COUNSELING NEWSLETTER

January 16, 2026

IMPORTANT DATES

1/19/26: NO SCHOOL, MLK Jr. Day
1/20/26: CCP info session, 3:30-5:30pm
1/26/26-2/6/26: Course request meetings for juniors
2/9/26-2/20/26: Course request meetings for sophomores
2/23/26-3/6/26: Course request meetings for freshmen
3/25/26: ACT for all juniors

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



WE ENJOYED A VISIT FROM OUR THERAPY DOGS FROM CANINES FOR CHRIST LAST WEEK!

Scheduling season is upon us! We met with all of the students during last Wednesday's TEA to start the process of planning out courses for the upcoming school year. Teachers from the various subject areas were on hand to answer questions about particular courses. More communication will be sent out to students from the counseling department in the coming weeks. We will aim to start scheduling juniors the week of January 26 for 2 weeks, then sophomores starting on February 9, and then freshmen the week of February 23. These are one-on-one meetings between the student and counselor. Please reach out to the counselors, Mrs. Rottinghaus and Mrs. Meadows, with any questions.

988 SUICIDE & CRISIS LIFELINE

24/7 CALL,TEXT,CHAT

1N5 CAME TO TRAIN OUR PEER LEADERS ON MONDAY FOR THE SOURCES OF STRENGTH PROGRAM. OUR PEER LEADERS WILL BE GETTING THE WORD OUT THIS SPRING ABOUT THIS PROGRAM THAT IS NEW TO MMHS. IT IS A BEST PRACTICE, STRENGTH-BASED APPROACH, UPSTREAM SUICIDE AND MENTAL HEALTH PROMOTION PROGRAM. STAY TUNED TO HEAR MORE!



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."

SENIORS AND SENIOR PARENTS

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

THIS IS A FRIENDLY REMINDER TO SAVE ALL OF YOUR AWARD LETTERS / SCHOLARSHIPS.

MRS. FLUEGEMAN AND I WILL COLLECT COPIES OF ALL YOUR AWARD LETTERS / SCHOLARSHIP LETTERS FOR THE GRADUATION PROGRAM. 🎓

WE DOCUMENT WHERE STUDENTS WERE ACCEPTED AND ALSO WHAT SCHOLARSHIPS THEY WERE AWARDED.

EVEN IF YOU APPLY TO 15 COLLEGES, WE WOULD LIKE A COPY FROM EACH ONE! I CAN HELP MAKE COPIES IF YOU STOP BY MY OFFICE. I CAN ALSO ACCEPT A "SCREEN SHOT" SENT TO MY EMAIL. I WILL PRINT THEM OUT, ONCE THEY ARE EMAILED TO ME.

THANKS SO MUCH!

(START EARLY!)

MRS. DIPZINSKI
DIPZINSKIJ©MERCYMCAULEY.ORG

ATTENTION COLLEGE CREDIT PLUS (CCP) STUDENTS/PARENTS:

THERE WILL BE AN INFORMATION SESSION ON TUESDAY, 1/20/26, 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, AS WELL AS MRS. MERK WHO WILL BE TALKING ABOUT OUR 4 NEW CCP CLASSES TAUGHT BY OUR MMHS TEACHERS. THE COUNSELING DEPARTMENT WILL BE HOSTING THIS EVENT. PLEASE REACH OUT TO MRS. ROTTINGHAUS WITH QUESTIONS. EXT. 1127.

RSVP HERE

TUESDAY, JANUARY 20, 2026, 3:30-5:30 PM

