



# CRUSADER College Connection

October 17th, 2022 - October 28th, 2022 • WWW.STDOMINICH.S.ORG/COLLEGE

## ACT Focus



### Tip of the Week: ACT Math Tips and Techniques 1-5

1. **Calculator:** Only use when necessary. Make sure to know how to use your calculator and bring that calculator to the test.
2. **I, L, N:** Do your immediate "I" questions first. These you can solve relatively quickly and confidently and then move on. Remember some will be at the end and you don't want to miss any easy ones, so do your whole test of immediate questions first before you work on your "L" Later questions. These take a bit of time, but with a little effort you could solve them. Never do "N", just put C as your answer choice and move on.
3. **POOD:** Your own Personal Order Of Difficulty matters. Do "I" what you are comfortable with and "L" or "N" with ones you are not comfortable with. You want the most questions correct, not the most questions completed.
4. **POE:** Eliminate any you can first. Especially if you see an "easy" solution for a "L" later question. Those are almost always never correct.
5. **Ballpark:** If you can guess what your answer should be close to, quickly eliminate the ones that it could not be, and then try the remaining answer choices.

## SDHS COLLEGE APPLICATIONS BY THE NUMBERS

120 students

267 applications

86 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 18 | Heisman High Scholarship   |
| October 30 | Keep Going Forward   |
| October 31 | Voice of Democracy Essay Contest   Steve Duckett Local Conservation Evaluate Mental Health Awareness   Progress 64 West   The Elks Most Valuable Student Scholarship |

Keep looking out for those scholarships! [www.stdominichs.org/academics/college/a-program](http://www.stdominichs.org/academics/college/a-program)

2022-23  
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 10/19



St. Louis University  
St. Louis, MO

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

- Regular deadline for Nursing, Occupational Therapy & Physical Therapy: 12/1
  - All other degrees rolling basis: 4/15
  - Freshman Scholarship: 12/1 Priority Scholarship consideration
- <https://www.slu.edu/financial-aid/types-of-aid/scholarships.php>

### Thursday 10/20



Rockhurst University  
Kansas City, MO

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

- Rolling Admission
- <https://www.rockhurst.edu/admissions/freshman/scholarships>

### Wednesday 10/26



Missouri State University  
Springfield, MO

<https://www.missouristate.edu/FutureStudents/apply-now.htm>

- Rolling Admissions
- <https://www.missouristate.edu/financialaid/scholarships/>

### Thursday 10/27



De Paul University  
Chicago, IL

<https://www.depaul.edu/admission-and-aid/>

- [Pages/ deadlines.aspx](https://www.depaul.edu/admission-and-aid/financial-aid/Pages/default.aspx)
- Early Action: 11/15
  - Regular Decision: 2/1
  - School of Music: 12/1
  - Theatre School: 2/1
  - Scholarship Deadline July
- <https://www.depaul.edu/admission-and-aid/financial-aid/Pages/default.aspx>



# LOOKING Ahead

Fall 2022

## Oct. 22

National ACT test being held at St. Dominic

## Nov. 1

Priority Application Deadline (Most Universities)

## Nov. 4

Regular Registration Deadline for December ACT Test

## Nov. 11

Late Registration Deadline for December ACT Test

## Dec. 11

December ACT Test

**National ACT test being held at St. Dominic October 22nd**

## 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

### Adele Linderman '14

Lindenwood University | Masters Business Administration '20



Adele Linderman is a 2014 graduate of St. Dominic High School where she was a multi-sport student-athlete for Softball, Basketball, Soccer and Track during her four years. In addition to being involved in athletics, she was also in FCA, National Honors Society and Peer Ministry. Adele's passion for sports led her to pursue a degree in Sports Management with a minor in Coaching from Lindenwood University.

*"St. Dominic allowed me to figure out not only what I was good at, but what I loved to do and wanted to do. I was also provided with the opportunity to take College Credit classes which helped me dive into my major specific classes a lot sooner than others."*

Adele would continue her education by earning her Master's Degree in 2020 in Business Administration with an emphasis in management. That opened the opportunity for her to advance and expand in her career now as a Group Sales Account Executive for the St. Louis Cardinals.

*"Softball and sports is what I am most passionate about. I joke around saying that I can't stay away from a ball field which is why I now work at the best one in all of St. Louis; Busch Stadium!". Adele says working in the sports industry takes a lot of hard work and long hours, but the reward and relationships built make it a great experience. "I get to work with some of the most hard working people I have ever met, and it is truly a blessing to be surrounded by such passionate and like minded people every day."*

## Weekly Wellness

Amy Bauer | Wellness Counselor  
[abauer@stdominichs.org](mailto:abauer@stdominichs.org)

### 5 quick ways to cope with anxiety

1. Question your thought pattern  
Challenge your fears, is it real or true? Where can I take back control?
2. Practice focused, deep breathing  
Try breathing in for four counts and breathing out for four counts for five minutes.
3. Use aromatherapy  
Light a candle, use essential oil in soothing, natural scents.
4. Go for a walk or do 15 minutes of yoga. Focus on your body versus your mind.
5. Write down your thoughts  
Write down what is making you anxious, doing so gets it out of your head and seems more manageable.

**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 (A-K)

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