

GWHS College Center Newsletter



**Please browse our weekly
newsletter for updates,
events, and opportunities!
Links are clickable**

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NEED HELP WITH THE FAFSA OR CADAA?

Cash for College
Balboa High School
Saturday January 21, 2023
10:00 AM-1:00 PM
Raffle Prizes Available

Enter campus on Otsego Avenue

WHAT TO BRING

- 2021 Federal Income Tax Return
- Social Security Number (SSN) and Green Card Number(s), if applicable
- Month & year when parents married, separated, or divorced
- W2's & other income forms (Disability, Social Security, Child Support, or any untaxed income)
- Current bank statements
- Records of businesses, farms, or other real estate
- Records of stocks, bonds, and other investments



SAN FRANCISCO YOUTH INTERESTED IN THE ARTS...

AT YOUTH ART EXCHANGE



FREE ART CLASSES!
+ STIPEND INTERNSHIPS!



MUSIC PRODUCING!
SEWING PATTERN MAKING!
DRAWING COMICS!
FOR SF PUBLIC HIGH SCHOOL YOUTH



SIGN UP NOW!

APPLY ONLINE
YOUTHARTEXCHANGE.ORG/ENROLL

SCAN WITH YOUR PHONE



FOR MORE INFO
CALL OR TEXT
(415)574-8137





TACT

THE ASSOCIATION OF CHINESE TEACHERS



2023 TACT



Scholarship Program

AWARDED TO SFUSD GRADUATING
SENIORS OF CHINESE HERITAGE

APPLICATION DEADLINE IS

MARCH 10, 2023 @11:59PM

See application criteria and apply
online www.tactsf.org/application



We highly encourage
students with financial
need and demonstrated
growth to apply

Apply for Lata SF Student Scholarship

Our priority is to support students who don't have access to traditional grants and scholarships (Dreamers welcomed). We will award scholarships from \$500 to \$3000 for students enrolling in a four-year college or university, a community college or a trade school.

Who's Eligible for this scholarship?

1. Must be an SFUSD high school senior or have attended an SFUSD school.
2. Must be of Latino heritage.
3. Must explain financial need.
4. Must demonstrate a commitment to a college education.
5. Must demonstrate leadership in your community and commitment to give back to your community.

To apply for the scholarship:

1. A completed application (See attachment).
2. A Personal Statement (See application), Everything can be written in Spanish or English.
3. Two letters of recommendation (only 1 page each) from SFUSD staff, and one can be from mentors/supervisors from a community organization in which you participate. Ask them to please limit it to one page. It does not need to be sealed nor confidential.
4. A copy of your most current high school transcript (official not needed)
5. A copy of your most current high school transcript (official not needed)

[Click here for full info and application](#)

Asian Pacific Youth Leadership Project

The 2023 APYLP conference will be held both virtually and in-person. The three virtual conference days are on March 30, March 31, and April 2; while the one in-person conference day will be on Saturday, April 1, in Sacramento, CA.

All conference costs are covered for accepted applicants.

The deadline to apply has been extended to January 31, 2023, no exceptions

[Click here to apply!](#)

Georgia McHugh \$5000 Scholarship (deadline March 15th)

Honoring High School Senior Girls or female identified people for Scholarship, Leadership and Community Service

The Georgia McHugh Scholarship recognizes up to two high school senior girls or female identified people who have demonstrated outstanding scholarship, leadership and community service.

The award is limited for use in the first year of college and will be paid directly to the recipient's school

How to Apply:

- Submit an application and a 250 word personal statement.
- Applications are available at:
- www.sfsoroptimist.org
- (click on "Awards and Grant " in the menu bar, then click on "Georgia McHugh Scholarship
- or go directly to: <https://sfsoroptimist.org/mchugh-scholarship/>
- Please contact Soroptimist International of San Francisco at the telephone number or email address below for questions and/or assistance with the application or essay.

Soroptimist International of San Francisco
317 West Portal Ave. 27654
San Francisco, CA 94127-0654
Email: sisanfrancisco@soroptimist.net
Phone: 805 235 6164

EARN MONEY WHILE LOOKING FOR A JOB



JOB READINESS TRAINING BUILD COMMUNITY IN PERSON OR OVER ZOOM!

SIGN UP TO



**PREP FOR THE
JOB SEARCH**



**SEARCH FOR
THE JOB**



MAKE \$125

Looking for a job? Do you want to build your resume, develop interview skills, and learn how to look for a job, all while earning money?

Enterprise Job-Readiness Training will help youth develop resumes, cover letters, and professional emails while developing interview skills with professionals. When youth complete our Job-Readiness Training, they gain access to one of several life-changing paid internships during summer 2023.



SCAN ME!

**SIGN UP
HERE**



enterpriseforyouth.org

ENTERPRISE
for YOUTH
founded 1969

PAID OPPORTUNITIES FOR SFUSD HIGH SCHOOL STUDENTS

High School Intern Program

- For current juniors
- 8-week summer internship
- Do research with a scientist mentor! Topics may include: stem cell biology, neuroscience, diabetes research, cancer research, immunology, & more
- Get college counseling & explore careers in health & science



Cellular Construction Workshop

- For current sophomores and juniors
- 2-week summer workshop
- Explore the scientific field of cellular engineering!
- Build robots to mimic those behaviors and use cellular engineering techniques to solve real-world problems



Teen Wellness Connection

- For current sophomores
- 9-month internship
- Develop leadership skills to guide conversations & educate your peers about teen health issues
- Learn from and collaborate with researchers in the summer, then spend the rest of the year designing a Teen Health Conference for SF youth

For more information, visit:
sep.ucsf.edu/hs_programs/

Contact us:
sep.info@ucsf.edu

Scan me!

Sign up to receive
notifications when
applications are
available!



Tech Start

Monday, February 27 - Thursday, March 9

Sessions 5-7 pm, remote on Zoom

Workshop Offerings

-  Python Workshop
-  Resume Workshop
-  Interview Workshop
-  Financial Literacy Workshop
-  Mentor hour



Eligibility: Bay Area residents aged 18-26

Orientation: Thursday, February 23

Deadline: Rolling admissions though Sunday, February 19

\$100 Stipend!

Stipend received upon completion

Apply here:

<https://www.missionbit.org/career-prep/>

Contact: zoe@missionbit.org for more details





SF STATE

SF State University Genentech Foundation Freshman/Sophomore Scholarship

Genentech Foundation Scholars Program



- For Biology, Biochemistry and Chemistry Majors at SFSU
- Priority Registration for Classes
- Guide Students to Graduation in 4 years
- Provides Funding to Students in Preparation for Biotech, Graduate School and Health Professions
- Looking for Motivated Students with Potential

Freshman Year - \$4700 Stipend

- Pre-Freshman Year Summer Courses in Chemistry and Math (Tuition Paid)

Sophomore Year - \$5700 Stipend

- Summer Directed Research Program (Preparation for doing research in a Lab) (see application link below for more info)



- Research Laboratory experience while in program.
- Concurrently enrolled in the Metro Program
- Strong Potential for Junior and Senior Scholarships with Paid Tuition



Applications DUE March 26th, 2023

link for application:

<https://seo.sfsu.edu/incoming-freshmen>

Students must matriculate at SFSU to be awarded the scholarship



For more information contact:

seo@sfsu.edu

Are you 14-18 years old, feeling depressed, and want to improve your well-being?

The goal of our UCSF **BrainChange** study is to use MRI imaging to observe brain changes in young people who undergo an **online mindfulness training**.

We are looking for 14-18 years-old adolescents who will get a chance to undergo either a free 12-week mindfulness training, in which they will learn self-regulation skills (breathing, yoga-based movements, meditation) or a free 12-week psychological education training that can help them better regulate emotions (with a random assignment to one of the groups). The groups will meet once-per-week for 1.5 hours online via Zoom.

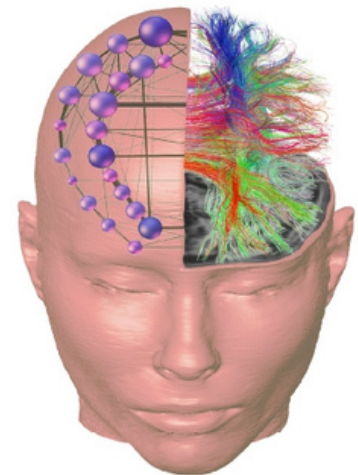
Participants will also undergo a 1-hour MRI scan before and after the training. MRI scans will take place at a state-of-the-art UCSF facility at Mission Bay. Participants will receive up to \$220 in gift cards for completion of the study.

Please discuss with your parents and contact us for more information:

Benjamin Sipes, University of California, San Francisco
Email: BrainChange@ucsf.edu

To view Inclusion and Exclusion Criteria, please contact us or visit our website:

radiology.ucsf.edu/research/labs/BrainChange
(or simply google **BrainChange + UCSF**)



Point your phone's camera here for our introductory survey!



Quote of the Week

"A loss is not a failure until you make an excuse." - Michael Jordan



Relaxing Tunes

[Anjunadeep Radio](#)

[Coffee Shop Radio](#)

[lofi hip hop radio](#)