



# September Newsletter

## Important School Dates (Semester 1)

- September 20: ½ Day, Dismiss @ 11:45 am; School Improvement
- October 11: No School; County Institute
- October 14: No School; Columbus Day
- **October 16: PSAT/NMSQT (students must register for this exam)**
- October 24: ½ Day, Dismiss @ 11:45 am; School Improvement  
[Parent/Teacher Conferences by appointment only 5:00-8:00 pm]
- October 25: No School [Parent/Teachers Conferences by appointment only  
9:00 am – noon]
- November 11: No School; Veteran's Day
- November 25-29: No School; Fall Break
- December 18: Dismissal @ 12:25 pm; Final Exams [periods 4, 5, 6]
- December 19: Dismissal @ 12:25 pm; Final Exams [periods EB, 1, 2, 3]
- December 20: No School; Teacher Institute
- December 23-January 3: No School; Winter Break
- January 6: ½ Day, Dismiss @ 11:45 am; 2<sup>nd</sup> Semester Begins
- **April 14: Official Statewide SAT (junior students)**

## Upcoming College/Career Visits at CCHS

- ★ September 6: Southern Illinois University Edwardsville
- ★ September 9: Eastern Illinois University
- ★ September 14: @ SIUE, Nursing Explore Day 8am-12pm. Email Mrs. Antrim for more information.
- ★ September 16: Murray State University
- ★ September 16: Vincennes University
- ★ September 19: Army ROTC SIUC
- ★ September 19: Millikin University
- ★ September 19: Illinois State University
- ★ September 25: University of Illinois at Urbana-Champaign
- ★ September 26: Quincy University
- ★ September 30: Lincoln College (Lincoln)
- ★ October 1: Q&A with Mrs. Murphy: How do I write a college essay?

- ★ October 7: Southeast Missouri State University
- ★ October 9: Westminster College
- ★ October 16: University of Illinois at Springfield
- ★ October 16: MacMurray College
- ★ October 17: McKendree University
- ★ October 17: University of Evansville
- ★ October 18: Michigan State University
- ★ October 21: Lindenwood University
- ★ October 21: University of Alabama in Huntsville
- ★ October 23: Greenville University
- ★ October 23: Illinois College
- ★ October 23: University of Illinois at Chicago
- ★ October 23: Knox College
- ★ November 5: Q&A with Mrs. Murphy: What are my college/career options?
- ★ November 8: Harris-Stowe State University
- ★ November 13: University of Missouri Columbia
- ★ December 3: Q&A with Mrs. Murphy: Why is everyone talking about my transcript?

## How does my student sign up for college/career visits at CCHS?

To find the date & time of college/career visits students must log in to their Naviance Account [to access: go to the school website & click the red button titled *Naviance* to log in]. Once in Naviance, students need to scroll to the *What's New* section and there they will see a list of all visitors. By clicking "register" students will be automatically signed up & will receive a pass from class to attend (visits last the length of 1 class period). Students are responsible to check in with teachers & complete any missed work.

**Keep in mind that the above list includes those schools for which a representative has signed up at this time; there will be plenty more visitors to sign up in the coming weeks. All students have been encouraged to check their account daily and register for all the visits for which they would like more exposure & information. \*It is also important to note that students are allowed two (2) college visits junior year. A form with all signatures must be completed 5 days prior to the student's absence & the student must bring back proof (to CCHS Attendance) confirming the college visit.**

## Re-cap: Quarter 1 Visits with Mrs. Antrim

At this point I have been able to meet with every student during his or her English class! Hopefully your student found these visits informative and helpful. As part of my Welcome Back (Q1) visit I gave every junior a *red* Welcome Folder. Please encourage your students to show you what has been provided in his or her folder. Below is a quick list of what you will find and what was reviewed during my visit:

### Contact Information and Welcome Letter

Pre/Post: GPA & SAT (Personal/Class)

Exploring Naviance, Junior Year

Dual Credit Information

Junior Year Checklist

PSAT 10 and PSAT/NMSQT

- Set up your college board account
- Sign up for the PSAT/NMSQT: October 16
- Understand your PSAT 10 Results

College Information

- From here to college in 14 steps
- 20 questions to ask a college representative
- College planning: 11<sup>th</sup> grade

### Career Information

- How to find a job
- Career fair preparation
- Building a career network
- Resume building

Military Information

- Enlisting in the military

Social/Emotional

- Stress
- Organizing schoolwork & assignments
- Studying for tests
- Managing your emotional reactions
- Asking for help: getting past obstacles
- School counselors
- Talking to your parents or other adults

## Junior Year Class Goals

Academic

- Increase personal & class GPA
- Decrease failures & increase successes
- Work towards meeting personal & class SAT goals
- Increase class attendance
- Stay or get involved at CCHS; consider a leadership role

College/Career

- Save at least one Career Cluster in Naviance
- Sign up for college/career visits in Naviance that interest you
- Complete SuperMatch in Naviance
- Create your resume & share your accomplishments
- Have a list of at least 3 colleges and/or postsecondary plans prepared by the end of junior year
- Build relationships for future letter of recommendation options

Social/Emotional

- Decrease class behavioral referrals: as juniors, you 'set the tone' & culture of the school
- Grow in communication & advocacy: it will be a year of learning how to work thru difficulties, celebrate achievements, effectively communicate needs, & overcome challenges
- Works towards meeting deadlines (not meeting deadlines = missed opportunity)
- Building soft skills (attendance, leadership, teamwork, communication, problem-solving, work ethic (GRIT), flexibility/adaptability, & interpersonal skills)

## Ask your student about his or her GPA & SAT Goal!

**Research suggests that the most frequently noted indicators associated with High School postsecondary success is attendance, GPA, and test scores.**

With this in mind, I asked students to write a goal to encourage ownership & growth of their GPA & SAT scores. Students completed a goal sheet, in which they indicated both a personal GPA & SAT goal, as well as a group/class GPA & SAT goal. Several resources & strategies/tips were shared to help students reach their goals, suggestions are provided below:

Check all the steps you will take to increase your GPA:

- Check the student portal for assignments and grades daily
- Ask questions in class when I am struggling
- Ask my teacher for help during ARP
- Attend Terrier Tutoring for assistance
- Seek out a personal tutor
- Utilize an organizational system that works for me (papers, notes, etc.)
- Write daily assignments, to-do's, important tasks, and approaching deadlines in a device or planner
- Seek help from Mrs. Antrim regarding my grades
- Talk with my parents/caregiver about my grades
- Use this helpful website: <https://gpacalculator.net/how-to-raise-gpa/>

Check all the steps you will take to increase your SAT score:

- Sign up to take the PSAT/NMSQT in October (listen to announcements) for more information.
- Set up your College Board account (using Mrs. Antrim's username/password suggestion).
- Request my PSAT 10 score report & test book from Mrs. Antrim. I can review my PSAT 10 results question by question and see which I answered correct and incorrect.
- Utilize Naviance Test Prep (daily, weekly, monthly?).
- Make the most of the Naviance practice tests.
- Attend the CCHS SAT Prep Sessions, which will run February-April.
- Utilize Khan Academy (daily, weekly, monthly?).
- Take my time on the SAT, eat a good breakfast, & get plenty of rest the night before.

## What is the PSAT/NMSQT & why register to take it?

The PSAT/NMSQT will be administered for CCHS students on October 16<sup>th</sup> at the Carbondale Civic Center. When taken as a junior, this assessment is the qualifying exam for National Merit Scholarship consideration.

**\*Interested students, please sign up in the Principal's Office by September 13.**

**\*\*The cost is \$17 (bring exact change or a check made payable to CCHS).**

**\*\*\*No payments will be accepted after September 13.**

**\*\*\*\*Fee waivers are available for students who qualify under the Free/Reduced Lunch Program. When registering, please inform the Principal's Office.**

**\*\*\*\*Information about this test has been provided to students via Q1 meetings with Mrs. Antrim & announced in the Daily Bulletin every day.**

## PSAT/NMSQT GENERAL INFORMATION:

### **What is the purpose of the PSAT/NMSQT test?**

When taken as a junior, the PSAT/NMSQT is the qualifying exam for National Merit Scholarship consideration. National Merit Information can be found [here](#). By taking the PSAT/NMSQT, students will also prepare themselves for the format and content of the SAT (a national college entrance exam to be taken April 14).

### **Who takes the PSAT/NMSQT?**

It is recommended for high performing 10th and 11th grade students.

### **Is the PSAT/NMSQT test optional or required?**

The PSAT/NMSQT test is optional and available only by registering.

### **What areas does the PSAT/NMSQT test cover?**

The content of the test includes: Reading; Writing and Language; & Math.

**FREE PSAT/NMSQT (SAT) prep available for CCHS students via [CCHS Naviance Login Page](#)**

## **Other ways to *stay in the loop* junior year...**

1. **REMIND texts (for students):** Remind allows Mrs. Antrim to send text messages to students individually or in a group. If students are interested in signing up for Remind, follow the steps below.

Text this message "@cchs-21" to 81010

If you have trouble try texting the same message "@cchs-21" to (734) 720-1263

2. **WEBSITE:** Another great way to stay in the loop is to follow my webpage, visit:  
CCHS Website/Students & Parents/Class of 2021
3. **NEWSLETTERS:** sent to students & parents via email. Please be sure that the email you have on the *Parent Portal* is up-to-date and accurate in order to receive these updates.
4. **CLASS of 2021 FACEBOOK (for students):** Check out and join the CCHS Class of 2021 Facebook page for news, events, pictures, and updates.