



Social Media intern

Spotlight

KIMORE' GOVER



Kimore' is a current high school senior at Woodward High School, where she is involved in a host of activities and clubs such as; Girls to Women and Sports Management. She enjoys balancing academic life with extra-curricular activities and takes great pride in making a positive impact on her peers. So when her mentor Tonya Shaw introduced her to the NRS Foundation internship opportunity she knew it was a perfect fit. She developed a deep appreciation for the Foundation's mission and is grateful for the opportunity to learn and grow with it's vision in mind.

Kimore's future aspirations are to attend an HBCU where she plans to major in nursing with a minor in exercise science, as well as continue her passion as a social media influencer. Outside of school, clubs and social media, she loves spending time with her family, friends and baking!



IN THIS NEWSLETTER YOU WILL FIND:
Latest news, workshops, free resources, links and more. Keep Reading!

Planning Ahead



Career Planning for High School Students

Career planning is a crucial process for high school students, laying the foundation for their future success and personal fulfillment. By engaging in career exploration and self-reflection early on, students can gain valuable insights into their interests, strengths, and values, which helps them make more informed decisions about their education and career paths.

This proactive approach empowers teenagers to navigate the complex world of work, set meaningful goals, and develop the necessary skills to achieve them.

Career planning also increases motivation and focus, enhances self-confidence, and reduces anxiety about the future.

Furthermore, it can lead to better educational outcomes, as students who have clearer career plans are more likely to graduate on time and transition seamlessly into further education or employment.

By starting career planning in high school, students can align their academic choices with their long-term aspirations, potentially saving time and money in college while increasing their chances of finding a fulfilling career.

Coming Up

Dec. 23rd- Pathways Career Panel Workshop
(Cinti Downtown Public Library)

Feb. 15th- NRS Scholarship Open

Mar. 8th- Pathways Preparatory College Workshop
(Cinti Downtown Public Library)

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Upcoming Scholarships

APPLY NOW!

[Regions Riding Forward Scholarship](#) - \$8000

[Niche No Essay Scholarship](#) - up to \$50,000

[Clark Burrus Public Service Academic Scholarship](#) - \$10,000 (undergraduates)

[Jackie Robinson Foundation Scholarship](#) - \$8750

[Underrepresented Minority Gateway](#) - \$5000

[UPS Scholarship for Minority Students](#) - \$4000

[TLF Undergraduate Scholarships](#) - \$2500
(undergraduates)

Did You Know?

Did you know there are 107 Historical Black Colleges & Universities?

Check out which schools offer your major.

Historically Black Colleges and Universities (HBCUs) were established in the United States to provide higher education opportunities for African Americans who were systematically excluded from other institutions due to racial discrimination. The first HBCU, Cheyney University of Pennsylvania, was founded in 1837 by Quaker philanthropist Richard Humphreys. Following Cheyney, other early HBCUs were established, including Lincoln University in 1854 and Wilberforce University in 1856. The majority of HBCUs were founded between 1865 and 1900, with a significant number established in 1867, two years after the Emancipation Proclamation. Today, there are 107 HBCUs spread across the United States, with approximately 89% located in the southern region. These institutions can be found in states such as Alabama, Delaware, Florida, Georgia, Illinois, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, Texas, Virginia, and West Virginia. HBCUs offer a diverse range of programs and degrees, with some focusing on undergraduate education while others provide graduate and doctoral programs.



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