

# October Newsletter

By this point in senior year, you are likely feeling busy, busy, busy! If you have not started, you should be taking action and making the next steps in your future: be it college, career, or military!

## KEEP YOUR EYES ON THE PRIZE

Your #1 job senior year is to succeed, meet academic and GPA goals, and GRADUATE. Stay focused, work hard, attend classes, study, get help when needed, ask questions, stay motivated, complete assignments on time, stay engaged, give your all ALL the time... you GOT THIS!

## Quarter 1 Recap

Mid-September I met with all senior English 4 classes; here is a quick recap of what we covered:

- ❖ We reviewed students' blue senior folders – please refer to these folders throughout the year.
- ❖ Families – make sure your student gave you the 'purple' packet with a note from me.
- ❖ Discussed best ways to contact me while remote learning. You can request meetings by email, phone, or even request a meeting [here](#).
- ❖ Explored my Virtual Office – see [here](#).
- ❖ Viewed the Class of 2021 website – check it out [here](#).
- ❖ Discussed finding your Ikigai = meaning your life's worth, life's purpose, or reason for being.
- ❖ Shared strategies for personal growth; how to change discouragements into encouragements, and time management tips.
- ❖ Encouraged students to clean up their social media – you never know who will be looking (college admissions, military recruiters, future employers, etc.).
- ❖ Reviewed the Senior Fall Checklist (see next section for more info.). Go back to this often!
- ❖ Students were given a blank 'to do' list and blank template to store usernames & passwords (there will sure be a lot of those created this fall).
- ❖ Students were also given a campus visit checklist, letter of recommendation tips, Naviance 'meeting you where you are' guide, financial aid & scholarship overview, and SAT information.
- ❖ Students entering the military, gap year, or trade – see blue folder for a list of contacts.
- ❖ Students also received encouragements, reminders, and prompts from Mrs. Murphy including "Fast Facts" useful for college applications and planning.

**POLL RESULTS:** How is the senior class doing? See how students responded to the following questions [scale from (1) strongly disagree to (5) strongly agree]

- I FEEL good about my academic progress this year – 3.3
- I FEEL good about where I am in my college & career journey – 3.1
- I FEEL good mentally/emotionally – 3.2
- I FEEL I'm good at managing my time – 2.9
- I FEEL motivated – 2.8

\*For a copy of the Blue Senior Folder - [click here](#).

\*For a copy of the class visit / video presentation - [click here](#).

# Life After High School – now is a time for ACTION

If you have not started planning for your future – you need to start today!

## All students:

- ❖ BE SURE to attend your senior Power Hour with Mrs. Murphy! You would have received an invite/pass in the mail and will get a reminder via email. This is time CARVED OUT for YOU!
- ❖ If you have not already, complete your Fall Senior Check Survey by clicking [here](#).
- ❖ NOW is a great time to check out all the materials in Mrs. Murphy's Google Classroom – there is so much there to guide, assist, and help you through senior year.

## College bound:

- ❖ Continue working on & submitting applications (November 1 is an ideal deadline)
- ❖ submit transcripts to your colleges
  - you can send transcripts before you submit your application
  - go [here](#) and by Mrs. Mindy Clark's name click "Request a Transcript"
- ❖ politely ask teachers for letters of recommendation, if required for your application
  - ask asap, give teachers at least 2 weeks' notice with details & a thank you
- ❖ make final revisions & submit college essays
- ❖ complete the FAFSA application (asap)
- ❖ begin looking for & completing scholarship applications.

## Military bound:

- ❖ Talk with your parents and contact your local/area recruiter (see p. 15 of [this document](#).)

## Career bound:

- ❖ Talk with your parents and reach out to me or Mrs. Murphy if you need help with next steps.

## Financial Aid/FAFSA – 'tis the season

See Mr. Murphy's letter regarding the new FAFSA Graduation Requirement [here](#).

Need help or more information, visit our [Financial Aid Resources](#) webpage for helpful links, who to contact for assistance, as well as set up your 30 minute virtual FAFSA Completion meeting.

## Scholarships – where do I begin?

View this document [here](#) for an overview of College-Specific/Merit-Based Scholarships vs. External vs. Internal Scholarship opportunities (including several external links for you to use!).

**Check Naviance to access a list of (Internal) local/area scholarships!**  
login | colleges tab | scholarships & money | scholarship list

\*As they become available, local awards will also be announced in Mrs. Murphy's Google Classroom.

## Have questions?? Check out these resources...

[Mrs. Antrim's Class of 2021 Webpage](#)

[Mrs. Murphy's College & Career Webpage](#)

[Financial Aid Resource Site](#)

[College & Career Guidebook Page](#)

**\*\*Sign up for Mrs. Antrim's REMIND today**

**\*\*Check out Mrs. Murphy's Google Classroom daily**

## Quick SAT Reminder

**Students LAST NAMES (A – K) will test Wednesday, October 14**

**Students LAST NAMES (L – Z) will test Tuesday, October 27**

**\*Be at the CCHS Gym entrance by 8:00 am**

**\*You will have to have your temperature checked before testing**

**\*You must wear a mask the entire time. Social distancing will be practiced and enforced.**

**\*Please bring: 2 (non-mechanical) pencils, calculator, school ID or driver's license, mask, & your own water bottle**

## Mental Break – Mindfulness Tricks

**Although we didn't have time to test out my Mindfulness Activities in Q1 Visits, here are two you can use anytime. These are great for when you are feeling overwhelmed, working on college apps, studying for an exam, stressed by work, or just need a quick brain break.**

### STOP

**Stand up and breathe. Feel your connection to the earth.**

**Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant thoughts or emotions on the 'out breath'. Notice any pleasant ones and let them fill you up on the 'in breath'.**

**Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant - be grateful for it and its beauty.**

**Possibility. Ask yourself what is possible or what can be your next positive, forward step?**

### 321

**This game can be a powerful tool to curb spiraling thoughts. First look around and name THREE things you can HEAR; then TWO things you can SEE; and finally ONE thing you can FEEL/TOUCH.**

**By doing this you are grounding yourself by increasing your awareness of your body & environment.**

### Virtual Calming Room

**\*Check out Mrs. Prudencio's [Virtual Calming Room](#) for strategies to use during this stressful season.**

# 'Baby A' Announcement

As promised to the class in Q1 visits, I would announce what Baby will be in my next newsletter (yes it was a ploy to get them to read this month's newsletter ;-)

60% of seniors thought GIRL

40% of seniors thought BOY

AND... BABY IS A...

**But first... FUN FACT!**

**Did you know that baby is the size of a TI-89 Calculator?**



AND...

WITHOUT FURTHER ADO...

BABY IS a **BOY** (congrats to the 40% who guessed right!)

## IMPORTANT SCHOOL DATES (Semester 1):

- October 9: Remote Planning Day (no students)
- October 12: No School, Columbus Day
- November 3: No School, Election Day
- November 11: No School, Veterans Day
- November 23-27: No School, Fall Break
- December 18: End of 1<sup>st</sup> Semester (no students)
- December 21-January 1: No School, Holiday Break
- January 4: School Resumes, 1/2 Day