

School Counseling Newsletter

Mercy McAuley High School

Save the Date

December 17, 2021: 1st Semester Ends

December 20-January 4, 2022: Christmas Break

January 4, 2022: First day of second semester

January 7, 2022: ACT registration deadline for February 12, 2022 test date

January 12, 2022: CCP Night at Mercy McAuley High School

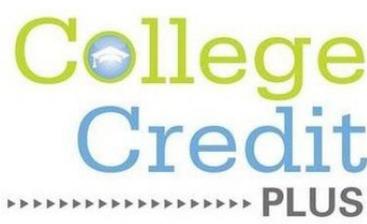
See Below for more details

The last newsletter had the wrong date for this event. January 12 is the correct date for our CCP Night.

January 4, 2022: 2nd Semester Begins

January 10-14, 2022: MAP Testing Week

COLLEGE AND CAREER

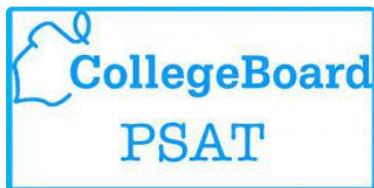


CCP NIGHT AT MMHS

Students and parents are invited to attend a College Credit Plus Information Night on Wednesday, January 12th at 7pm in the MMHS cafeteria. If you have interest in CCP, it is important to understand procedures for registering, as well as the expectations and implications of taking CCP courses. College Credit Plus is the state of Ohio's higher education program that provides students in grades 7-12 the opportunity to earn college and high school credits at the same time by taking courses from Ohio colleges or

universities. Families must be residents of Ohio in order to participate in College Credit Plus Programs.

FLYER AT END OF NEWSLETTER



JUNIORS AND SOPHOMORES PSAT RESULTS

PSAT results will be available online beginning Tuesday December 7. Students should go to:

<https://studentscores.collegeboard.org/home>. [CLICK HERE](#). If they do not have an account, they will need to create one. Most juniors should have an account.

Parents should go to the following website to learn more about PSAT results and how to help your student.

<https://parents.collegeboard.org/college-board-programs/psat-nmsqt>. [CLICK HERE](#)

Contact your daughter's counselor with any questions.



PREPARING FOR COLLEGE

With depression and anxiety on the rise, students need emotional problem solving skills to handle the challenges of a new social and academic environment. Here are skills to teach and practice before they leave home from childmind.org.

[Click Here](#)

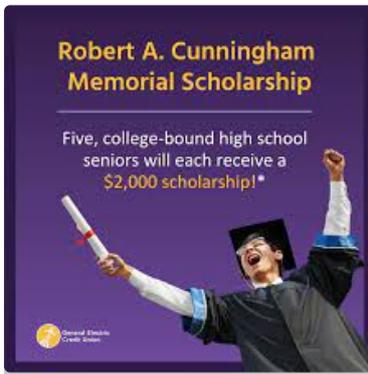


HAS YOUR STUDENT BEEN ACCEPTED TO COLLEGE OR RECEIVED A SCHOLARSHIP?

Please remind your student to send her acceptance letters and/or scholarship letters to her counselor! She can forward the emails or bring a hard copy in. We keep a record for graduation and end-of-year activities.

Tell your students to keep up the hard work; they are almost to the finish line!

SCHOLARSHIPS



25th ANNUAL ROBERT A. CUNNINGHAM MEMORIAL SCHOLARSHIP

We're offering five \$2,000 scholarships to college-bound, high school seniors who exemplify the spirit of volunteerism.

Completed applications are due by Tuesday, January 11th.

DETAILS AND APPLICATION AT END OF NEWSLETTER



BUTLER RURAL ELECTRIC COOPERATIVE SCHOLARSHIP

Butler Rural Electric Cooperative has many opportunities for local high school students. The cooperative offers scholarships to high school seniors and sends high school sophomores and juniors on the annual Youth Tour trip to Washington, D.C. These opportunities are available to the children of Butler Rural Electric Cooperative members, which means the student's parents or legal guardians must receive electric service from Butler Rural Electric Cooperative. Click below and refer to flyer at the bottom of this newsletter for more details.

[Click Here](#)

VIETNAM VETERANS OF AMERICA CHAPTER 10 SCHOLARSHIP NOTICE

Vietnam Veterans of America Chapter 10 is accepting applications for its annual scholarship program available to students from the Greater Cincinnati area who are pursuing their education beyond high school. These scholarships are available to veterans and their immediate family members/dependents. Click below and refer to the form at the bottom of this newsletter for more details.

[Click Here](#)



THE GIBLER TEAM FOUNDATION - FOR ALL GRADE LEVELS

Walt Gibler and The Gibler Team will be giving out Scholarships for (2022-2023) tuition to students who have endured a disease or disabilities. Applicants will have to submit an essay online about how this disease or disability has challenged them and how they not only survived but thrived despite this challenge. The essay should be between 350-450 words. Essays will be due 1/28/22 and winners will be announced in mid February.

[Click Here For More Information](#)

GEORGE S. & STELLA M. KNIGHT ESSAY CONTEST

[Details here](#)

MAMIE EARL SELLS SCHOLARSHIP

[Details here](#)

JOHN F. KENNEDY PROFILE IN COURAGE ESSAY CONTEST

[Details here](#)



OHIO TOWNSHIP ASSOCIATION COLLEGE SCHOLARSHIP PROGRAM

The Ohio Township Association Scholarship Program began in 2005. Many years prior to this, former board member Paul Smith and his wife, Ethel, gave the initial donation to the OTA Scholarship Fund, providing the groundwork for future scholarships. The scholarships are also funded by donations from County Township Associations, personal gifts, and proceeds from the OTA's annual golf outing.

Today, four \$1,500 scholarships are awarded annually. Among other requirements, applicants must be a high school senior planning to attend a two or four-year Ohio college or university.

Wondering if you reside in a township? Consult your local County Auditor's website and input your home address in the property search function to obtain tax and property details. **If you're looking for your local township officials,** contact your County Board of Elections.

For more information or if you have questions, please call the OTA office at (614) 863-0045.

The Complete Guide to Scholarship Hacks   bpd
Young Park

HACK #1  Keep a MASTER LIST of ALL the scholarships you ever apply to.

HACK #2  Gather the resources before starting the applications.

HACK #3  Ask for letter(s) of recommendation (LOR) before you need them.

HACK #4  Identify and "categorize" the scholarships.

HACK #5  Recycle essays.

HACK #6  Save every single essay you've ever written and date them.

HACK #7  Target small, local, or branded scholarships.

HACK #8  Don't treat it like a lotto.

HACK #9  Remain hopeful and positive.

HACK #10  Don't feel entitled.



OHIO MEANS JOBS CAREER CLUSTERS

GREAT PREPARATION FOR OUR 'CAREER DAY' COMING UP ON
MARCH 18, 2022:

Explore various Career Clusters on our **Ohio Means Jobs Website**. It will help your student get a better understanding of their career options. There are also live chats with personnel who will help your student plan and make informed decisions that will drive her success!

Career Cluster

[Details here](#)



WHAT HAPPENED IN TUESDAY TEA?

Counselors met with Freshman: Learning Styles and Test Preparation

Since various students have different learning styles, it is important that they use different study techniques during test prep. Students considered what type of learner they might be. We then asked, "With which kinds of methods do you learn best?" Once students figure out their learning style(s), they can then adapt their study methods accordingly. We looked at ways each type of learner can consider guiding their prep.

ACADEMIC

TIPS FOR BACK TO SCHOOL

1

USE A PLANNER

2

DON'T OVERCOMMIT YOURSELF

3

GET ENOUGH SLEEP

4

KEEP YOUR TECHNOLOGY CHARGED

5

GET ORGANIZED

6

KEEP TRACK OF YOUR GRADES

ACADEMIC HELP

Need extra help in a class or interested in learning new study skills? Check out the document below that includes 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



HOW TO SUPPORT A FRIEND WITH MENTAL HEALTH CHALLENGES

What to do when a friend turns to you to vent, unload, and ask for backup. How to be a supportive friend while still taking care of yourself, too.

From childmind.org

[Click Here](#)

5 Tips To Manage Holiday Stress

1



Keep It Simple

- Do Less and Enjoy More
- Establish a Budget for Gift Giving
- Make Homemade Gifts
- Start a Family Gift Exchange

2



Forget About Perfection

- Stick to Your Daily Routine as Much as Possible
- Plan Ahead
- Make Lists of Tasks and Errands
- Prioritize What You Want to Accomplish
- Keep Old Holiday Traditions That You Enjoy
- Add New Holiday Traditions to the Old Ones
- Slow Down and Enjoy the Season
- Don't Fret If You Can't Do It All!

3



Attend to Your Self-Care

- Don't Overindulge on Food and Alcohol
- Maintain a Healthy Diet
- Exercise - Even a Short Walk is Helpful
- Take 10 Minutes for Quiet Time When Needed
- Get Enough Sleep
- It's Okay to Say "No" to Requests
- Ask for Help When You Need It

4



Acknowledge Emotions & Feelings

- Holiday Time Can Make You Happy
- Holiday Time Can Make You Sad
- Holiday Time Can Bring Frustration
- Holiday Time Can Be Lonely
- Ride the Wave of Holiday Emotions
- Reach Out To Friends, Family, or a Counselor For Support
- ALL EMOTIONS ARE VALID

5



Focus on Kindness and Gratitude

- Enjoy Time With Family and Friends
- Pick Your Battles When Tensions Are High
- Donate Money or Time to Charity
- Practice Acceptance, Forgiveness, & Gratitude

 JanieMcMahan.com

TIPS FOR COMMUNICATING WITH YOUR TEEN

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

STUDENT PROGRAMS AND OPPORTUNITIES



SAFE HOLIDAY VOLUNTEER OPPORTUNITIES

VolunteerCrowd lists the best student holiday service projects to support community members during the pandemic. Make an impact from a safe social distance. blog.volunteercrowd.com.

[Click Here](#)



Bank of America Student Leaders

Since 2004, Student Leaders has been part of Bank of America's ongoing commitment to youth employment and economic mobility. Our goal is to help prepare a diverse pipeline of community-minded young students to be successful in the workforce through leadership training and work experience.

Through our Student Leaders® program, we annually connect more than 300 community-minded high school juniors and seniors from nearly 100 communities to employment, skills development and service.

If you or someone you know is a current junior or senior in high school and have a passion for improving the community, please join us for an information session to learn more about the application process and program details. This session is open to prospective applicants, parents, guardians, guidance counselors and advisors.

SEE ATTACHMENTS AT BOTTOM OF NEWSLETTER



THE REYNOLDS YOUNG WRITERS WORKSHOP AT DENISON

The Reynolds Young Writers Workshop at Denison is an energizing 8-day program for motivated high school students (rising juniors and seniors) who love to write. For over 25 years, the Reynolds Workshop has brought together young writers who are passionate about writing and eager to connect to a close-knit community of writing friends. The workshop is held each June on the beautiful campus of Denison University, a leading liberal arts college, in the village of Granville, Ohio.

[Click Here to Learn More](#)

Ball State Interior Design Summer Workshop

For the past thirteen years Ball State's Interior Design program has offered high school workshops/camp experiences where high school students of all levels learn about interior design in a hands-on way. The workshop explores fundamentals of 2D and 3D concepts, basic drawing and illustration skills, use of color and light effects, and how interior environments affect human behavior. This inclusive program seeks to blend tradition and innovation in creative learning.

At the end of the workshop, students have new friends, new perspectives, and a personal portfolio full of ideas!

This year we will be offering four flexible workshops:

- Two ten day on-campus workshops during the summer
- Two three week on-line workshops during the summer

Registration for summer Youth Interior Design Forum is now open.

About 80 percent of college students in the United States end up changing their major at least once, according to the [National Center for Education Statistics](#). Participation in this workshop will help your student build an art portfolio, help them make their final decision about declaring "interior design" as a major and also help them with a smooth transition to college after this exciting campus experience. Further, we will waive a required elective course for them, if they participate in the workshop and get admitted to Ball State University to study [Interior Design](#).

Murray State University's Commonwealth Honors Academy

June 4, 2022-June 25, 2022

The Academy brings together 120 rising high school seniors from Kentucky and the surrounding region for three weeks for an exciting, challenging academic enrichment program. Upon the completion of the academy, students will

- Receive 6 hours of honors level university study credit
- Have the opportunity to take an additional six hours of tuition- free university courses at Murray State University during their senior year
- Be awarded a four-year \$2,000 renewable housing scholarship to attend Murray State University

To qualify for the academy, students must have

- A completed Junior year of high school
- A composite ACT of approximately 25 (or equivalent on the SAT) and a 3.5 GPA on a 4.0 scale
- Other credentials, such as community service, such as community involvement, class rank, and teacher recommendations that are taken into consideration in the selection process

The student application deadline is March 15, 2022

NOW HIRING

[Twin Towers – Life Enriching Communities](#)

[Wicked Good – Pub and Grill](#)

[Oak Hills Works: Various Part-time and Seasonal jobs](#)

[Ohio Living Llanfair – after school servers for independent living dining halls](#)

[Perfect North Slopes](#)

[Cincinnati Zoo – Food Sales](#)

[Hillebrand Nursing & Rehabilitation Center](#)

Walgreens - see "Customer Associate Recruiting Flier" at Bottom of newsletter

STANDARDIZED TEST PREP OPTIONS

- ACT Academy : <https://academy.act.org/>
- A+ Tutoring: <https://www.aplustutoring-testprep.com/>
- Academic Insights: Kathleen Kuhn <http://www.academic-insights.com/>
- Club Z: www.clubztutoring.com/Cincinnati

- Education for Testing (Martha Geller): http://www.educationfortesting.com/_v2/
- Inspirica: www.inspirica.com
- Kaplan Test Prep: <https://www.kaptest.com/>
 - o SAT® PLANS CHANGED? KAPLAN'S GOT YOU COVERED! They are offering full access to SAT® Prep On Demand for 1 month, for free.
 - § What's Included: Instructional videos on test content, strategy, and more, Practice questions and explanations, Quizzes throughout each lesson, so you'll always know if you're on track
 - § Full access for 1 month—free
 - § <https://www.kaptest.com/sat/free/sat-on-demand-trial>
 - o
- Khan Academy: <https://www.khanacademy.org/>
- Constance Gorman: <http://www.mycincymentor.com/>
 - o Tutors math, chemistry, ACT, and SAT
- NKY Tutoring: www.nkytutoring.com
 - o Focuses on the math section of the ACT
- Ohio Means Jobs: <https://jobseeker.k-12.ohiomeansjobs.monster.com/assessments/home.aspx>
 - o PSAT, ACT, SAT, ASVAB, and AP
- Torch Prep: <https://www.torchprep.com/>
- Townsend Test Prep: <http://www.townsendtestprep.com/>
- Ace Test Prep: <https://www.acetestprepcincy.com/>
 - o Two Elder/St. X teachers, Brett Currin/Julie Brandel offer a course for Catholic high school students

· Multiple ACT and SAT help applications are available for your smart phone. These are to be used to improve your weaknesses, additional practice, and to change up your study routine.

o Magoosh (good for memorization), ACT and SAT flashcards

§ <https://magoosh.com/>

Khan Academy App

The Grading Game (good for writing)

Math Brain Booster (good for math)

ACT online Prep

ACT prep by Ready4

ACT Prep Coach & Practice Test / ACT Test Prep, Practice, and Flashcards



About Us!

 @mmhscounselors

 6000 Oakwood Avenue, Cincinn...  (513)681-1800

 mercymcauley.org/current-fam...



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135.1 KB



Bank of America Printable 2022 SL Poster.pdf

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Customer Service Associated - Recruiting Flyer.pdf

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21-22 Flyer_Robert A Cunningham.pdf

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21-22-New-Student-Application.pdf

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CCP Night, 2022.pdf

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Butler Rural Electric Flyer PDF.pdf

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