

#### Junior Journal

Date: 2/7/25

Contact Mrs. Singleton, A-C High School Jr./Sr.Counselor msingleton@amanda.k12.oh.us

Schedule a Meeting with Mrs. Singleton: **Student Request for School Counseling Request Form** 

#### \*IMPORTANT ANNOUNCEMENTS

\*Be sure to check your email <u>at least once per day</u> for important news from Mrs. Singleton, Ms. Feliciano, Mr. Dennis & Mrs. Strope (Class Advisor).



**Order Tickets Here** 

## NOW IS THE TIME!!! PURCHASE YOUR YEARBOOK ONLINE!

### IT'S TIME TO PURCHASE YOUR 2024-2025 AMANDA-CLEARCREEK HIGH SCHOOL YEARBOOK!

Visit HR Imaging Partners at book.hrimaging.com

Click 'Order Now!'

Find your school
Enter zip code 43102, or your school name
select 'Amanda-Clearcreek High School'

Enter your student's name

Add yearbook to the cart (only \$50 each), then click next

Add personalization option for only \$5 to cart (if interested)

Review your order

Review IMPORTANT info page & click 'checkout'

Enter payment & click 'pay with credit card'

#### DON'T MISS OUT ON THE MEMORIES!





YEARBOOKS ARE \$50

ADD PERSONALIZATION FOR ONLY \$5!

CCP Packets: due April 1



April 26 details to come

#### How to Ask for a Letter of Recommendation

#### ACT/SAT

**ACT Junior Year Planning Guide** 

#### ACT/SAT

**ACT Test Prep** (free resources)

Onsite ACT Tutoring Options:

https://www.actreview.com/

#### Online:

https://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html

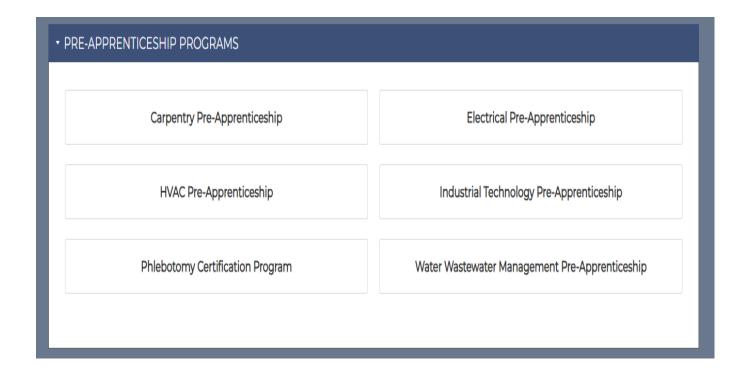
https://www.act.org/content/act/en/products-and-services/the-act/test-preparation.html

https://www.princetonreview.com/college/act-tutoring-course

- ACT Fee Waiver Eligibility, \*see Mrs. Singleton if you qualify
- ACT Registration
- ACT Superscore Explained
- SAT Practice
- SAT Registration
- What's on the SAT?

#### **Career & Trade Programs**

- Building a Resume While in High School
- Building Trades Apprenticeship Requirements
- Career One Stop, Career Search
- Choosing a Career: Free Virtual Event \* register here
- College Board Career Exploration
- <u>Eastland-Fairfield Post-Graduation Career Programs</u>



\*Interested in pursuing a trade listed above? Email Mrs. Singleton about pre-apprenticeship programs that you can complete your senior year, get paid for on-the-job training, and enter the field with a job upon graduation.

### CollegeCredit

#### **CCP**

- Intent packets are due by April 1
- Be sure to send me your spring registrations!
- Are you wondering if your CCP credit(s) will transfer to a specific college?

Use this free tool to check: <u>Transferology</u>

#### **College-Bound Athletes**

- NCAA Guide for the College-Bound Athlete
- NCAA Registration Checklist

#### **College Preview Opportunities**

- Miami University Day of Champions, Feb. 22
- Youngstown Sate University Penguin Preview Day, Feb. 14
- University of Findlay Future Pharmacists' Day, March 28
- University of Rio Grande, Feb. 27

The College Tour Video Series: Real Campuses, Real Students via Video Tours



#### **College Preview Opportunities (cont.)**



- Adelphi University
- American Musical & Dramatic Academy
- Anderson University \*scholarship eligibility for visiting
- Ashland University
- Baylor University
- Bowling Green State University
- Boston University
- Capital University
- Clemson University
- Columbus College of Art & Design
- Columbus State Community College
- Embry-Riddle Aeronautical University
- Hocking College
- Kenyon College
- Kent State University
- <u>Lipscomb University</u>
- Marshall University School of Pharmacy
- Mount Carmel College of Nursing
- Ohio Christian University
- Ohio Dominican University
- Ohio University
- Ohio University Honors Program
- Otterbein University
- Pennsylvania Western University
- Point Park University

#### **Campus Info & Visits (cont.)**

- Shawnee State University
- The Ohio State University
- University of Alaska, Fairbanks
- University of Akron
- University of Austin \*free tuition for 4 years for all admitted students
- University of Cincinnati
- University of Dayton
- University of Kentucky
- University of Rio Grande
- Williams College
- Wilmington College
- Wright State University
- Youngstown State University, Penguin Preview Days through Feb. 14

#### Graduation

Unlock Your Future: Graduation Requirements Explained

#### **Internships & Job Shadowing**

- Internships Opportunity for Students Pursuing Behavioral & Mental Health Degrees
- Job Shadowing/Internships: School breaks and weekends are a great time to request a job
  shadowing experience with someone in a field of interest. Reach out to an individual or
  organization to make an arrangement and experience the job or career of your dreams before
  you make plans to pursue an education or training.

Career One Stop

Ohio Means Jobs Planning for the Future



#### Military & Academies

Our Forces

#### **PE Waivers**

• If you qualify for a PE waiver from school-sanctioned athletics or marching band, be sure to mark the appropriate box in Final Forms or complete this **PE Waiver**.

#### **Scholarships, Grants & Awards**

**Avoiding Scholarship Scams** 



#### **Self-Care**



# February



|                                       | l<br>Make a<br>list of<br>goals  | 2<br>Practice<br>positive<br>self-talk | 3<br>Take a<br>break                               | 4<br>Self-<br>soothe              | Move<br>your<br>body               | Vent<br>to a<br>friend             |
|---------------------------------------|----------------------------------|--|--|-----------------------------------|------------------------------------|------------------------------------|
| 7<br>Ge+<br>inspired                  | 8<br>Stop<br>putting<br>"it" off | 9<br>Focus on<br>mental<br>health      | 10<br>Relax<br>your<br>muscles                     | Get<br>artsy &<br>creative        | Be 12<br>present<br>in your<br>day | 13<br>Engage<br>your<br>mind       |
| 14<br>Be extra<br>kind to<br>yourself | 15<br>Meet<br>your<br>needs      | 16<br>Get your<br>chores<br>done       | 17<br>Set an<br>important<br>boundary              | 18<br>Connect<br>with<br>yourself | 19<br>Manage<br>your<br>time       | 20<br>Focus on<br>stress<br>relief |
| 21<br>Pamper<br>your<br>skin          | 22<br>Ge+<br>good<br>sleep       | 23<br>Start a<br>healthy<br>habit      | Do a <sup>24</sup><br>random<br>act of<br>kindness | Let<br>that<br>thing go           | 26<br>Spend<br>time<br>outside     | 27<br>Pajama<br>day!               |
| 28<br>Celebrate<br>who you<br>are     |                                  | @Sel                                   | fLoveRa  | inbow                             |                                    |                                    |



Crisis Text Line: text "HOME" to 741741

Nationwide Children's Youth Hotline: 1-614-722-1800

Teen Hotline: 1-614-294-3300

Sexual Assault Hotline: 1-800-656-4673

Safe Schools Tip Line: Call or text 1-844-723-3764

Suicide Lifeline: 1-800-273-8255 or 1-614-221-5445

**Lancaster Police Department: 740-687-6680** 

**Sheriff's Department: 740-652-7900** 



#### **Transcripts**

Be sure to request ALL transcripts through <u>PARCHMENT</u>. You can have your records sent
anywhere you like, simply by completing the form. You can also request to see your transcript by
selecting "Self-View" at any time. Just be sure to refresh it if you want the most recent records.

#### **Volunteer Opportunities**

Check with the following organizations who might also need your help:

A Community Cares (A-C Local) Chelsea's Christmas for Kids Foundation Dinners Fairfield Medical Center Fairhope Hospice Humane Society

• Google Form to Document Volunteer Hours: Complete Form Here

