



CRUSADER

College Connection

April 3, 2023 – April 30, 2023 • WWW.STDOMINICH.S.ORG/COLLEGE

ACT Focus



Tip of the Week: 5 Reasons To Take An ACT Practice Exam

1. Taking a practice exam lowers your anxiety. A lot of anxiety is simply your uncertainty about what the ACT test will be like. A practice test makes you familiar with the look, feel, and cadence of the exam. This familiarity wipes out your peripheral uncertainty about the test-taking experience, allowing you to focus on the content and problem-solving aspects of the exam.
2. A Practice test gives you a baseline. Knowing your value baseline on the ACT or SAT performance is important. Let's say you're shooting for a 30 on your ACT. If your first practice score is a 27, that's a very, very different matter than if you come out batting 21. The bigger the gap between your baseline and your target, the more you'll need to prep—and the more time you'll need to give yourself to do it.
3. Taking a practice test builds your endurance. Sitting in one place answering questions for three hours wears you out. To get the highest score possible, you need to be as focused answering the last question of section 4 as you were answering the first question of section 1. The more practice tests you take, the more endurance you'll have on the real exam.
4. Test-taking is a skill to be learned. Here's an interesting thing to consider: most students fear for their test-taking abilities, yet how many students actually practice taking tests? Issues such as test anxiety, which many students think are unavoidable and chronic, actually go away with practice.
5. Practice tests raise your score. With decades of research to look back on, learning scientists agree that the two best methods for learning something are flashcards and—you guessed it—practice tests. Taking a practice test and thoroughly reviewing it is a fantastic way to start boosting your ACT or SAT score, pure and simple. Make sure your prep includes at least one practice test to fully maximize your advantage over the competition on Test Day.

For ACT test taking strategies and a practice test, please click [here](#).

SCHOLARSHIP UPDATE

May 1, 2023 is quickly approaching!

This is the deadline for seniors to have all A+ tutoring/mentoring hours completed and turned into the A+ coordinator. In addition to the tutoring hours, seniors must have all A+ attendance and citizenship appeals turned in. If you or your student has a question in regards to their A+ eligibility, please email : mliszewski@stdominichs.org.

SCHOLARSHIP DEADLINES

- | | |
|----------|---------------------------------------------------------------------------------------------------------------------------|
| April 5 | St. Charles County Cattlemen's Association |
| April 10 | Sportsmanship Scholarship |
| April 14 | Cuivre River Electric Cooperative Scholarship |
| April 15 | O'Fallon Firefighters Community Outreach Scholarship |
| April 16 | IAABO/IAFO College Scholarship |
| April 20 | M. D. "Jack Murphy Memorial Nurses Training Scholarship Lillie Lois Ford Scholarship Fund Joseph J. Frank Scholarship |
| April 22 | Create Real Impact |
| April 30 | Lincoln County Bar Association Scholarship |

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 4/5



Respond Right
Fire & EMS Training

<https://www.respondright.com/>

Thursday 4/13



University of Missouri
St. Louis
Bridge Program
St. Louis, MO

<https://www.umsli.edu/precollegiate/programs/index.html>

Tuesday 4/19



Goldfarb School of
Nursing
Barnes Jewish
St. Louis, MO

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



LOOKING Ahead

Spring 2023

Apr. 3

Sophomore College Visit

Apr. 17

Sophomore College Visit

Apr. 24

Sophomore College Visit

Apr. 26

Build My Future Event

Apr. 27

ACT 30+ Club Breakfast

May 1

A+ Tutoring/Mentor Hours
Submitted
A+ Appeals Submitted
AP Chem Exam 12:00 pm

May 2

AP Psychology Exam 12:00 pm

May 5

Seniors Last Day

May 8-10

Senior Exams

May 8

AP Computer Science Principles Exam 12:00 pm

May 11

AP Physics Exam 12:00 pm

May 11

Honors Night (invitation only)

May 12

AP Physics 2 12:00

May 16

Freshmen-Juniors Reading Day

May 17

Mandatory Grad. Practice (10 am- 12 pm)
Graduation (7:30 pm attendance with ticket only)
Project Grad. 10pm - 3pm

May 17-19

Freshmen-Junior Exams

May 19

AP Calc BC Exam 8:00 am

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

Payton Schulte '18

Missouri State University '21 | Bachelor's Communication Sciences & Disorders
Fontbonne University | Speech-Language Pathology



Payton Schulte is a 2018 graduate of St. Dominic High School who was very involved in clubs and activities at SDHS. In addition to being a St. Dominic Varsity Cheerleader, Payton was also in the National Honors Society and a member of the Outreach Club. Payton graduated from Missouri State University in the Spring of 2021, with a bachelor's degree in Communication Sciences and Disorders. She is currently in graduate school at Fontbonne University studying Speech-Language Pathology, in her second semester of the two-year program.

"I have devoted my studies to Speech-Language Pathology because the ability to communicate language and understand language is a basic human right that everyone deserves. I plan to work with patients who have speech deficits following a neurological impairment most commonly due to a stroke, brain tumor, or TBI. The field of speech-language pathology is a broad scope of practice, so I am open to exploring different clinical settings throughout my career. Hospitals, schools, outpatient, inpatient, private practice, and home health provide an opportunity for employment to SLPs."

During her undergraduate years, Payton was involved in the Delta Zeta Sorority at Missouri State University. At the graduate level, she was selected by Fontbonne University to be a graduate assistant. Along with completion of her clinic and classwork, she assists professionals within the department and works in the clinic office. Payton credits the academic opportunities at SDHS for giving her flexibility in college and a ability to graduate early.

"The dual credit college courses at SDHS played a huge role in my academic success. I accumulated 16 college credits during my junior and senior years of high school. At the time, this was hard work and required sacrifice; however, these credits allowed me to begin college at a further starting point than my peers. By earning 16 credits prior to the start of college, I was able to graduate with my bachelor's degree a semester earlier than I originally expected. An early graduation allowed me to work for an entire Spring and Summer prior to the start of graduate school. I was able to save money by waitressing and work fewer hours during the school week."

Weekly Wellness

Amy Bauer | Wellness Counselor
abauer@stdominichs.org

Tips for a Happier Day

1. Practice daily gratitude.
2. Get outside for 15-20 minutes to get Vitamin D to improve mood.
3. Be physically active.
4. Exercise Self Care
5. Unplug
6. Get a good night's sleep.
7. Practice mindfulness

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

BLAKE MARKWAY | bmarkway@stdominichs.org
Guidance Director & 9th Grade College Guidance Coordinator

JEAN NERO | jnero@stdominichs.org
10-12th Grade College Guidance Coordinator (A-K)

MELISSA LISZEWSKI | mliszewski@stdominichs.org
10-12th Grade College Guidance Coordinator (L-Z)



SAINT DOMINIC HIGH SCHOOL

ACT BOOTCAMP

Summer 2023 | June 5-8
(limited to 48 students)

Subjects: Reading | Math | English | Science | ACT Basics

All subjects taught by ACT-certified St. Dominic staff members

Monday-Thursday: 3:30 pm - 6:45 pm

Location: St. Dominic High School

Registration deadline: May 27, 2023

www.stdominichighschool.regfox.com/actbootcamp2023

ACT Test: June 10, 2023

Location: St. Dominic High School

(School Code 262480)

*ACT Test Registration Separate
from ACT Bootcamp*