

# School Counseling Newsletter

Mercy McAuley High School

## Save the Date!

**September 24, 2020:** Mercy Day!

**September 25, 2020:** Registration Deadline for October ACT Test Dates

<http://www.act.org/content/act/en/products-and-services/the-act/registration.html>

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

*More information coming soon*

**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

## Knights of Columbus Ohio Charity Foundation, Inc.

\$1000 Scholarship opportunity for all high school students!

### Important Rules:

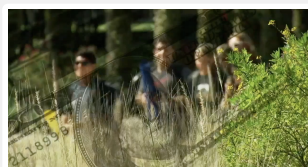
- Must be a practicing Catholic.
- Must be attending an Ohio Catholic High School.
- No more than one winner per school.
- Must include latest grade transcript.
- Application Deadline - Friday, November 27, 2020.
- Do not request a delivery receipt.

### Key Considerations:

- Financial need.

- Grade point average of at least 2.5 or higher.
- Prior scholastic honors.
- School extracurricular activities.
- Church involvement.
- Community involvement.

If you are interested, please see your School Counselor



## What to know befor...

[www.turnto23.com](http://www.turnto23.com)

The pandemic has already prompted many students to rethink their college plans, but on the financial front, there are some tips to consider if you're looking for assistance.

## College and Career

### What Happened in Tuesday TEA?

For the first time this school year the Counselor met with Juniors! Students learned about test taking Information and strategies for ACT, SAT, and PSAT. Juniors will be taking a free ACT at Mercy McAuley on February 25th and the PSAT on October 14th. Also during the hour students created their SCOIR accounts and researched different colleges and universities.

The presentation is on your student's blackboard account under "School Counseling Links" if you want to review the information.



## How Are Test Optio...

[capstonewealthpartners.com](http://capstonewealthpartners.com)

Test optional schools felt that the tests weren't doing what they were supposed to do. This year with COVID-19 the list has swelled to 1,500+ members.

## Fall 2020 Guide to the College Search in the Cincinnati Region

Over the Summer, Admissions Professionals from colleges and universities in the Cincinnati Region met with counselors from a variety of high schools to discuss what the Fall 2020 college search and visit process might look like. No one is conducting business as usual. However, business as unusual does not look the same at every college, university or high school. To help the high school counselors, parents and students navigate the variety of approaches colleges and universities are taking, the Greater Cincinnati Collegiate Connection (GC3) developed the Fall 2020 Guide to the College Search in the Cincinnati Region. It includes contact information, what type of visits one can expect and arrange, testing requirements and application deadlines for any GC3 member college or university engaging

with high school students. The guide also includes a link to the [GC3 Degree Finder](#) which offers counselors, parents and students access to information on over 2000 programs offered at the 17 GC3 colleges and universities.



Fall 2020 Guide to the College Search in the Cincinnati Region.pdf

[Download](#)  
1.2 MB



## Virtual College Exploration

Your OACAC and StriveScan team have launched the student registration for a jammed packed virtual experience like no other!

- College and Universities representing 28 states and 6 countries are attending!
- 170 informational sessions will be offered!
- 200 institutions - 62 from Ohio - have representatives eager to participate in this interactive virtual experience!

### How does it work?

What: Attend FREE 45 minute virtual sessions on a variety of college topics via individual Zoom links. Offerings include: individual college information sessions as well as panel presentations composed of representatives from multiple organizations.

Who: All high school students, families, counselors, and advisors.

Dates: September 14 - October 1 and October 26 - November 1

All sessions will be secure. Your information will only be shared with the college/organization leading the session that you are attending. [Visit this page](#) for more information.



# Jesuit Excellence Tour

September Virtual Jesuit Excellence Tour (JET)  
3-7 p.m. CST Wednesday, Sept. 23

October Virtual JET  
1-5 p.m. CST Sunday, Oct. 11

November Virtual JET  
3-7 p.m. CST Thursday, Nov. 5

For up-to-date event and registration information visit:  
[ajcunet.edu/jet-tour](http://ajcunet.edu/jet-tour)

## 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**

**Academic**



<b>5 Tips To Keep Your Notes Organized</b>	
<b>Prepare</b>	Don't be scrambling for a pen and paper. Go to class with all your materials ready.
<b>Organize</b>	Keep your notes for each class in one place. Use a binder, duotang, or multi-subject notebook to keep notes together. Remember to include a place for any loose handouts.
<b>Label</b>	Use dividers to separate each class into sections by unit or topic.
<b>Chronology</b>	It can be tempting to shove your notes into your binder after a long class, but take the time to ensure that they are in the correct order. Better to take the time now rather than search for them when you need to study.
<b>Maintain</b>	Go through your binder or notebook weekly to ensure that there are no loose papers and repair any that may have ripped.

## 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**

## SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



Uncontrollable worry or dread



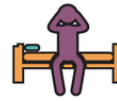
Stomach and digestion problems



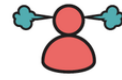
Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

## Mental Health During COVID-19: Signs Your Teen May Need More Support

The stress, fear and uncertainty created by the [COVID-19](#) pandemic can wear anyone down, but [teens](#) may have an especially tough time coping emotionally. Feeling [depressed](#), hopeless, [anxious](#), or angry during the COVID-19 pandemic may be signs they need more support during this difficult time.

[Click here to read the article.](#)



### Wysa Phone App

Imagine a mood tracker, mindfulness coach, anxiety helper, and mood-boosting buddy, all rolled into one. Wysa, your happiness buddy is that friendly and caring chatbot. Wysa is packed with daily spiritual meditation that improves mental health and is also a perfect way to bond over family meditation. Always there for you when you need someone to talk to, Wysa helps you keep track of your mood with friendly chats and helps fight stress and anxiety with its proven techniques and calming meditation and mindfulness audios. Checking in with Wysa regularly will improve your emotional health so you can track your happiness and mood. Talk to Wysa now and psy yourself up to fight off stress. Also, Wysa has mental health assessment with depression and anxiety tests.

[Click here](#) to read the Article from Cincinnati Children's

## 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) 636-4104**

- 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

6000 Oakwood Avenue, Cincinnati...

(513)681-1800

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