

# School Counseling Newsletter

Mercy McAuley High School

## Save the Date!

**September 4, 2020:** Registration Deadline for October 3rd SAT test date

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

**September 6-12, 2020:** National Suicide Prevention Week

**September 7, 2020:** Labor Day, No school

**September 13, 2020:** Virtual College Fair

<https://www.nacacfairs.org/virtual/>

**September 17, 2020:** Registration Deadline for October 10th, 17th, 24th, and 25th ACT test dates

<https://www.act.org/content/act/en/register.html>

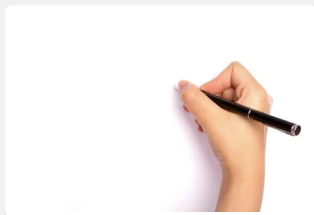
**October 6, 2020:** College Information/Financial Aid Night at Mercy McAuley

*More information coming soon*

<https://www.nacacfairs.org/virtual/>

**October 7, 2020:** Registration Deadline for November 7th SAT test date

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



**Should you write a...**

[www.thecollegesolution.com](http://www.thecollegesolution.com)

Avoid writing about COVID-19 in your college essay for the 2021-2022 college admission season. The pandemic experience will not let you stand out.

**College and Career**



## What Happened in Tuesday TEA?

Counselors met with Seniors this week! During this hour, the seniors received a Post-Secondary Planning Guide, created their Scoir Accounts, and completed a student brag sheet. The Post-Secondary planning guide includes information from requesting transcripts, letter of recommendation, resumes, interview questions, NCAA, and more! Seniors also received a copy of their unofficial transcript. Counselors meet with Seniors again next week to go over Scoir in more detail and more post secondary planning!

## Virtual- UC Blue Ash Fall App Kick Off Event

The UC Blue Ash College is excited to announce that our virtual [Fall Application Kick Off](#) event will be held on Wednesday, September 23, 2020 from 3pm-6pm.



Encourage your high school Seniors to register for one of three presentation timeslots for this virtual event:

- [3:00pm](#)
- [4:00pm](#)
- [5:00pm](#)

The [Fall Application Kick Off](#) event includes:

- Admissions presentations to give an overview of the college and the steps needed to enroll.
- \$50 application fee waiver for submitting a UC Blue Ash College application during the event.
- Ask questions to professional staff members.
- Take a [virtual tour](#) of UC Blue Ash College.



Admissions\_FallApplicationKickoff.pdf

[Download](#)  
358.2 KB

## September Career Cluster: Arts and Communication

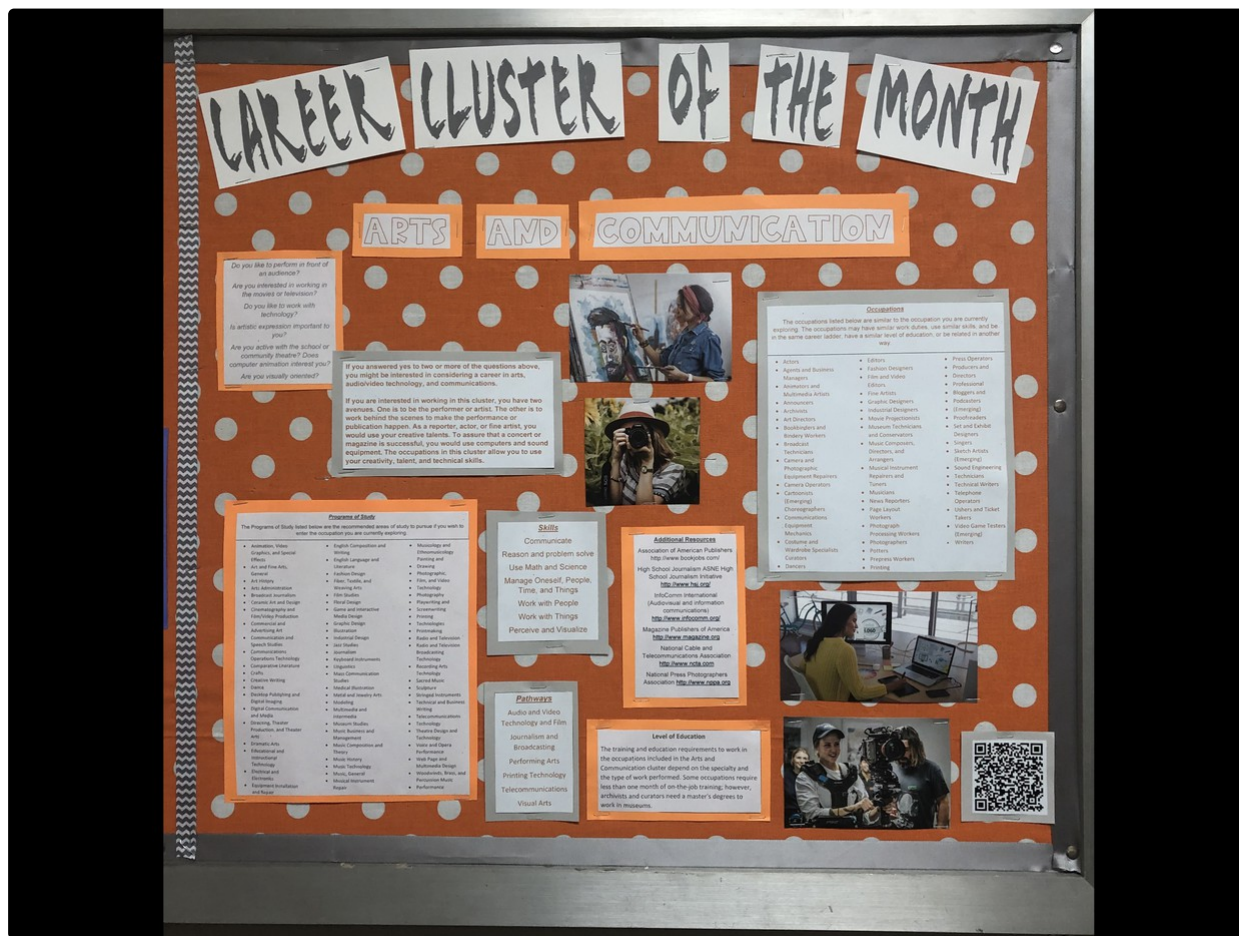
The Arts and Communication Career Cluster focuses on the designing, producing, exhibiting, performing, writing, and publishing multimedia content including visual and performing arts and design, journalism, and entertainment services. If you are interested in working in this cluster, you have two avenues. One is to be the performer or artist. The other is to work behind the scenes to make the performance or publication happen. As a reporter, actor, or fine artist, you would use your creative talents. To assure that a concert or magazine is successful, you would use computers and sound equipment. The occupations in this cluster allow you to use your creativity, talent, and technical skills.

Some pathways students can follow are Audio and Video Technology and Film, Journalism and Broadcasting, Performing Arts, Printing Technology, Telecommunications, and Visual Arts. [Click here](#) for more information!



To learn about different occupations in Arts and Communication [click here](#)

Check out the student services Career Cluster of the Month on the ground floor!



## 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

Scientifically Proven Best Ways to Study



### 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

### National Suicide Prevention Week

**National Suicide Prevention Week** is observed in September. National Suicide Prevention Week is an annual campaign in the United States to inform and educate health professionals and the general public about suicide prevention and warning signs of suicide. By drawing attention to the issue of suicide in the United States, the campaign also strives to reduce the stigma surrounding the topic, as well as encourage the pursuit of mental health assistance and support people who have attempted suicide.





**National Suicide Prevention Week** awareness events are held throughout the week corresponding to World Suicide Prevention Day, which is recognized annually on September 10. As part of the campaign, health organizations conduct depression screenings, including self-administrated and online tests, and refer interested individuals to a national toll-free telephone number.

To learn more, visit <https://suicidepreventionlifeline.org>

## Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

**Suicide Is Preventable.**

**Call the Lifeline at 1-800-273-TALK (8255).**

**With Help Comes Hope**

## 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.](#)



### About Us!

 @mmhscounselors

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