



# CRUSADER

## College Connection

March 21, 2022 – March 25, 2022 • [WWW.STDOMINICHS.ORG/COLLEGE](http://WWW.STDOMINICHS.ORG/COLLEGE)

## ACT Focus



### Tip of the Week: 25 ACT Math Concepts You Need to Know

11. In an isosceles triangle, two sides have the same length, and the angles opposite those sides are congruent.
12. The complete arc of a circle has 360 degrees.
13. A straight line has 180 degrees.
14. A prime number is any number that can only be divided by itself and 1.
15. Squaring a negative number yields a positive result.

Be on the lookout for Concepts 16-20 next week...

## SCHOLARSHIP Update

It is not too late to apply for scholarships!

Did you know you can ask for a reevaluation of your financial aid package? If the financial aid package has fallen short you can appeal or ask for a professional judgement. This may require additional documentation to illustrate your need. It is important to be open and honest about what you can afford during this process. Remember - It doesn't hurt to ask for more- all they can say is "no."

### SCHOLARSHIP DEADLINES

**March 31** Sparkling Ice Flavorful Futures

Young American Creative Patriotic Art Contest SIM St. Louis

Chapter Scholarship

**April 1** St. Norbert Knights of Columbus Ladies Auxiliary

Foundation for Fraternal Excellence

St. Charles Community College Scholarships

2021-22  
Scholarship Information

Report Earned Scholarships **HERE.**

## THIS WEEK'S COLLEGE REPS

College Reps are available at 11:10 during Empower Hour located in the Eisenbath Atrium.

**WEDNESDAY 3/22**



Westminster College  
Fulton, MO

<https://www.wcmo.edu/admissions-aid/freshmen.html>

**THURSDAY 3/24**



Maryville University  
St. Louis, MO

<https://www.maryville.edu/>



St. Louis University  
St. Louis, MO

<https://www.slu.edu/>

**WEDNESDAY 3/30**



St. Charles Community College  
Cottleville, MO

<https://www.stchas.edu/>



Fontbonne University  
St. Louis, MO

<https://www.fontbonne.edu/>

**THURSDAY 3/31**



University of Alabama  
Tuscaloosa, AL

<https://www.ua.edu/>



# LOOKING Ahead

Spring 2022

## April 2

ACT Test Date

## April 5

ACT Test - District Test

All Juniors - SDHS Test Site

Are you interested in pursuing a hands-on career?

See attached flyer to find out about an exciting opportunity to explore the following career paths:

Welding  
Surveying  
Concrete & Asphalt Mix  
Heavy Equipment  
Building Trades and much more!

To learn more go to:  
<https://www.buildmyfuturestl.com/>

## HELPFUL Links

### COLLEGE GUIDANCE

[www.stdominichs.org/college](http://www.stdominichs.org/college)

### SCOIR

[www.scoir.com](http://www.scoir.com)

### SCHOLARSHIPS

[www.fastweb.com](http://www.fastweb.com) | [myscholly.com](http://myscholly.com)

### FAFSA

[www.studentaid.ed.gov/fafsa](http://www.studentaid.ed.gov/fafsa)

### COMMON APP

[www.commonapp.org](http://www.commonapp.org)

### NCAA ELIGIBILITY

[web3.ncaa.org/ecwr3](http://web3.ncaa.org/ecwr3)

### ACT

[www.act.org](http://www.act.org)

### SAT

[www.sat.org](http://www.sat.org)

## Alumni Spotlight

### Jacob Larson '17

Missouri S&T | Mechanical Engineering



Jacob Larson is a 2017 graduate of St. Dominic High School where he starred on the football field and in track as a sprinter. In addition, Jacob was an outstanding student, being recognized as a National Football Foundation Scholar-Athlete. While a student at St. Dominic, Jacob felt he was being well prepared for his future in Engineering through the Math and Science programs at SDHS.

*"A large influence on me was also the Project Lead the Way program and the influence of Mr. Hennekes. I had always been interested in engineering, but the PLTW program allowed me to gain some small engineering experience and I really enjoyed those classes. As a result of that, I was more confident in my choice to pursue engineering and I'm very glad that I chose my degree."*

Jacob would go on to pursue a Mechanical Engineering degree at Missouri S&T, where he also plays Linebacker on the Miners' football team. In addition, Jacob is also working towards his MBA as he finishes up his final year of college this fall.

*"The part of my experience that I found surprising in a positive way was the discipline of engineering I enjoyed most. I started off knowing I wanted to study engineering, but I wasn't sure which major I wanted to pursue. Initially, I was interested in civil engineering as I wanted to build bridges and buildings. But early on, I found out that I strongly disliked the coursework that applied to structural/civil engineering concepts. I was surprised to find that I was more interested in concepts such as mechanics, heat, and fluids, which are core parts of Mechanical Engineering, the major I ultimately chose."*

## Weekly Wellness

Amy Bauer | Wellness Counselor

[abauer@stdominichs.org](mailto:abauer@stdominichs.org)

1. Physical Rest: This is most familiar. We know how much we need to stay healthy but often still don't get adequate physical rest.
2. Mental Rest: Find yourself overthinking? You need more mental rest. Take short breaks throughout your work day. The breaks are a reminder to slow down. Practice Mindfulness. Keep a notepad by your bed. Write down nagging thoughts that might keep you awake.
3. Sensory Rest: Screen time all day and night means your eyes never get proper rest. Noise and pinging notifications contribute to constant sensory stimulation. Your brain needs a rest. Close your eyes and give yourself the gift of silence for short periods throughout the day.
4. Creative Rest: Remember to pause. Take in new ideas, let them marinate.
5. Emotional Rest: Having the time and space to freely express your feelings.
6. Social Rest: Some people energize you while others drain you. Spend time alone to re-energize.
7. Spiritual Rest: All humans have a need to feel connected to something larger than themselves. Simple interventions can give you a quick dose of awe that should lead to measurable increases in well-being.

### NATIONAL SUICIDE PREVENTION

LIFELINE: (800) 273-8255

CRISIS TEXT LINE: Text "HOME" to 741741

### BEHAVIORAL HEALTH RESPONSE

24/7 CRISIS SUPPORT HOTLINE: (314) 469-6644

## COLLEGE GUIDANCE OFFICE

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10-12<sup>th</sup> Grade College Guidance Coordinator (L-Z)



## **Build My Future**

### **Construction Career Day & Industry Showcase**

Build My Future gives students the opportunity to spend a day in the Construction Industry through an interactive showcase. We welcome your students for approximately five hours of activities provided by our industry partners. Student activities include educational displays, equipment operations, and learning labs.



**Wednesday, April 20, 2022**  
**9am-2pm**

**St. Charles Family Arena**  
**2002 Arena Pkwy., St. Charles, MO 63303**



**[www.BuildMyFutureSTL.com](http://www.BuildMyFutureSTL.com)**

 **BuildMyFutureSTL**

 **BMFstlouis**

 **BuildMyFuture STL**

**Learning labs will allow students to try their hands at various construction industry practices such as:**

Surveying

Concrete/Asphalt Mix

Lay Tile & Carpet

Heavy Equipment

Welding

And Much More!



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Thank you for your understanding and cooperation!