Happy Wednesday!

Here is our UCHS Midweek News email from UCHS Counseling and Career Services.

**UCHS Events, Resources, and Information**

- **PSAT10 (Sophomores)** - The Preliminary SAT 10 Test is an assessment administered by College Board which assesses your knowledge for future success. For detailed information about this assessment please visit this link [https://satsuite.collegeboard.org/psat-10](https://satsuite.collegeboard.org/psat-10)  
  If you are interested in taking the Preliminary SAT 10 Test it is required that you complete the google form no later than Tuesday, February 22nd at 3 PM. The PSAT 10 will be administered April 13th 2022 at University City High School. If you have any questions please contact, Mr. Melvin Bond either by phone at 314-290-4138 or via email at mbond@ucityschools.org.

Registration Form: [https://docs.google.com/forms/d/e/1FAIpQLScjy2MqRwN6kjQ_wnW2JOWAK47CdyPGIWsXhhyaDQKQnk5yw/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLScjy2MqRwN6kjQ_wnW2JOWAK47CdyPGIWsXhhyaDQKQnk5yw/viewform?usp=sf_link)

- **GIRLS SPRING SOCCER (Winter Conditioning)**
  - **When:** Fri Feb 11 from 3:30-5pm
  - **Where:** UCHS Girls Gym (Indoor Shoes Only)
  - **Who:** All girls planning to play Spring Soccer (Exception: Girls playing UCHS Winter Sports Cannot Participate)

Contact Coach Henson at [thenson@ucityschools.org](mailto:thenson@ucityschools.org) if you have any questions.
Virtual Trivia Night sponsored by UCHS PTO
  o Virtual Trivia Night, February 12, 2022 @ 7:00 p.m.

Enjoy an evening of entertainment in the comfort of your own home or anywhere

Registration Link: https://www.eventbrite.com/e/uchs-pto-virtual-trivia-night-feb-12-registration-238503027977

Join the U-Times staff! If one of your strengths is writing and you want to see your work published, newspaper class could be for you! Talk to your counselor today for a recommendation. Space is available for 2nd semester.

Join the Investment Club: First Generation Investors is a non-profit 501(c)(3) organization dedicated to teaching high school students LIKE YOU core investing concepts through an 8-week curriculum, giving YOU real money to invest. Click on this link to signup: http://tinyurl.com/FGIWashU2022

UCHS Tutoring Schedule

Click on this link to review the schedule and sign up - https://bit.ly/UCHSTutoring

UCHS Sports & Clubs -
https://docs.google.com/spreadsheets/d/1A3XDAhcSDeFXbxinJeWCijjoed1kITXkQPf_Tznfbk/edit?usp=sharing

Mindfulness Meditation, Wednesdays during A and B Lunches

For more information, please contact Ms. Woodward at cwoodward@ucityschools.org
Lion Yoga

What: Come to a mindful yoga class with our very own Jakada Christmas!

When & Where: Thursdays at 3:15pm in the UCHS library

Man of Valor Inc., Boys to Men Program

Man of Valor, Inc., is so excited about their Boys to Men Initiative at the high school. This initiative focuses on helping our boys to be resilient, build healthy relationships and to thrive academically. MOV, received a grant from the Children Service Fund, to help deliver this program.

When: After school on Tuesdays and Thursdays until 4:30pm

Questions? Contact Bishop Baker at lbaker@ucityschools.org

College and Career Readiness Opportunities (Internships, Scholarships & More)

• Saint Louis University's Doisy College of Health Sciences Summer Scholars Health Care Exploration Camp is designed to give underrepresented high school rising sophomores, juniors and seniors interested in a future in health care an opportunity to gain first-hand experience in the academic programs offered at the college. Deadline to Apply: March 31, 2022 https://www.slu.edu/doisyclinicsandcommunity/dchs-summer-scholars.php
• Girls Who Code! LEARN TO CODE THIS SUMMER AND CHANGE THE WORLD! GET THE SKILLS, NETWORK, AND CAREER RESOURCES YOU NEED TO SUCCEED WITH GIRLS WHO CODE’S FREE VIRTUAL SUMMER PROGRAMS
  - Click on this link for more information: https://girlswhocodesm.smapply.io/

• College Board Real Talk: HBCU Edition
  - What: Join us for two nights of real talk with the best HBCU’s across the nation. Don’t miss your chance to get the information you need about financial aid and scholarship opportunities, academic programs, student organizations, Greek life, student housing and more, directly from the source. Each night will feature a different group of HBCU’s, so make sure you tune in on both evenings. Register below and spread the word.
  - When: Wednesday, March 2nd and Thursday, March 3rd at 6pm CST

• Questbridge: College Prep Scholars Program
  - What: Applying to college can seem daunting, and the prospect of paying for it can seem even more overwhelming. But it doesn’t have to be. The College Prep Scholars Program equips high-achieving high school juniors from low-income backgrounds with the knowledge, confidence, and resources to apply to top colleges.
  - Why apply as a junior? Being a College Prep Scholar is a notable distinction that shows our college partners that you are a competitive candidate for admission. In addition, your application will automatically carry over for the National College Match when you’re a senior, giving you a head start on applying for a full four-year scholarship to our college partners. College Prep Scholars are nearly five times more likely than other applicants to receive full four-year scholarships through the National College Match.
  - For more information: https://www.questbridge.org/high-school-students/college-prep-scholars
• Virtual College Fairs through NACAC
  o We are excited to be launching a NEW platform in 2022! The new NACAC Virtual College Fairs are a great opportunity to connect with colleges and pursue your college dreams without leaving home. Have a quick video chat with a rep, drop in on a virtual presentation, send a question through chat - make a connection YOUR way!
  o When: There are several events across different dates, check out the link below for more information
  o Register here: https://www.nacacattend.org/fairs

• UMSL Bridge Program Spring 2022 College Prep Talks

Please join us for an assortment of workshops covering various college preparation and college readiness material for high school students, parents, and community members. We have some great guest speakers joining us this semester and you won’t want to miss out!

All of these workshops will be conducted through the Zoom platform. In order to gain access to the workshops, please RSVP via the link below. Once we receive your RSVP, we will email you the Zoom log-in information.

  RSVP- College Prep Talks - https://docs.google.com/forms/d/e/1FAIpQLSdoyq4nWrkoCJ1v6Ct4aAaPWW1-nEG-44nuZZCfdjWSdpyLWw/viewform

We hope to see you at our first workshop on February 22, 2022!

• Walgreens Expressions Challenge - Expressions is challenging high school teens to use their creativity to share how they feel about what is happening in their world through Spoken Word, Visual Arts and Media Arts. January 15 – March 15; Enter for a chance to win $2,000

Click here to learn more: https://expressionschallenge.com/the-challenge/
Infinite Scholars Free College-Scholarship Fair **Saturday, February 26, 2022 from 12:00 p.m. – 2:00 p.m.**

Don’t miss this opportunity to meet with colleges and universities to discuss admission & scholarship opportunities. Some colleges will be accepting students and awarding scholarships on the spot. Students should bring: multiple copies of transcripts, ACT/SAT test scores, letters of recommendation, an essay titled “Why I want to attend college.”, and a resume. **THIS PROGRAM IS OPEN TO ALL STUDENTS.** Students can register for this event online at [www.infinitescholar.org](http://www.infinitescholar.org)

- **College Bound Program**
  - Application: [https://www.collegeboundstl.org/](https://www.collegeboundstl.org/)

- **SCHOLARSHIPS FOR STUDENTS ATTENDING HBCUs:** [https://www.bestcolleges.com/resources/hbcu/scholarships-and-grants/](https://www.bestcolleges.com/resources/hbcu/scholarships-and-grants/)

- **College Board’s BigFuture Scholarship Opportunities for Juniors (Class of 2023)**
  - All juniors: Make yourself eligible for $500 and $40,000 scholarships each month. Earn entries in monthly drawings for scholarships by completing steps to plan for college. The sooner you start and the more steps you complete, the more chances you’ll have to win. This month’s entries will continue to be included in upcoming monthly drawings.
  - TL;DR - Chances for free money for things you should already be doing as a junior!
  - Check out this link for more information: [https://tinyurl.com/BigFutureScholarships](https://tinyurl.com/BigFutureScholarships)

- **Carnegie Mellon: No-Cost Pre-College Programs for the summer of 2022!**
  - Program options (click the hyperlinks for more info for each program!):
    - **AI4All @ Carnegie Mellon:** Provides opportunities for students who have been historically excluded in STEM to study artificial intelligence with full-time faculty, staff, and researchers who are leaders in the field. (3-week program)
    - **Computer Science Scholars:** Provides students who have historically been excluded in the field of computer science an opportunity to explore the field of computer science with full-time faculty, staff and researchers who are leaders in the field. (4-week program)
    - **Summer Academy for Math and Science:** Allows students from underrepresented communities to develop a deeper understanding of STEM via traditional classroom instruction, hands-on projects, and sustained engagement with world-renowned faculty and skilled staff mentors. (rising seniors only, 6-week program)
Students can access the online application here: https://apply-precollege.studentaffairs.cmu.edu/apply/. The application deadline is March 9, 2022. Information session registration is available here: https://apply-precollege.studentaffairs.cmu.edu/portal/cmuprecollegeinfo.

Have a great rest of your week!