

CLASS OF 2021...

I HOPE YOU ARE WELL

CCHS MISSES YOU

I MISS YOU... YOUR STORIES... CHECK INS... AND SMILES

STAY ENGAGED IN YOUR EDUCATION

KEEP MOVING FORWARD & PREPARE FOR YOUR FUTURE

READ & WRITE – LOVE & HELP – GIVE & SHARE

sending virtual hug



loading...

@akwardstagram



hug sent!

“Action Surveys” are due April 28

All senior course request changes are due May 8

Weekly Message will be emailed to juniors and families once/week

Virtual check-in and Zoom video meetings available per request (see survey in email)

Juniors,

First and foremost, I am here, as you need. Please do not hesitate to reach out with any questions, thoughts, or concerns you may have in these days we are out from school. I understand you may have a lot on your mind right now, and it may seem like lots of questions and few answers. I share your feelings, and I hope that the information I provide below proves helpful.

It is a strange time but we are in it together. Stay strong and healthy. I am sorry you are missing out on junior opportunities and experiences including: college visits, the SAT, boosting grades, time with friends, prom, sporting events & activities.

I understand you will have many questions along the way, especially as you continue to focus on and put into action, steps for your future. Mrs. Murphy and I are here for you. When questions arise (how will this go... what should I expect... what do I do...) please reach out. This is a national experience and adjustments will be made for this unique time.

Take some time to reflect on your progress this year -- are you meeting your goals? If you would like to receive a reminder of your SAT and GPA goals (from the beginning of the year) simply email Mrs. Antrim and write "SEND MY GOALS".

I encourage you to utilize this extended break for self-reflection and improvement. Engage in fulfilling conversations with loved ones, create something you're proud of, and give in ways that go beyond the self. This is a part of your journey now. As the Junior Class of 2021, I also want you to remember that you are not alone and together we will form a 'new norm' – ultimately a better world.

If you need to talk, need some face time, or have questions too big for email please register for a video appointment with me. I will be available Mondays; Tuesdays; Wednesdays; and Thursdays from 10:00 am - 3:00 pm. To schedule a time to meet, visit your email, find an email from me on either 3/18 or 3/26 and there a survey link will be available for you to complete. Here you can list your availability.

** I must have approval (a message from your parent/guardian's personal account) with their permission for you to set up a Zoom meeting with me. Once I receive your request and parent/guardian permission, I will email you a meeting time and link to our Zoom meeting. There is also a survey link to "Check-In" virtually with me. Feel free to use that anytime – think of it as a way to 'stop by my office or catch me in the hall'.

Outside "Virtual Check-Ins" and "Zoom Video Meetings" you can also email me. I will be checking my email at least once every work day and will do my best to get back to you within 24 hours. I will continue to email a "Weekly Message" to juniors & families, and will provide brief updates & encouragements via Remind, the CCHS Class of '21 Facebook Page, and cchs165counseling Instagram account.

Don't forget: if you wish to make changes to your **SENIOR REQUESTS**, please email me or complete the "Schedule Change Request Form" found on my website **BY MAY 8**. [TerrierNet/Students&Parents/Class of 2021]

Please continue to check your email and the school website for updates. We will be sharing information as it comes. If you or are a loved one is experiencing a mental health crisis please refer to the "Mental Health Resource" sheet included in this packet, or text HELLO to 741741 (24/7 response). If you have an immediate emergency, call 911.

Please know I miss you and I look forward to seeing you in person again.

Stay healthy and well,
Mrs. Antrim
Class of 2021 School Counselor



***** CCHS ENRICHMENT OPPORTUNITIES *****
The activities in this packet will assist you with your success upon return to school and on into senior year. We do not wish for our students to experience a "gap in education" during this time. You can access more activities via the CCHS Website.

I encourage you to work on these mailed home activities and any eLearning opportunities your teachers have sent. You need to continue to stimulate your brain and remain educationally active. This is an excellent time to build work skills that will set you apart later in life (e.g., keeping routine, staying organized, working hard, completing tasks, communicating with teachers and individuals for help and guidance, etc.).

As of today students are not required to participate in e-learning for a grade **unless they are enrolled in Dual Credit or Enrollment courses through John A. Logan College.**



The SAT is offered June 6 at CCHS and SIUC (registration deadline of May 8).

The ACT is offered at SIUC June 13 (registration deadline of May 8) and July 18 (registration deadline of June 19).

***** ASSESSMENT UPDATES *****

The April 14 school day SAT has been suspended. ISBE and College Board are working to come up with a plan for juniors and the SAT; however, this plan may mean testing too late to receive the scores you need for college admissions and decisions.

Thus, I would encourage you to consider signing up for at least one SAT and ACT (or both) on your own for the summer months; that way you can ensure you have a score on file by the time you apply to college. The soonest you can *plan* to test is in June, and this said with caution (as we don't know from day-to-day what will be cancelled, extended, or rescheduled). To register for a summer Saturday exam, go to the SAT or ACT website to begin.

If you register for a test and you are Free/Reduced Lunch, PLEASE LET MRS. ANTRIM KNOW as you qualify for a fee waiver to cover the cost of each test (used at registration online for payment). Mrs. Antrim can give you your fee waiver codes upon request; just let her know when you are ready to register.

***** JALC DUAL CREDIT/ENROLLMENT *****

For information please refer to your email for a message from Mrs. Sabens sent 3/27. Free! Up to 8 credit hours of tuition per semester (you must still pay fees & books). Send your questions to dualcredit@jalc.edu.



In your email you will find a FAQ describing the benefits of Dual Credit/Enrollment, how to register, how to transfer credit, and how to add/drop/withdraw from a course. There is also a document providing more information about CCHS Dual Credit options and popular JALC courses. If you have yet to take a JALC course– use the “Carbondale” attachment to guide you on what class to take.

*If you signed up for a May 8 visit with JALC, more info. to come on the status of those visits.

4 STEPS TO CREATING HABITS OF SELF-CARE

1. Build in rest as a catalyst for productivity, not a break from it.
2. Streamline your schedule by doing fewer things. better.
3. Pair a self-care habit with your regular routine so it becomes automatic.
4. Focus on the habit of the habit: value right actions over right results.



CULT OF PEDAGOGY

CONTINUE TO CHECK YOUR EMAIL FROM MRS. ANTRIM AND MRS. MURPHY!

In prior emails and moving forward, you will find more information and links related to the following:

- Additional school activities
- How to cope with COVID-19
- Assistance & public health updates
- College/university admissions updates, info., & resources
- AP course help & guidance
- Career search & military sites
- Mrs. Murphy's virtual hours & LIVE events
- Virtual visits & college fairs
- Test optional information
- Junior to senior year prep

** SOCIAL/EMOTIONAL SUPPORTS **

35 Self Care Ideas: these can help when you're feeling stressed and need a mental health break:

Exercise, Do Yoga, Meditate, Watch a funny movie or YouTube videos, Read and write positive affirmations for yourself, Take a nap, Drink herbal tea, Go outside for a walk, Clean, Take a hot bath or shower, Read a book, Call a friend, Make a list of things you're grateful for, Cook a healthy meal, Give yourself a manicure or pedicure, Try a face mask, Practice positive self-talk, Write a letter or email to a loved one, Volunteer, Spend time with family, Check out books online, Do a virtual visit of a museum, Declutter your space, Read inspirational quotes, Light a candle or diffuse essential oils, Color or draw, Create a vision board, Use the Calm app, Dance, Get outside for yard work or just sit on your porch/deck for fresh air, Go for a bike ride, Do a puzzle, Turn off your phone, Donate old clothes, Do a random act of kindness

I have a few challenges to share with you today, you pick what feels "right" for you:

- * Step away from social media for a little while, pick up the phone and call a family member, preferably a grandparent if you can, or an older family member that has lived through times similar to what we are experiencing. Talk to them about your thoughts and feelings, let all of your emotions out and know that it is ok to feel what you are feeling.
- * FaceTime a friend for 10 minutes to talk about what you've been doing, how you've been holding up, or falling apart, through all of this. Being emotional and real through all of this will help you all.
- * Write a journal entry (or type it) about your experience over the last few days. Catalogue the events that have happened (closing of schools, restaurants, etc.). Write about your fears, your thoughts, your emotions—write it all down. Put it somewhere safe to reflect back on after you survive this. I cannot stress this one enough.
- * Write a letter to the local nursing home to brighten their day, they have been on lockdown down for a while and your youthful look on life will bring a smile to their face, they may even write you back! Let me know if you need the address.
- * Breathe. Do some yoga or your favorite form of exercise. Go outside. Smell the rain. Look up to the sky and believe that we will all get through this together.

*** THINGS TO KEEP IN MIND... ***

- Create a **healthy routine**, including time for...
 - Exercise, creativity, academics, responsibilities, and activities that bring you joy.
- Be **aware of your emotions** and how you are feeling during this time.
- Connect** with others and loved ones via phone calls & video chats.
- Keep a healthy **sleep routine** (for ages 14-17: MayoClinic recommends 8-10 hours a day).
- LIMIT** exposure to news cycle and **social media**.
- Drink water, stay home, and wash hands.**



*** STAY CCHS CONNECTED ***

Check your EMAIL & the CCHS WEBSITE for activities & general information updates.

View Mrs. Antrim's & Mrs. Murphy's pages on the CCHS Website, along with Counseling Dept. updates.

Mrs. Antrim will be sharing brief updates & encouragements via Remind (text group) and Facebook.

To sign up for Remind, you can join by visiting Mrs. Antrim's class of 2021 Webpage.

NEW Virtual Check-In with Mrs. Antrim, complete survey (see 3/26 email) for a quick check-in.

NEW Find updates and information from your CCHS Counselors on Instagram... @cchs165counseling

NEW To set up a Zoom video meeting with Mrs. Antrim, complete a survey request (see 3/26 email) and have your parent/guardian email Mrs. Antrim with permission to meet via video.

Again... keep checking your email for most recent and up-to-date information.

*** JUNIOR YEAR GOALS ***

It is my goal to make sure each of you remains on target for 'life after high school'. Junior year is a year of reflection, research, and exposure. As senior year approaches, we will be moving into the action phase of the post-secondary process. I encourage you to use this time to get ready for action, whether you are college -- career -- or military bound. Please refresh your memory on the goals I have set for the class this year.

All Juniors: Meet personal and class GPA & SAT Goals.
Stay academic focused (build GPA and continue rigor).

College-Bound: have list of 3 or more colleges for which you plan to apply, resume (list of activities/accomplishments), exhibit leadership, build letters of rec., explore college majors, check out common app., be aware of deadlines (admissions, financial aid, & scholarships).

Career-Bound: have solid job prospect and back up plan, look at job outlook, know how to access & complete application process, prepare for training/apprenticeship opportunities, update & perfect resume, build references and soft skills (attendance, work ethic, effective communication, etc.).

Military-Bound: know which branch you are interested in, talk & meet with recruiter, prepare for requirements, create resume, and study for the ASVAB exam.

Social/Emotional: Grow in effective communication, advocacy, build a problem-solving mentality, as well as show kindness and professionalism everyday.

*** ACTION SURVEY ***

To assist with this action phase of the postsecondary process, Mrs. Murphy has put together an ACTION SURVEY. Your response is mandatory, please have the survey completed by APRIL 28. Your feedback will aid us in best helping you and your classmates moving forward. In knowing more of where you are in your post-secondary journey today-- we will be able to build curriculum, newsletters, and activities that best suit your needs. Thank you in advance for your response.

Keep being amazing, Class of 2021!

