



CRUSADER

College Connection

OCTOBER 11-15, 2021 • WWW.STDOMINICHS.ORG/COLLEGE

ACT Focus



Tip of the Week:

The Importance of Answer Choices

An extremely important source of information sitting right in front of you on every multiple choice question is the **answer choices themselves**. Students must ALWAYS read each ACT question completely, including the answer choices, before they start to figure out the answer. Too many people just read the question prompt, then try to solve the problem on their own. Afterwards, they check to see if their answer is reflected in the choices. This approach will make life harder for you and cause you to miss hints and clues that are right there, once you know how to look for them.

How can answer choices make a question easier?

Let's take a look at an extreme example to illustrate the point. Imagine you are taking a history test in school, and you saw this question:

(Of course, it could never appear on the actual ACT. Again, this is just to illustrate a point.)

Who was the King of Prussia during the Franco-Prussian War?

- A) Wilhelm I
- B) Purple
- C) Wednesday
- D) The Cleveland Browns

If we use our powers of deduction, we probably pick choice A with confidence. Now let's look at a slightly trickier version of the same question:

Who was the King of Prussia during the Franco-Prussian War?

- A) Wilhelm I
- B) Haloti Ngata
- C) Thomas Jefferson
- D) Nelson Mandela

In this version, all of the answers are people's names. This makes a strategic guess a little more difficult. Let's consider the answer choices as though we don't already know the answer.

- A) Sounds plausible. At the very least, there is no obvious reason to eliminate it.
- B) Seems like it's possibly wrong because we might know that Prussia was in Europe; it does not sound like a European name.
- C) Is someone from American history who was probably never the King of Prussia
- D) We may have heard of the person before, and, if so, we probably know he was a more recent figure in world history. If we know that the Franco-Prussian war didn't happen too recently, we can be pretty certain that D is not correct.

Hopefully you see that through a process of elimination and looking carefully at clues within the answer choices, you can find the correct answer.

SCHOLARSHIP Update

SDHS College Applications by the Numbers

- 89 students
- 216 applications
- 71 colleges

We encourage you to apply as early as possible. Most schools with rolling admissions accept applications on a first come, first served basis—sometimes notifying you of admission only a few weeks after you submit. Sticking to an early deadline of November, even though you don't absolutely have to, is a good guideline to follow.

SCHOLARSHIP DEADLINES

October 15 Heisman High School Scholarship

Newcomer Funeral Service Group Scholarship

American Muscle Student Scholarship

October 30 US Bank Scholarship Sweepstakes

October 31 Coca Cola Scholars Foundation

November 1 Progress 64 West

November 4 Prudential Emerging Visionaries

November 15 Elks Most Valuable Student Scholarship

November 18 Jack Kent Cooke Foundation

November 30 Soil and Water Show Me Chapter Scholarship

THIS WEEKS COLLEGE REPS

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

THURSDAY 10/14



Southeast Missouri State University, Cape Girardeau, MO

- Priority App. Deadline: December 1
- Scholarship Information: www.semo.edu/sfs/financialaid/scholarships



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

Molly May (Ream) '14

St. Louis University - St. Louis, MO
BS & MA in Communication Science & Disorders
Speech Pathologist at Troy Buchanan High School



Molly May (Ream) is a 2014 graduate who starred on the women's soccer team as a two time State Champion on the SDHS 2012 and 2013 state championship teams. Molly was a member of the National Honor Society those years as she also excelled off the field in the classroom. Molly went on to play Division I Women's Soccer at St. Louis University, but it was early in her freshman year that she really found her calling in her career path. *"At SDHS the classes were similarly set up as my program classes. SDHS offered*

a wide variety of classes which allowed me to explore career options that are not the typical Business or Medical careers. I took an interest inventory my Freshman year of college that matched me with a career in Speech-Language Pathology. I also shadowed a Speech-Language Pathologist and attended an intro class with a friend." From there, Molly went on to earn her Bachelor of Science in Communication Science and Disorders, and then her Master of Arts in Communication Science and Disorders.

Currently, Molly is a Speech-Language Pathologist at Troy Buchanan High School and Ninth Grade Center. Molly has found her career choice to be exciting and offer a very wide range of options. *"What I found the most interesting is the versatility of a Speech-Language Pathologist. I currently work in Public Education. However, a Speech-Language Pathologist can work in hospitals, rehab facilities, private clinics, in-home services, and schools. At any point in my career I could choose to go down a new path while still being an SLP."*

Finally, Molly would like to offer the following advice to our St. Dominic students that really applies to any career field and being versatile and open to new opportunities. *"Don't go into the program solely focused on leaving it as an Speech-Language Pathologist in the medical field or an SLP in the education field. I entered the program thinking I would stick to the medical field because I enjoyed the cognitive side of therapy and I came out of the program wanting to work in a high school. Keep your eyes and ears open to all of the possible paths that you can take."*

Weekly Wellness

Amy Bauer | Wellness Counselor
abauer@stdominichs.org

The 4 A's of Stress Management

The following techniques can be a lifeboat in the storm of stress and overthinking.

1. The first thing you can do is **avoid**. Simply walk away from things we cannot control. We can't control others but can change our circumstances so that we don't have to be in stressful surroundings or with stressful people. Get rid of tasks that are not a priority or delegate to others.
2. **Alter it**. Alter our environment to remove the stressor. Communicate your needs and feelings versus suffering in silence. Talk to people, negotiate, and use "I" statements to share your needs and ask for what you want.
3. **Accept it**. Validate your own emotions and own them. Acceptance can be about subtle shifts in the way we frame events. "I made a mistake and I'm not happy about it. This one event does not define me. I can learn from my mistakes and move on."
4. We do our best in the face of stress if we can **adapt**. Adapting means making more lasting changes to our worldview, goals, and our perception and expectations. Adapting to stress means we change ourselves to better cope with life. Ask yourself, "Is this a crisis or a challenge?"

– Stop overthinking by Nick Trenton