

School Counseling Newsletter

Mercy McAuley High School

Save the Date!

September 3, 2021: Registration Deadline for October 2nd SAT test date

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

September 5-11, 2021: National Suicide Prevention Week

September 6, 2021: Labor Day, No school

September 12, 2021: Virtual College Fair

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

September 17, 2021: Registration Deadline for October 23rd ACT test date

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

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

More information coming soon

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

College and Career

What Happened So Far?

Seniors

* Over the summer we offered 2 College Bootcamps to our seniors
* *August Senior TEA* looked at 'All things College'. Seniors received a Post-Secondary Planning Guide. This guide includes information like requesting transcripts, letter of recommendation, resumes, interview questions, NCAA, and more! Seniors also received a copy of their unofficial transcript.

* Seniors started individual counselor meetings about college. These will continue over the next month

Juniors



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!

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 will find scholarship opportunities

[Click here for more information](#)



About Us!

 @mmhscounselors

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 mercymcauley.org/current-fam...



Job Opportunities.pdf

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