SCHOOL COUNSELING NEWSLETTER

MERCY MCAULEY HIGH SCHOOL

SAVE THE DATE!

October 18 and November 8, 2020: Virtual College Fairs https://www.nacacfairs.org/attend/attend-virtual-college-fairs/students/

October 29, 2020: Parent Teacher Conferences at Mercy McAuley

More Information Coming Soon

October 30, 2020: Late Arrival for Students

November 1, 2020: Common Early Decision and Early Action Deadlines for Colleges

November 5, 2020: Registration Deadline for December 5th SAT

https://collegereadiness.collegeboard.org/sat/register

November 6, 2020: Registration Deadline for December 12th ACT

https://www.act.org/content/act/en/products-and-services/the-act/registration.html

November 7, 2020: SAT Test Date

November 11, 2020: National Letter of Intent Signing Day

November 15, 2020: Common Early Decision and Early Action Deadlines for Colleges

November 25-27, 2020: Thanksgiving Break

COLLEGE AND CAREER



DOES YOUR STUDENT HAVE A NOVEMBER 1ST COLLEGE APPLICATION DEADLINE?

physically mailed they will arrive to their destination on time.

If your student has a November 1st deadline for their college applications, the counselors need transcript requests by

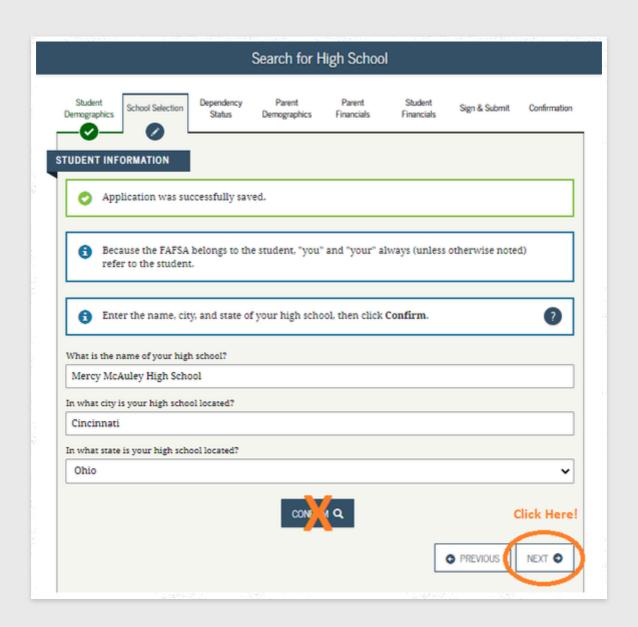
October 19th. This gives to counselors and students time to fix any materials if needed, awareness of written evaluations, and if documents need to be



IMPORTANT FAFSA INFORMATION

The last two years, seniors have not been able to find Mercy McAuley when they searched their high school name. In case it does happen this year to anyone, here are the necessary steps to follow.

It is important to know that because Mercy McAuley High School is new, you might not see it listed in the "drop down search" when you get to that point in the application. This is not because it was forgotten, but rather FAFSA adds the school name on their own timeline and according to an indicated need (applicants). NCES updates private schools every 2-3 years and this year Mercy McAuley has not been updated yet. At one point in the application, you will be asked to enter your high school name. Enter Mercy McAuley High School, and then Cincinnati, and then Ohio. Instead of "Search" simply click "Next". This will move you on through the application process with no errors or flags. FAFSA specialists have assured us that the drop down search is handled on the government side and will update in the future. Until then, they advised to enter the school name manually and click next. We are staying in close communication with personnel at FAFSA headquarters and are confident in that we are taking the proper, proactive approach. As always, we recommend that you complete the FAFSA





YELLOW JACKET VISIT DAYS AT BALDWIN WALLACE

We are ready to show you why so many students love BW's campus! BW is offering on-campus visits, which include a guided campus tour and meeting with an admission counselor. Campus tours are limited to one student/family per tour and efforts to maximize the safety of our campus visitors and staff will continue as informed by the Ohio Department of Health and the CDC. These include social distancing guidelines and the required use of masks by visitors and staff while inside BW facilities. Appointments for on-campus visits are strongly recommended.

Select November 7 on the calendar to register for this small event (maximum 20 guests). Each session includes opportunities to hear from a BW professor, learn about the BW admission and financial aid processes, and to participate in a personalized campus tour for a student and one guest.

COCA-COLA SCHOLARS FOUNDATION SCHOLARSHIP

The Coca-Cola Scholars Program scholarship is an achievement-based scholarship awarded to graduating high school seniors. Students are recognized for their capacity to lead and serve, as well as their commitment to making a significant impact on their schools and communities. With the



significant impact on their schools and communities. With the <u>32nd class in 2020</u>, the Foundation has provided over 6,300 Coca-Cola Scholars with more than \$72 million in educational support. 150 Coca-Cola Scholars are selected each year to receive this \$20,000 scholarship. Our application is open! <u>High school seniors can apply here.</u>

Applicants must be:

- Current high school (or home-schooled) student attending a school in the U.S. (or select DoD schools) who will graduate during the 2020-2021 academic school year
- U.S. Citizens, U.S. Nationals, U.S. Permanent Residents, Refugees, Asylees, Cuban-Haitian Entrants, or Humanitarian Parolees based on the guidelines utilized by U.S. Department of Education for Federal Financial Aid eligibility
- Will receive high school diploma during current academic year
- Planning to pursue a degree at an accredited U.S. post-secondary institution

Applicants may not be:

- Children or grandchildren of current employees, officers, or owners of Coca-Cola bottling companies, The Coca-Cola Company, Company divisions, or subsidiaries.
- Children or grandchildren of former employees who are currently receiving retirement benefits based on their previous employment with Coca-Cola bottling companies, The Coca-Cola Company, Company divisions, or subsidiaries.
- International students (with the exception of students at DoD schools)
- High school graduates
- Temporary residents

CORONAVIRUS UPDATES FROM COUNSELORS

The Counseling Department is posting all updates we receive regarding changes to deadlines and policies related to COVID-19 in the document linked below. Please bookmark the link below and reference for the most up to date information.

The topics so far include:

- ACT / SAT/ AP/ End of Course Testing Dates
- CCP Updates
- College Admission Process
- Scholarship Update

CORONAVIRUS UPDATES FROM THE COUNSELORS

ACADEMIC



ACADEMIC HELP

Need extra help in a class or interested in learning new study skills? Check out the document below that include multiple resources available at Mercy McAuley, tutoring options, organizational skills, study tips, and online resources.

See your counselors for additional academic help!

ACADEMIC HELP

SOCIAL EMOTIONAL





11 Self-Care Tips for Teens and ...

www.mghclaycenter.org

The Clay Center is dedicated to helping adults support the mental, emotional, and behavioral well-being of children, teens, and young adults.

FIVE FINGER BREATHING

Put one hand on your desk with your fingers spread wide. Close your eyes. With your other hand, trace each finger. As you trace up one side of the finger breathe in As you trace down the finger, breathe out. Continue tracing all of your fingers. Switch hands and neverth.



BALLOON BREATHING

Place your hands on your stomach and close your eyes. Imagine there is a balloon inside your belg. Breathe in, try to fill up the balloon as much as you can Breathe out and try to deflate the balloon completely. Try to make sure that you are breathing into your bely and not just your chest.

PRAYER POSITION BREATHING

Place your pains together in front of your heart. As you exhale soften your hands so your fingers our down Next, inhale and push your palms strongly together. Repeat 10 times.

CIRCLE BREATHING

Draw a large orde in the an in front of you. As you draw the top half of the orde, breathe in As you draw the bottom half of the orde, breathe out. Make sure to draw the orde and breathe as slowly as you can Continue 10-15 times.

ABCS OF MENTAL HEALTH

COVID-19 continues to be a backdrop for new challenges people are facing every day. Schools are back in session and this year is sure to look and feel very different. An individual or loved one may have noticed feeling more stressed, anxious, sad or angry than usual. Not only is physical health vital, but mental health is equally important.

The Ohio Department of Mental Health and Addiction Services (OMAHS) and Ohio Department of Education are offering a new resource called the ABCs of Mental Health:

- · Ask yourself how you are feeling
- Be aware of signs & symptoms
- · Care for yourself and others

People feeling lonely and overwhelmed with emotions such as sadness, depression and anxiety are encouraged to call the Ohio CareLine at 1-800-720-9616 to speak with a licensed mental health professional. Additional information on how to acknowledge these common feelings and learn more about mental health is available at OMHAS's dedicated webpage.

The ABCs of Mental Health were developed by Ohio's leading suicide prevention experts with teachers, administrators and school staff specifically in mind.

MENTAL HEALTH CONCERNS

If you feel that you or a friend is in a crisis situation and/or fearful of hurting yourself or others and there isn't a caring adult you can reach right away, please reach out to one of the following:

- Call **281-CARE (2273)**
- Text 4HOPE to 839863
- Call the Psychiatric Intake Response Center (PIRC) at Cincinnati Children's Hospital @ (513) 636-4124
- You can also call 911 or Hamilton County Sheriff's Office at 513-946-6400

MENTAL HEALTH RESOURCES







TEST PREP OPTIONS

Need help with the ACT, SAT, or in a class? Check out this document and see all of the tutors and test prep options the Counseling Department recommends for the students.

Click here for more information.

SCHOLARSHI P OPPORTUNIT IES

In this document you can find all of the scholarships that the Counseling Department has heard about so far this year and useful websites to search for scholarships. The document is updated weekly.

Click here for more information.

STUDENT PROGRAMS AND OPPORTUNIT IES

In this document you can find information for different camps, open houses, internships, academic sessions, and workshops.

Click here for more information.

NOW HIRING



OHIO LIVING LLANFAIR

We are now hiring servers for our independent living dining room. No prior serving experience is required – we can train you! Apply today to start gaining valuable work experience while still focusing on your education and leaving time for the extracurricular and social activities you love.

You'll enjoy:

- Great part-time hours: 4 to 7 p.m.
- Excellent benefits
- Education assistance
- First year vacation
- Free meals
- Pay advances up to \$500
- Verizon discount

1701 Llanfair Avenue | Cincinnati, Ohio 45224



ABOUT US!

