

# 2021 *Class of*

Where to begin, but other than the beginning. Well at least the beginning of high school. For a quick "rewind" please take some time to answer these questions:

Go back to the first day of your freshman year:

- What were you thinking? (*How will I find all my classes; will I get trampled in the halls?*)
- What were you feeling? (*Nervous, excited?*)

Again, ask yourself the same questions thinking back to the **end** of your first day of freshman year – what were you thinking; what were you feeling?

You survived right?! In fact, you have more than survived each and every day between then and today; even with a world in which seems to be flipped upside down. Never would you have imagined that your favorite restaurants would be closed; that you couldn't go to the movies; or that prom would be cancelled. Again, you survived.

Now, together we face another first, a new way of 'school' where you learn new vocabulary like Zoom, Quizizz, Nearpod and there is new meaning to "teams" and "meets". You learn how to navigate these programs and multitask – going from one virtual space to another. You have to discover and commit to a routine all on your own because there is no bell telling you where to go. You get used to 'seeing' your friends in boxes through a screen, instead of in person. You are surviving.

Pay attention to yourself through this – what are you thinking; how are you feeling? Reach out and stay well. Let people know how you are doing, people you trust and care about.

With that said, all these changes are not unique to you, right? Everyone is having to adapt, grow, and work through challenges – your teachers, your parents/guardians, your siblings, your friends, YOU!

BUT what IS unique to you-- and by you, I mean the 218 of you in the CCHS Class of 2021 is that you are about to embark on your own, out of high school. And guess what?! The world may look different but it IS STILL MOVING and it is eager to have YOU be the next generation to make it better. Whether that is you joining the military, doing an apprenticeship, or attending college – it is ready for you. Are you ready for it?

This is the year of ACTION, the year to not just survive but THRIVE. Walk into your future and remember you must make the necessary steps to get there (i.e., apply, network, reach out, etc.).

I am here for you, Mrs. Murphy is here for you, your teachers and your families/guardians/loved ones are here for you. Let us know what you need to get to your "next step" and even more so THRIVE.

Welcome to your (very unique) Senior Year! Remember, more than ever, your class is the most prepared to enter this quickly-evolving world because you are learning to 'pivot' at such an important time-- this will serve you well. Now stay focused on school, end high school strong, & keep moving when it comes to planning for your future. You... got... this!

Here to support you always,  
Mrs. Antrim

# Check Out My Virtual Office!

(You can access my Virtual Office by clicking the link in my signature line or visiting the Class of 2021 Webpage)



**My Virtual Office will be updated throughout the year.  
Currently you can click on the following to access various resources & links:**

- Clock – article titled *Manipulate Time with These Powerful 20 Time Management Tips*
- CCHS Logo – TerrierNet
- Class of 2021 Logo – class of 2021 webpage
- The Power of Financial Aid – to learn more about financial aid & how it works
- Scholarship – to access the USA Grant & Scholarship Application website
  - (FastWeb & Scholarships.com are two additional external sites to check out)
- SAT & ACT – takes you directly to the main page of each testing service
- Human head/brain – 24/7 mental health supports & resources
- Flowers – video of flowers blooming slowly with music
- Agenda book – to make an appointment with Mrs. Antrim
- College & career ready poster – to access Mrs. Murphy's College & Career webpage
- Salt lamp – takes you to our interactive Virtual Calming Room created by our School Social Worker
- Miss Puppa May (yes that is a picture of my dog) – see videos of cute Goldendoodle puppies

**For the best ways to reach me & stay current this school year...**

Email [krista.antrim@cchs165.com](mailto:krista.antrim@cchs165.com)

Call 618-457-3371 ext. 206

Sign up for the Class Remind by texting @cchs-21 to 81010

Visit the Class of 2021 Facebook Page & School/Counseling Instagram

Text my office-line at 747-999-2021

Visit the Class of 2021 and College & Career Websites on TerrierNet

Request an appointment by visiting the *Counseling Page* on TerrierNet & clicking the link by my name

Check your email for monthly newsletters

*As always, I am here to assist the Class of 2021 & Families with any academic, personal/social, and college/career questions or concerns.*

*Reach out if you need anything at all. I am looking forward to assisting the seniors through a great & successful school year!*

# Mrs. Antrim Meeting Request

Complete this form to request a meeting with Mrs. Antrim. Expect an email noting our meeting time and method within 24 hours of submitting this form. Requests are monitored on school days only. Urgent requests will be treated as such. Thank you! I look forward to our visit!

\* Required

1. Please list your name below.

If you are not a high school student, please list your name and reason for meeting. \*

Enter your answer

2. I need to meet with Mrs. Antrim to discuss: \*

☐ Academic / Grades

☐ College

☐ Career / Military

☐ Financial Aid / Scholarships

☐ Personal / Social

☐ Other

3. \*OPTIONAL\*

Share any details of your meeting request here. What you share here helps me prepare for our meeting and might allow me to send you some help or an answer via email as well as seeing you in person.

Enter your answer

4. What is your preferred time frame to meet? \*

☐ It's urgent - can we talk today?

☐ Within 24 hours

☐ Within a few days

☐ An email answer is fine

☐ Other

5. What is your preferred meeting method? \*

☐ Over the phone

☐ Zoom

☐ In person, if possible. (Currently this means meeting in a larger open space or outside.)

☐ Other

6. Please select your preferred time to meet with me. \*

☐ 1:00

☐ 1:30

☐ 2:00

☐ 2:30

☐ 3:00

7. If you prefer to meet over the phone, please share your cell number or your preferred phone number here:

Enter your answer

Submit

Never give out your password. [Report abuse](#)

# CCHS SENIOR FALL ☒LIST

## September

- ☐ Clean up your school email and get organized.  
Be familiar with tools: flag emails (highlights); pin emails (places at top); create folders (organizes).
- ☐ **Focus** on starting this year & ending your high school academic career **STRONG!**  
Reach out to teachers for help
- ☐ Consider registering for a SAT and/or ACT See p. 35-38 of C/C Guidebook for a comparison chart  
Take time to read Ms. Murphy's latest update by visiting her webpage & clicking ACT/SAT Quickview
- ☐ Visit colleges of interest virtually | connect with military recruiters & careers  
Sign up for visits in Naviance, use YouVisit, CampusReel, IACAC/NACAC
- ☐ **Finalize your college list** [5-9] or your post-high school options list  
Make sure you update Naviance as well – there are several useful features to help you sort data & info.
- ☐ Share your future plans & interests with your parents/guardians  
If you are still unsure, ask the adults in your life to describe their work & how they got there.
- ☐ Create application calendar with deadline dates & application requirements  
Look for **merit-based & program-based scholarship opportunities** - note those deadlines.
- ☐ Know what application materials you will need & **begin applying** (if you have not already)  
Edit personal essays; know your transcript & school profile; finalize resume, review test scores, etc.
- ☐ Politely ask teachers to write letters of recommendation (LoR), if required  
Give plenty notice for these requests, three weeks is ideal. Complete Ms. Antrim's LoR Info. Form.
- ☐ Look at external scholarship opportunities  
FastWeb, Scholarships.com, College Greenlight, Tuition Funding Sources, Cappex, Finaid
- ☐ Keep 2019 tax returns & financial records in a safe space (ready for FAFSA app 10/1)  
Create student FSA ID and parent FSA ID at studentaid.ed.gov
- ☐ Talk with your parents/guardians about the future as it relates to finances  
What to expect and what is expected of you financially?
- ☐ Check in with Mrs. Antrim & Mrs. Murphy. Reach out with updates & questions  
We are always excited to help you with your postsecondary journey!

## October

- ☐ Remember to check in & take care of yourself! (Lots to do with little time)  
Seek help from CCHS faculty, friends & family. Go to Terriernet|Counseling|Virtual Calming Room
- ☐ Complete your FAFSA application (and CSS Profile, if applicable), opens October 1  
October completion increases your chances of receiving grant aid. This is a graduation requirement.
- ☐ Continue submitting applications  
Make it a goal to have all applications completed by November 1.
- ☐ Make sure that all schools who need your transcript receive one by their deadline  
Request your transcript by visiting TerrierNet|Counseling|Mindy Clark|*Request a Transcript*

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## **November - December**

- ☐ Athletes, register with the NCAA or NAIA: if you have not already
- ☐ Keep records: transcripts, test score reports, copies of applications & financial aid, as well as usernames & passwords
- ☐ Continue to apply for scholarships: see websites listed in September
- ☐ Complete the General Scholarship Application: available through Naviance & Counseling Dept. 12/1
- ☐ Look for SAR (student aid report): ask questions about the financial aid process [Nathan.Dyer@illinois.gov]
- ☐ Stay engaged in school & finish the semester at your best!

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## **January - March**

- ☐ Continue to monitor deadlines & submit applications. Continue looking for SAR.
- ☐ Continue to seek scholarship opportunities: this can be time consuming but also financially rewarding
- ☐ Continue to focus on grades, colleges will ask for your final transcript (with S2 grades)
- ☐ Continue to check your emails, stay organized, & reach out with questions.
- ☐ Military or Career Bound? Continue to reach out, stay connected, & apply for programming.

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## **April - May**

- ☐ Acceptance letters & financial aid offers begin to arrive.  
Review acceptances, compare financial aid packages, visit final choices if you haven't already
  - ☐ Finalize your choice with parents/family, Mrs. Antrim & Mrs. Murphy
  - ☐ Notify the college or university which you plan to attend by May 1  
Submit your housing deposit earlier to lock in your priority housing options.
  - ☐ Be sure to send final transcript, through Mrs. Clark, to your college choice  
Don't forget to send any JALC or SIUC records as well.
  - ☐ If you've been offered financial aid, accept the offer & follow the instructions given
  - ☐ If you're "wait-listed" by a college you really want to attend, visit, call & write them.  
Contact the admission office to make your interest clear. Ask how you can strengthen your app.
  - ☐ Take AP exams, if applicable
  - ☐ Complete your Senior Exit Survey
  - ☐ You made it to graduation – celebrate!
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# PERSONAL ☒ LIST

**Day/Week/Month:** \_\_\_\_\_

[illegible]

**Day/Week/Month:** \_\_\_\_\_

[illegible]

# Important Usernames & Passwords

Site	Username	Password
Naviance	School Email:	CCHS PW:
Google Classroom & Microsoft Teams	School Email:	CCHS PW:
Common App.		
FSA ID (Student)		
FSA ID (Parent)		
College		
College		
College		
College		
College		
Site:		
Site:		

# Campus Visit Checklist

## CAMPUS

- \_\_\_ How easy is it to get around campus? To the nearest town or city?
- \_\_\_ Where do students do their shopping (groceries, clothing, etc.)?

## DORMS

- \_\_\_ What is the campus crime rate like?
- \_\_\_ How many dorms are there, and how do they differ?
- \_\_\_ What are the off-campus living options, and what do they cost?

## ACADEMICS

- \_\_\_ What is the academic vibe like on campus?
- \_\_\_ What are midterms and finals like?
- \_\_\_ How many computer labs are available? Quiet spaces for studying?
- \_\_\_ How accessible are professors typically?
- \_\_\_ What student-faculty research opportunities exist?
- \_\_\_ What mentoring/advising relationships do students/faculty have?
- \_\_\_ What tutoring services are available to students?
- \_\_\_ How do class sizes compare?

## STUDENT LIFE

- \_\_\_ What is the social vibe like on campus? What is it like on weekends?
- \_\_\_ How involved are students in extracurriculars? What is most popular?
- \_\_\_ What is Greek life like, and how do students feel about it?
- \_\_\_ What do students do for fun on campus and off?

## GYM

- \_\_\_ How popular is the gym, and how late is it open?
- \_\_\_ How active is the student body in terms of sports?
- \_\_\_ How engaged are student fans in campus sporting events?

## DINING HALL

- \_\_\_ How's the food? (Pro tip: eat it!) Do they cater to special dietary needs?
- \_\_\_ Are meal plans required?
- \_\_\_ What other dining options are there on and around campus?

## CAREER CENTER

- \_\_\_ Where have students interned?
- \_\_\_ How long does it typically take recent grads to find a job in their field?
- \_\_\_ Are there any formal internship arrangements with local companies?
- \_\_\_ What kind of career advisement is offered?
- \_\_\_ Do students have access to these services after graduation?
- \_\_\_ What networking or career fairs are held each year?
- \_\_\_ What kinds of on-campus or local part-time jobs are available?

## WELLNESS CENTER

- \_\_\_ What services does the health center offer?
- \_\_\_ How do students typically pay for wellness services?

### TO DO:

- \_\_\_ Talk to professors
- \_\_\_ Visit library
- \_\_\_ Tour campus
- \_\_\_ Sit in on class
- \_\_\_ Eat at cafeteria
- \_\_\_ Talk to admissions
- \_\_\_ Read college newspaper
- \_\_\_ Check out computer labs

- \_\_\_ Talk to students
- \_\_\_ Visit student housing
- \_\_\_ Check out rec facilities
- \_\_\_ Check out student activities
- \_\_\_ Tour the city
- \_\_\_ Eat at an off-campus student hang-out
- \_\_\_ Picture yourself here

### RATE IT:

On a scale of 1 to 5, 5 being the best: rate the following:

- |            |            |                 |
|------------|------------|-----------------|
| ___ Dorms  | ___ Food   | ___ Social Life |
| ___ Town   | ___ Class  |                 |
| ___ Campus | ___ People |                 |

# Letters of Rec

Many college and scholarship applications will require 1 to 3 letters of recommendation. These letters can come from teachers, counselors, coaches, your pastor, and extracurricular or volunteer leaders. There is proper etiquette to follow when requesting letters of recommendation.

Consider the following:

1. Read all of your applications carefully to determine how many and what kind of recommendations are needed. -MORE IS NOT BETTER- Do not ask for letters for schools that do not request one, they do not want them and it will appear that you are not following directions.
2. Consider whom to ask: teachers from junior year in core subject areas (math, science, English, etc.) are typically best. Colleges want a recent assessment of your academic talents. What teacher can best represent you as a student?
3. Meet face to face with the teacher you intend to ask and say, "Would you be willing to write me a letter of recommendation?" If they agree, provide them with details of the recommendation: what is it for, what is required to be in the letter, and provide them with a resume of your high school activities, awards, and leadership accomplishments. Never put a recommender's email address in an online application without asking them first.
4. Let your recommender know your first deadline date and make sure to allow at least four weeks before that date for them to write your letter. A great letter takes time and attention to detail, they will have difficulty submitting quality letters with insufficient notice. Please be aware that your recommenders are not required to write letters and are looking to help and support you.
5. Some teachers will look to you for feedback on what your letter should include. Some topics to consider would be: your academic or personal strengths, potential major/career and why, subject knowledge/classroom experience or significant improvement.
6. Send a brief thank you note or e-mail to the recommender after your application process is complete. It is always nice to include where you were admitted or where you plan to attend.

# Counselor Letter of Recommendation Info. Form

[This is an effort to help Mrs. Antrim help you and is completely optional, yet encouraged.] Some students will require (i.e., those completing the Common Application) or will want a letter of recommendation (LoR) from your school counselor. It is my honor & privilege to share your strengths & speak to your educational journey. By completing the LoR Info. Form you are helping me write the most comprehensive letter about you. \*Only the first & last question will be required; all other questions are optional. You are encouraged to fill out only what you are comfortable answering. Thanks!

This form is available in the signature line of my email, click  
"Counselor Letter of Recommendation Info. Form"

1. I understand that the information provided in this form will help Mrs. Antrim prepare the most impactful & comprehensive LoR in support of my college applications. By providing this information, I am giving permission for it to be shared in my LoR.
2. What major(s) and/or career(s) are you considering & what sparked your interest? Explain your exploration process (e.g., research, independent reading, summer coursework, internships, activities, shadowing, etc.)?
3. How have you challenged yourself in high school, specific to academics (coursework, rigor, grade goals, etc.)?
4. Does your transcript accurately reflect you as a student? Why or why not?
5. Is there anything unique about your course history/transcript that I should mention to colleges (e.g., change in level up or down, dropping a class at semester, choosing to stop a language to pursue other courses, etc.)?
6. Finish this sentence: My student experience has been painful or pleasant because...
7. Tell me about a time you struggled or failed and how you dealt with it (outside academics), OR share a personal circumstance that has affected your life (e.g., unique living situation, English as a second language, etc.). Keep it simple; tell me a story.
8. Name your proudest moment during high school (either in or outside school)?
9. Have you had a job in high school? If yes, please describe the job: where, how long have you worked there, hours worked per week, your specific responsibilities (share if they have increased over time), and your desire for working there?
10. Name any outstanding accomplishments you would like to share (extracurricular, sports, activities outside school, honors/awards, etc.).
11. What is one word others would use to describe you?
12. What is one word you would use to describe yourself?
13. How have and are you spending your time during COVID-19 (specifically during the shelter-in-place mandate semester 2 of junior year). Think academic, personal/social, college/career, and/or additional home-life responsibilities.
14. What have you learned so far, come to appreciate, and/or are doing to help others during this more uncertain time?
15. Do you approve me sharing your responses with faculty members who you have requested to write additional letters of recommendation?

## Naviance: meeting you where you are...

**Curious to know what you've accomplished in Naviance so far?** → [Check out your Portfolio](#)

[About Me Tab | My Stuff | Portfolio]

**Need to make a college list?** → [Complete another SuperMatch search \(don't forget to favorite or pin the schools you like\)](#)

[Colleges Tab | Colleges Home | SuperMatch] \*(NEW) Virtual Tours available – go to SuperMatch college list, update column to include “Highlights” & see link to tour.

**Want more college ideas?** → [Visit College Match \(you must have a favorites list in “Colleges I’m Thinking About” first\)](#)

[Colleges Tab | Find Your Fit | College Match] \*Remember the goal is to have 3-9 colleges you plan to apply to by the start of senior year!

**Curious what schools use the Common Application?** → [Look at Maps](#)

[Colleges Tab | Research Colleges | College Maps | Common Application]

**Uncertain about your career choice?** → [Check out Roadtrip Nation Videos](#)

[Careers Tab | Roadtrip Nation] \*Complete “What’s your road?” or search by interest, theme, leader, or playlist

**Interested in knowing more about your personality type, college & career satisfiers, etc.?** → [Complete Do What You Are](#)

[About Me | My Assessments | Do What You Are]

**Need to organize your college or career list?** → [Add to Colleges OR Careers I’m Thinking About](#)

[Colleges Tab or Careers Tab |  I’m Thinking About]

**Planning to start a job, join the workforce, or do an apprenticeship?** → [Complete your Resume \(see pg. 58-59 of your C/C Guidebook\)](#)

[About Me Tab | My Stuff | Resume]

**Haven’t prepped for the SAT?** → [Visit Naviance Test Prep \(college-bound students need to register for an early-fall exam\)](#)

[Home Page | Naviance Test Prep (bottom-left button)]

**Feeling nostalgic?** → [Check out your Freshman Survey completed in September 2017](#)

[About Me Tab | My Stuff | My Surveys | CCHS Freshman Survey]

**Want to become your ‘best self’ (learn more about your strengths & challenge areas)?** → [Complete MI Advantage](#)

[About Me Tab | My Assessments | MI Advantage]

**Need accountability?** → [Set goals in Naviance](#)

[My Planner Tab | Goals]

**Not a fan of Naviance, and need help getting started?** → [Go to “My Next Move”](#)

[Visit mynextmove.org | “I’m Not Really Sure” | Start]

# Financial Aid Overview

## What is financial aid and why is it important?

- It is **borrowed, given, or earned** money that can be obtained from various sources to help pay for college. Examples include: Grants, Scholarships, Loans, Work Study
  - It is intended to help offset the difference between what your family can afford to pay and what college costs. Financial aid can help make college more affordable.
  - MAP Grant is a \$5,300 grant provided by Illinois for lower income families & is rewarded on a first come, first serve basis. Applying as soon as possible after October 1<sup>st</sup> is important so that you do not miss the opportunity to qualify for the grant.
  - PELL Grant is a federal gift aid to be used for college-related expenses. Up to \$6,345 may be awarded.
  - It is also important for colleges to receive your FAFSA as soon as possible so that you can receive your official award letter from the school in early spring.
  - For the Class of 2021, the FAFSA or Alternative Application is **mandatory** for graduation. To opt out you must complete a required form.
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## Top Five things needed before October 1<sup>st</sup>.

- FSA ID Completed (SAVE LOGIN INFORMATION! Store it safely & in a place you'll remember.)
  - Social Security Number from student **and** parents
  - Parents 2019 tax return Information, W-2s, or any records of investments or other taxable or non-taxable income.
  - Students 2019 tax paperwork (same as above), if applicable.
  - List of colleges you would like to attend.
    - One college is required but you can include up to ten on the FAFSA.
    - It's recommended you add at least one Illinois college so if you qualify for any MAP Funding (\$5,300) you will know.
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## Why completing your FSA ID before October 1<sup>st</sup> is important?

- An FSA ID is needed to sign the FAFSA electronically
  - Students and parents must each have their own FSA ID
  - The FSA ID is needed to renew the FAFSA every year
  - **Note:** Parents who do not have a Social Security Number cannot obtain an FSA ID but can print a **signature page** instead
  - FSA ID allows you to use the IRS data retrieval tool to automatically input your tax information into the FAFSA application
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## What is needed for the FSA ID?

- Social Security Number
  - Username/Password
  - Security questions
  - Personal Email (**Not School email; student and parents cannot use the same email**)
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## Additional Thoughts & Resources

- Make an account at CollegeGreenlight.com. Explore colleges that are a good fit for you and start looking into scholarships and deadlines.
- The RISE Act allows eligible undocumented & transgender students who are disqualified from federal financial aid to apply for all forms of state & financial aid. Instead of completing the FAFSA to begin the MAP application process, said students may choose to complete the Alternative Application for Illinois Financial Aid, and this can be accessed through the ISAC.org website.

Beginning October 1, our ISAC Representative ([Nathan.Dyer@illinois.gov](mailto:Nathan.Dyer@illinois.gov)) will be available to assist students & families with the FAFSA Application on Tuesdays 1:00-3:00 pm and 5:00-8:00pm as well as Thursdays from 8:30am-12:30 pm. Please schedule your Zoom or call time through Mrs. Antrim.

# Scholarship Overview

## **College Specific (Merit-based & Program-based) Scholarships**

Each college provides their own scholarships. Some are simple awarded through the FAFSA or college admission application, and many are awarded based on a separate scholarship application.

Merit based scholarships are typically awarded on the basis of academic, athletic, or artistic merit. Program based scholarships may be available through your chosen major. Be sure to not only check out general college scholarships, but also scholarships within the program you apply.

Use the college website to search for scholarships they might provide, or you may also contact the admissions or financial aid office for help.

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## **External Scholarships**

Explore the following scholarship websites for world- and nation-wide scholarship opportunities:

<https://www.tuitionfundingsources.com/category/scholarships/>

<https://finaid.org/scholarships/>

<https://www.fastweb.com/>

<https://www.cappex.com/scholarships>

<https://www.collegegreenlight.com/scholarships/-s/>

<https://opportunity.collegeboard.org/>

<https://www.petersons.com/scholarship-search.aspx>

<https://www.scholarships.com/>

<https://www.raise.me/>

<https://www.niche.com/colleges/scholarships/>

<https://www.goingmerry.com/>

<https://portal.ilcis.intocareers.org/#CurrentCluster>

For ILCIS: [Click... IL Resident | CIS High School | Carbondale 62901 | Education | Illinois Scholarships]

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## **Internal Scholarships**

Local and area scholarships will become available in December 2020 and can be accessed through Naviance. College-bound students are strongly encouraged to complete the CCHS General Scholarship application through Naviance.

\*Also consider asking around your personal community: churches, parent's employers, as well as extracurricular or activity based scholarships.

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Watch out for scholarship scams! If you have to pay to apply for the scholarship, it is a scam. Never divulge your checking or savings account numbers, social security number or other personal information. If you are unsure, check with your counselor.

## Interested in the Military?

- Our military recruiters are very accessible; students can register for campus visits through Naviance or by requesting a meeting through Mrs. Antrim or Ms. Murphy
- Recruiters also host lunch meetings throughout the year outside of the cafeteria for students to ask questions and learn more about military programs
- It is **strongly** recommended by our office and by recruiters that you keep your parents or guardians informed of your conversations and plans related to a military enlistment
- Learn more about military life and options here: [defense.gov/knowyourmilitary](http://defense.gov/knowyourmilitary) and [todaysmilitary.com](http://todaysmilitary.com)

	Regional Recruiter	Contact Info
<b>Army</b>	Staff Sgt. Justin Montague	314-283-1459 Justin.m.montague.mil@mail.mil
<b>Army ROTC SIUC Campus</b>	Mr. Shannon Lewey	618-453-4984 Lewey7@siu.edu
<b>Marines</b>	Sgt. Donovan Sayers	314-853-3759 Donovan.Sayers@marines.usmc.mil
<b>Navy</b>	Zoe Morris	618-529-1013 217-685-1361 (c) zoe.geeslin@navy.mil
<b>Coast Guard</b>	YN2 Christina Lehman	314-409-7806 christina.s.lehman@uscg.mil
<b>Air Force</b>	TSgt Anthony J. Alegria Jr.	618-303-5378 anthony.alegria@us.af.mil
<b>National Guard</b>	Sgt. Chris Henry	christopher.d.henry12.mil@mail.mil

## Interested in a Trade?

- Each year interested students have a chance to attend the Southern Illinois Construction Career Expo held in DuQuoin, IL. This trip is coordinated by Mr. Terry, CTE Department Chair
- Students meet with and experience hands-on activities with a wide variety of experts in the construction trades at the Expo while also learning about required assessments, job availability, job outlook and apprenticeship opportunities
- Mr. Terry and the CCHS CTE department are all knowledgeable resources for workforce information and practical information related to workforce skills and demand
- Check out [apprenticeship.gov/become-apprentice](http://apprenticeship.gov/become-apprentice) for more information

Trade	Contact	First year apprentice pay
<b>Bricklayers</b>	618-401-9960-sgarrison@bac8il.com	\$14.50/hr + benefits
<b>Carpenters</b>	carpdc.org – 618-277-2051	\$15-19.79/hr + benefits
<b>Cement Masons &amp; Plasterers</b>	opcmia.org – 217-356-9313	\$15.12/hr
<b>Electricians</b>	618-932-2102	\$20.08/hr + benefits
<b>Iron Workers</b>	ironworkers.org – 618-874-0313	\$22.42/hr + benefits
<b>Laborers</b>	illaborers.org – 217-773-2741	\$20.62/hr
<b>Operating Engineers</b>	oe520.org – 618-644-1969	\$22.38/hr
<b>Plumbers &amp; Pipefitters</b>	618-684-4521	\$16.80/hr
<b>Sheet Metal Workers</b>	local268.com – 618-397-1443	\$15.42/hr + benefits

## Interested in a Gap Year?

- Apply to college as a senior; it is a lot easier to put together college application materials locally where you have access to your high school counselor, your academic letters, and communication is logistically simpler
- Inquire with the admissions counselors about their policy on gap years. This is a 'hypothetical' question to be asked, and will give you more information about the specific school without saying you'll throw off their admissions numbers
- Once accepted, pay the deposit to hold your space depending on the above answer
- DO NOT compromise your integrity and deposit at two colleges or otherwise be dishonest - this will inevitably come back to haunt you
- Ask for a "deferral." More and more universities are adopting a formal policy around deferrals as they're seeing more students ask for these
- Plan and follow through with meaningful activities for your year. Work, travel, volunteer...make the year count. Consider Americorps or other service opportunities.
- Take the time to think about how you'll explain what you did and what you learned. This is good for college admissions, scholarships, and stories for friends and families
- Ask your school to reevaluate your financial aid package. Gap year graduates are great students and you can make a case that you should receive more in merit aid

### Planning Notes:

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# SAT with Essay for Seniors 2020

(Information also available via TerrierNet)

Senior and Senior Parents/Guardians:

**The SAT with Essay will be administered for CCHS students on October 14<sup>th</sup>, 2020.**

This School Day SAT with Essay test is part of your graduation requirement. If you are not able to test in October you will be signed up for the Spring assessment in April.

On October 14<sup>th</sup> you will report to the gym entrance (Giant City Road) and sign-in. Times will be announced at a later date. Please bring the following:

**\*\*2 pencils and a calculator.**

**\*\*Your school id or driver's license for identification purposes.**

**\*\*A face covering and wear it as directed.**

**\*\* Your own water bottle to be kept under your desk during testing.**

Also:

**\*\*Be prepared to have your temperature checked. If you feel sick the day of your test, please stay home.**

**\*\*Social distancing should be practiced at all times.**

The Fall SAT is offered for seniors only. Seniors that do not participate in the October testing will be required to participate in the Spring 2021 administration of the SAT with Essay to meet their graduation requirements.

We will be following guidelines set forth by ISBE, IDPH, and the Centers for Disease Control and Prevention (CDC) to ensure a safe testing environment.

As with all events during this pandemic, schedules will be subject to change. We will notify you as soon as we have additional information.

## **SAT General Information**

Please see School Day Flyer at: <https://collegereadiness.collegeboard.org/pdf/sat-sd-what-to-expect-students-flyer.pdf>

You will be able to choose where to send your scores prior to testing. You will need to bring your list to testing. Go to this link for more information: [sat.org/send-scores](https://sat.org/send-scores)

## **What areas does the SAT cover?**

- Reading Test
- Writing and Language Test
- Math Test (2 parts- Math Test- Calculator, Math Test- No Calculator)
- Essay

**FREE SAT prep is available for CCHS students via**

**Naviance:** <https://student.naviance.com/carbondalechs>

**Senior year is the year of discovery, growth, & action.  
Find your Ikigai and set out to make it happen!**

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**Ikigai** (iki = life; gai = worth): meaning your life's worth, life's purpose, or reason for being



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"The two most important days in your life are the day you were born and the day you find out your why"

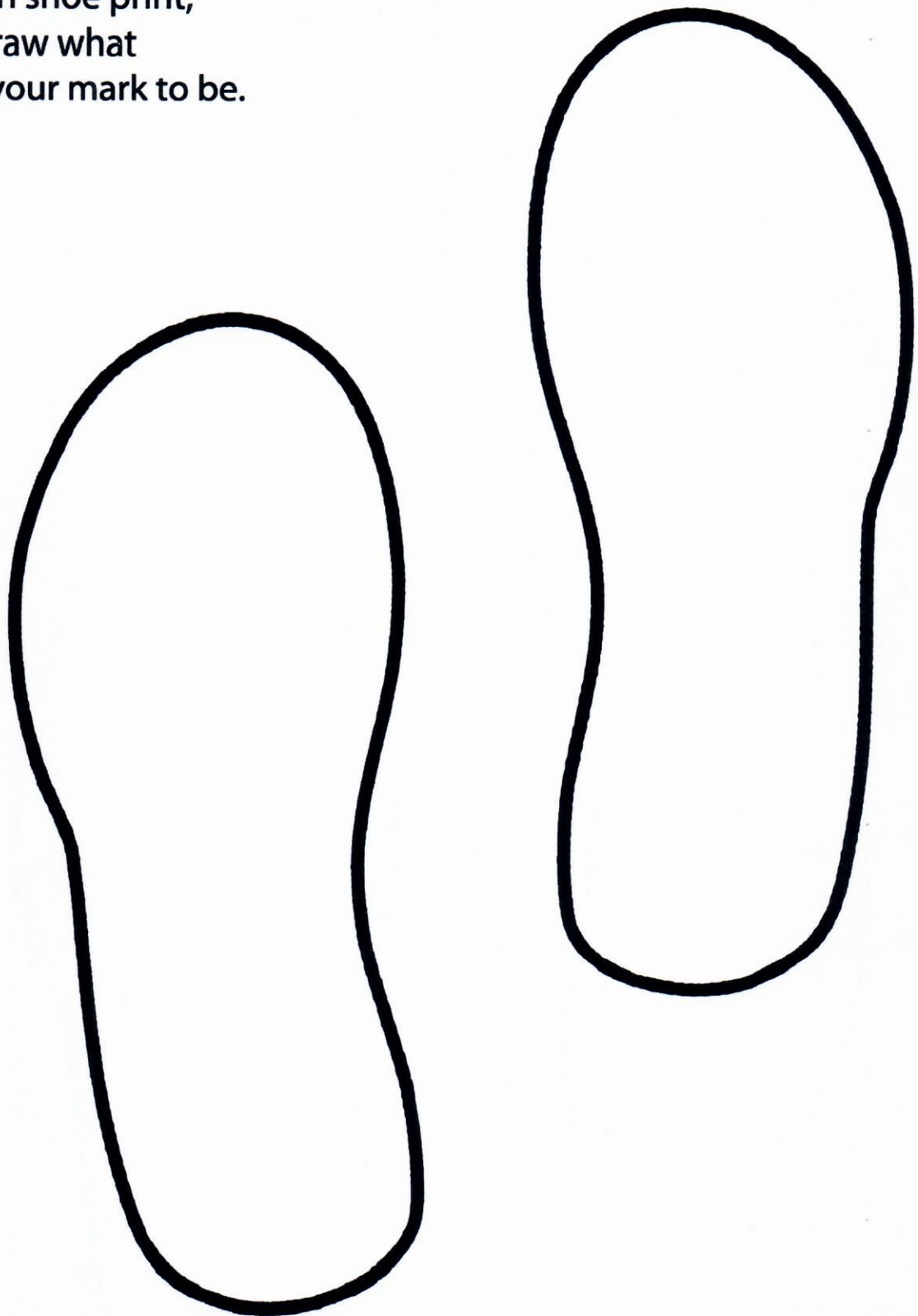
-Mark Twain

# LEAVING MY MARK




Discuss how we each leave our mark on the world.

Inside each shoe print,  
write or draw what  
you wish your mark to be.



# WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is tough. But so am I.
2. I may not be able to control this situation. But I am in charge of how I respond.  

3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. Breathe. And do the next right thing.

# Time Management Tips:

Managing your time well is an important element of success—especially if you're a student. If you set priorities that fit your needs and lifestyle, you'll have a better chance of achieving your goals. Here are some tips for taking control of your time and organizing your life.

1. **Make a to-do list every day.**
  - Put things that are most important at the top and do them first. And don't forget to reward yourself for your accomplishments.
  - Use an assignment book or planner. Record your assignments and their due dates as soon as you get them, this way you know exactly what needs to be done and when to do it.
  - Keep track of regular commitments. Write in practice, rehearsals, chores, job shifts, and personal stuff, for every day that you have them. That way you won't double-book yourself.
  - Consider color-coding. For example, highlight homework in pink and extracurricular events in blue. Using a different color for each type of task can help you quickly scan what you need to do.
2. **Use spare minutes wisely.**
  - When you're in the car or on the bus, use the time to get some reading done.
3. **It's okay to say no.**
  - If your friend asks you to go to a movie on a Thursday night and you have an exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.
4. **Find the right time.**
  - You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.
5. **Review your notes every day.**
  - Reviewing helps you reinforce what you've learned, so you need less time to study before a test. You'll also be ready if you get called on in class or have to take a pop quiz.
6. **Get a good night's sleep.**
  - Your brain needs rest to perform at its peak. Lack of sleep makes the day seem longer & your tasks more difficult.
7. **Communicate your schedule to others.**
  - If phone calls or text messages are proving to be a distraction, tell your friends that you are only available at certain times of the day and not to expect a response at other times.
8. **Become a taskmaster.**
  - Give yourself a time budget and plan your activities accordingly. Figure out how much free time you have each week before you add any commitments.
9. **Don't waste time agonizing.**
  - Instead of agonizing and procrastinating, just do it. Wasting an entire evening worrying about something that you're supposed to be doing is not productive, and can increase your stress.
  - Start your project right away. Take a small step; don't try waiting until you feel "ready." Get started now and you can get into the flow.
  - If you feel like doing something else, do some work first. Then take a break. You might find yourself getting so involved in the project that the distraction disappears!
10. **Determine your priorities.**
  - You can't do everything at once. Establish the importance of each item. Then set realistic goals that are attainable.

 <p><b>1. Persisting</b> <i>Stick to it!</i> Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck. Not giving up.</p>	 <p><b>2. Managing Impulsivity</b> <i>Take your time!</i> Thinking before acting; remaining calm, thoughtful and deliberative.</p>	 <p><b>3. Listening with understanding and empathy</b> <i>Understand others!</i> Devoting mental energy to another person's thoughts and ideas; Make an effort to perceive another's point of view and emotions.</p>	 <p><b>4. Thinking flexibly</b> <i>Look at it another way!</i> Being able to change perspectives, generate alternatives, consider options.</p>
 <p><b>5. Thinking about your thinking</b> (Metacognition) <i>Know your knowing!</i> Being aware of your own thoughts, strategies, feelings and actions and their effects on others.</p>	 <p><b>6. Striving for accuracy</b> <i>Check it again!</i> Always doing your best. Setting high standards. Checking and finding ways to improve constantly.</p>	 <p><b>7. Questioning and problem posing</b> <i>How do you know?</i> Having a questioning attitude; knowing what data are needed &amp; developing questioning strategies to produce those data. Finding problems to solve.</p>	 <p><b>8. Applying past knowledge to new situations</b> <i>Use what you learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
 <p><b>9. Thinking &amp; communicating with clarity and precision</b> <i>Be clear!</i> Strive for accurate communication in both written and oral form; avoiding over-generalizations, distortions, deletions and exaggerations.</p>	 <p><b>10. Gather data through all senses</b> <i>Use your natural pathways!</i> Pay attention to the world around you Gather data through all the senses. taste, touch, smell, hearing and sight.</p>	 <p><b>11. Creating, imagining, and innovating</b> <i>Try a different way!</i> Generating new and novel ideas, fluency, originality</p>	 <p><b>12. Responding with wonderment and awe</b> <i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>
 <p><b>13. Taking responsible risks</b> <i>Venture out!</i> Being adventuresome; living on the edge of one's competence. Try new things constantly.</p>	 <p><b>14. Finding humor</b> <i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at one's self.</p>	 <p><b>15. Thinking interdependently</b> <i>Work together!</i> Being able to work in and learn from others in reciprocal situations. Team work.</p>	 <p><b>16. Remaining open to continuous learning</b> <i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.</p>

# Make Your Social Media Work for You

The impression that you make on a college admission officer may involve more than just an essay, a transcript, and some test scores. According to new data, colleges and universities do pay attention to what prospective students post on Twitter, Facebook, Instagram, etc. In addition, potential employers for internships or permanent positions may also review your public social sites.

## WHAT YOUR SOCIAL MEDIA TELLS OTHERS

- It sheds light on your interests and passions.
- It may give a more in-depth look at your volunteer work or special projects.
- Your creativity and technology skills may be spotlighted.
- It may provide evidence of your interest in a particular major, college, or career.

## MAKE THE MOST OF YOUR SOCIAL MEDIA TIME

- Keep your profile information up to date.
- Consider providing a link to your social media sites in your college application materials (provided the college allows/encourages this).
- Invest the time to maintain quality in your postings, blogs, and videos.
- Showcase your leadership, awards, or expertise in a meaningful manner.

## REMINDERS

- Review your email address to ensure it doesn't include rude or inappropriate language or references.
- Carefully consider your tweets and other comments, particularly any negative references about prospective colleges, your teachers, or your peers.
- Monitor what photos you choose to post. Don't include those that may depict alcohol and certain party and peer activities that would reflect poorly on your judgment or character.
- A good rule of thumb is: Don't put anything on social media that you wouldn't include with your college application.

# Class of 2021 Parents,

I want to personally thank you for raising such incredible individuals. It is your hard work, dedication, and installation of values that shines through them every day. It has been a pure joy to assist your children throughout high school and I am especially thrilled for this, their senior year.

It is a year filled with lots of busyness & emotions. There is much to be accomplished. For some of you it's your second, third, fourth, or even fifth child—for others it's your first. Either way it can be overwhelming when they don't make progress towards future goals like you think they should, they need tax paperwork for their FAFSA application, and they express frustration with the newness of this virtual world we find ourselves in.

You are their rock & safe place, trust yourself. If ever I can be of assistance, please reach out. It is my hope that this article below – written in reflection from a college student to his parents – can remind you that you are *your child's* person and while the thank you may not be obviously stated; it's felt.

Sincerely, Mrs. Antrim

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## Letter from a college freshman to his parents

<https://grownandflown.com/letter-college-freshman-parents-make-you-cry/>

Mom and Dad,

Today must be one of the hardest days of your lives. I promise you everything will be ok. You've spent 17 years, 10 months and 29 days instilling values in me that I will never forget. The time you spent repeating yourself over and over has paid off. I am taking your lessons with me to college to mold myself into a better person, the person you raised me to be.

But it's time to let go.

You have to trust that I can hold my own. It's no different that learning to walk or ride a bike. You held my hand and showed me the way. The first couple of times, I may have come back bruised and bloodied with tears streaming down my cheeks, but I learned. And today is no different. You're sending me off knowing that I'll hit some bumps in the road and face obstacles that seem impossible to overcome. I will still need you to show me the way every once in a while, even if it's through phone call or text. I value your input. Eventually, just like walking or biking, I will learn and find my way myself.

I love you both more than words can describe and will be forever indebted to you for what you have given me physically, mentally and emotionally. All of my achievements root back to the two of you and even if I might not show it at the time, I'm extremely grateful. I may be moving out from under your roof at home, but I will always be under the roof of your heart.



My brothers are my two best friends. (Mac Stiles)

Drew and Reed,

Boys, I will miss you both more than I can convey. You are my two best friends in the world and I'll never forget the memories we've made growing up with each other. It's never a dull moment when the three of us are together and I cherish that. Whether it's walking Murphy at night, blaring music all over the neighborhood as we drive or just playing PS3 and laughing, I always have a blast.

Take your school work seriously but allow time for fun in high school too. Both of you are incredibly gifted and you'll soon learn what those gifts are and be able to truly embrace them. Try not to worry too much either. Worrying is a waste of time. If it already happened, you can't change it. Just forget about it and use your mistakes to grow and learn. You know my favorite saying, "Let the past drive the present."

Look out and care for one another. It's important for both of you to know that I am so incredibly proud to call you my brothers and I wouldn't trade you for anything in the world. Sometimes we bicker and fight, but we're always able to laugh it off right away and get back to normal. You both are exceeding expectations left and right and nothing makes me happier. I love you both immensely and can't wait to hear about your adventures while I'm gone.



I'll miss my dog, Murphy. (Mac Stiles)

Murphy,

I think you're going to take this the hardest. It's easy for the rest of us to understand what's going on because we communicate with each other. However, you will just see us pack up the car with a lot of my stuff, then have everyone else come home but me. I don't know what I'm going to do without you running in and jumping on my bed to lay with me. I always felt that you understood me and we were pretty similar even though you're a dog and I'm human.

Orhan Pamuk once said, "Dogs do speak, but only to those who know how to listen." I find that pretty accurate. I'm always listening, buddy. I'll be back soon and I can't wait to see you in my bed, tail wagging a hundred miles per hour, exactly how I left you.

Love, Mac

# For Parents/Families: 12th grade self-awareness skills... Find out what you need to know

Here's what to know about your 12th-grader's self-awareness.

Getty Images

Feb. 1, 2020, 9:29 AM CST

By Jamie Farnsworth Finn

Self-awareness is knowing yourself. It's about knowing your emotions, strengths and challenges, and how your emotions affect your behavior and decisions. Self-awareness is key to managing actions and setting goals for the future, and it is a skill that will help your teen thrive. In high school, your teen may gain a better understanding of their strengths and challenges and start making choices based on their abilities. For example, they may join clubs, groups or teams based on that knowledge, and they may be better able to separate what they want for themselves from what their friends want them to do. They may also begin to set longer-term goals like getting into college or getting a job.

The high school years are a time of great personal development as teens are further developing their identities, preparing for adulthood and gaining more independence. Encouraging your teen's social and emotional development is still important at this age, as these skills can be developed throughout life. While your teen is becoming more independent, it is important to remember that you are still needed. Reminding your teen that you care can go a long way in keeping them on track and planning for the future.

Expect your teen's self-awareness to develop further during the high school years. They may be able to accurately identify complex emotions like pride, anticipation, stress, anxiety, and grief.

Your high-schooler may also develop a stronger sense of what causes and impacts their feelings. For example, they may know that public speaking makes them feel anxious or that scoring well on a test gives them a sense of pride and accomplishment.

Keep in mind that during their teenage years your child may actually become too self-aware. Tom Hoerr, head of New City School in St. Louis, points out that many teens compare themselves to their peers and feel like they don't measure up, which can lead to jealousy or anxiety. Teens are also exploring their identities: who they believe they are and who they want to become. For example, do they see themselves as a future college student, military service member or worker?

Your high-schooler is also better able to identify their strengths and challenges by this age, and they may use that insight to help them make plans for life after high school.

Keep in mind that all adolescents have different social and emotional tendencies and behaviors and develop at different rates. The concepts highlighted in this section are based on the five sets of competencies developed by the Collaborative for Academic, Social, and Emotional Learning ([CASEL](#)). If you have concerns about your adolescent's development, please contact your healthcare provider or his teacher or school counselor.

*Parent Toolkit resources were developed by NBC News Learn with the help of subject-matter experts*

# For Parents/Families: 12th grade self-awareness tips... Here's how to help your child

Here's how you can help your 12th-grader become more self-aware.

Getty Images

Feb. 1, 2020, 9:31 AM CST

By Jamie Farnsworth Finn

Want to help your 12th-grader develop their self-awareness skills? Here are some basic tips that experts suggest.

## Help your teen express her feelings

Provide your high-schooler with ways to express their feelings and think about their experiences. One option is to encourage them to write frequently. They can write in a journal, on their computer, or even in a password-protected blog. Promise not to read their writing if your child doesn't want you to, and keep that promise. As your teen transitions to young adulthood, they may be less likely to share all their thoughts and feelings with you. Giving them an outlet to write their emotions allows them time for self-reflection and further develops their self-awareness.

## Model self-awareness by talking about your own feelings often

At family dinners, during commutes, or whenever you can, talk with your teen and let them know how you're feeling and why. For example, you might say, "I'm getting a bit anxious for the holidays already. While I'm excited to spend time with the family, I'm nervous about taking time away from work and having even more to do when I get back." By creating an opportunity to discuss your feelings, you're letting your teen see your emotions and that you are comfortable talking about feelings. This provides a safe place to talk with you about what they're feeling, too.

## Talk to your high-schooler about her plans for the future

Discuss potential career, personal or higher-education goals with your teen. Ask them questions like, "Which class is your favorite right now? Do you think you'd like to explore careers where you could use what you're learning in that class every day? What are your strengths?" Helping your teen identify their strengths and their challenges in an open discussion can get them thinking about ways to further develop those skills into adulthood. Also talk about personal goals by asking, "Who do you look up to, and what makes them admirable?" Perhaps they have a mentor at school who is kind and thoughtful. Your teen is not just dealing with their educational and professional future; they're also learning more about themselves. Try asking, "What's your favorite book you've read for class recently?" You may find you both liked the same book in English class, which provides an opportunity to further connect with your teen.

## Talk about labels with your teen

Education consultant Jennifer Miller recommends talking about labels and stereotypes that go along with them. Do peers call your teen a "jock" or a "geek?" Does your teen use those terms to discuss other classmates? Give an example of how labels can be limiting and how someone your child might think is a "nerd" can also be so much more than that. Also, be aware of your own language when talking about your teen with friends and family. Try to not use labels when talking about them, as it can be harmful or hurtful to teens who are trying to build their own identities.

Mrs. Murphy ~ CCHS College & Career Counselor ~ [erinn.murphy@cchs165.com](mailto:erinn.murphy@cchs165.com)

- ✉ **Take care of yourself!** Read what you like, get your required sleep, drink lots of water, find a way to take breaks from *all* screens, etc...!
- ✉ Accept the invitation emailed to you on 8/30 to join the **Class of 2021 College & Career Google Classroom....**
- ✉ ...Check the **classroom content** frequently! It is updated a few times each week.
- ✉ **Do your best;** your senior grades – *still really* – matter!
- ✉ Chip away at your application tasks...think **11/1** and aim to complete your applications by then.
- ✉ **Stay connected;** request a meeting, email me, call...reach out as/if needed. Keep track of and review content that I send you.
- ✉ Review your **College & Career Guide** as/if needed.
- ✉ **Relax about testing.** Read my related email sent to you on 8/21.
- ✉ Take part in advertised Virtual College Fairs, CCHS hosted College Visits, Q & A hours and more to **stay informed/stay on task.**
- ✉ Stay true to **your unique goals and dreams**, stay informed and stay *action oriented*. Make choices this year to support *your* goals.

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### CCHS Class of 2021 Fast Facts:

Counselor: Krista Antrim ~ [krista.antrim@cchs165.com](mailto:krista.antrim@cchs165.com) ~ 618-457-3371 x206

Class Size: 218

CEEB (School) Code: 140510

CCHS does not rank students. Ever.

GPA Scale: 4.0

Need to send a transcript? Email [mindy.clark@cchs165.com](mailto:mindy.clark@cchs165.com)

***YOU are proof that the future is BRIGHT. Stay well, stay connected! ☺ Ms. Murphy***

## Planning Timeline Senior Year

### August – September

- Attend VIRTUAL College Application Week August 3-7, 2020!
- Read and discuss information shared by Mrs. Antrim and Ms. Murphy with trusted adults.
- Organize a file of personal notes and thoughts related to college and career possibilities.
- Review your ACT/SAT scores, if you have them yet! Register for future dates *if absolutely necessary*.
- *Attend all virtual post-high school events that assist you with your search, application and decision process.* Watch your email and alerts posted to Naviance for opportunities.
- Politely ask teachers to write recommendations if required. Give plenty of notice for these requests!
- Edit your essays. *Do not delay your essay start.*
- Investigate scholarships available at your prospective colleges.
- Be sure to put your all into classes and extra-curricular activities.

### October- December

- Take the SAT (given at CCHS) on October 14, 2020
- Continue submitting applications. 11/1/20 = goal date to have one or more application(s) submitted.
- Make sure that all schools who need your transcript receive one by their requested deadline by requesting them through the registrar's office. ([mindy.clark@cchs165.com](mailto:mindy.clark@cchs165.com))
- Note your deadlines; don't be late on getting your applications submitted!
- Attend your Senior Power Hour hosted by Ms. Murphy. Really. *Virtual work times will be coordinated so look for your assigned times and request additional work/meeting time as needed.*
- Complete the FAFSA! The closer to October 1 you can complete this, the better!
- Maintain your wellness; be sure that you are sleeping, eating and feeling okay through the process. Seek help from Mrs. Antrim, Ms. Murphy, Mrs. Prudencio, friends and family as needed.
- Watch for SAR (student aid report) to arrive. Ask questions about the financial aid process.
- Complete the General Scholarship Application available in the Counseling Office in December.

### January – March

- Stay engaged with school! You are still a high school student!
- Continue to monitor deadlines, complete and submit applications.
- Seek scholarship opportunities. Check the scholarship display in Counseling, through Naviance and search independently as you can. *This step can be very time consuming, but it can also be financially rewarding!*
- Be sure to check your email at least once a week for news from CCHS and college connections.

### April – May

- Review your options, *review your financial aid packages carefully* and decide where you plan to attend.
- Finalize your choice through discussions with trusted adults, and visit your options now, if possible, to be sure the vibe of the campus matches your wants and needs.
- Notify the college or university which you plan to attend by or on May 1.
- Take AP exams if applicable.
- Complete your senior exit survey.
- Make sure you have your final transcript sent to your college choice by Ms. Clark.
- You made it! Graduation!

# Message from Murphy

September 2020

Monthly updates from your College & Career Counselor. If you have any questions about content or about anything related to your plans after high school, please contact Ms. Murphy at [erinn.murphy@cchs165.com](mailto:erinn.murphy@cchs165.com)

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## Junior Tasks - September 2020

- ✓ Accept your invitation to join my College & Career Counseling Classroom for your class. Explore the posted CLASSWORK.
- ✓ Start strong - junior grades matter!
- ✓ Check your email regularly
- ✓ Sign up for College/Career visits in Naviance
- ✓ Register for the PSAT/NMSQT by 9/8/20
- ✓ Review your **JUNIOR FOLDER** being mailed home on the 4<sup>th</sup>
- ✓ Review your Academic/GPA goals regularly
- ✓ Ask questions as needed/schedule a meeting with me!
- ✓ Stay/Get involved in a club or activity
- ✓ Read something just for fun
- ✓ Turn off your phone and find a way to get at least 7 hours of sleep each night.
- ✓ Seek help whenever needed

## Senior Tasks - September 2020

- ✓ Accept your invitation to join my College & Career Counseling Classroom for your class. Explore the posted CLASSWORK
- ✓ Stay present and LOG IN each day! You are a high school student until May 2021!
- ✓ Chip away at your application tasks – nothing is due this month, but deadlines will get here in a hurry (Think **11/1**)
- ✓ Writing a college essay? Start it yesterday and send it to me for an admission oriented & confidential review
- ✓ Ask questions whenever you have them!
- ✓ Check your email regularly
- ✓ Sign up for College/Career visits in Naviance
- ✓ Gather materials for FAFSA completion
- ✓ Create student and parent FSA ID to start the financial aid process...be sure to collect 2019 tax documents and income records.

## Q & A Hour with Ms. Murphy

If you are interested in the topics below, register for upcoming September Q & A hours with Ms. Murphy. Meetings are open to juniors, seniors and family members.

**9/08/20 ---- 2:00 – 3:00 ---- College Application Timelines, Tasks and Tips**  
**9/15/20 ---- 2:00 – 3:00 ---- All About Testing (ACT/SAT overview and lots more)**  
**9/22/20 ---- 2:00 – 3:00 ---- Writing the College Essay**  
**9/29/20 ---- 2:00 – 3:00 ---- Financial Aid and Scholarships**  
**10/6/20 ---- 2:00 – 3:00 ---- Applying to the University of Illinois? Let's talk.**

I will discuss the topic listed at each live meeting, answer questions (related to the topic or not!) and share the recorded video with all registered parties...*If you can't attend at the scheduled time, register anyway so that you get the recording to view at your convenience.*

## College Visits – September

\*All visits for 20-21 will be virtual; registration is available through [Naviance](#) and [Ms. Murphy](#) will document attendance so that any missed class time is excused. Virtual links to each meeting will be shared with registered students 15 minutes before the scheduled event by the host college. Please direct questions to Ms. Murphy at [erinn.murphy@cchs165.com](mailto:erinn.murphy@cchs165.com).

**Our schedule includes several campuses that have never visited CCHS before!** Remember that talking to college and career representatives visiting CCHS is an efficient and effective way to learn more about colleges and career pathways that you are considering, demonstrate your interest in specific schools and build connections related to career interests.

College	Date	TIME	Rep Name	Rep Title	City	State
Southern Illinois University-Carbondale	9/4/2020	9:05am	Jennifer Phillips	Associate Director, Recruitment	Carbondale	IL
Emerson College	9/4/2020	9:50am	Rebecca Schmaeling	Senior Director, Undergraduate Admission	Boston	MA
William Woods University	9/8/2020	12:05pm	Trevor White	St. Louis Regional Admission Counselor	Fulton	MO
Augustana College	9/10/2020	9:50am	Eric Rowell	Asst. Director of Admissions and Diversity Outreach	Rock Island	IL
St Louis College of Pharmacy	9/10/2020	10:35am	Jordyn Lehr	Admissions Representative	Saint Louis	MO
Knox College	9/10/2020	11:20am	Kyran Blissett	Admission Counselor	Galesburg	IL
Ohio University-Main Campus	9/10/2020	2:00pm	Stacy Oliver	Regional Recruitment Manager	Athens	OH
The University of Akron Main Campus	9/11/2020	9:05am	Cassie Cunningham	Admission Counselor	Akron	OH
DePaul University	9/11/2020	12:05pm	Sarah Finck	Admission Counselor	Chicago	IL
John A Logan College	9/16/2020	11:00am	Lauren Surprenant	Admissions Counselor	Carterville	IL
Full Sail University	9/17/2020	8:20am	Jolie Parris	Community Outreach Representative	Winter Park	FL
University of Miami	9/21/2020	9:05am	Charles Cammack	Assistant Director of Admission	Coral Gables	FL
University of Memphis	9/21/2020	12:05pm	Jamie Staggs	Regional Admissions Counselor	Memphis	TN
<b><u>VIRTUAL COLLEGE FAIRS</u></b>	Sept-Oct	Various	Various – NACAC, IACAC, MoACAC	Click <a href="#">HERE</a> for more info	Nationwide	

# Additional Resources – September

## Junior Year Resources

Compass Prep: All things SAT/ACT

Fairtest.org: Check to see if your goal campus requires the ACT or SAT.

Grown & Flown: Parenting Never Ends

Tools & Calculators to evaluate college cost

30 Resources to support you this year

Mrs. Krutsinger – see your counselor for all things personal, school related &/or about future plans!

Ms. Murphy – request meeting time with me to work on college lists, talk through careers or just talk about your hopes & dreams for the future!

August/September newsletter from Mrs. Krutsinger

Big Future: All things 'Life After High School' related c/o The College Board

CCHS Virtual Calming Room

## Senior Year Resources

Financial Aid A-Z: Everything you need...\$\$

Start your FAFSA Process Here: Start with the FSA ID

Common Application: 900+ colleges in one place

Tuition Funding Sources: Nat'l scholarship search

Transcript Request: Ms. Clark, CCHS Registrar

Fairtest.org: Check to see if your goal campus requires the ACT or SAT.

College Essay Guy: All things 'College Essay'

College Application Week 2020: Resource List

Mrs. Antrim: Meet with your counselor for all things personal, school related &/or related to next steps!

Ms. Murphy – request meeting time with me to work on college lists, talk through careers or just talk about your hopes & dreams for the future!

CCHS Virtual Calming Room



## ➔ **Students! Please STOP and answer these questions:**

- ✓ **I am sleeping 7 hours or more each night.** Yes or No
- ✓ **My classes feel like a fit.** Yes or No
- ✓ **I feel like I have a handle on remote learning.** Yes or No
- ✓ **I've organized my email so that I can find/filter information easily.** Yes or No
- ✓ **I have some time each day just to relax and breathe.** Yes or No
- ✓ **I know at least one adult I can talk to if I need help.** Yes or No

If you feel 'off' or think talking through these topics would help you, reach out for some time to talk with Mrs. Antrim, Mrs. Krutsinger, Mrs. Prudencio or me. We are here to help YOU however we can!