

# COLLEGE INKLINGS



COLLEGE COUNSELING NEWSLETTER  
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## Spring is here!

Spring of the junior year marks the unofficial beginning of the college application process.

We, as college counselors, are often asked, "What can I do to be successful in the college admissions process?" The number one tip we give is, "Come along for the ride!"

Here at AHN, we have carefully cultivated and built a comprehensive program to reach all of our students and parents. Our programming, workshops, meetings, and deadlines are in place to take students through the process in a thorough and timely manner so that students feel informed, prepared, and on top of the process.

If you attend our events, read our communications and emails, and reach out to us for guidance, you will have an exciting and positive experience. We will hold your hand, but you can't let go! See you SOON!

## College Planning Meetings for Juniors

Juniors and their parents are required to set up a meeting during the **spring semester** with their college counselor to discuss their college goals.

Choose the timeframe that works best for you. Some families find it more beneficial to meet after they have done some college visits because they have a better understanding of which schools are the best fit.

Please contact your counselor and provide several dates and times when you and your parents are available to meet. Appointments will be made on a first come-first serve basis throughout the spring semester.

## Parent Coffees

The **parents of our JUNIORS/Class of 2024** are cordially invited to attend an **informal coffee** on **Tuesday, February 7** (8:30 am or 4:00 pm) Brady Center North

**Parents of Juniors, please RSVP here:**

[Parents of Juniors/Class of 2024 RSVP HERE](#)

The **parents of our FRESHMEN and SOPHOMORES/Classes 2025 and 2026** are cordially invited to attend an **informal coffee** on **Thursday, February 9** (8:30 am or 4:00 pm) Brady Center North

**Parents of Freshmen and Sophomores, please RSVP here:**

[Parents of Freshmen and Sophomores RSVP HERE](#)

The high school administration and counseling team will present AHN's curriculum offerings, the course selection process, and our academic placement policies.

Coffee and light snacks will be served. If you have any questions, please contact Mrs. Stefanie Zummo, Administrative Assistant for the high school guidance office, at 813-839-5371, x 265 or at [szummo@holynamespa.org](mailto:szummo@holynamespa.org).

## College Planning Retreat for Juniors

On **Friday, February 17**, the College Counseling Team is holding its annual **College Planning Retreat** for Juniors!

An entire day will be devoted to getting ready for the college planning process. Students should wear their uniforms and they will need to bring their laptops and pens and paper.

Students should bring a lunch or plan on purchasing their lunch from SAGE dining. Please contact the college counseling office for more information.

## Sophomore College Jumpstart

The College Counseling Office will hold its annual **Sophomore College Jumpstart Program** during the **advisory** periods on **Thursday and Friday, March 23 and 24**. A panel of AHN seniors will present to the sophomores on their advice for preparing for the college process, choosing strong co-curricular activities, choosing courses, and more!

**Sophomores** are invited to schedule optional one on one appointments with their college counselors to begin getting to know their counselors and to start college planning. Please remember you *must gain permission in advance from your teachers to be released from class for these meetings*. A-G assigned to Ms. Pilkington, H-O assigned to Ms. Kolar, P-Z assigned to Ms. Keegan. Contact your counselor directly to set up your appointment.

## Revolution Prep

Revolution Prep is offering AHN **sophomore students a FREE online mock PSAT on Saturday, April 22.**

This is an excellent opportunity to practice taking the PSAT and to get comfortable with the format and timing of the test prior to PSAT day in October. The PSAT is moving to a digital format and this opportunity will give students a chance to get familiar with taking the test online.

To register for the mock PSAT go to:

<https://www.revolutionprep.com/partners/5387/>

## A Reminder to Seniors:

You are responsible for submitting copies of ALL college acceptance letters and copies of merit-based scholarship awards to your college counselor.

**We will not announce any of your achievements at Honors Convocation or Graduation without official documentation on file.** Please see your counselor if you have any questions.

## Senioritis: A Diagnosis and a Cure

The term "Senioritis" has long established its place in the Webster's Dictionary. *Senioritis: an ebbing of motivation and effort by school seniors as evidenced by tardiness, absences, and lower grades.* Year after year, I watch graduating seniors exhibit the same telltale signs of burnout, grief, and fear, commonly referred to as *Senioritis*.

What is this affliction? It is more than being tired of the same old routine. I truly believe that *Senioritis* is more a symptom of what lies ahead, rather than a result of what has happened prior to its onset. I believe that if the senior year fell 8 years into one's high school career, *Senioritis* would show up in the 8<sup>th</sup> year. Therefore, we can assume that it is not one's experiences that create *Senioritis*, but rather what the final year of "passage" symbolizes to those getting ready to move to the next phase of their lives.

Be on the lookout for the obvious symptoms of this disease: sliding grades, indifference to obligations and responsibilities, lack of motivation, lack of focus, and boredom. These signs manifest themselves as a result of the overwhelming feeling that the student no longer will be held accountable because she's "outthere"!

The fact is, the final semester of senior year still bears weight in a student's final cumulative grade point average. College acceptances are NOT final until after they receive a student's final high school grades. Senior year grades can affect a student's eligibility for scholarships. In regard to extra-curricular activities, it is a sign of character and promise to see commitments through to the end.

The less obvious and more critical characteristics of *Senioritis* tend to come about as a result of the emotional process of dealing with the issues of separation from friends and family. The student must face the pending reality of trading her familiar environment and comfort level with unknown challenges. Many students and families go into denial. Seniors tend to repress their fears and compensate by creating *other* issues that require time and energy, in order to postpone dealing with the real issues at hand. Long-lasting, meaningful friendships often seem to deteriorate during the senior year. I call it the "Burning Bridges Syndrome".

The "Burning Bridges Syndrome" involves ruining great relationships to make it easier to leave them behind. I've seen this syndrome occur when a friend is moving out of town, or even when someone is changing jobs. People unconsciously sabotage positive feelings, in order to make it easier to cut the ties.

What can a student do to combat *Senioritis* and to alleviate its detrimental effects?

1. Avoid taking on new challenges or too many challenges as the school year draws to a close. Rather, she should concentrate on finishing what she started for a greater feeling of accomplishment and closure. By eliminating loose ends, the student will feel refreshed and motivated to begin anew.
2. During the stressful time of college admission notifications, a student should accept her personal victories and losses with grace and dignity. Students are not in competition with their friends and classmates. Each student will have to forge her own path in college and in life. Bill Mayher, author of The College Admissions Mystique, sums it up best when he says, "The road to mental health is rarely paved with jealousy and paranoia about the good fortune of one's classmates."
3. Be sensitive to her classmates with fragile egos who may not have fared as well as she did in the college admissions process.
4. Be aware of the fact that a college rejection is not a reflection of who she is or who she may become in the future.
5. Value her friendships. They truly can last a lifetime. After all, there is life after college!
6. Cherish the end of her high school years so that she will look back on high school fondly.

*Senioritis* can actually be considered a positive condition in that it provides a profound opportunity for personal growth as the student prepares to make the exciting transition from high school to college.