



CRUSADER

College Connection

November 7, 2022 – November 21, 2022 • WWW.STDOMINICHS.ORG/COLLEGE

ACT Focus



Tip of the Week: ACT Math Tips and Techniques 6-10

6. **Bite Size Pieces:** Break the problem up into steps and solve, especially word problems. Sometimes an answer could be for the first step, so you can quickly eliminate that choice.
7. **Answers can help:** Put the middle answer in and solve it. That way you can eliminate choices above or below and then guess or try them if time allows.
8. **Draw:** Draw the pictures, especially for geometry problems, in your booklet to help you see it and solve it.
9. **Plug in your own number:** to solve harder problems like word problems, plug in an easy number for X and then solve it and then you can try the answer choices.
10. **Speed:** Answer quickly but accurately and don't waste time.

SCHOLARSHIP UPDATE

Students should never pay for a scholarship! Most services that request payment are scams. Stay away from these! There are plenty of free scholarships to apply for. Check out these popular search engines to locate scholarships specific to your student:

Myscholarshipcentral.org | goingmerry.com | scholarships.com

SCHOLARSHIP DEADLINES

- November 13 Hispanic Heritage Foundation Youth Awards
- November 14 Elks Most Valuable Student Scholarship
- November 15 National Space Club Scholarship | American Muscle Student Scholarship
- November 17 Cook College Scholarship Program
- November 30 Dr. Juan Andrade Jr. Scholarship for Young Hispanic Leaders

Keep looking out for those scholarships! 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 11/9



McKendree University
Lebanon, IL
<https://www.mckendree.edu/admission/index.php>

- Rolling Admissions <https://www.mckendree.edu/offices/financial-aid/scholarships/index.php>

Thursday 11/10



University of Alabama
Tuscaloosa, AL
<https://www.ua.edu/>

- Priority App. for Competitive Scholarships: 11/1
- Automatic Merit Scholarships: 12/15 <https://scholarships.ua.edu/>

Wednesday 11/16



St. Charles Community College
Cottleville, MO
<https://www.stchas.edu/>

- Applications/Scholarships: Rolling <https://www.stchas.edu/admissions/financial-aid/types-aid/aplus-program>

Wednesday 11/16



Drury University
Springfield, MO
<https://www.drury.edu/>

- Rolling Admissions <https://www.drury.edu/financial-aid/scholarship-information/>

Thursday 11/17



University of Missouri
St. Louis, MO
<https://www.umsl.edu/admissions/index.html>

- Rolling Admissions
- Scholarship Priority Deadline: April 1, 2022 <https://www.umsl.edu/admissions/costs/index.html>

Thursday 11/17



University of Missouri
Columbia, MO
<https://missouri.edu/admissions-aid>

- Rolling admissions
- Priority Deadline: December 15 <https://financialaid.missouri.edu/>

Monday 11/21



University of Missouri
Kansas City
Kansas City, MO
<https://www.umkc.edu/>

- Application Deadline: June 15
- Competitive Scholarship Deadline: January 15 <https://finaid.umkc.edu/financial-aid/scholarships/first-time-college-student.html>



LOOKING Ahead

Fall 2022

Nov. 11

Late Registration Deadline for December ACT Test

Dec. 10

December ACT Test

Nov. 11th is the regular registration deadline for the December ACT Test

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

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

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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