



Sophomore Parent Counseling Night

Welcome!

Our Counseling Staff





Mr. Patrick Brennan
Last Name: Sh - Z



Mr. David Frick
Last Name: A - Ch



Mr. Kevin McCaig
Last Name: Ci - F



Mrs. Rose Leo
Last Name: G - L



Ms. Anna Maria Demonte
Last Name: M - Se & Colts+ (Benilde Program)

Mrs. Nicole Johnson - *Freshmen Counselor*

Mrs. Gina Morisano - *Counselor: SEL & Mental Health*

Mr. Bryan Smith - *Licensed Clinical Social Worker (part-time)*

Mrs. Bonnie Stahl - Administrative Assistant

Academics

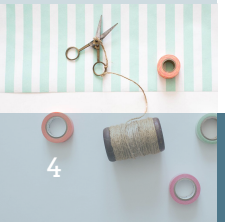

CHRISTIAN BROTHERS
SIGNUM FIDEI
RELIGIO MORES CULTURA
ACADEMY



Academic Performance

- Each of your sons has the inherent ability to succeed at CBA
- A rigorous academic program, while challenging, best prepares your son for college and the next phases of his life
- Hard Work and a Realistic, Positive Attitude Needed
- Help is Available
  - NHS Tutors
  - Extra Help with teachers -Enrichment, Before/After School
  - Study Hall rooms during Flex Period
- Avoid Pitfalls - Gaming, Social Media, Missing work, etc.
  - Distractions abound - one CBA junior shares his best tip for staying focused - his phone stays in the kitchen while he does homework in his bedroom

*****Mid-Quarter Check is Friday, September 25*****



Advice from NHS Tutors

1. Stay Organized-planner/google calendar
2. Create a Schedule / To Do Lists
3. Do Not Procrastinate
4. Build Relationships with Teachers
5. Do Not Be Afraid to Ask for Help



Quotes from NHS Tutors:

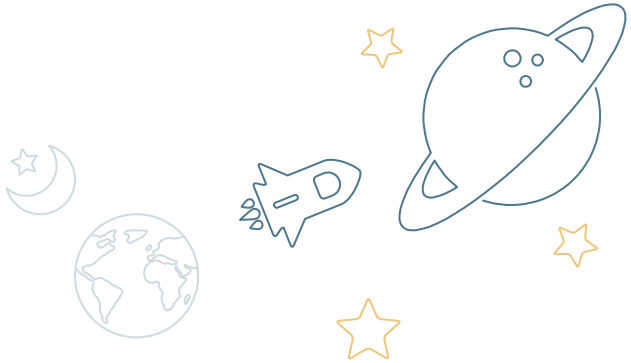
"Don't get discouraged. No one does perfectly 100% of the time, so it's not worth it to beat yourself up over one bad test."

"Learn from your mistakes."

"Relax. I learned during my sophomore year to not wait until the last minute to do things, and my life has been exponentially better."

"Stop thinking of homework/studying as a chore, but rather simply as part of your daily routine."

"Never Give Up!"







Non-Academic Life

Getting Involved in the CBA Community

Being an Involved Community Member



Let's start with ***WHY?***

- ❑ Build a network of friends
- ❑ Develop leadership
- ❑ Explore interests
- ❑ Give back
- ❑ Learn new skills
- ❑ Become a mentor
- ❑ Prepare for college-consistent & meaningful list



Being an Involved Community Member



HOW does my son find these opportunities to get involved?

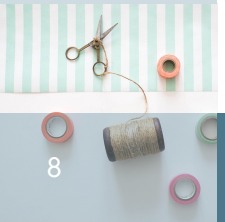
Enrichment Schedule sent out every Wednesday
Emails from staff
Meetings with school counselors

WHERE & WHEN does this happen?

Enrichment on Wednesday
Before and After School
Summers and Weekends

WHO supports my son's involvement?

Parents and School Counselors



WHAT are the options.....

59 CLUB & ACTIVITY OFFERINGS

Pillars of Involvement



Athletics



Service



Education/ Extra



Arts



Intramural Sports

Flag Football
&
Intramural Basketball

The fall Flag Football and Spring Intramural Basketball teams are opportunities for any student to participate in competitive athletics at CBA. See Mr. Brennan (Flag Football) or Mr. Middler (Basketball) for more info!

- ★ Students select their own teams
- ★ Compete against CBA students only
- ★ Programs are still monitored and moderated by CBA Staff





Service Immersion Trips









CBA Service Immersion trips occur throughout the school year and in the summer. Sophomores will be receiving updates about upcoming summer immersion trips by the end of this week. These trips are small groups of CBA students who travel to various locations across the country to complete service work; build homes, repairs, provide educational and recreational opportunities, etc. They live and learn with their counterparts on these trips. See Mr. Meehan for more information!



LaSallian Youth

Lasallian Youth is open to all students. It offers the student a variety of opportunities including prayer groups, liturgical ministries, collecting for food drives and clothing drives, mission collections, tutoring grade school students, making and delivering sandwiches to Asbury Park. See Senor Saverino for more information!







The Adventurers Club

The adventurer's club takes monthly trips to places like Dave and Busters, Great Adventure, Indoor Skydiving, and unique restaurants. This is a great space for students who are looking for a social activity and don't know where to start. See Mr. Reagan for more info!











Pegasus Production Company

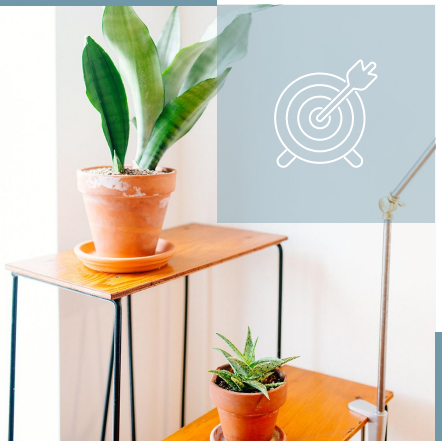
Pegasus Production Company has a place for every type of student. Experienced actors and those who have never been on stage are welcome to try out for any part in our productions. Unlike most high school level programs, Pegasus is a truly student-run initiative. Every aspect, from set design and construction, to costumes and lighting, to sound and even production tech is managed entirely by the students. See Mr. Orozco for more info!

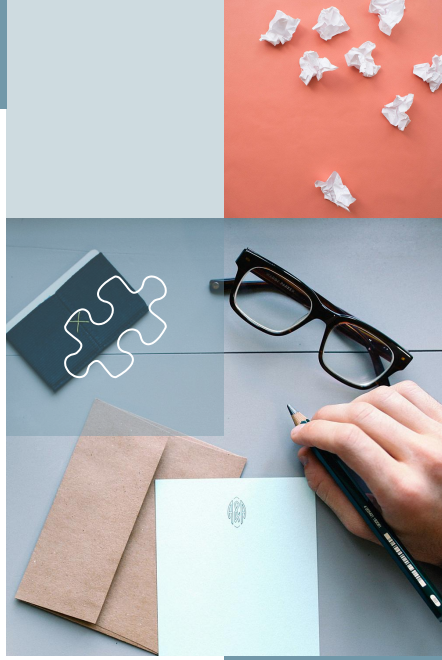



Mental
Health

What are some of the main mental health concerns for teenagers?







- Perfectionism
- Social Media/Screen Time
- Isolation
- Academic Pressure
- Burnout
- Relationships
- Anger

NEWPORT INSTITUTE

What we are doing at CBA

PROACTIVE & PREVENTATIVE

Individual & Cohort Meetings with Counselors

Lifelines Curriculum Partners

Social Emotional Learning

Psychoeducational Groups

Brothers for Brothers - Mental Health and Wellness Club during Enrichment

Training for CBA Faculty & Coaches

Monmouth County Youth Summit with SPTS

Referral List: Local Providers, Facilities, National/State Hotlines

Mrs. Morisano - Counselor: SEL & Mental Health
Mr. Smith - Licensed Social Worker (part-time)







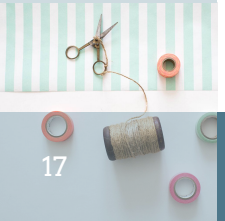
COMMUNITY WELLNESS PROGRAMS



Week of Respect a statewide initiative that provides meaningful opportunity to strengthen school climate by reinforcing positive behaviors, empathy, and responsible decision-making

Community Wellness Days to expose our school community to strategies and practices for self-care for our mental and physical health with a series of different workshops/activities.

Mental Health Awareness Month. A calendar of various events is shared with the school community for ways to acknowledge and celebrate. Last year included school-wide Digital Detox, Calm Corners, and Outdoor Meditation.





College Admissions Support

Understanding Admission Factors

- Academic Performance - every year counts
- Academic Rigor - challenging course sequence
- Extracurricular Activities - at CBA and in local community
- Essay(s) - demonstrates writing ability and applicant's unique story
- Letters of Recommendation - adds different perspectives
- Test Scores - SAT or ACT - Test Optional
- "Demonstrated Interest"





STANDARDIZED TESTS

The role of the SAT/ACT has changed significantly in college admissions over the recent years



Understanding the PSAT

The PSAT is scored on a scale of 320-1520

The score report will give the overall score and the score in each section

- The Evidence Based Reading & Writing Section and Math Sections are both scored on a scale of 160-760

The score report will also show percentile rank. This indicates how a student's test score compares to others (nationally) who took the PSAT.

Students should link their PSAT score to Khan Academy for free specifically tailored test preparation.

In School SAT

CBA hosts an in-school SAT in March. This is an official SAT, not a practice exam.

Registration is required and only available for juniors.

Test Optional Policies

Test Optional Policies do not require students to send SAT or ACT Scores in order to be considered for admission.

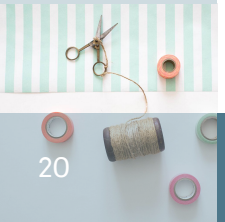
Currently over 1800+ colleges are Test Optional

When is it s good idea to submit a standardized test score?

- If the score is within or above the reported middle 50% of the previous applicant pool

Do colleges assume I have "bad" score if I don't submit?

- No. Many colleges now have freshmen classes where up to 50% of **admitted** applicants did not submit scores.



Different Roles Defined



Primary Role: *Student*

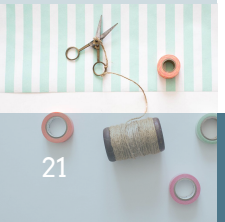
- Drives the process
- Takes ownership over their college admission process
- Communicates with parents and counselor

Supportive Role: *Parents*

- Sets realistic goals/expectations
- Discusses costs/financial aid
- Facilitates conversations

Guiding Role: *Counselor*

- Develops partnership with student and parents
- Actively listens and shares information / feedback
- Serves as a sounding board



CBA Resources for College Planning

- *Individual meetings*
- *Junior Parent Meeting*
- *Junior College & Career Class*
- *Maia Learning*
- *Mini-College Fairs*
- *College Essay Presentations*
- *College Panel*



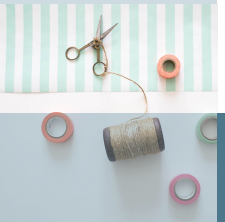


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Looking Ahead



1. Success in your classes
2. Get involved in the community
3. Explore summer programs
4. Start building your resume
5. Begin researching colleges
6. Be prepared for life after CBA!



Upcoming Events

- College Fair at Monmouth U - October 18, 2026
- College Athletics Info Night- November 19, 2026
- College Kickstart Program - January 27, 2027
- Underclassmen College Night - March 1, 2027
- CBA Mini-Fair - March 2, 2027 (during school)











Thank you!

