



# Astrid G. Cates & Myrtle Beinhauer Scholarships

(offered in tandem)

## Our Mission

The Sons of Norway Foundation is dedicated to funding activities that preserve and promote Norwegian heritage, positively affect members, and make Sons of Norway communities a more vibrant place to live.

## Overview

Astrid G. Cates and Myrtle Beinhauer each remembered Sons of Norway youth with generous bequests in their wills to the Sons of Norway Foundation. Together these bequests created the Astrid G. Cates Scholarship and the Myrtle Beinhauer Scholarship. Donations by Sons of Norway lodges, members and friends also fund these scholarship opportunities.

## Eligibility

- Applicants who are current members of Sons of Norway or children or grandchildren of current members in Sons of Norway Districts 1-6.\*
- Those who have a certificate of completion from high school and are enrolled in post-secondary training, vocational/trade school or college (or have proof of enrollment prior to receiving scholarship funding).
- Candidates must be entering into their freshman year of college or vocational/trade school and no older than age 26.
- Scholarships may only be used to pay for tuition only for upcoming studies between June 2018-May 2019. The Foundation does not provide financial assistance for current or previous academic years, room/board, travel, etc.

## Criteria

- A short autobiography, 150 words or less.
- An essay of 500 words or less addressing each of the following key points:
  - Describe how this scholarship will help you further your career goals.
  - Share why you have chosen your area of study or training and what you hope to achieve in your life through your future career.
  - Explain any involvement in volunteer, school and/or community activities and what that involvement has taught you.
  - State how your course of study will benefit your community and be in accord with at least one of the following the goals and objectives of the Sons of Norway Foundation: (1) promoting improved international relationships, (2) providing people-to-people enrichment programs, (3) promoting culture exchange or (4) promoting humanitarian causes.
  - Describe your involvement in the Sons of Norway and how it has shaped who you are today.
  - Explain how you will share this experience with the Sons of Norway or wider audiences.



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- Academic potential:
  - If you have already studied in a post-secondary program for at least one year, please include a copy of your most recent transcripts.
  - If you are currently still in high school or in your first semester of post-secondary study, please include a copy of your most recent transcripts and your ACT or SAT score.

*Please note, "official" transcripts may be required once an applicant is tentatively selected.*
- Financial need: Be prepared to include the amount you are able to pay for post-secondary education/training in the online application.
- Two letters of recommendation that address the applicant's character and abilities.

## Application Process

Applications are only accepted via our online portal at [www.sonsofnorway.com/scholarships](http://www.sonsofnorway.com/scholarships). The steps to apply are as follows:

- 1) Go into the scholarship portal at [www.sonsofnorway.com/scholarships](http://www.sonsofnorway.com/scholarships) and create a username and password.  
*Please note: The username and password will be different from your Sons of Norway membership log-in. You must create new credentials every year you apply for a scholarship.*
- 2) Complete the profile section that includes your contact information.
- 3) Select the scholarship(s) for which you would like to apply and complete those application(s).  
*Please note: As of the 2017 scholarship year, applicants will be limited to applying for either domestic scholarships OR international scholarships, not both. However, you may apply for as many scholarships in either category for which you are eligible.*
- 4) Upload all required supplementary attachments to the portal including: a copy of your transcripts, a copy of your ACT or SAT scores, your letters of recommendation and a high resolution photograph (for use in the Viking magazine, etc. should you receive an award).  
*Please note: ONLY send letters of recommendation via e-mail to [scholarship@sofn.com](mailto:scholarship@sofn.com) should the author(s) of the letter(s) require they remain confidential. If a reference e-mails a letter on your behalf, be sure they include your name and the name of the scholarship in the subject line.*
- 5) Check the box stating that you, the applicant, have completed the application and that no one else has completed it for you.
- 6) Send your final submission no later than March 1.



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## Award Selection

Final selection of the scholarship winners will be made by a scholarship committee appointed by the Sons of Norway Foundation. Scoring is dependent on the use of complete sentences, proper grammar, and inclusion of information outlined in the essay requirements listed above.

Candidates may only receive two Sons of Norway scholarships in a five-year period.

## Award Amount

Typically six Astrid G. Cates Scholarships are awarded, one per Sons of Norway District 1-6, for \$1,000 each. Additionally, two Myrtle Beinhauer scholarships are awarded at the level of up to \$3,000 each to the most qualified of all the candidates, regardless of the district in which they live.

## Scholarship Notification and Payment

Notification of an award will be made by phone within 14 weeks of the application deadline.

Scholarship funding is made payable to the institution listed on the application and mailed to the scholarship recipient. Please be sure the information listed in the, “student ID,” section of the profile page is accurate to assure the scholarship will be applied to the proper student account.

## Recipient Requirements

Scholarship recipients are expected to grant permission to use their photo and name in the Viking magazine, the Foundation’s annual report and other scholarship promotional materials. They are also expected to give a presentation, including photos, at their Sons of Norway lodge or one close to them to explain how this scholarship is helping them achieve their educational dreams. We will provide you with a form for a lodge officer to sign after your presentation.

## Revision Policy

The Sons of Norway Foundation reserves the right to modify requirements. All participants are encouraged to check the Foundation website, [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) for the most current information.

## Questions

Questions may be directed to the Foundation at [scholarship@sofn.com](mailto:scholarship@sofn.com).

The deadline for submission of the completed application and all required elements is MARCH 1.

\* Membership must be in effect at least one calendar year prior to application.

**Thank you for your interest in applying for a Sons of Norway Foundation scholarship.**