

# Summer Workshops

For the class of 2023



## Adjusting to High School

### *Time Management & Organization*

For students and parents

Offered on two dates (*sign up for one session*):

**Wednesday, June 5** 4:00pm-6:30pm

**Monday, June 10** 4:00pm-6:30pm

Discover the best ways to adapt to life as a high school student! The counseling staff will share helpful information and provide tools that will assist with a smooth transition to the freshman year.

- Time management (balancing time with school work, activities, social life, family obligations, etc.)
- Eliminating distractions (active listening, self control)
- Prioritization
- Organization and the rotating schedule
- Adjusting to the social climate
- Exploring students' learning styles & study techniques
- Self-advocacy for students
- Effective communication
- Utilizing resources

**This workshop received a 5 out of 5 rating from the 2018 attendees!**

## Curriculum Discussion

### *How to maximize the next four years*

For students and parents

Offered on two dates (*sign up for one session*):

**Wednesday, June 12** 4:00pm-6:30pm

**Monday, June 17** 4:00pm-6:30pm

Start the process of creating your individualized four year plan that we will build on throughout your four years here. This workshop builds off of the information covered during scheduling night.

- Start your four year plan
- Learn more about what colleges are looking for
- Dive deeper into graduation requirements
- How to get involved
- Maximizing your service hours
- Self-reflection
- Goal setting for the year

**98% of the workshop's 2018 attendees rated the workshop as 'Excellent'!**

## Intensive Study Skills

### *Start the school year with the skills you need!*

For students

**July 31-August 2** 12:30pm-3:00pm

*Commitment to all three days required*

What does it take to be a successful Cathedral student? Come find out what skills and techniques have worked for some of our most successful students and learn ways to implement them in your classes this fall.

- Time management
- Eliminating distractions
- Establishing a routine
- Note taking
- Organization
- Metacognition
- Stress/anxiety/depression/mental health (mindfulness)
- Learning style inventory exploring students' learning styles & study techniques
- Self-advocacy skills

**22 members of the class of 2022 attended the Intensive Study Skills workshop all three days. Of those 22 students, 82% earned above a 3.0 GPA first semester, 55% earned over a 3.5 GPA and 27% earned between a 3.0 and 3.5 GPA!**

Registration is available online at [www.gocathedral.com/scworkshops](http://www.gocathedral.com/scworkshops)

## School Counselor Summer Office Hours

*Our school counselors have flexible summer office hours during the month of June to fit your needs. Contact the Counseling Department to schedule an individual meeting.*



### Reasons to meet with your school counselor:

- Learn more about Cathedral's academic level system
- Find out how to drop or add courses
- Discover available mental health resources
- Discuss special circumstances that families want counselors to know before school starts
- Get a head start on college planning

### Coming soon!

School Counselor (A-G)

#### Ms. Sarah Ehlich

Mental Health Counselor

317.968.7442 • sehlich@gocathedral.com

#### Ms. Erin Bethuram '97

Registrar

317.968.7357 • ebethuram@gocathedral.com

#### Mrs. Mary Hemer '09

School Counselor (O-Z)

317.968.7440 • mhemer@gocathedral.com

#### Mrs. Anne Katz

Director of Counseling/

School and College Counselor

317.968.7322 • akatz@gocathedral.com

#### Mr. Terry Knaus

College Counselor (A-G)

317.968.7318 • tknaus@gocathedral.com

#### Ms. Kathy Pivonka

College Counselor (H-N)

317.968.7351 • kpivonka@gocathedral.com

#### Mrs. Gretchen Watko '00

School Counselor (H-N)

317.968.7323 • gwatko@gocathedral.com



Cathedral's counseling office provides a caring, developmentally-appropriate, preventative, and comprehensive counseling program that integrates Holy Cross values and supports students in achieving their academic, social/emotional, and personal goals. Cathedral's counselors offer guidance in a nurturing environment for all students in our diverse population. Our goal is to ensure our students develop a healthy sense of self and relationships with others, preparing them for lives of leadership, faith, and service.