

# SCHOOL COUNSELING NEWSLETTER

MERCY MCAULEY HIGH SCHOOL

## Save The Date

**October 6, 2020:** College Information/Financial Aid Night at Mercy McAuley  
*See Information Below*

**October 7, 2020:** Registration Deadline for November 7th SAT test date  
<https://collegereadiness.collegeboard.org/sat/register>

**October 10, 17, 24, 25, 2020:** October ACT test dates

**October 13, 2020:** End of the first quarter

**October 14, 2020:** PSAT for Sophomores and Juniors, College Visit Day for Seniors  
*More information coming soon*

**October 15-16, 2020:** Fall Break

**October 29, 2020:** Parent Teacher Conferences at Mercy McAuley  
*More Information Coming Soon*



## What Happened in Tuesday TEA?

Counselors met with Freshman this week! Students were able to create their SCOIR accounts and start working on a YouScience assessment. YouScience is a career assessment that pairs your talents with careers. The power of YouScience lies in our performance measures of aptitudes and our ability to connect natural talent with in-demand careers. We cut through social noise and gender biases to create more equity and access – matching users to their best-fit careers and

giving them the confidence and data to make informed decisions about their futures.

## COLLEGE AND CAREER

### COLLEGE INFORMATION AND FINANCIAL AID NIGHT AT MERCY MCAULEY

Parents of Sophomore, Juniors, and Seniors are welcome to join the Counselors on October 6th from 6 pm-8:30pm in the auditorium to learn about College Information and Financial Aid! Students are welcome to join as well! The night is broken up into two different sections, Seniors from 6pm-7pm and Juniors/Sophomores from 7:30-8:30pm. The College Information will be focused on the student's grade level. Seniors will focus on where their student should be now on their applications, college applications, and finding the right fit. Junior/Sophomore parents will focus on the importance of these two years, how to prepare for college, and ACT/SAT. The financial aid session will be the same for both groups.

All presentations will be in the auditorium. Masks are required. The 30 minute gap is for cleaning between groups.

If you have any questions please contact your student's counselor. We look forward to seeing you!

[RSVP here](#)

### Find your HBCU match

Colleges sometimes use different names for a similar major. In order for your search to be as successful as possible, you should search for similar fields. When searching for undergraduate programs, search for bachelor's degrees and minors/concentrations. The same applies for associate degree programs. Scroll through all the results as some may not appear in alphabetical order. Additionally, be certain to visit the college's website to verify that the program in which you are interested is still being offered prior to applying.

[Click here](#) to find your HBCU match!





## FAFSA Opened October 1st!

As many of you are aware, the FAFSA (Free Application for Federal Student Aid) went live on Oct. 1. Keep in mind that Oct. 1 is not the deadline for the FAFSA, but the date it opened up to allow families to complete the application. Many colleges will post their FAFSA deadline on their admissions or financial aid website page, and almost all colleges make a point to encourage families to not only complete the FAFSA, but to do so in a reasonably, timely manner.

To apply for federal student aid, such as federal grants, work-study, and loans, seniors need to complete the [Free Application for Federal Student Aid \(FAFSA\)](#). In addition, many states and colleges COLLEGE SPOTLIGHT use the FAFSA to determine your eligibility for state and school aid, and some private nancial aid providers may use your FAFSA information to determine whether you qualify for their aid.

**Bottom line seniors:** Whether or not you feel you will qualify for federal student aid, you should fill out the FAFSA if you are planning to attend college. Some helpful links are posted below. We encourage you to attend the College Financial Aid Information Night at MMHS on 10/06 at 6pm to learn more.

The FAFSA is FREE! If you are being asked to pay money to submit the FAFSA...you are on the wrong website!!!

[A Helpful Resource Can Be Found Here](#)

[More Helpful Instructions Can Be Found Here](#)



FAFSA-Dos-and-Donts.pdf



Download  
410.7 KB

## Important FASFA 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 (we are hoping it doesn't and will contact who we need to contact if it does), 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 alongside your parent (as applicable).

We will be talking about FAFSA and scholarships at our next TEA meeting next week!



## Paul Mitchell's Fall 2020 National Open House

Turn your creativity into a career! Join us on Tuesday, November 10, 2020 from 6-8pm and discover how we can help you build a future in the beauty or barbering industry.

[Click here](#) for more information

## 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.

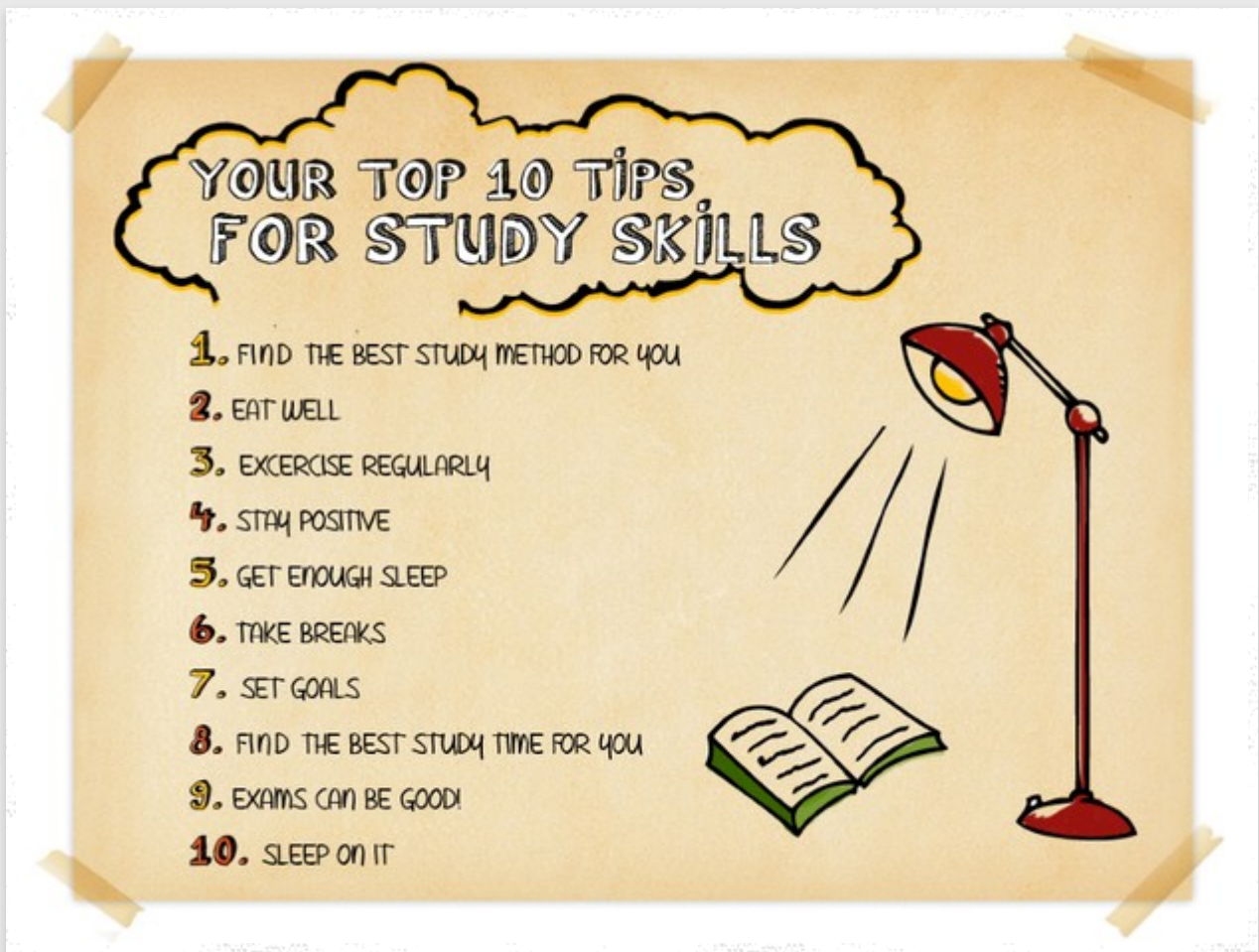
The topics so far include:

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

**CORONAVIRUS UPDATES FROM COUNSELORS**

**ACADEMIC**





## End of the First Quarter is Around the Corner!

The end of the first quarter is October 13, 2020. Please check your student's grade and go over any missing assignments with them. Encourage students to meet with their teacher to ask questions or receive extra help. Also, please encourage your student to reach out to her counselor if she needs help academically, personally, or socially.

[Click here](#) for good resource to research different study skills

## PSAT at Mercy McAuley High School

- The PSAT = Preliminary SAT
- Students should be in assigned classrooms by 8:00 am and will be dismissed at approximately 12 Noon.
- Virtual students will need to come to school to take this test.  
There will be no make-up test unless student tested positive for Covid or is **required** to quarantine on this date.
- For most, it is a practice test in a standardized setting that provides helpful insight on college entrance testing strengths as well as areas that could benefit from further preparation.
- Students will receive a very detailed score report after completion.
- The PSAT is also a qualifying test for the National Merit Scholarship Program (juniors only)

- Students all across the country will be taking the PSAT on 10/14/2020.
- Students should get a good night's sleep and eat a hearty breakfast before testing.
- Students should bring 2, #2 pencils with erasers and an approved calculator.
- Seniors do not take the PSAT and do not have school on 10/14/2020. They are encouraged to work on college applications or go on a college campus visit.
- Freshmen DO have school and will have their retreat day.

## Graduation requirements affected by Pandemic

The cancellation of Ohio's State Tests in spring and summer of 2020 due to the ongoing coronavirus (COVID-19) health crisis and ordered school-building closure impacts students' abilities to meet graduation requirements.

Recently enacted legislation ([HB 164 - Section 12](#)) allows districts and schools to substitute an eligible student's final course grade in an eligible course for the corresponding high school end-of-course examination. Substituting course grades will ensure minimal disruption to a student's education experience by eliminating the need to take the missed examinations for the purposes of graduation.

Students are eligible for this flexibility if they were either:

- Taking a qualifying course AND scheduled to take an end-of-course examination for the first time in the 2019-2020 school year but did not take the test because the administration of the examination was canceled;
- Scheduled to retake an end-of-course examination in the 2019-2020 school year and did not retake the test because the administration of the examination was canceled.

ALL SENIORS will take the Am Government End of Course exam in December.

If you have any concerns on whether your daughter is on track for graduation, please call their counselor.

## 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



## Feeling Stressed?

Try any of these 6 free stress management applications for your smart phone today!

**Smiling Mind:** Meditation for all ages. Learn to eat well and stay fit to keep your body healthy, mindfulness meditation is about mental health and looking after the mind.

**Headspace:** Simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.

**Calm:** #1 app for sleep, meditation, and relaxation. Experience better sleep, lower stress, and less anxiety with the guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music.



**Stop, Breathe, and think:** help build the emotional strength and confidence to handle life's ups and downs. Has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations yoga and acupressure videos, tuned into how you feel

**Breath2Relax:** Portable stress management tool which provides detailed information on the effects on stress on the body and instructions and practices exercises to help users learn the stress management skill called diaphragmatic breathing.

**Insight Timer:** Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.



## NATIONAL MENTAL ILLNESS AWARENESS WEEK

The first week in October is Mental Illness Awareness Week. During the week, the National Alliance on Mental Illness and participants across the United States raise public awareness of mental illness, its symptoms, and prevalence in society. The week is also a time when mental health organizations step up their efforts to fight the stigma of mental illness.

Recent statistics published by the National Institute of Mental Health show:

- There are an estimated 46.6 million adults aged 18 or older in the United States with any mental illness (AMI). This number represented 18.9% of all U.S. adults.
- The prevalence of AMI was higher among women (22.3%) than men (15.1%).
- Young adults aged 18-25 years had the highest prevalence of AMI (25.8%) compared to adults aged 26-49 years (22.2%) and aged 50 and older (13.8%).
- The prevalence of AMI was highest among the adults reporting two or more races (28.6%), followed by White adults (20.4%). The incidence of AMI was lowest among Asian adults (14.5%).

Since nearly one in five U.S. adults live with a mental illness, odds are, someone you know has a mental illness. They may not even know it is the cause of their suffering. There could be several reasons people are unaware. That's one of the reasons Mental Illness Awareness Week sets a goal to help people become aware of the diverse symptoms.





### How to Help Your Daughter Hav...

childmind.org

It's not easy, given the pressure to be super-thin and sexy, too. Here you will find a parents' guide to raising your daughter with a healthy body image.

## 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.](#)



### SCHOLARSHIP OPPORTUNITIES

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 OPPORTUNITIES

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

[Click here for more information.](#)

# NOW HIRING!



## Perfect North Slopes

If you are looking for a part-time job this winter, take a look at Perfect North Slopes! The slopes are getting ready for winter fun by accepting applications from responsible candidates age 14 and older. If you are interested, please apply online.

Click the following link for more information:

<https://www.perfectnorth.com//employment>



## About Us!

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[mercymcauley.org/current-fa...](http://mercymcauley.org/current-fa...)