



CRUSADER College Connection

DECEMBER 2023- JANUARY 2024 • WWW.STDOMINICHS.ORG/COLLEGE

ACT Spotlight



Tip of the Month: 10 Key Steps to Prepare for the ACT: Steps 5 and 6

5) Set a Target Score

• After you've gotten a sense of your initial skill baseline, set a target score for how much you want to improve. Your target score should be something you can realistically accomplish in the time frame you have. 1-2-point improvement from your baseline in a month is totally reasonable. A 6-point improvement in that time frame? Not so much.

Rough estimates for how long it takes to get certain point improvements:

- 0-1 ACT Composite Point Improvement: 10 hours
- 1-2 ACT Point Improvement: 20 hours
- 2-4 ACT Point Improvement: 40 hours
- 4-6 ACT Point Improvement: 80 hours
- 6-9 ACT Point Improvement: 150 hours+

In addition to something you can realistically accomplish, your goal score should also reflect the schools you are interested in. If possible, you want your ACT score to be within the middle 50% range of the schools you want to attend.

6) Create a Study Schedule

- The next step is to create a consistent study schedule. It's best to spend a consistent number of hours every week preparing until you take the test to avoid needing to cram close to the test date. So to determine how many hours you should prep each week, divide the total number of prep hours you think you need by the number of weeks until the test. Thus, if you need to study 80 hours and there are 12 weeks until the test, you should try to study around 6 hours and 40 minutes every week.
- Its also best if you determine consistent days and times that you are going to study every week. So maybe you'll study an hour every day except Sunday, when you'll study for 40 minutes. Or maybe you'll study 3 hours and 20 minutes on Friday and Sunday afternoons. This helps you keep consistent. You should also make sure somebody else knows your study schedule and is willing to hold you accountable!

SCHOLARSHIP Update

Did you fill out a FAFSA form for 2023-24? Log in to your StudentAid.gov account and be sure we've got your current email address. Once the exact FAFSA launch date is announced, we expect to send out an email to students (and parents of dependent students) who applied on the 2023-24 form, reminding them to apply for 2024-25.

Didn't submit a 2023-24 FAFSA form? Make sure to create your StudentAid.gov account—and remember your username and password so you can access and submit the 2024-25 FAFSA form when it is available. Follow Federal Student Aid on social media for announcements and resources.

SCHOLARSHIP DEADLINES

- December 7** Stephen J. Brady Stop Hunger Scholarship
 - December 15** Dirk Derrick Car & Truck Accident Injury Scholarship | Mindscape Big Picture Scholarship | Burger King Foundation | Davis & Brusca, LLC Civil Discourse Scholarship | Rubincam Youth Writing Competition
 - December 16** Equitable Excellence Scholarship
 - December 31** Azari Law Scholarship | Power of Resilience Scholarship | Abogados de Accidentes Ahora Scholarship | SEMO President's Scholarship | Thiel High School Fellowship | Arthur M. & Berdena King Eagle Scout Scholarship | Scalacube Gaming Scholarship | AAIA Lockheed Martin Marilyn Hewson Scholarship | Future Travel Nurse Scholarship | Design Thinking Scholarship
- Keep looking out for those scholarships! www.stdominichs.org/academics/college/a-program

2023-24
Scholarship Information

Report Earned Scholarships **HERE.**

THIS MONTH'S COLLEGE REPS

College Reps are available at 11:10 during Empower Hour, located in the Atrium.

DECEMBER 6



Fontbonne University
St. Louis, MO
www.fontbonne.edu

- App. Deadline: Rolling Admissions

DECEMBER 14



Xavier University
Cincinnati, OH
www.xavier.edu

- App. Deadline: Rolling Admissions

JANUARY 10



United States
Marine Corps
www.marines.com

JANUARY 10



Southern Illinois
University
Carbondale, IL
siu.edu/

- App. Deadline: Priority Dec. 1

JANUARY 11



St. Charles Community
College
Cottleville, MO
www.stchas.edu

- App. Deadline: Rolling Admissions



LOOKING Ahead

December 2023- January 2024

Dec. 15
Reading Day

Dec. 18-20
Final Exams

Jan. 4-2
2nd Semester
Begins

Jan. 4-11
Window to Add/
Drop a Course

Jan. 5
Regular Registration
Deadline for Feb. ACT

Jan. 17
FAFSA Frenzy at
SDHS

Feb. 1
2024-2025 Course
Registration Begins

FAFSA Resources

3 FAFSA Myths Debunked

- How to recognize the real FAFSA website

Tips on how to avoid these common FAFSA mistakes

- How your tax information is used

Get the most financial aid possible with these FAFSA Tips

- Where to access the official FAFSA application

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

Cati Beth '20

St. Louis University | Biomedical Engineering



Cati Beth Welby is a 2020 graduate of St. Dominic High School who was very involved in the school community as an athlete and leader in many clubs and organizations. As a member of the Soccer, Softball and Lacrosse teams she earned the St. Louis Post Dispatch Scholar-Athlete Award in 2020, in addition to the Archbishop May Service Award that spring. Cati Beth was also a member of Pro-Life Club, Ambassadors, National Honor Society, CRU and Peer Ministry. *"From the honors courses to the sports teams,*

to our family times, St. Dominic HS taught me how to handle a rigorous course load, how to manage my time, how to persevere, how to be a team player, how to be a leader, and so much more."

Cati Beth would take those lessons she learned at SDHS to St. Louis University where she is majoring in Biomedical Engineering and set to graduate this spring. "Biomedical Engineering was introduced to me in my freshman year Introduction to Engineering class at St. Dominic, and I honestly, never looked back." She has continued to stay very involved outside of just academics as she is a member of Kappa Delta, Panhellenic Executive Board, Engineering Honors Society, and a Student Involvement Ambassador.

One of the things Cati Beth recognized about the field of Biomedical Engineering is that you must constantly be learning and pushing yourself far beyond just the years in education. *"St. Dominic made it necessary to work hard while striving to improve everyday in my studies. The foundation of hard work that St. Dominic instilled in me truly set me up for success for life after graduation."*

Part of that continued growth in the field has involved some impressive hands-on experience for Cati Beth that has prepared her for the position of Associate Clinical Specialist for Medtronic in the Cardiac Rhythm Management Department. *"My first year of college, I had an internship in the medical device field, which allowed me to work firsthand with ventilators for Agiliti. This internship really allowed me to see the ins and outs of engineering medical devices, while also working on troubleshooting equipment. This really goes hand in hand with what I do every day now when it comes to troubleshooting our devices and thinking through what to do. The next year, I worked as a Patient Care Assistant for Mercy Hospital which allowed me to gain experience with patient care as well as communicating with physicians, which are two things that I do each day at my job. Both these jobs allowed me to gain the necessary skills to tackle the job I now do every day."*

Monthly Wellness

Amy Bauer | Wellness Counselor
abauer@stdominichs.org

Tips for Test Anxiety:

1. Eat a good breakfast prior to your exam.
2. Get a good night's sleep.
3. Get some exercise prior to exam day, it will help to relieve stress.
4. Learn how to study efficiently. Study in groups. Review material and practice what will be on the test.
5. Study for the most difficult exam earlier in the day.
6. Practice relaxation techniques, take slow deep breaths to relax your body and mind.
7. Do some positive visualization. Close your eyes and visualize yourself taking the test. See yourself successfully completing each section. Think about what that will look and feel like.
8. Practice Mindfulness to help be present in the moment.

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)

LISA KOEPKE | lkoepke@stdominichs.org
10-12th Grade College Guidance Coordinator (L-Z)