



Guidance/CarrollU

NEWSLETTER - VOL.5

INTRODUCTION

We're into the 2nd quarter and the holiday season. Carroll has been working hard to keep the doors open for in-person learning and so far, we've been successful. What a difference it makes when we can be together!

The holidays are different this year, but as I often say to students - different is just that, it doesn't mean "bad", just not what we're used to and we've all gotten pretty good at getting used to life being different. Perhaps you will be starting new traditions or focusing on aspects of Christmas that you hadn't before. However you celebrate this holiday season, all of us in Guidance wish you and your families peace, joy, good health, and time together.

It is our hope in Guidance/Carroll U to be a support to our students and through this periodic newsletter, supply you with pertinent information and reminders.

Students are asked to **consistently check their school email**; much information is shared via this platform, and please check in with your counselor; we're here to help.

Class of 2021:

- **Things to do** if you haven't already: fill out your Senior Profile; apply to college or make a plan for after graduation; send in your Parent Permission Form; fill out a Transcript Request Form for any college you are applying to; complete the FAFSA.
- **Instant Decision Day** with Chestnut Hill on January 20!! Apply & hear back on the same day. More details will follow in an email, so keep checking.
- **Congratulations** to those that have already been accepted to schools!! Please send us your acceptance letters and any scholarship offers you have received.
- Find those **scholarships**!! Check out: raise.me, Going Merry, scholarships.com, fastweb, myscholly and please read emails for anything we send out.

Class of 2022

- **Save the date: March 16** - we will be hosting our annual **College Information Night** - more details will follow.
- We strongly recommend that you fill out your **Resume** in **Naviance** - go to the "About Me" tab and click on "My Stuff" - this should be completed by the end of your junior year.
- In the same About Me tab, take some time to complete the tasks under **"My Assessments"** to help you learn more about yourself and your strengths.
- Engage in **SAT prep** through your Khan Academy account - which should be linked to your CollegeBoard account; practice at least 15-20 minutes a day.
- ****In-school SAT Day** has been scheduled for April 27 - you will receive an email closer to the date with instructions on how to register.
- Check out the **raise.me** website to begin earning **money for college**;
- Start using your Naviance & CollegeBoard accounts for **college & career searches**.
- **Focus on your grades** and having a strong academic record.

Class of 2023

- Sign up & start **earning money** for college at **raise.me**;
- Use your Naviance account to **learn more about yourself** by going to the About Me tab & clicking on My Assessments;
- Begin filling out your **Resume** in Naviance
- Use your **Naviance & CollegeBoard** accounts for career & college searches;
- **Focus on your grades** and build a strong academic record.

Class of 2024

- Begin using your **Naviance** account to learn more about yourself; go to the “About Me” tab and click on “My Assessments”; you can also start filling out your resume.
- Make sure your CollegeBoard & Khan Academy accounts are linked together.
- Start **earning money** for college by opening an account on **raise.me**
- **Focus on your grades** so that you begin to build a solid academic record.
- If you have not already done so, **join an activity** - club or sport - this is one way to make high school more enjoyable, build skills, & meet new people.

NCAA: Senior athletes interested in playing a sport at a DI or DII school need to open an account. Contact Mr. Lynam for any information (flynam@jcarroll.org). Junior athletes & sophomore varsity athletes interested in opening an account, contact Mr. Lynam. All athletes are reminded to maintain good grades - do not just “get by”.

MENTAL HEALTH RELATED RESOURCES

As nice as it is returning to school and work, life can still be stressful - whether it's covid related or not. Stress is a part of life, but it can certainly seem magnified in a pandemic. It is important, therefore, to regularly do things - such as exercise, prayer & meditation, family fun time, reading, writing, mental vacations, etc. - that help to de-stress and maintain

balance. We, however, can get overwhelmed and need to seek outside of ourselves for help. Once again, please reach out to Guidance for support, and we have some resources listed below.

www.calm.com

www.heysigmund.com

Free apps: Calm counter, Breathing Bubbles, Relax Melodies, Super Stretch Yoga

DELAWARE COUNTY:

Mobile Crisis Support 24/7: 1-855-889-7827

**Homeless Support: CAADC (Community Action Agency of Delaware County):
610-874-8451**

**Food Assistance: DIFAN(Delaware County Interfaith Food Assistance Network)
Various locations throughout the County**

610-566-7540 x 407

www.fcsdc.org or click link below

<https://drive.google.com/file/d/1GiVnLysxhXRR5U3kyU5I1eYcP0LtRrIE/view?usp=sharing>

MONTGOMERY COUNTY:

Mobile Crisis Support 24/7 : 1-855-634-HOPE (4673)

Domestic Violence Support: 1-800-773-2424

Homeless Support 24/7: Dial 2-1-1**MONTGOMERY COUNTY:**

PHILADELPHIA:

Behavioral Health Crisis Intervention:215-685-6440

NAMI Suicide and Crisis Intervention Support: 215-686-4420

Behavioral Health Member Services(non-emergencies) 1-888-545-2600

Homeless Support: 215-686-7177

National Suicide Hotline : 1-800-273-8255

National Crisis Text Line: Text HOME to 741741

RESOURCES PROVIDING TELEHEALTH SERVICES:

Springfield Psychological Services:

Children and Adolescent Services 610-544-2110

Onward Behavioral Health:

Provide an array of Behavioral Health and Drug/Alcohol Intervention services for children, teens, and adults in local counties 1-610-644-6464

Caron Foundation: Substance Use/Vaping/Nicotine Cessation

www.Caron.org/Digital-Learning