

Class of 2022

Information & Updates

Strive Virtual College Fair

- Extended dates: Monday, April 20 – Friday, May 8, 2020
- This virtual fair is an amazing way to learn more about college admissions, college options and more from the 300+ participating institutions, and I hope that many of you are able to participate
- Mrs. Murphy sent the registration link to your student email on 4/7/2020.

Naviance

- Now is a great time to complete your assigned Naviance tasks.
- You can also use Naviance to research and save college and career requirements.
- **Login Update:** When you are on the login page, instead of putting in your normal info click "Login with Clever." From there, select Carbondale Community High School, then click "Login with Google." Next, use your regular school info on the google login page.

Self-Care

- Create a daily schedule/routine
- Eat nutritious foods & drink plenty of water
- Reading, do puzzles, play games
- Be active (walk, run, dance, bike, hike, etc.)
- Call, video chat, or text friends/family
- Go outside and get some sunlight!
- Do something you love <3

Stay up-to-date

- Check your email for important updates and opportunities.
- Email me with questions at brenda.krutsinger@cchs165.com
- Follow the Counseling Dept. on Instagram @cchs165counseling
- Check out more counseling resources on Terriernet. Go to Educational Enrichment Resources then Counseling Department.

Junior Course Selection

- Course Requests: all changes must be submitted to Mrs. Krutsinger by MAY 8.
- Once schedules are finalized, there will be minimal movement/changes.
 - Schedule changes **WILL NOT** be made for the following reasons: --CHANGE TEACHER, CHANGE LUNCH PERIOD, BE IN CLASS WITH FRIENDS
- Students are required to take the following classes junior year: English 3, Math U.S. History, PE, Elective (science is highly encouraged to keep postsecondary options open), Elective (Consider consumer ed. if you haven't taken it yet).

Keep in mind...

- Students' junior year transcripts are what's submitted to colleges/universities, so having coursework listed that balances rigor with success is important.
- Take courses that elevate curiosity & enhance interests.
- Again... think about balance, consider everything your student is doing in and outside school (extracurricular, sports, clubs, work, competitions). Junior year has a lot going on, so doing well and **being well is of utmost importance!**

Summer classes @ JALC and CCHS Dual Credit

Keep in mind, **you are starting your college transcript** when you enroll in a dual credit or dual enrollment class.

- Dual Credit-- Taught by a CCHS teacher
- Dual Enrollment-- Taught on the JALC campus or online

Students receive JALC college credit for BOTH dual credit and dual enrollment courses. CCHS students do not receive high school credit for dual enrollment courses

Use the link in the April 2020 newsletter (emailed 4/14) for more information.

Email questions to dualcredit@jalc.edu

(Quick) Message from Murphy ~ 4-20-20 College & Career Counseling



Got questions? Good! Every question is a good question!

Text or call me with anything and everything college/career related at 618-494-4859 or email me at erinn.murphy@cchs165.com

Got email? I am sure you do! Check your email on Monday, Wednesday and Friday each week. Reply to necessary messages and delete what you don't need.

Got plans? Of course you do! Do your junior courses align with your current goals and plans? Are you registered for a challenging year that will illustrate your academic strengths?

Got time? Yep. We all do. Consider what your short answer would be to this prompt:
“So far, I have spent most of my time during the COVID-19 school closure...”

There is no correct/better/perfect answer, but everyone does have an answer – what is yours?

I am wishing you all continued wellness, and I value each connection via email, zoom or phone connection that I get to have with you. Stay in touch and stay healthy! ~ Ms. Murphy

Daily Schedule Example

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-9:30	Outdoor Time	Family walk, outdoor project/activity, lay outside & get sun
9:30-11:30	Academic Time	No Electronics! <u>Read & keep up with math.</u> Work on enrichment packets.
11:30-12:00	Creative Time	Creative play, draw, puzzles, crafts, music, cook, bake
12:00-12:30	LUNCH	CCHS & CES95 Grab-&-Go meals available Mon.-Fri. from 8 am-1pm Need food pantry info. – ask your school counselor or Mrs. Prudencio
12:30-1:00	Home Chores	Clean room, organize, help family, pet care
1:00-2:00	Quiet Time	Yoga, nap, meditation app, anything relaxing
2:00-4:00	Academic Time	Electronics OK! Educational games, online activities, check school email Set aside some time for postsecondary planning – email your school counselor or Mrs. Murphy for help & ideas
4:00-5:00	Physical Activity	Walk, run, workout, get outside
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath, shower, feel refreshed
7:00-8:00	Read/TV time	Do something you enjoy and find relaxing
9:00 PM	Bedtime	Wind down, brush your teeth, put clothes in laundry, & limit screen time

