



# CRUSADER

## College Connection

April 3, 2023 – April 30, 2023 • WWW.STDOMINICHS.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](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 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.umsl.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](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

### Peyton 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 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](mailto: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](mailto:bmarkway@stdominichs.org)  
Guidance Director & 9<sup>th</sup> Grade College Guidance Coordinator

**JEAN NERO** | [jnero@stdominichs.org](mailto:jnero@stdominichs.org)  
10-12<sup>th</sup> Grade College Guidance Coordinator (A-K)

**MELISSA LISZEWSKI** | [mliszewski@stdominichs.org](mailto:mliszewski@stdominichs.org)  
10-12<sup>th</sup> 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](http://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*