

Juniors,

Below is another extensive message with loads of information. You do not need to read this all at once (you can simply read the sections of most importance to you).

With the gravity of today's situation and the wealth of new and updated information coming in... I am trying to collect as much information and resources to share with you at once.

My goal is to provide a comprehensive message each week (like this) and share brief updates and encouragements via Remind, Instagram, and the CCHS Class of '21 Face Book page.

You are greatly missed & I would like to know how you are doing, to check in - [click here](#). If you would like to meet via Zoom video - [click here](#).

-- Mrs. Antrim

***** 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

★ Challenge: 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.

☐ Face Time 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.

***** EDUCATIONAL ACTIVITIES FOR HOME *****

[Khan Academy Grades 10-12 Activity Schedule with Links](#)
[60+ Websites for HS Students to Continue Learning at Home](#)

[Webinar April 2: Study skills for remote learning](#)
[35 Must Watch TED Talks for Kids & Teens](#)

[100 Activities to do From Home - for younger kids](#) - something you can do with siblings and family

***** AP, SAT, ACT, & ACCUPLACER UPDATES *****

[FREE AP Review Classes Available](#)

[Article from Appplerouth: AP Exams Go Online](#)

[Appplerouth Offering Mock ACT 3/28 and Mock SAT 3/29](#) - online, proctored SAT & ACT practice tests; students can experience the testing environment without the pressure of an official score.

[Webinar April 1: What to do if your SAT or ACT was canceled.](#)

[Kaplan SAT Lightning Fast Lessons: 1 month free](#)

[Kaplan SAT & ACT Videos](#) - also includes College Admissions Tips & Financial Aid video help

*The ACCUPLACER exam (used for JALC placement) scheduled for April 1 and 2 at CCHS has been canceled. Be on the lookout for an email from Mrs. Sabens with more information; especially, once we know more regarding our return to school update & procedures.

***** COLLEGE/UNIVERSITY UPDATES & RESOURCES *****

- Interested in taking a summer class through JALC? Check out their [Summer & Fall Schedules](#). (**May be subject to change, depending on state/government updates.*)
- [Cappex: Enrollment News for the College Bound](#)
- [11th Grade Checklist: Coronavirus Edition](#)
- Mrs. Murphy and I are working hard to remain updated and share pertinent information with you. Right now, just breathe, and focus on what you can control, including making steps to complete junior year goals (see goals by scrolling to the bottom of [my last message](#)).
- More to come in future messages on *potential* Virtual College Fairs.

***** CAREER SEARCHES & MILITARY RESOURCES *****

[IL Career Search, Resume Builder, Scholarship Finder](#)

[Occupational Outlook Handbook](#)

[O*Net Bright Outlook Occupations](#)

[Apprenticeship Finder](#)

[Joining the Military](#)

[What is the ASVAB Exam?](#) and [ASVAB Sample Questions](#)

***** STAY CONNECTED *****

- ✓ Check your EMAIL & the CCHS WEBSITE for activities & general information updates.
- ✓ View CCHS Counseling Resources for updates.
- ✓ Mrs. Antrim will be sharing brief updates & encouragements via Remind (text group) and via 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 [this survey](#) 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 [this survey](#) and have your parent/guardian email Mrs. Antrim with permission to meet via video.
- ✓ *NEW* Take time to read Mrs. Murphy's latest email on Tuesday, March 24, to:
 - get new contact information, used while on extended break
 - sign up for *Message from Murphy - LIVE Events* (Tuesdays and Thursdays at 2:00 pm)
 - receive additional resources & information.