

Dear MC Community,

It is amazing to think that only a week and half has gone by since we began our new normal of social distancing. In our conversations as the school counseling team, we have all expressed how much we miss seeing our students daily. As we adjust to our distance learning platform, please know that School and College Counseling is up and running and here for you.

### **Current Program Highlights:**

- **Support:** Please reach out to your school counselor if you need any support. We are available for video conferences, audio conferences, and emails. This a difficult time and many are having heightened anxiety without their standard routines We would like to remind all students to make a schedule and stick to it for weekday activities! Give yourself a wake-up time, school time, and exercise time. Reach out to at least one friend or family member daily to check in and keep your connections close. Enforce a bedtime and get off your screens when you can.
- **Course Selection:** We are ready to begin course selection meetings for the **Girls Program**. Students should check their email for how to set up an appointment with their counselor to see their academic placements and make elective choices. Don't forget to review the course catalogue before the meeting to consider elective options: <https://www.maldencatholic.org/academics/course-of-studies> We will email to start scheduling course selection meetings with students in the **Boys Program** early next week.
- **Seniors:** Most of the college admission decisions will be coming in between now and April 1. Please log into your Naviance account and update your account with acceptances, denials, and waitlist information. Many colleges will only be emailing or updating their portals with admission decisions. Do not expect to get a letter in the mail. As you make your final college choice, please email your counselor with that decision. If you are struggling to decide, please reach out to your counselor and we will help you weigh your options. Please note that the college counseling community believes that waitlists may be much more fluid this year – meaning that if you are offered a waitlist spot at a top school for you, you may want to remain on the list. That said, all students should deposit at one college where they have been accepted on or before the deposit deadline. Keep your eye out for information regarding the deposit deadline. Some schools have extended it past the typical May 1 date.
- **Juniors:** It is important to keep up your college research. Last week, we sent a video regarding how to do a thorough search of a college website with a form to help you keep track of the information you glean. Please find this (growing) list of colleges that offer virtual tours with other notes including unique facilities available, location, size, residential versus commuter population, and a link to their videos: <https://tinyurl.com/u768vby> Many thanks to Rebecca Chabrow, a college counselor in the Philadelphia area for creating and sharing. In addition, School Counseling will be in touch to work on your college essays that you wrote and submitted to Mr. Cleary.
- **Sophomores:** Unfortunately, we had to cancel our Career Day, which was originally scheduled for April 2. However, we wanted to give you a taste of Career Day with this fun Career Madness

bracket:

[https://docs.google.com/spreadsheets/d/1od7sYpQzSqelo2fCtv\\_kGBrkeSZxPTgEo9dljE4SkqE/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1od7sYpQzSqelo2fCtv_kGBrkeSZxPTgEo9dljE4SkqE/edit?usp=sharing) Clicking on each career in the bracket will take you to the US Bureau of Labor's fact sheets on those jobs. Make a copy of the bracket so you can fill it out on your own. What career won your Career Madness bracket? Many thanks for Barry Goldman, school counselor at Grayslake Central High School in Illinois for creating this activity and sharing with us. There are lots of careers beyond the 64 featured in this bracket. You can explore more on the Labor Bureau's website or go to the Career page on your Naviance account. One favorite assessment tool for careers called "Do What You Are" is related to the Myers-Briggs personality inventories.

- **Ninth grade students:** Br. Dan will be reaching out via email to see if you need support. Ms. Oates and Ms. Scimone will be doing a check-in as part of the course selection meeting process.

School Counseling is here for you. Please reach out with any questions or concerns. We encourage students to **get in the habit of checking and replying to their school email at least twice daily as that is our primary means of communication.** Our prayers are with the entire MC community and flatten the curve.

Warmly,

Your School Counseling Team: Br. Dan Cremin, Mrs. Sharon DelGenio, Mr. Matthew Lee-Masiello, Ms. Kelly Scimone, and Ms. Caitlyn Oates