



CRUSADER

College Connection

MARCH 2025

• WWW.STDOMINICH.S.ORG/COLLEGE

GUIDANCE *Spotlight*

PRE-COLLEGE SUMMER PROGRAMS

Summer is not far away and many colleges have summer career/major exploration opportunities, but may not send literature. If there is a specific college you are interested in, check their website for possible summer events/pre college camps. This is a great way to stack your academic resume and see if a specific college is for you.

Check out the attached list for all the summer program opportunities!

Sophomores and Juniors! Registration is now open for **Summer ACT Bootcamp** - in preparation for the **June 14th National ACT!**

Summer ACT Bootcamp
Registration

SCHOLARSHIP *Update*

There are many free scholarships available to apply for. Check out our live **Scholarship List 2024-2025**. The document is organized by monthly deadlines, which can be found at the bottom of the page.

Also, check out these popular search engines to locate more scholarships specific to your student:

My Scholarship Central | **Scholarships.com**

2024-2025
Scholarship Information

SCHOLARSHIP DEADLINES

- Mar 1** [Foundation 649 Scholarship for AAPI Students](#) | [Joyce Ivy Foundation](#)
[Society for Information Management \(SIM\) - St Louis Chapter Scholarship](#) |
[Missouri Association Mutual Insurance Companies](#) | [Patrick Nolan Student Art](#)
- Mar 3** [\(ISC\)² WOMEN'S SCHOLARSHIPS](#)
- Mar 7** [Missouri Bankers Foundation Scholarship](#) | [Royal Vagabonds Foundation, Inc](#)
[The Braxton Rethwisch Scholarship](#) | [MBA Scholarships](#)
- Mar 12** [Women Legislators of Missouri Scholarship](#)
- Mar 15** [Peoples Bank and Trust](#) | [Hagan Scholarship Foundation](#) | [Servant Leaders](#)
[Koehler Family Trades and Engineering](#) | [UCB Family Epilepsy Scholarship](#)
- Mar 16** [Higher Education Scholarship](#) | [Ambassadors of Lake St. Louis](#)
- Mar 17** [Dolo Passion Scholarship](#) | [Conrad Spirrisson Memorial Scholarship](#)
- Mar 21** [St. Louis Area Mensa's Healthy Minds Scholarship](#)
- Mar 22** [O'Fallon Kiwanis Scholarships](#)
- Mar 30** [Lincoln County Democrats Scholarship](#) | [William A. Stuart Dream Scholarship](#)
- Mar 31** [Professional Business Women of Lincoln County](#) | [Folds of Honor Scholarship](#)

THIS MONTH'S COLLEGE REPS

Eisenbath Atrium
11:10- 12:00 PM

March 6



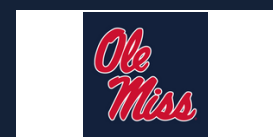
Lindenwood University

March 13



Missouri State

March 13



University of Mississippi



LOOKING Ahead

SPRING 2025

Mar. 17-21

Spring Break

Apr. 8

SDHS Pre-ACT/ACT
Testing Day

Apr. 24

Sophomore College
Visit Day 1

Apr. 30

Build My Future

May 1

Sophomore College
Visit Day 2

May 5-23

AP Exams

HELPFUL Links

COLLEGE GUIDANCE

www.stdominic.org/college

SCOIR

www.scoir.com

SCHOLARSHIPS

www.fastweb.com | myscholly.com

FAFSA

www.studentaid.gov/h/apply-for-aid/fafsa

COMMON APP

www.commonapp.org

NCAA ELIGIBILITY

web3.ncaa.org/ecwr3

ACT

www.act.org

SAT

www.satsuite.collegeboard.org

Alumni Spotlight

TJ Kwapiszkeski '23

St. Louis University | Math and Computer Science with a minor in Philosophy



TJ Kwapiszkeski is a 2023 graduate of St. Dominic High School who was a leader in many clubs, sports and activities during his time in high school. TJ was a Family Captain, Peer Minister, Star Wars Club President, member of the National Honor Society, Theater program, Track & Field and Basketball teams as well as a team captain and All-State lineman on the 2022 State runner-up football team. TJ's leadership ability and desire to serve others in his school community has continued as he pursues a degree in Math and Computer Science with a minor in Philosophy at St. Louis University.

In just his second year at SLU, he has earned the positions of Recruitment and Alumni Relations Chair for his fraternity (Sigma Chi), Oriflamme (first year student leadership), Big Man on Campus (philanthropy) and is currently studying abroad in Madrid, Spain.

"Saint Dominic played a pivotal role in shaping my academic journey by providing me with a wide array of opportunities to explore and learn during high school. To truly discover one's passion and direction in life, it is essential to be exposed to a diverse range of options to assess and refine one's interests. My experience at Saint Dominic offered precisely that, equipping me with the knowledge and confidence to enter college with a clear focus and a concentration I am both proud of and excited to pursue."

While TJ is very busy with those opportunities he has continued to explore, his coursework still has been both a challenging and rewarding focus that he found a passion for during high school. **"I have always had a passion for problem-solving, which is precisely what mathematics embodies—learning to approach and resolve challenges in innovative and unconventional ways. Similarly, computer science appeals to me as it enables me to remain at the forefront of technological advancement, aligning with its status as one of the most sought-after and impactful career paths today. I have discovered that mathematics provides a profound opportunity to broaden my perspective on the nature of thought itself. It challenges me to engage deeply with abstract concepts, refine my problem-solving abilities, and develop a structured approach to understanding complex ideas. Through its rigor and precision, mathematics expands my intellectual horizons and encourages me to think critically and creatively in ways that extend beyond its immediate applications."**

Monthly Wellness

Amy Bauer | Wellness Counselor

abauer@stdominichs.org

Improving Sleep Hygiene

- **Keep a consistent sleep schedule. Try to go to bed and wake up at the same time every day.**
- **Make sure your bedtime allows you to get 7-8 hours of sleep per night.**
- **Create a relaxing bedtime routine. Try a warm bath or shower. Gentle stretches or meditation to calm the body and mind.**
- **Turn off electronic devices before you go to sleep.**
- **Try some focused relaxed breathing. Four seconds in and four seconds out.**
- **Limit caffeine prior to bedtime.**
- **Write down worries or info you need to remember before going to bed.**
- **Manage light exposure.**
- **Limit large meals before bed.**
- **Bedtime temperature should be 60-67 degrees for optimal sleep.**
- **Getting good sleep is crucial for mental and physical health as well as your quality of life.**

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)

PRE-COLLEGE *Summer Programs*

MISSOURI

- [Kenrick Glennon](#)
- [Cycle](#)
- [Truman State University](#)
- [Maryville](#)
- [Ranken](#)
- [BEST Healthcare Institute](#)
- [Washington University in St. Louis](#)
- [Missouri S&T Future Students Summer Camps](#)
- [Mizzou Mini Medical School](#)
- [Mizzou School of Journalism](#)
- [Mizzou Summer Music Camps](#)
- [Mizzou Summer Pre College Camps](#)
- [Missouri State College](#)
- [UMSL 2025 Summer](#)
- [iD Tech Camps held at Washington University](#)
- [Webster University Summer Camps](#)
- [Foundry Art Centre Summer Camps](#)

OUT OF STATE

- [Joyce Ivy Foundation](#)
- [Boston University Pre-College Summer Program](#)
- [Brown University Pre College Programs](#)
- [Kansas State PreCollege Summer Camps](#)
- [Benedictine PreCollege Summer Camps](#)
- [Summer Scholars Program- Miami \(OH\) University](#)
- [NYU Summer Programs](#)
- [George Washington University Summer Programs](#)
- [Naval Academy Summer Programs](#)
- [University of Dayton Engineering Summer Camps](#)
- [FABS Summer Program Information](#) - Female Aspiring Business Scholars
- [Lehigh University Pre College Business Camp](#)
- [University of Wisconsin - Badger Pre College Program Information](#)
- [Hillsdale College High School Summer Study and Travel Programs](#)

ST. CHARLES COUNTY JOB FAIR & CAREER EXPO 2025

FRANCIS HOWELL - FORT ZUMWALT - ORCHARD FARM - ST. CHARLES - WENTZVILLE



HOSTED BY FRANCIS HOWELL SCHOOL DISTRICT



TUESDAY
MARCH 11, 2025



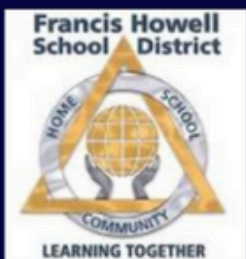
FRANCIS HOWELL NORTH HS
2549 HACKMANN ROAD
ST. CHARLES, MO



5:30-7:30PM

Check out our website for more information

<https://bit.ly/STCjobsfair-careerexpo>





SAINT DOMINIC HIGH SCHOOL

ACT BOOTCAMP

The ACT Bootcamp is designed to prepare our St. Dominic Class of 2026 and 2025 for the June 8 ACT

DATES: JUNE 9, 10, 11, 12

MONDAY, TUESDAY, WEDNESDAY, AND THURSDAY

ACT ON JUNE 14

TIME: 3:30-6:45 PM

COST: \$250

LOCATION: ST. DOMINIC HIGH SCHOOL

MAXIMUM NUMBER OF STUDENTS: 48

ALL SUBJECTS TAUGHT BY ACT CERTIFIED ST. DOMINIC STAFF MEMBERS

SUBJECTS COVERED: READING, MATH, ENGLISH, AND SCIENCE

REGISTRATION DEADLINE: MAY 9, 2025

REGISTRATION/PAYMENT: ST. DOMINIC REGFOX:

[HTTPS://STDOMINICHIGHSCHOOL.REGFOX.COM/SUMMER25-ACTBOOTCAMP](https://stdominichighschool.regfox.com/summer25-actbootcamp)

QUESTIONS: PLEASE CONTACT JEAN NERO AT [JNERO@STDOMINICHS.ORG](mailto:jnero@stdominichs.org) OR

[636.240.8303 EXT. 123](tel:636.240.8303)

[JUNE 14 ACT NATIONAL TEST REGISTRATION @ ACT.ORG](https://act.org)

NATIONAL ACT REGULAR REGISTRATION DEADLINE: MAY 9, 2025

