 4:30 p.m. Boys JV BB vs. Pershing Co. @Incline HS

• 6:00 p.m. Girls Varsity BB vs. Pershing Co. @Incline HS

o 7:30 p.m. Boys Varsity BB vs. Pershing Co. @Incline HS

Saturday, Jan. 28th

- o 11:00 a.m. Girls JV BB vs. Coral Academy @ Depoali MS
- o 12:30 p.m. Boys JV BB vs. Coral Academy @Depoali MS

o 2:00 p.m. Girls Varsity BB vs. Coral Academy @Depoali MS

3:30 p.m. Boys Varsity BB vs. Coral Academy @Depoali MS
Wednesday, Feb. 1st

 10:00 a.m. Ski Alpine Varsity Invitational vs. Truckee @Alpine Meadows Ski Resort

o 4:00 p.m. Boys Fr. BB vs. Excel Christian @ ECHS Friday, Feb. 3rd

- o 11:00 a.m. Nordic Skiing Varsity Classic @ Tamarack XC Ski
- 3:00 p.m. Girls JV BB vs. West Wendover @West Wendover HS
- o 3:00 p.m. Boys Fr. BB vs. West Wendover @ West Wendover MS
- 4:30 p.m. Boys JV BB vs. West Wendover @ West Wendover HS
- o 6:00 p.m. Girls Varsity BB vs. West Wendover @ West Wendover HS

7:30 p.m. Boys Varsity BB vs. West Wendover @ West Wendover HS
Saturday, Feb. 4th

- TBD Wrestling Varsity Regionals vs. Pershing Co. @ Battle Mountain HS
- 11:00 a.m. Girls JV BB vs. Battle Mountain HS @ BMHS
- 12:30 p.m. Boys JV BB vs. Battle Mountain HS @ BMHS
- o 2:00 p.m. Girls Varsity BB vs. Battle Mountain HS @ BMHS

3:30 p.m. Boys Varsity BB vs. Battle Mountain HS @BMHS
Wednesday, Feb. 8th

 10:00 a.m. Ski Alpine Varsity Invitational vs. Whittell @ Sierra at Tahoe Ski

Thursday, Feb. 9th

- o 3:30 p.m. Girls JV BB vs. TBD @ Incline HS
- o 5:00 p.m. Boys Fr. BB vs. TBD @ Incline HS

Friday, Feb. 10th

- TBD Wrestling Varsity Semi-Finals vs. TBA @Winnemucca Event Center
- o 10:30 a.m. Nordic Skiing Varsity Meet vs. NLT @ NLT
- o 3:00 p.m. Girls JV BB vs. Yerington @ Incline HS
- o 4:30 p.m. Boys JV BB vs. Yerington @Incline HS
- 6:00 p.m. Girls Varsity BB vs. Yerington @Incline HS
- 7:30 p.m. Boys Varsity BB vs. Yerington @Incline HS

Saturday, Feb. 11th

- TBD Wrestling Varsity State vs. TBD @Winnemucca Event Center
- o 11:00 a.m. Girls JV BB vs. Silver Stage @ SSHS
- o 12:30 p.m. Boys JV BB vs. Silver Stage @ SSHS

o 2:00 p.m. Girls Varsity BB vs. Silver Stage @ SSHS

 $_{\odot}~$ 3:30 p.m. Boys Varsity BB vs. Silver Stage @ SSHS Wednesday, Feb. $15^{\rm th}$

Ski Alpine Varsity Semi-Final vs. TBA @Kirkwood
Thursday, Feb. 16th

10:00 a.m. Ski Alpine Varsity State vs. TBA @Kirkwood
Friday, Feb. 17th

• TBD Girls Varsity BB Regionals vs. TBD @ Incline HS

o TBD Boys Varsity BB Regionals vs. TBD @ Incline HS

12:00 p.m. Nordic Skiing Varsity Relay vs. SLT @Kirkwood
Saturday, Feb 18th

• TBD Girls Varsity BB Regionals vs. TBD @Incline HS

 $_{\odot}\,$ TBD Boys Varsity BB Regionals vs. TBD @Incline HS Friday, Feb. 24th

• TBD Girls Varsity BB STATE vs. TBD @ TBA

TBD Boys Varsity BB STATE vs. TBD @TBA
Wednesday, March 1st

Wednesday, March 15

 $_{\odot}~$ 5:30 Winter Sports Awards in theater Saturday, March 4th

 $_{\odot}~$ 10:00 a.m. Nordic Skiing Varsity STATE vs. TBD @Auburn Ski Club Tuesday, March 7th – ACT

Wednesday, March 8th

 5:30 p.m. Mandatory Parent Night for Spring Athletics (1 parent/guardian must attend from each family)

Monday, March 13th: No School for Students – Professional Dev. for Staff

Counseling Department

WUE: Western Undergraduate Exchange.

The goal is to provide affordable options for students wanting to attend college out of their home state. WUE (pronounced "woo-wee") is the Western Undergraduate Exchange, and it is coordinated by WICHE. WUE is a regional tuition-reciprocity agreement that enables students from WICHE states to enroll in more than 150 participating two- and four-year public institutions at 150 percent of the enrolling institution's resident tuition. WUE is the largest program of its kind in the nation and has been in operation since 1987! WUE is not a short-term exchange—it is meant to be used for a full degree.

https://www.wiche.edu/wue

To see a full list of participating Colleges please see below:

https://www.wiche.edu/wue/students

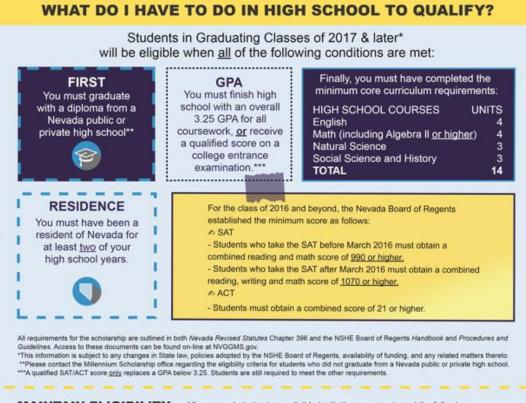
CSU-UC Comparison of Minimum Freshman Admission Requirements

Quick Guide to Cal State Application Process

Quick Reference Guide to UC Admissions

UC Application





 To receive the benefits of the Millennium Scholarship Program, you must enroll in an eligible institution of higher education in Nevada.

 It is important to remember receiving a Millennium Scholarship does not guarantee your admission to any institution.

MAINTAIN ELIGIBILITY After your admission to an eligible institution, you must meet the following requirements to receive and maintain the benefits of the scholarship:

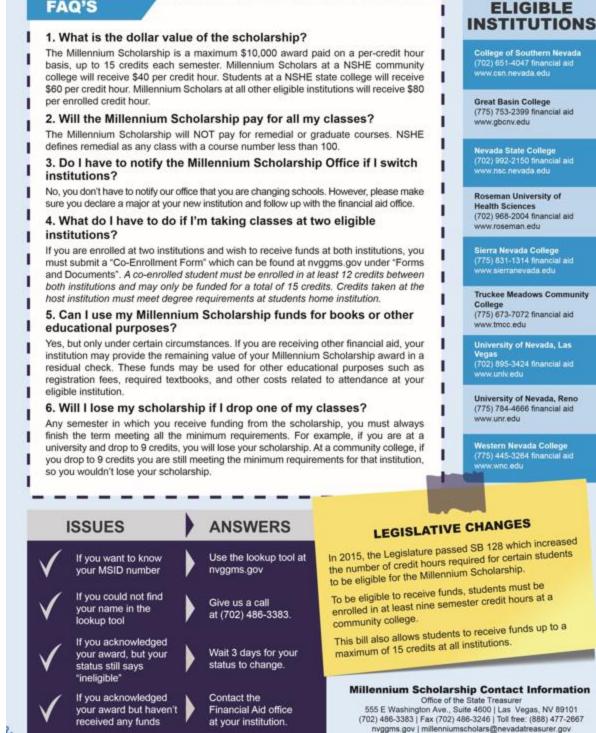
 Enroll each semester in a minimum of 9 credits at a NSHE community college or 12 credits at any other eligible institutions.

 You must enroll in a program of study leading to a recognized associate degree, baccalaureate degree, or pre-baccalaureate certificate.

You must maintain a 2.60 semester GPA for each semester until you complete a total of 30 credits. Starting in the semester in which you earn 30 or more credits, you must maintain a 2.75 GPA each semester you receive Millennium funds.

If you fail to meet the minimum requirements in any semester in which you receive funding, you will receive a strike and your scholarship will be suspended. Eligibility for the Millennium Scholarship can be regained only once by meeting all of the requirements listed above in a subsequent semester. Losing eligibility a second time will permanently remove you from the program.

FAQ'S



Have questions? Visit here: http://www.nevadatreasurer.gov/GGMS/GGMS FAQs/

Important Nevada Resource Websites

Nevada University Information



University of Nevada, Reno: One of the nation's top public research universities—yet small enough to connect with professors who guide you to success. For information on undergraduate Majors and Academic programs, visit <u>www.unr.edu/</u>.

***Apply to UNR by February 1st** for Presidential Level, Nevada Scholars Level and Pack Pride Level scholarship consideration. Go to the UNR application at <u>https://www.unr.edu/apply</u>.

Interested in studying abroad? Visit <u>usac.edu/</u> for more information about the program and financial assistance options.

The Upward Bound Programs at the University of Nevada, Reno provide first-generation, incomequalified students with free college preparatory services and support to develop the skills and knowledge essential for successful admission, persistence, and completion of postsecondary education. Visit <u>https://www.unr.edu/upward-bound</u>.



Truckee Meadows Community College: Secure your future by getting started at TMCC. At TMCC, you get quality academic and university transfer programs, occupational training, career skill enhancement workshops and classes just for fun. Apply to TMCC at <u>https://webapps.tmcc.edu/admissionapp/</u>.

<u>New Student Info Days and Nights</u>: TMCC offers you flexible, affordable and accessible options that meet your goals and prepare you to thrive personally and financially. With over 70 degree options to choose from they are ready to offer you the tools and resources you need. Ready to learn more? Join them for one of our upcoming TMCC Info Events.

• First, their TMCC Info Nights are virtual, giving everyone an opportunity to learn about TMCC from the comfort of home or via your cell phone from any location. No registration is required to join a virtual Info Night.

- If you prefer to visit them in person, they have a second option for you. Register for TMCC Info Days and join them in person! A college tour will be included. All students and guests must register for in-person events.
- Visit **www.tmcc.edu/recruitment-access-center/info-events** for more information.



University of Nevada, Las Vegas:

With more than 350 degrees to choose from, UNLV provides the foundation to set you on your path. For more information, visit <u>www.unlv.edu/</u>.

WGU CO NEVADA.

Western Governors University:

At WGU, you get a respected, accredited degree for about half the cost of other universities. You also get a flexible program where you can complete courses, take tests, and even graduate on your own schedule. For more information, visit <u>www.wgu.edu/</u>.



Western Nevada College: WNC operates three campus locations and several rural instructional centers. With the increased delivery of video and web education, students living in any part of our service area should be able to complete a degree program in their own community. For more information, visit <u>www.wnc.edu/</u>.



College of Southern Nevada: As the largest and most ethnically diverse college in Nevada, they have made it a priority to provide an affordable, collaborative and welcoming environment that allows students of any culture to shine. CSN is a fully accredited institution offering over 160 degrees and certificates in more than 70 academic programs. For more information, visit <u>www.csn.edu/</u>.



Great Basin College: GBC is a comprehensive community college that provides educational opportunities to over 3,800 students across 86,500 square miles, in ten of Nevada's largest counties bordering five states. The main campus in Elko is home to an educational community that attracts students interested in a residential college experience. Satellite facilities are located in over a dozen communities across the college's service area. For more information, visit <u>www.gbcnv.edu/</u>.



Be bold. Be great. Be Sing.

Nevada State College: Nevada State College is a dynamic, young institution bursting with growth and the thrill of opportunity. Founded in 2002, their student body has grown to encompass more than 3,500 students representing a broad array of cultural and economic backgrounds, and their 3,000-plus alumni are living and working in every corner of the state and beyond. For more information, visit <u>nsc.edu/</u>.

Roseman University of Health Sciences: Roseman University educates healthcare professionals and advances healthcare education through its innovative educational model; it creates and disseminates new knowledge; it impacts the health, education, and wellness of the communities it serves, and it provides a collaborative and supportive environment that enables its students, faculty, and staff to be successful. For more information, visit <u>www.roseman.edu/</u>.

Nevada Online Colleges: Students considering applying to online colleges in Nevada can use this guide to learn the ins and outs of factors including tuition expenses, enrollment, and scholarship opportunities. For more information, visit <u>www.onlinecolleges.net/nevada/</u>.

Nevada Vocational School Information

Most of these school programs result in an associate degree and cover a wide range of careers.

- **Truckee Meadows Community College**: Students can choose from various certificates and associate's degree programs. Visit <u>catalog.tmcc.edu/degrees-certificates/</u>.
- **Carrington College**: Many of the Reno degree or certificate programs focus on the healthcare industry. Visit <u>carrington.edu/location/reno-nevada/</u>.
- **Career College of Northern Nevada (CCNN)**: A private career college offering both diploma and Associate of Occupational Studies Degree programs. Visit <u>www.ccnn.edu/</u>.
- Contractor's Exam Center: Become a Licensed Professional Contractor. Visit <u>contractorsexam.com/</u>.
- **Milan Institute**: Offering certificates in massage, dental assistant, and medical assistant. Visit <u>milaninstitute.edu/milan-institute/reno-sparks-nevada-campus/</u>.
- Nevada Technology Academy: Focuses on computer certifications. Visit <u>www.nvtechacademy.com/</u>.
- **Nevada Desert Truck Driving School**: Training in driving commercial delivery trucks. Visit <u>www.nevadadeserttruckdrivingschool.com/</u>.

- **Paul Mitchell School**: Offers two training programs, -cosmetology and nail technician certificates. Visit **<u>paulmitchell.edu/reno</u>**.
- **Redken International Academy of Style**: Many programs in cosmetology. Visit **internationalacademyofstyle.com/**.

<u>Scholarships:</u>

Hundreds of additional scholarships are available online. **NEVER PAY FOR SCHOLARSHIP INFORMATION**. Be aware that many internet scholarship search sites pass along (and profit off of) the sale of your personal information to other companies. If you choose to utilize national search sites then use those that allow you to manage your privacy settings (like College Greenlight). Read the privacy policies closely.

All scholarships posted at Incline will be posted in our SENIOR CLASS OF 2022 in TEAMS.

<u>TIPS:</u>

- **NEVER** pay for scholarship applications or fees.
- Make sure all pages you submit are typed, NEAT, well edited, and that all the information you include is true and verifiable.
- Always try and beat the deadline posted.
- National scholarships can involve BIG money; however, they are very difficult to get. Go LOCAL if you can. Look for local stores, businesses, or perhaps your parent(s) employer may offer scholarship
- Try to submit applications at least one week before the due date. Online servers can get overloaded and stop working properly when everyone submits them on the last day. In addition, remember to account for delivery time if mailing an application.
- NEVER NEVER pay to submit a scholarship application.
- Always spell check and proof-read applications.
- Make sure you have submitted everything requested and answered all the questions.
- Don't submit anything that isn't asked for and stay under the required word count.
- Photocopy everything before you submit it in case your application gets lost and needs to be re-submitted.
- Professionalize your online presence, remove potentially embarrassing content from social media. Use an appropriate email address.
- Gather information early. Most scholarships require various versions of:
 - Community service activities, hours, location, services
 - Personal Essay
 - Letters of recommendations

• Resume with test scores, honors classes, and awards received

National & Local Scholarships Currently Available: New Scholarships Added (Black = National Red = Local)

Undocumented students do not qualify for federal aid, and though some of states offer state grants to undocumented students, it can be difficult to find dollars. Below, find several websites that list scholarships for DACA/undocumented students.

- DACA, International and Undocumented Students at UNR
 - Visit <u>www.unr.edu/financial-aid/apply/non-fafsa-eligible</u>
- TMCC Financial Aid Assistance for DACA and Undocumented Students
 - Visit <u>www.tmcc.edu/financial-aid/applying/dacaundocumented-</u> <u>students</u>
- Scholarships.com Scholarships for Undocumented Students
 - Visit <u>www.scholarships.com/financial-aid/college-</u> <u>scholarships/scholarships-by-type/scholarships-for-undocumented-</u> <u>students/</u>

Are you a Foster Youth or a Native American student who is a member of a federally recognized Indian tribe or nation, all or part of which is located within the boundaries of Nevada? The Nevada Board of Regents provides waivers for certain fees for both foster youth and Native American students who meet the eligibility requirements and are attending a Nevada post-secondary school. See attached flyers <u>NSHE Foster Youth Fee Waiver</u> and <u>NSHE Native</u> <u>American Fee Waiver</u>

FUTURE IN AEROSPACE SCHOLARSHIPS AND PROGRAM. Are you interested in a career in Aviation? Pathways to Aviation is hosting several "Flight Plan" workshops to include career planning advice and support, presentations from industry leaders, trips to aviation companies, and matching with mentors. Visit <u>here</u>

REMSA EMS SCHOLARSHIP. Qualifying criteria: Must be 18 years of age, must pass the EMT or AEMT entrance exam with an 80% or higher, Must have a BLS certification, must pass a drug screening and background check. More info <u>here</u>

DUE 11/14/22. ELKS NATIONAL FOUNDATION MOST VALUABLE STUDENT SCHOLARSHIP. Must be senior, US citizen and do not need to be related or a member of the Elks to apply. Visit here: <u>here.</u> DUE 11/15/22 NATIONAL SPACE CLUB SCHOLAR APPLICATION. Must be US citizen, senior, intention of pursuing a career in the STEM field and attend/speak at Memorial dinner. For more info visit <u>here.</u>

DUE 11/17/22 JACK KENT COOKE FOUNDATION SCHOLARSHIP. Must be a highachieving senior, financial-need based, plan to attend 4-year college and 3.5GPA or higher. More info <u>here.</u>

DUE 11/30/22 EDUCATION MATTERS SCHOLARSHIP. "What would you say to someone who thinks education doesn't matter, or that college is a waste of time and money?" (250 words or less) Visit <u>here.</u>

DUE 12/1/22 DELL SCHOLARS PROGRAM. Must be senior, financial need (pell grant eligible first year) enrolling in 4-year post-secondary school. More info <u>here.</u>

DUE 12/1/22 BARBARA LOTZE SCHOLARSHIP. Are you interested in becoming a Physics teacher? Submit this application to be eligible for \$3000. Can be renewable. More info <u>here.</u>

DUE 12/1/22. Multiple scholarships are open for non-member bowlers and students that are members of the United States Bowling Congress. If you actively compete (tournaments or in league teams) check out this website <u>here.</u>

DUE 12/23/22 INTERNATIONAL WOMEN'S DAY SCHOLARSHIP. Must be a female senior planning on attending post-secondary school. Info <u>here</u>, application <u>here</u>.

DUE 1/14/23 DR MEME HEINEMAN SCHOLARSHIP. Are you planning to major in Psychology or Applied Behavior Analysis? This national scholarship might be for you. More info <u>here.</u>

DUE 1/31/23 UNIGO-I HAVE A DREAM SCHOLARSHIP. Answer essay prompt to be considered. More info <u>here.</u>

DUE 1/31/2023 SOROPTIMIST INTERNATION OF TRUCKEE MEADOWS. Great local one. They have increased their scholarship this year to \$5000. View eligibility requirements <u>here.</u> Don't miss out.

DUE 2/1/23. DOYLE FOUNDATION SCHOLARSHIP. This is a great local scholarship that awards students based on many many different requirements. Everyone should apply to this scholarship. Apply <u>here.</u>

DUE 2/6/23 ELKS LEGACY AWARD. Must be senior, child/step-child, or grandchild of a living Elk member. More info <u>here.</u>

DUE 2/9/23 RENO RODEO FOUNDATION SCHOLARSHIP. Min 3.0GPA, must declare a major at an accredited Nevada System of Higher Education Nevada College or University....OR an out of state accredited college or university IF the declared major is not offered in Nevada. More info <u>here.</u>

DUE 2/15/23. NEVADA STATE ELKS VOCATIONAL GRANT SCHOLARSHIP. Available to graduating senior who plans to pursue an eligible vocational/technical course after high school. More info <u>here</u>

DUE 2/15/2023 SIERRA NEVADA DAUGHTERS OF THE AMERICAN REVOLUTION CHAPTER SCHOLARSHIP. Please see application and apply <u>here.</u>

DUE 3/3/2023 PROJECT 150 SCHOLARSHIP PROGRAM. Open to high school seniors attending a Nevada higher education institution including any accredited vocational school. This is a GREAT LOCAL scholarship. Apply <u>here.</u>

DUE 3/10/23 JIFFY LUBE SCHOLARSHIP. Write a 500 word essay on "What drives you?" and submit by deadline to be eligible for a local scholarship. Apply <u>here</u>.

DUE 3/15/23. ITE DIVERSITY SCHOLARSHIP. Are you interested in pursuing a program in transportation engineering or similar studies? Read more <u>here.</u>

DUE 3/18/23 RENO ELKS #597 SCHOLARSHIP. Multiple awards given. Download the application and deliver by deadline. More info <u>here.</u> Or download this <u>application</u>

DUE 4/7/23 JOSHUA L. ANDERSON SCHOLARSHIP. Do you play softball or baseball for your high school? Are you hard working, enrolling in a post-secondary school? This may be for you...apply <u>here</u>

DUE 6/1/23 AMERICAN COLLEGE FOUNDATION VISIONARY SCHOLARSHIP. Open to 9th, 10th, 11th, 12th graders. Awards range from \$1K-\$2500K. Must submit an application, unofficial transcript and 500-word essay.. Visit <u>https://americancollegefoundation.org/</u>.

INTUIT SCHOLARSHIP

Intuit is thrilled to announce a student scholarship contest, which was specifically created for Washoe County School District as a Prosperity Hub

School District Partner. This scholarship opportunity is available to current WCSD students in grades 9-12.

- The contest is live and students can apply through May 8th
- Intuit will award 20 students with a \$2,500 scholarship in the form of a 529 Gift Card
- Scholarship contest <u>website</u>

Please share this amazing opportunity with your students. For more information, please refer to the attached flyer.

Athletics Schedules

Please check out the athletics calendar.

You can also download the Activity Scheduler App to see sport schedules: Apple: https://apps.apple.com/us/app/activity-scheduler/id877988259 Android: https://play.google.com/store/apps/details?id=com.rschooltoday.act ivityscheduler&hl=en_US&gl=US

Employment Opportunities – Love being at the school and volunteering? Join the Highlander Staff!

Email: tcahill@washoeschools.net if interested 😊

- **Counseling Asst./Library Asst** 35 hrs. (benefited): <u>Applicant Tracking</u> <u>Enterprise - Incline High School - Employer Frame (powerschool.com)</u> Most time will be assisting with College/Career & Counseling dept.
- Teacher Aide II SpEd: (Resource=27 hrs., 1:1 =32.5 hrs. benefited position, & CLS=27hrs) email: tcahill@washoeschools.net
- Clerical Aide: (23.5 hrs.)
- Family Graduation Advocate (Spanish Speaking/Writing) This is a very important position. We are looking for someone to advocate for all families and support all students to graduation. Email Ms. Cahill tcahill@washoeschools.net

Athletic Coaches: Email Athletics Administrator – David Murdock,

dmurdock@washoeschools.net

• Head Baseball Coach: email Mr. Murdock

Meet Your Grade Parent Representatives

Do you have a question that you need answered? Ask your grade parent rep! Send them an email to be added to their communication list.

- Freshman Tara Cannon tara.cannon347@gmail.com
- Sophomores Heather Shook heathershook528@gmail.com
- Juniors Melissa Green melissa.m.green.0818@gmail.com
- Seniors Vicki Cruz vicki@vickicruzphotography.com

How To Keep Informed

- Be sure the school has your email address and phone number for weekly communications from the school
- Check the school website and events calendar
- Follow the school Facebook page
- Join the Boosters and come to meetings
- Sign up to receive updates from your Parent Grade Representatives (see above)

COVID

Please continue to use the District's COVID self-screener (the screening tool) every day before leaving for school and be vigilant about handwashing and other measures to keep yourself safe throughout the day. This past week we had several positive COVID cases. Although we are no longer excluding students and adults who may have been in close contact with an individual having COVID, in a school setting exposure is always a possibility. If you or your child is experiencing any symptoms outlined on the self-screener, please follow those directions closely. Additional guidance regarding what to do if you are ill or if you have been in close contact can be found here (this webpage).

Por favor, continúe usando la autoevaluación de detección de COVID del distrito (la herramienta de detección) diariamente antes de salir a la escuela y esté atento al lavado de manos y otras medidas para mantenerse seguro durante el día. Esta semana pasada tuvimos 2 caso positivos de COVID. A pesar de que ya no excluimos a los estudiantes y adultos que puedan haber estado en contacto cercano con una persona con COVID, en un entorno escolar la exposición es siempre una posibilidad. Si usted o su estudiante están experimentando alguno de los síntomas que se indican en la autoevaluación, por favor, siga las instrucciones de cerca. Orientación adicional sobre lo que debe de hacer si usted está enfermo o si ha estado en contacto cercano, está aquí (esta página web).

Other Resources

- Incline High School Website
- Block Schedule
- School Year Calendar
- School Policies

If you have any questions or feedback, you'd like to give us, please email: tcahill@washoeschools.net

It takes a village to build a Highlander and we love, appreciate, and are forever grateful for our Village.

Go Highlanders!!!