

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 7, 2020: Labor Day, No school

September 13, 2020: Virtual College Fair

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>



“Back” To School: College ...

www.forbes.com

As the academic year rapidly approaches, there are steps that college-bound high school seniors can take to be prepared for admission applications—whether they will be learning remotely or in-person.

College and Career

ONLINE COLLEGE RESEARCH RESOURCES

- [ACTstudent](#)

- [Bigfuture](#)
- [Collegeboard](#)
- www.nces.ed.gov/collegenavigator/
- [Niche](#)
- Studentaid.ed.gov



- **Ohio Public Universities Booklet:** Can be found on Blackboard under School Counseling Links in *College Pit Stop*
- **Counselors Guide, Ohio Independent Colleges and Universities:** Can be found on Blackboard under School Counseling Links in *College Pit Stop*
- **College Super Match:** can be found on Naviance. All Seniors had the opportunity to complete a Supermatch in March but students are able to do this more than once!

College Tours- School Policy

ATTENDANCE POLICY FOR COLLEGE VISITS FOR MERCY MCAULEY STUDENTS

Juniors and seniors are encouraged to schedule official college campus visits in order to gain firsthand knowledge of what the many different types of colleges/universities have to offer. We strongly advise that students use days when school is not in session (such as teacher professional development days or school breaks) to schedule official college campus visits. Additionally, juniors and seniors are permitted to have no more than 3 absences excused for college visits (per school year). To help ensure that these types of absences are marked excused:

- Student must forward a college visit confirmation email from the college to the student's high school counselor at least one week prior to the visit.
- Upon returning to school after the visit, student must provide a note from the college or a copy of the college visit itinerary to the attendance office.
- Students are expected to notify their teachers of the absence at least one week prior to the visit and are responsible for completing any missed assignments in a timely manner.
- Absences after April 30th are not marked as excused for college visits.
- If a sophomore has a specific interest or need in taking an official college campus visit on a school day prior to junior year, they must speak with their high school counselor for information and obtain excused attendance approval at least one week prior to the visit.



College Tours- Virtual

Learn about our area colleges & universities from the comfort of your home! This is just a sampling of the resources available online - most institutions are providing campus tours and information sessions virtually.

[Cincinnati State](#)

[Miami University](#)

[Mount St. Joseph University](#)

[Northern Kentucky University](#)

[Ohio State University](#)

[Ohio University](#)

[University of Cincinnati, Clifton](#)

[University of Cincinnati, Blue Ash](#)

[University of Dayton](#)

[Wright State University](#)

CORONAVIRUS UPDATES FROM COUNSELORS

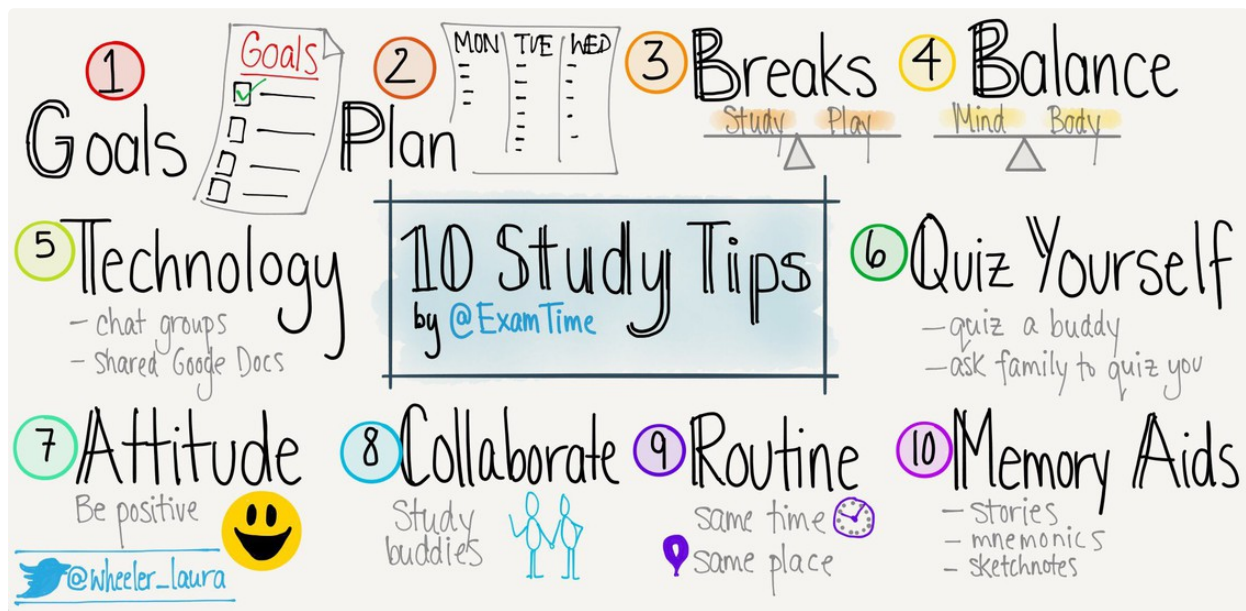
The Counseling Department is posting all updates we receive regarding changes to deadlines and policies related to COVID-19 in the document linked below. Please bookmark the link below and reference for the most up to date information.

The topics so far include:

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

Coronavirus Updates

Academic



Dual Credit offered through Mount St. Joseph University

MSJ is offering us 6 seats in an Introduction to Sports Management class second semester. This would take place during TEA and students would need to provide their own transportation to MSJ. For more information about this class, please see your school counselor.

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 Resources

Social Emotional

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

A spiral-bound notepad with a white page and a black border. The page is titled 'SELF-CARE CHECKLIST' in bold, black, uppercase letters. Below the title is a list of 14 self-care activities, each preceded by an empty square checkbox. The notepad is set against a light orange background.

SELF-CARE CHECKLIST

- ☐ Plenty of Sleep
- ☐ Eat Healthy
- ☐ Exercise
- ☐ Meditate
- ☐ Take a Bath
- ☐ Read a Book
- ☐ Take a Deep Breath
- ☐ Cook
- ☐ Watch Your Favorite Show
- ☐ Dance
- ☐ Drink Some Tea
- ☐ Listen to Music
- ☐ Try a New Hobby

counseling.org



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.](#)

COUNSELOR STUDENT ASSIGNMENT & CONTACT INFORMATION

Ms. Brittney Clarke: students with the last name beginning with A-G

Phone: 513-681-1800 ext. 1117

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Mrs. Kristina Schwartz: students with the last name beginning with H-O

Phone: 513-681-1800 ext. 1123

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Mrs. Caroline Rieth: students with the last name beginning with P-Z

Phone: 513-681-1800 ext. 1127

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Mrs. Cindy Meyer: Student Services Assistant

Phone: 513-681-1800 ext. 1153

meyerc@mercymcauley.org



Meet Ms. Rack!

Ms. Rack is a graduate student at Xavier University and will be joining us for the entire school year! During the first semester Ms. Rack will be here all day on Tuesdays and Wednesday Mornings. Next semester she will be at school all day, every day. We are very excited to have her with us this year!

[*View Previous Newsletters Here!*](#)



About Us!

 @mmhscounselors


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 mercymcauley.org/current-fam...



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