

UPCOMING EVENTS

- National Migraine Awareness Month
- National Scleroderma Awareness Month
- National Fresh Fruit & Vegetable Month
- World Sickle Cell Day (June 19, 2012)
- National HIV Testing Day (June 27, 2012)
- National Scoliosis Awareness Month

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Preparing for Summer

Written by: Jenna Green



Summer is a time for fun in the sun and freedom from classes and homework, but this does not mean that there aren't things that should be done to prepare you for the next year, whether you are preparing for your Senior year in High School or your Freshman year in College.

If you are heading into your Senior year of high school and planning to attend college, you should have a solid plan of the admissions process: when you must submit your application, when you need recommendations, and what scholarships you will need to apply for. You should prepare a list of scholarships that you plan to apply for and start practicing your essays for them, as well as for college.

Spend your summer studying for the SAT or ACT, if you haven't already started. Put in some volunteer hours at an organization that you are passionate about. Try to get as much experience as you can, so that you can build your resume. If you don't have a resume, start working on it.

If you are planning for your freshman year of college, the work is

just beginning. You should take a tour of your campus if you haven't already done so. Also, you should start looking at the classes that you might want to take and get familiar with the process of registration process.

Register with the college's disability office and obtain accommodation letters. If you have had trouble advocating for yourself, this is the time to start practicing. Prepare what you plan to say to your professor. Start to think about what resources you will need when on campus.

Take a trip to the campus health center to see what services can be provided to you for your medical situation. Also, if you are interested in obtaining a job on campus, this is the time to start filling out applications. Don't spend your summer wasting time. It is never too early to start on your future.

For more information on, preparedness for college or high school, check out our website.



Scholarships

Google or click the following:

1. [The Carson Smith Special Needs Scholarship \(Due: July 1, 2012\)](#)
2. [Platt Family Scholarship Prize Essay Contest \(Due: July 31, 2012\)](#)
3. [inkfarm.com Digital Innovation Scholarship \(Due: August 12, 2012\)](#)
4. [Atlas Shrugged Essay Contest \(Due: September 12, 2012\)](#)

Study Tips

1. Start out by studying the most important information first.
2. Make sure you understand the material well, don't just read through the material and try to memorize everything.
3. Do not study later than the time you usually go to sleep.
4. Do not try to do all your studying the night before the test.
5. Stick to a study routine and create an efficient study schedule.

Learning to Self-Advocate

Written by: Jenna Green

Self-advocacy is the ability to identify and explain your needs. Here are some ways to do so:

1. Say to yourself, " I am the one who is responsible for my success or failure."
2. Ask yourself," How does my disability affect me as a student? How do I explain my disability to others? What are my abilities and how can I best use them to lead me to success?"
3. Develop good communication skills to request accommodations and services. Successful students plan ahead.
4. Recognize when you need help and to ask for it.
5. Be organized. It relieves stress and demonstrates good planning ability. Try using a "day planner" to record appointments, class schedules, exam dates and assignment due dates. Establish a regular study schedule. Organize your projects and even your study area. Staying in an organized environment will increase organization in other areas of your life.

Take some time to think about how to explain your disability and accommodations to a professor or your counselor. What would you say? Practice with your parents, teachers, or friends.



Self-Advocacy Websites

www.selfadvocacyonline.org

www.sabeusa.org

www.selfadvocacy.org

www.speaking.org

www.scedadvocacy.org



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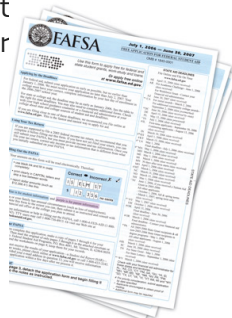
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What is the FAFSA?

Written by: Jenna Green

FAFSA is a free application for Federal Student Aid. This form is completed online at www.fafsa.gov and is required by all post-secondary schools to determine how much financial aid may be available to you. The FAFSA is completed after January 1. Schools have financial aid "priority filing dates" by which you should have the FAFSA filed. Don't be fooled-these deadlines are different from school application deadlines.

You can use the FAFSA4caster at any point to help predict financial aid eligibility. Go to www.fafsa4caster.ed.gov to complete the predictor. Never pay anyone for assistance in completing the online or paper FAFSA. There is free information online as well as counselors at your educational institution that can answer your questions.



Food Money Saving Tips

- Plan meals before your shopping trip.
- Make a shopping list and stick to it.
- Use coupons.
- Never go grocery shopping on an empty stomach.
- Limit food shopping to once a week.
- Pack a lunch as often as possible.
- Use leftovers in soups and casseroles.
- Do more cooking from scratch.
- Order water with meals.
- Cut the number of times you eat out.
- Prevent spoiling by storing products in the freezer.
- Consider generic food brands.
- Prevent impulsive eating, by bringing a snack with you.
- Shop from discount stores.
- Before shopping look at the store's advertisements.