

# School Counseling Newsletter

Mercy McAuley High School

## Save the Date!

**September 24, 2021:** Mercy Day!

**September 17, 2021:** Registration Deadline for October ACT Test Dates

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

**October 5, 2021:** College Information/Financial Aid Night at Mercy McAuley

*More information coming soon*

**October 8, 2021:** Registration Deadline for November 6th SAT test date

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

**October 23 2021:** October ACT test dates

**October 8, 2021:** End of the first quarter

**October 13, 2021:** Sophomores and Juniors: PSAT/ Freshman: In-school retreat/ Seniors: College Visit Day

*More information coming soon*

**October 15, 2021:** 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 26, 2021.
- 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

## ACE Test Prep

Class of 2022 & 2023 students and parents,

With the first ACT of the school year completed this past Saturday, the next one in October is fast approaching. This test may be the LAST OPPORTUNITY TO TEST FOR SENIORS depending on college application deadlines. The second ACT of the 2021-22 takes place on Saturday October 23rd, and ACE Test Prep will hold a classroom prep session at St. Xavier and Elder High Schools during the three weeks leading up to test day. These classes (Session 2) are scheduled for two nights each week from 6:30 PM to 9:00 PM. All the information needed to register for these prep classes is at

<https://www.acetestprepcincy.com/>.

Registering for the actual national ACT tests can be done at <http://www.act.org/> which is completely separate from registering for prep. THIS FRIDAY, September 17th is the soft deadline to sign up for the October ACT. There is a requirement during the ACT registration to upload a photo ID; be sure to do this step so your registration is fully complete.

Thanks and please contact us at [acetestprepcincy@gmail.com](mailto:acetestprepcincy@gmail.com) with any questions you may have,  
ACE Test Prep Staff

## College and Career

### What Happened in Tuesday TEA?

Counselors 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 March 1st and the PSAT on October 13th.

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



### Mercy McAuley College Visits

We are excited to start the process of scheduling colleges to come visit us here at Mercy McAuley. We are accepting in-person and virtual visits at this time. Juniors and Seniors have been given information via email and Blackboard.

**The current visits ready for RSVP's are found on an attached excel sheet called "MM College Visits" at the bottom of this newsletter.**

### College Visit Protocols:

1. For juniors and seniors only
2. Located in Room 27
3. Bring your lunch
4. 15 students max per visit
5. You will see the visit advertised in several places. Only RSVP in one place and one time
6. **How to RSVP:** If the visit shows up on your SCOIR account, RSVP there. If it does not, RSVP Mrs. Horvath. Students who listed the visiting college on their 'My Colleges' list in SCOIR will get both an email and an in-app notification which you can use to register for that visit. Most visits will also be visible on your SCOIR Dashboard under 'Upcoming Visits and Office Hours' and will appear as a notification in your SCOIR Message Center. Students not seeing any of this on SCOIR, can RSVP Mrs. Horvath at [horvathd@mercymcauley.org](mailto:horvathd@mercymcauley.org)
7. Students can download the SCOIR mobile application (iOS) to receive push notification reminding you of the upcoming visit.

See your counselor if you have additional questions.

## Fall 2021 Guide to the College Search in the Cincinnati Region

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 2021 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 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.

### College Search in the Cincinnati Region



## Virtual College Exploration

Your OACAC and StriveScan team launched student registration for a virtual experience.

Questions about registration or the format can be directed to:

Format – email StriveScan: [help@strivescan.com](mailto:help@strivescan.com)

Registration – OACAC College Fair Committee Chair: [raeanndibaggio@case.edu](mailto:raeanndibaggio@case.edu)

## 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.

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## 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



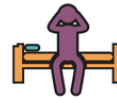
Stomach and digestion problems



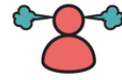
Trouble with concentration, memory, or thinking clearly



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:

- 281-CARE (2273)
- Text 4HOPE to 839863

- You can also call **911** or Hamilton County Sheriff's Office at **513-946-6400**

## Mental Health Resources



MM College Visits.xlsx

[Download](#)  
10.9 KB



### About Us!

 @mmhscounselors

 6000 Oakwood Avenue, Cincinnati, OH 45226

 (513)681-1800

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