COUNSELING NEWSLETTER

december 5, 2025

IMPORTANT DATES

12/5/25: Seniors take US Gov End of Course exam

12/10/25: Walk n Talk with Counselors, SET bell

12/18/25: Canines for Christ therapy dogs, 9:15-9:35am

1/20/26: CCP info session, 3:30-4:30pm

CONTACT INFORMATION

Mrs. Meadows: School Counselor (A-K) ext. 1117

Mrs. Rottinghaus: School Counselor (L-Z) ext.1127

Mrs. Ginter: Social Worker, ext. 1111

Mrs. Dipzinski: College, Career, Testing Coordinator ext. 1123



CANINES FOR CHRIST THERAPY DOGS WILL BE HERE NEXT ON THURSDAY, 12/18, FROM 9:15-9:35 IN THE STUDENT LOBBY TO HELP US DE-STRESS DURING EXAMS

Ask your daughter how her "minute meeting" with her counselor went over the past several weeks. Mrs. Meadows and Mrs. Rottinghaus met with every student (grades 9, 10, and 11) for a quick check-in meeting to start off the school year. Seniors are invited to meet with their counselor but senior "minute meetings" are NOT mandatory. We will meet with each student individually again in the winter to request courses for next school year. In the meantime, students are encouraged to come and talk to their school counselor whenever they have questions or concerns related to academics, graduation requirements, social emotional issues, etc.... They can stop by our office anytime, email us to set up an appointment, or leave a note in the mailboxes outside our office doors.

988 SUICIDE & CRISIS LIFELINE

24/7 CALL,TEXT,CHAT

WALK N' TALK WITH THE COUNSELING DEPT!

THIS IS AN OPPORTUNITY FOR ANY STUDENT TO WALK AND CASUALLY TALK ABOUT ANYTHING! IT'S ANOTHER WAY FOR OUR DEPARTMENT TO CONNECT WITH OUR STUDENTS. OUR NEXT WALK N' TALK WILL BE ON **WEDNESDAY, 12/10,** DURING SET BELL. ENCOURAGE YOUR DAUGHTER TO JOIN US!

MERCY MCAULEY HIGH SCHOOL CAREER FAIR

ON WEDNESDAY, NOVEMBER 12, ALL STUDENTS ATTENDED OUR CAREER FAIR. THEY HAD THE CHANCE TO INTERACT WITH NUMEROUS PROFESSIONALS IN VARIOUS CAREERS. IT WAS A GREAT AFTERNOON LEARNING AND NETWORKING! ASK YOUR DAUGHTER WHICH CAREERS SHE LIKED THE BEST!

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EXCUSED DAYS FOR COLLEGE VISITS

JUNIORS AND SENIORS GET 3 EXCUSED DAYS TO TOUR/VISIT A COLLEGE OR UNIVERSITY OR FOR A JOB SHADOW. A PARENT OR GUARDIAN WILL STILL CALL THE OFFICE THE MORNING OF THE TOUR/VISIT/SHADOW. THE STUDENT WILL BRING IN AN ITINERARY OR NOTE FROM THE COLLEGE THE FOLLOWING DAY AND THE ABSENCE WILL BE MOVED TO "EXCUSED."

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SENIORS AND SENIOR PARENTS

CONTINUE TO KEEP INFORMED ABOUT DEADLINES FOR APPLICATIONS, FAFSA, AND SCHOLARSHIPS.

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COLLEGE INFORMATION NIGHT: OCT. 14

THANKS TO ALL OF THE PARENTS AND STUDENTS THAT CAME TO OUR COLLEGE INFORMATION NIGHT. WE HAD A GREAT TURNOUT. IF YOU WERE UNABLE TO MAKE IT BUT ARE STILL INTERESTED IN PICKING UP THE PAPERWORK THAT WAS GIVEN OUT, PLEASE REACH OUT TO OUR COLLEGE, CAREER, AND TESTING COORDINATOR, MRS. JAYNE DIPZINSKI. SHE CAN BE REACHED AT 513-681-1800, EXT. 1123 OR DIPZINSKIJ©MERCYMCAULEY.ORG.

SOURCES OF STRENGTH COMING TO MERCY MCAULEY:

OUR FRIENDS FROM 1N5 CAME TO TRAIN OUR ADULT ADVISORS ON STARTING A SOURCES OF STRENGTH PROGRAM AT MERCY MCAULEY. IN JANUARY, OUR PEER LEADERS WILL HAVE THEIR TRANING. YOU WILL BE HEARING MORE ABOUT SOURCES OF STRENGTH AS THE SCHOOL YEAR PROGRESSES. WE ARE VERY HAPPY TO INCORPORATE THIS INTO OUR SCHOOL.

ATTENTION COLLEGE CREDIT PLUS (CCP) STUDENTS/PARENTS:

THERE WILL BE AN INFORMATION SESSION COMING UP THIS WINTER TO LEARN ALL ABOUT COLLEGE CREDIT PLUS (CCP) IF YOUR DAUGHTER IS INTERESTED IN TAKING A CLASS FOR COLLEGE CREDIT THIS COMING SUMMER OR NEXT SCHOOL YEAR. THIS INCLUDES UC'S INTRO TO ENTREPRENEURSHIP AND INTRO TO MARKETING WHICH ARE TAUGHT DURING OUR TUESDAY/THURSDAY TEA BELLS ONLINE. CCP IS THE STATE OF OHIO'S PROGRAM THAT PAYS FOR STUDENTS TO TAKE COLLEGE COURSES WHILE STILL IN HIGH SCHOOL. THIS PRESENTATION WILL BE FOR STUDENTS THAT ARE CURRENTLY IN GRADES 9,10,11 AND THEIR PARENTS. UNIVERSITY OF CINCINNATI AND CINCINNATI STATE WILL BE PRESENTING. THE COUNSELING DEPARTMENT WILL BE HOSTING THIS EVENT. PLEASE REACH OUT TO MRS. ROTTINGHAUS WITH QUESTIONS. EXT. 1127.

TUESDAY, JANUARY 20, 2026, 3:30-4:30 PM

