

Cyr's Corner!

August 2023



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Hello all!

For those of you who are new to Hopkins, WELCOME! My name is Anna Cyr and I am one of our School Counselors. For those returning, I can't wait to see all of your bright and happy faces again.

Summer FLEW by. I had a fantastic summer spending time with my son (nearly 10 months old now), my husband and our pup Sadie. We enjoyed time by our pool and a trip to Cape Cod!

This will be my FIFTH year as a counselor here at Hopkins. I have decided to start a monthly counseling newsletter so you can keep track of programs at Hopkins, dates of events and some activities you can work on to promote career readiness. I am so excited for another successful school year.

Please feel free to pop by my office to talk about your summer, your course schedule or to just say hi!

SENIOR REMINDERS:

Please remember to ASK teachers for recommendation letters before formally requesting on Naviance.com (can be in person but I recommend an email to formally request this with your resume attached)

Please continue to work on your resumes. Let me know if you need me to resend the template.

November 1st is the "early action" deadline for many schools. Please let me know if this is your path and I can keep you organized.

IMPORTANT DATES

- PSAT- October 2023. Email coming soon
- Early Action Deadlines- November 1st
- Last Day of Add/Drop September 15th 2023
- GCC field trip! Details coming soon

IMPORTANT ANNOUNCEMENT

Now is the time to log in to our Naviance, common app, school brains. I can help if you have forgotten your passwords or need a reset



ALUMNI SPOTLIGHT:
CAROLYN KOWAL-SAFRON
CLASS OF 2020
US NAVAL ACADEMY



I AM CURRENTLY ENTERING MY FIRSTIE (SENIOR) YEAR AT THE US NAVAL ACADEMY IN ANNAPOLIS, MARYLAND. SINCE ARRIVING AT THE ACADEMY FOR MY PLEBE SUMMER (THE ACADEMY'S BOOT CAMP) BACK IN JUNE 2020 (MERE DAYS AFTER OUR COVID GRADUATION!) I HAVE BEEN BLESSED WITH SO MANY ONCE-IN-A-LIFETIME EXPERIENCES. I HAVE RIDDEN IN MH-60 SIERRAS OVER THE PACIFIC OCEAN, DRIVEN IN TANKS WITH THE MARINES, GONE UNDERWAY IN A SUBMARINE, AND EVEN SPENT A MONTH AT SEA, CROSSING THE ARCTIC CIRCLE AND TRANSITING THE STRAIT OF GIBRALTAR, ALL WHILE GETTING TO VISIT COUNTRIES I NEVER WOULD HAVE IMAGINED MYSELF VISITING.

A TYPICAL DAY AT THE NAVAL ACADEMY BEGINS FOR ME AROUND 0500, AND WILL OFTEN GO PAST 2200. IT WILL BEGIN WITH A PERSONAL WORKOUT, THEN MANDATORY BREAKFAST, FOLLOWED BY CLASS FROM 0800-1200. WE WILL THEN HAVE FORMATION, MANDATORY LUNCH, AND AFTERNOON CLASSES FROM 1300-1520. FOLLOWING CLASS, WE HAVE DEDICATED TIME TO WORKOUT, DINNER, AND THEN STUDYING UNTIL BED. UNLIKE A TYPICAL COLLEGE OR UNIVERSITY, WE AS MIDSHIPMEN ARE ALSO DIRECTLY RESPONSIBLE FOR THE UNDERCLASS BELOW US. WE ALL HAVE JOBS, OR "BILLETS", WITH DUTIES THAT WE MUST FULFILL EACH AND EVERY DAY. ONCE YOU CONSIDER THESE EXTRA COLLATERALS, FINDING PERSONAL TIME, AND ADDITIONAL TRAINING SPRINKLED IN, YOU CAN SEE THAT THE DEMAND ON OUR TIME IS CONSIDERABLE!

WHILE THIS LIFESTYLE IS NOT FOR EVERYONE, IT CERTAINLY GIVES BACK JUST AS MUCH AS IT TAKES. I TRULY BELIEVE THAT I AM A BETTER, MORE CAPABLE, AND CONFIDENT INDIVIDUAL THAN I WAS BEFORE STEPPING FOOT ONTO THE YARD THREE YEARS AGO. I HAVE BEEN CHALLENGED AND TESTED IN MORE WAYS THAN I CAN COUNT. IN ADDITION TO PERSONAL GROWTH AND DEVELOPMENT, THE ACADEMY HAS ALSO AFFORDED RELATIONSHIPS WITH INDIVIDUALS THAT WILL LAST FOR THE REST OF MY LIFE, AS I NOW KNOW SOMEONE FROM EVERY SINGLE STATE IN THE US, AS WELL AS NUMEROUS COUNTRIES AROUND THE WORLD.

IN THE NEXT TEN MONTHS, I AM LOOKING FORWARD TO RECEIVING MY SERVICE ASSIGNMENT AS A SURFACE WARFARE OFFICER, SELECTING MY FIRST HOMEPORT AND SHIP, (HOPEFULLY SAN DIEGO, CA, OR PEARL HARBOR, HI!), AND GRADUATING AND EARNING MY COMMISSION AS AN OFFICER IN THE US NAVY IN MAY. I WILL THEN BEGIN MY AT-MINIMUM 5 YEAR COMMITMENT SERVING AS ACTIVE DUTY.

I INITIALLY WANTED TO GO TO THE ACADEMY TO DO SOMETHING DIFFERENT, AS WELL AS TO SERVE MY COUNTRY WHILE GETTING AN EDUCATION AND SETTING MYSELF UP FOR A BRIGHT FUTURE. MY ADVICE FOR THOSE CURRENTLY AT HOPKINS ACADEMY IS TO NOT LIMIT YOURSELF WITH SELF DOUBTS OR FEARS, AND TO TAKE ADVANTAGE OF ALL OF THE OPPORTUNITIES OUT THERE. MOST IMPORTANTLY, NOT SHY AWAY FROM AN OPPORTUNITY JUST BECAUSE IT SEEMS DIFFICULT OR CHALLENGING, BECAUSE YOU NEVER KNOW WHERE IT WILL TAKE YOU.

**NOW ACCEPTING NOMINATIONS FOR THE ALUMNI SPOTLIGHT. EMAIL
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