COUNSELING NEWSLETTER

February 6, 2026

IMPORTANT DATES

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

3/2/26: World Teen Mental Wellness Day; Canines for Christ therapy dogs

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



OUR THERAPY DOGS WILL BE VISITING US FROM CANINES FROM CHRIST ON MARCH 2 IN CONJUNCTION WITH WORLD TEEN MENTAL WELLNESS DAY

We are all finished with our course request meetings with the Class of 2027. We start meeting with current sophomores on Monday,2/9, and then freshmen the week of 2/23. 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.

If your student is planning to take any CCP courses next school year at MMHS or on her own, she will need to get in touch immediately with Mrs. Merk to learn about how to apply for CCP. The State of Ohio has a deadline of 5pm on April 1. If your daughter is not a resident of Ohio, but would still like to do CCP, there are some options to pay out of pocket at a reduced rate.



1N5 CAME TO TRAIN OUR PEER LEADERS 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!



FROM MRS. DIPZINSKI (COLLEGE/CAREER/TESTING ADVISOR)

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."

JUNIORS HAVE STARTED THE ACT PREP DURING WEDNESDAY TEAS. ALSO, THEY HAVE BEEN BUSY CREATING THEIR ACT ACCOUNT, WHERE THEY WILL BE ABLE TO VIEW THEIR SCORE, REGISTER FOR FUTURE ACTS, AND ALSO USE VALUABLE TOOLS WITHIN THE ACCOUNT, SUCH AS TAKE CAREER INVENTORIES AND PRACTICE ACT TESTS. ACT IS SCHEDULED FOR MARCH 25 AT MERCY MCAULEY.

SENIORS, PLEASE CONTINUE TO CHECK THE DEADLINES FOR SCHOLARSHIPS, HOUSING, REGISTRATION, AND ENROLLMENT DATES.

SENIORS, PLEASE TURN IN ANY AND ALL SCHOLARSHIP AWARD LETTERS. THIS INFORMATION WILL BE USED FOR THE GRADUATION PROGRAM. GIVE ALL DOCUMENTATION TO MRS. DIPZINSKI. YOU CAN STOP BY HER OFFICE OR EMAIL IT TO HER AT DIPZINSKIJ@MERCYMCAULEY.ORG.



IF YOUR STUDENT IS PLANNING TO TAKE ANY CCP CLASSES NEXT SCHOOL YEAR, THE DEADLINE TO APPLY THROUGH THE STATE OF OHIO IS APRIL 1 AT 5PM. PLEASE REACH OUT TO MRS. BETH MERK WITH QUESTIONS ABOUT HOW TO APPLY.

MERKB@MERCYMCAULEY.ORG

SHE IS OFFERING HELP SESSIONS IN ROOM 112. SEE BELOW.

- **FEBRUARY 4, 2026 - 5-7 P.M.**
- **FEBRUARY 9, 2026 - 5-7 P.M.**
- **FEBRUARY 11, 2026, 3:30 - 5:30 P.M.**