



CRUSADER College Connection

OCTOBER 4-8, 2021 • WWW.STDOMINICHS.ORG/COLLEGE

ACT Focus



Tip of the Week: Best Practice Techniques

Why students should only practice for the ACT with real ACT questions written by the ACT, Inc., and not with fake questions written by any other company:

Since the ACT test has subtle standards that ACT, Inc. uses to design each ACT, we must only ever work with **real ACT questions** created by ACT, Inc. when we prepare! Fake ACT questions made by third party companies don't follow all the important rules and standards, so you should never use them to study or prepare for the ACT. This is why **we recommend purchasing your ACT test and answers after taking the ACT.** You can take the time to review the questions you answered correctly and incorrectly, so that you are prepared for the next ACT test.

SCOIR Information

SCOIR

- Student Profile houses personal details, academic information, test scores and achievements, and college preferences. This is read only and can not be edited by parents
- Your students college list can be displayed by clicking the MyStudent tab at the top of the page, then on Colleges & Applications. You can suggest schools for your student to look at by searching the school. Once you click on the desired school on the right hand side of the page you will see the 'suggest' icon.

YouScience

- Career assessment for students based on a skills assessment. This information cannot be viewed by parents directly. Your student will have to log in and show the details or download these to a PDF and share with you.

SCHOLARSHIP DEADLINES

October 8 AES Scholarship

October 15 Heisman High School Scholarship | Newcomer Funeral Service Group Scholarship
American Muscle Student Scholarship

THIS WEEKS COLLEGE REPS

College Reps are available at 11:10 during Empower Hour, located in the Learning Commons Classroom.

WEDNESDAY 10/6



Missouri
Science and
Technology,
Rolla, MO

- Priority App. Deadline: December 1
- Final Deadline: February 1
- Scholarship Information:
www.sfa.mst.edu/financial-aid/scholarships/undergraduate

THURSDAY 10/7



University of
Alabama,
Tuscaloosa, AL

- Priority App. & Competitive Scholarship Deadline: November 1
- Automatic Merit Scholarships: December 15
- Scholarship Information:
www.scholarships.ua.edu



LOOKING Ahead

Fall 2021

October 13

SDHS Testing Day
(PreAct & PSAT)

October 15

Oct. 23 ACT Late Registration

October 23

ACT Test Date

November 1

Priority Application
Deadline (Most Universities)

November 5

Dec. 11 ACT Registration

November 6

SAT Test Date

November 19

Dec. 11 ACT Late Registration

December 3

Dec. 11 ACT Late Registration

December 4

SAT Test Date

December 11

ACT Test Date

HELPFUL Links

COLLEGE GUIDANCE
www.stdominichs.org/college

SCOIR
www.scoir.com

SCHOLARSHIPS
www.fastweb.com | myscholly.com

FAFSA
www.studentaid.ed.gov/fafsa

COMMON APP
www.commonapp.org

NCAA ELIGIBILITY
web3.ncaa.org/ecwr3

ACT
www.act.org

SAT
www.sat.org

Alumni Spotlight

Luke Schnieders '15

Missouri S&T - Rolla, MO

BS in Civil Engineering | Project Engineer-Brinkmann Constructors



Luke Schnieders is a 2015 graduate who was a standout in both Basketball and Volleyball during his time as a student at St. Dominic. Off the court, Luke was an exceptional student who took the highest level Math and Science courses at SDHS with his focus on going into a career in Engineering. ***"It's incredible how engineering is involved in every aspect of our daily lives. From the cell phones in our pocket, to the building we're sitting in,***

to the vehicle we drive everyday, an engineer designed these things to promote the well-being and improve the quality of life of everyone."

Upon graduating from St. Dominic High School, Luke pursued a degree in Civil Engineering at Missouri S&T, earning his Bachelors in 2020. At Missouri S&T Luke was involved in Pi Kappa Alpha fraternity and the American Society of Civil Engineers. ***"I come from a family of engineers but the educators that made the curriculum interesting and hands-on also had an influence on what I decided to pursue. I've always wanted to know how and why certain things are done the way they are, and being an engineer means fully understanding and optimizing the way things work in our everyday lives."***

Currently, Luke is a Project Engineer at Brinkmann Constructors and he credits his experience and opportunities at St. Dominic for helping him reach his college and career goals. ***"Having incredible educators in the fields that I was most interested in, especially Science and Math. I felt like I had a head start when I took these classes in college. Specifically Honors Calculus and Dr. Hennekes' Honors Physics. Dr. Matusiak's Honors Anatomy class was the most structured & ran like a college course and undoubtedly best prepared me for the difficult introductory classes at Missouri S&T."***

Weekly Wellness

Amy Bauer | Wellness Counselor
abauer@stdominichs.org

Parents: 9 Tips for Helping a Moody Teenager

1. Desire for More Freedom

There is a bit of inner turmoil going on as they seek & fight for more autonomy, this can look like temperamental & unpredictable behavior.

2. Keep Calm & Carry On

Nothing good comes out of a situation where we overreact

3. Don't Take it Personally

This time is when our teens are caught in the transition between childhood & adulthood. They are dealing with hormone fluctuations.

4. Give them Space and Room to Have a Bad Day

Give them space, time to regroup, breathe & decompress after a long day.

5. Take a Look at Their Sleep Schedule

Sleep and your teen's ability to cope with life go hand in hand. If your teen is continually moody, take a look at how much sleep they are getting. Make sleep a priority. It will do their body good!

6. Take a Look at Their Diet

It's easy when overtired & stressed to grab fast food. Healthy food can help the brain make chemicals that can impact mood, attention & focus, while fast food can zap your energy. Encourage lean proteins, complex carbohydrates, fruits & vegetables that are high in minerals & antioxidants that nourish the body & have been shown to boost happiness.

7. Help them to Calm their Inner Chaos

Allow them some alone time. Teens don't want parents to fix everything, they just need a soft place to fall. Be available to listen without assumptions.

8. Sometimes it's more serious.

If your teen is irritable or sad for more than two weeks, or their moods are preventing them from participating in their usual activities, it could be a sign of a mental health concern. If you are concerned with your teen's emotions, moods or behavior, seek out a health professional to further evaluate.

9. Remember, This Won't Last Forever

Emotional ups and downs and moody behavior are part of normal development. Keep in mind that it won't last forever & parents play a big part in helping teens to navigate those unpredictable days.