

SCHOOL COUNSELING NEWSLETTER

MERCY MCAULEY HIGH SCHOOL

Save The Date

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

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 10, 2021: OPEN HOUSE

October 13, 2021: PSAT for Sophomores and Juniors, College Visit Day for Seniors, Retreat Day at Mercy McAuley for Freshman

October 15, 2021: Fall Break

October 28, 2021: Parent Teacher Conferences at Mercy McAuley
More Information Coming Soon



What Happened in Tuesday TEA?

Counselors met with Sophomores last week! We had a guest speaker from 1N5 talk to them about "Recharging and Reconnecting". It was a wonderfully engaging presentation about dealing with stress and learning about self-care. The girls had a good time and lots of laughs learning more about these timely topics.

COLLEGE AND CAREER



IMPORTANT REMINDER FOR SENIORS!!

Give your counselor all acceptance letters/emails and all scholarship offers even if you marked 'Accepted' yourself on SCOIR. We need verification of each acceptance and each scholarship. Thank-you!

COLLEGE FINANCIAL AID NIGHT AT MERCY MCAULEY

Parents of Sophomores, Juniors, and Seniors are welcome to join us on October 5th at 7:00pm in the auditorium to learn about the FAFSA, financial aid, scholarships, and grants. Students are welcome to join as well!

Masks are required.

If you have any questions please contact your student's counselor. We look forward to seeing you!

Please RSVP using this link:

[RSVP HERE](#)

Find your HBCU match

Colleges sometimes use different names for a similar major. In order for your search to be as successful as possible, you should search for similar fields. When searching for undergraduate programs, search for bachelor's degrees and minors/concentrations. The same applies for associate degree programs. Scroll through all the results as some may not appear in alphabetical order. Additionally, be certain to visit the college's website to verify that the program in which you are interested is still being offered prior to applying.



[Click here](#) to find your HBCU match!



FAFSA Opens October 1st!

As many of you are aware, the FAFSA (Free Application for Federal Student Aid) goes live on Oct. 1. Keep in mind that Oct. 1 is not the deadline for the FAFSA, but the date it opens up to allow families to complete the application. Many colleges will post their FAFSA deadline on their admissions or financial aid website page, and almost all colleges make a point to encourage families to not only complete the FAFSA, but to do so in a reasonably, timely manner.

To apply for federal student aid, such as federal grants, work-study, and loans, seniors need to complete the [Free Application for Federal Student Aid \(FAFSA\)](#). In addition, many states and colleges COLLEGE SPOTLIGHT use the, FAFSA to determine your eligibility for state and school aid, and some private financial aid providers may use your FAFSA information to determine whether you qualify for their aid, or not.

Bottom line seniors: Whether or not you feel you will qualify for federal student aid, you should fill out the FAFSA if you are planning to attend college. Some helpful links are posted below. We encourage you to attend the College Financial Aid Information Night at MMHS on 10/05 at 7pm to learn more.

The FAFSA application process works best when using Chrome and after you add FAFSA.gov to your allow list. Processing takes 3-5 days and then 1 additional business day until it's made available to the schools.

The FAFSA is FREE! If you are being asked to pay money to submit the FAFSA...you are on the wrong website!!!

[A Helpful Resource Can Be Found Here](#)
[More Helpful Instructions Can Be Found Here](#)



FAFSA-Dos-and-Donts.pdf

[Download](#)
410.7 KB

Important FAFSA Information

For the last three years, seniors have not been able to find Mercy McAuley when they search their high school name on the FAFSA application. We are working with the necessary agencies

to resolve this. NCES updates private schools every 2-3 years. There is a chance it will be resolved as of this year, but we won't be able to see and verify that until October 1st when the new application opens up. If Mercy McAuley is in the drop down menu then you simply click on our name. If we happen to still not be there, please follow these steps:

When you are asked:

From what high school did you receive a diploma?:

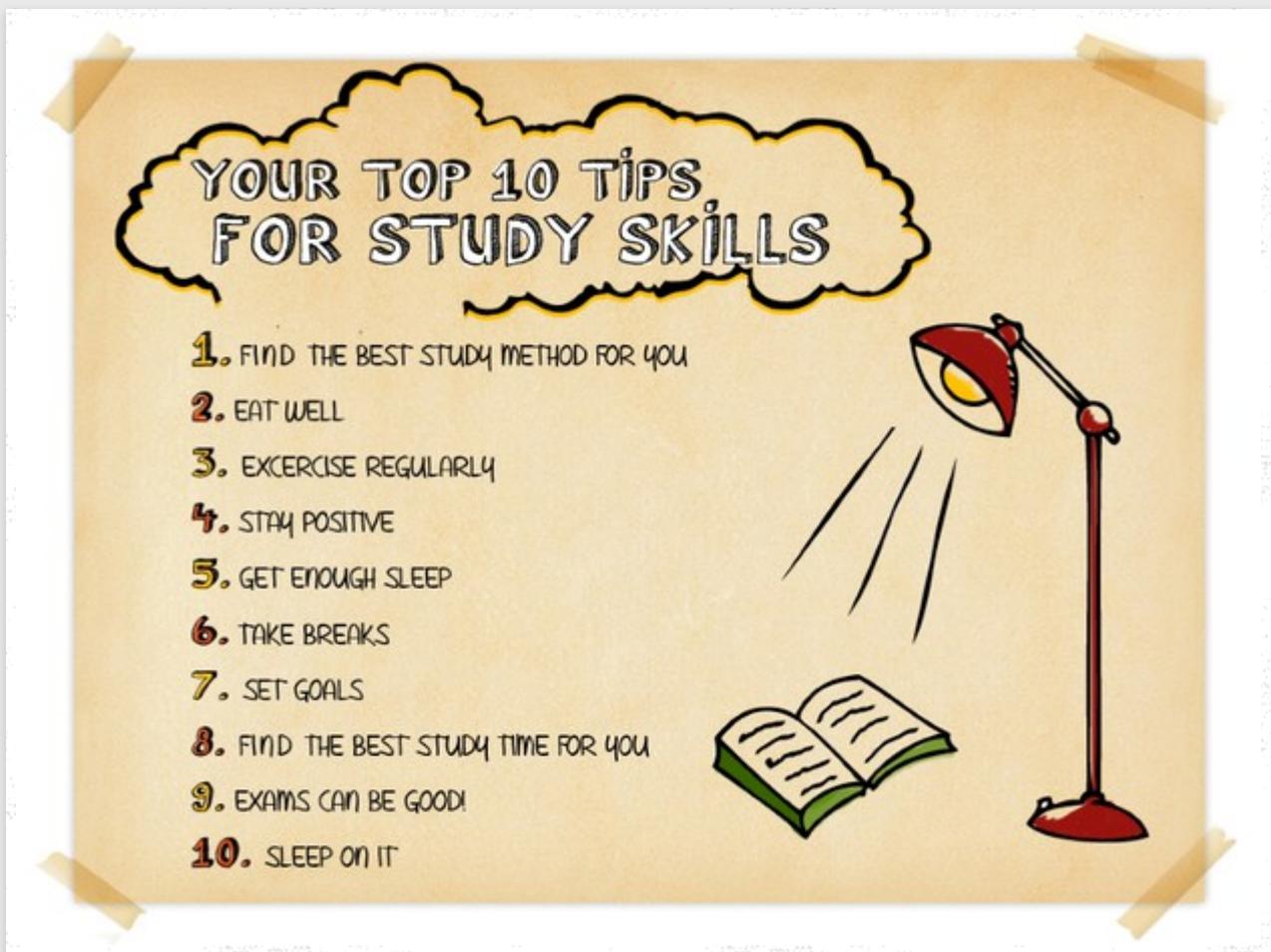
Enter Cincinnati.

Enter Ohio.

Enter Mercy McAuley High School.

Do not hit Search, hit Continue.

ACADEMIC



End of the First Quarter is Around the Corner!

The end of the first quarter is October 8, 2021. Please check your student's grades and go over any missing assignments with them. Encourage students to meet with their teachers to ask questions or receive extra help. Also, please encourage your student to reach out to her counselor if she needs help academically, personally, or socially.

[Click here](#) for good resource to research different study skills

PSAT at Mercy McAuley High School

- The PSAT = Preliminary SAT
- Students should be in assigned classrooms by 8:00 am and will be dismissed at approximately 12 Noon.
- There will be no make-up test.
- For most, it is a practice test in a standardized setting that provides helpful insight on college entrance testing strengths as well as areas that could benefit from further preparation.
- Students will receive a very detailed score report after completion.
- The PSAT is also a qualifying test for the National Merit Scholarship Program (juniors only).
- Students all across the country will be taking the PSAT on 10/13/2021.
- Students should get a good night's sleep and eat a hearty breakfast before testing.
- Students should bring (2) #2 pencils with erasers and an approved calculator.
- Seniors do not take the PSAT and do not have school on 10/13/2021. They are encouraged to work on college applications or go on a college campus visit.
- Freshmen DO have school and will have their retreat day.

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



Feeling Stressed?

Try any of these 6 free stress management applications for your smart phone today!

Smiling Mind: Meditation for all ages. Learn to eat well and stay fit to keep your body healthy, mindfulness meditation is about mental health and looking after the mind.

Headspace: Simple way to let go of stress and get a better night's rest. Learn to relax with guided meditations and mindfulness techniques that bring calm, wellness and balance to your life in just a few minutes a day.

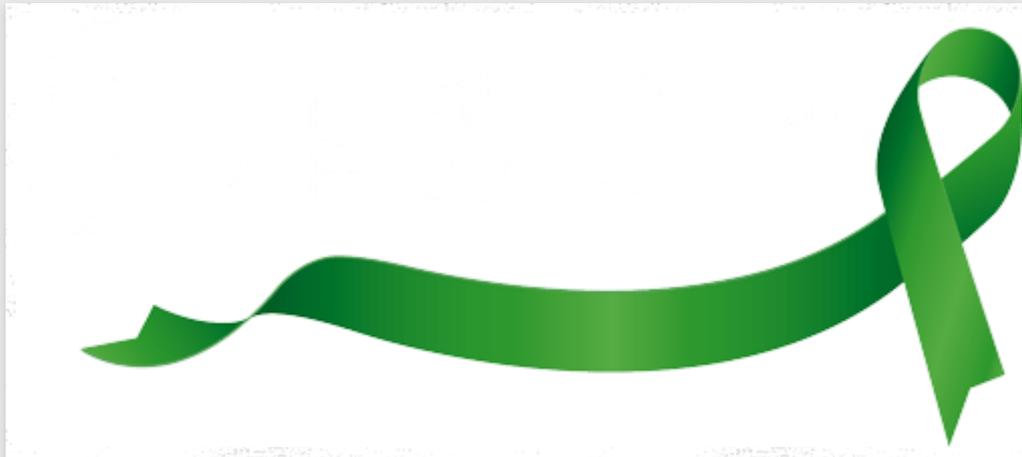
Calm: #1 app for sleep, meditation, and relaxation. Experience better sleep, lower stress, and less anxiety with the guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music.

Stop, Breathe, and think: help build the emotional strength and confidence to handle life's ups and downs. Has a unique approach that allows you to check in with your emotions, and then recommends short, guided meditations yoga and acupressure videos, tuned into how you feel

Breath2Relax: Portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practices exercises to help users learn the

stress management skill called diaphragmatic breathing.

Insight Timer: Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.



NATIONAL MENTAL ILLNESS AWARENESS WEEK

The first week in October is Mental Illness Awareness Week. During the week, the National Alliance on Mental Illness and participants across the United States raise public awareness of mental illness, its symptoms, and prevalence in society. The week is also a time when mental health organizations step up their efforts to fight the stigma of mental illness.

Recent statistics published by the National Institute of Mental Health show:

- There are an estimated 46.6 million adults aged 18 or older in the United States with any mental illness (AMI). This number represented 18.9% of all U.S. adults.
- The prevalence of AMI was higher among women (22.3%) than men (15.1%).
- Young adults aged 18-25 years had the highest prevalence of AMI (25.8%) compared to adults aged 26-49 years (22.2%) and aged 50 and older (13.8%).
- The prevalence of AMI was highest among the adults reporting two or more races (28.6%), followed by White adults (20.4%). The incidence of AMI was lowest among Asian adults (14.5%).

Since nearly one in five U.S. adults live with a mental illness, odds are, someone you know has a mental illness. They may not even know it is the cause of their suffering. There could be several reasons people are unaware. That's one of the reasons Mental Illness Awareness Week sets a goal to help people become aware of the diverse symptoms.



How to Help Your Daughter Hav...

childmind.org

It's not easy, given the pressure to be super-thin and sexy, too. Here you will find a parents' guide to raising your daughter with a healthy body image.

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

NOW HIRING!



Perfect North Slopes

If you are looking for a part-time job this winter, take a look at Perfect North Slopes! The slopes are getting ready for winter fun by accepting applications from responsible candidates age 14 and older. If you are interested, please apply online.

Click the following link for more information:

<https://www.perfectnorth.com//employment>



MOUNT ST. JOSEPH
UNIVERSITY®

SUMMIT ON TEACHING PROFESSIONS

Friday, October 22nd



Register by
September 30, 2021
by scanning the QR code

ITINERARY

9:00 a.m. - 9:45 a.m.

Sign in, Social Time,
Visiting Admissions
and Information Booths,
Light Refreshments

9:45 a.m. - 10:00 a.m.

Welcoming Address:
Dr. H. James Williams, President
of
Mount St. Joseph University

10:00 a.m. - 10:30 a.m.

Keynote Address:
Leila Kubesch

10:45 a.m. - 11:15 a.m.

Breakout Session I

11:25 a.m. - 11:55 a.m.

Breakout Session II

12:00 p.m. - 12:35 p.m.

Lunch and Tours

12:35 p.m. - 1:10 p.m.

Lunch and Tours

1:10 p.m. - 1:30 p.m.

Closing Session Survey
and Departures



INSTAGRAM CONTEST

Follow @MSJSchoolofEd and
use the hashtag #teachMSJ with
your photos from the event for a
chance to win prizes!

BREAKOUT SESSIONS *(Offered at both sessions, please pick two)*

- 1. Being an Education Major:** What does a typical day look like for an education major? What is it like to be in college? What is it like the first time being on the other side of the classroom, as a future educator? These and other questions will be answered in this breakout session by a group of current students who are majoring in education.
- 2. Project Ready!** In this session, we are going to describe a research-based early learning curriculum (Project Ready!) and the results of a research study utilizing a curriculum where children from underserved backgrounds nearly surpassed their advantaged peers in just 15 weeks. Our goal was to collaboratively create an easy to use, research-based, early learning curriculum (free) with a focus on language skills, early literacy skills, and content knowledge in order to narrow the opportunity gap.
- 3. The Relationship Between Athletic Coaching and Teaching:** Great coaches and teachers have much in common. They encourage students to try new things and value productive struggle. Both teachers and coaches support students in rethinking how learning from one's mistakes can turn into even greater, more meaningful successes. They acknowledge individual progress and affirm the power of hard work in order to encourage continued growth.
- 4. A Conversation with Leila Kubesch (2020 Ohio Teacher of the Year)** Leila helps students develop their own leadership skills, become global and civic-minded, and break away from limiting beliefs by guiding them in rising above challenges and advocating for community change. With the goal of empowering all youth, she instills a mindset of dreaming big through large-scale service-learning projects that stem from youth initiatives. The work of her students has landed in museums around the country and won national recognition.
- 5. Collaboration and Community Engagement** There's tremendous power in establishing partnerships between schools and local community organizations, especially with nonprofit or mission-driven organizations. These community partners gain enthusiastic volunteers, while students are able to engage in authentic educational experiences with the chance to affect their communities in positive ways.
- 6. Working in Schools: Alternatives to Teaching** Educators serve a variety of roles in today's schools, working together to meet students' needs. Interested in education, but not sure if leading a classroom is your vision? Join us at this session to hear from a panel of educators with a vast professional experience across different roles. Learn about the work of speech and language pathologists, school psychologists, and social workers.
- 7. Infusing DEI into Your Pedagogy and Curriculum:** Participants will learn about culturally responsive pedagogy. Culturally responsive teaching, also called culturally relevant teaching, is a pedagogy that recognizes the importance of including students' cultural references in all aspects of learning. When integrated into classroom instruction, culturally responsive strategies can have important benefits such as strengthening students' sense of identity, promoting equity and inclusivity in the classroom, engaging students in the course material, and supporting critical thinking.

**ALL PERSONS REGARDLESS OF VACCINATION STATUS MUST
WEAR FACIAL COVERINGS WHEN INDOORS ON CAMPUS**

YOUNG WOMEN IN BUSINESS

The Young Women in Business workshop is designed especially for females in grades 9 through 12

SATURDAY, OCTOBER 9, 2021 | 9 A.M. - NOON

Hosted by: Xavier University's
Fifth Third Trading Center



AT THIS EVENT, YOU CAN EXPECT TO:

- Explore business majors
- Learn about career opportunities
- Meet female students and faculty
- Discuss female role models in the business world
- Practice using business software
- Execute a mock business case
- Tour Xavier's campus and hear from an Admissions Officer





Scan the QR Code to register now!

LUNCH WILL BE PROVIDED

Contact Corrine Nykaza at nykazac@xavier.edu with any questions



MIAMI BRIDGES PROGRAM

About the Bridges Program

Miami University is proud to present the Bridges Program, an engaging experience that provides an inside look of Miami University to prospective students. This program invites high-achieving high school seniors from historically underrepresented populations, as well as students who have a commitment to promoting a deeper understanding of and appreciation for diversity, to engage with our current students, faculty, and staff. The program attracts students who represent various diverse identities – racial/ethnic, sexual orientation and gender identity, and socioeconomic.

[CLICK HERE FOR MORE INFORMATION](#)

OHIO UNIVERSITY'S SCRIPPS FIRST PROGRAM

What is Scripps First?

Having an interest in communication can mean a lot of different things—you may love writing, broadcast journalism, taking photographs, making videos, connecting people electronically, or any number of other pursuits that are related to our focus in the Scripps College of

Communication. We've found that it's not always easy for high school students to fully grasp the many opportunities available in the communication field. Many students don't even discover the programs we offer until they're already enrolled at OHIO. While any time is a good time to discover what we have to offer, we know that many students have identified an interest in the communication field as early as middle school.

We designed the Scripps First program to help connect students in middle school and high school to all the opportunities we offer. **Through Scripps First, you can develop skills, discover new technologies, and establish relationships with mentors and advisors.**

[CLICK HERE FOR MORE INFORMATION](#)



About Us!

 @mmhscounselor

 6000 Oakwood Avenue, Cincin...

 (513)681-1800

 mercymcauley.org/current-fa...

