

# COUNSELING CONNECTION



ACCHS School Counseling Office Newsletter

March 2020

“Turn away from sin and be faithful to the Gospel.” On Ash Wednesday, we heard these words as a call to challenge ourselves during Lent to be our best selves. In the SCO, we are here to assist students on their journey of becoming that person through self-discovery, reflection, academic skill development, as well as college and career exploration. Let us know how we can partner with you to encourage your student to make the most of these opportunities.

## Did You Know?

- March is Brain Injury Awareness Month.
- The Brain Injury Association of America (BIAA) leads an awareness campaign called #ChangeYourMind.
- Every 9 seconds someone in the United States sustains a brain injury.
- More than 3.5 million children and adults sustain an Acquired Brain Injury (ABI) each year.
- Causes of ABI include: electric shock, infectious disease, near drowning, Oxygen deprivation, stroke, seizure disorder, substance abuse/overdose, toxic exposure, and a tumor.
- Traumatic Brain Injury (TBI) is a type of ABI caused by trauma to the brain from an external force.
- Leading causes of TBI are: falls, head strikes, motor vehicle accidents, and assaults.
- At least 5.3 Americans live with a TBI related disability.

(All statistic provided by the Brain Injury Association of America)



## Teens injured in 'skull-breaker' challenge; BIAA urges parents to intervene

February 26, 2020

*Vienna, Va.* – The “skull-breaker challenge,” a viral prank gaining popularity on the social media platform TikTok, has led to concussions and other serious injuries in children and teens across the nation.

The challenge involves three people standing alongside each other, seemingly ready to jump into the air at the same time. When the unsuspecting person in the middle jumps, the other two kick that person’s legs in an attempt to trip him or her. The prank results in forceful trauma to the head and neck area when the individual falls to the ground. Injuries – including concussions and broken bones – have been reported in at least half a dozen states so far.

A concussion, or mild traumatic brain injury, is an alteration in brain function caused by an external force. “You don’t have to break your skull to sustain a serious, life-changing brain injury,” remarks Susan Connors, Brain Injury Association of America (BIAA) president and chief executive officer. “Falls are the leading cause of traumatic brain injury in the country, and even a minor fall can have major consequences. This speaks to the dire need for increased education for parents, teachers, and students.”

[Read More](#)

## In This Issue

- Brain Injury Awareness
- Teens & Social Media
- Monthly Events
- Testing Information
- College Admissions & Financial Aid Planning
- Tutoring

## Fear of missing out: Is social media making your teen depressed?

By Molly Hefner for Methodist Health System

If you can't get your teen to wake up in the morning, they might have stayed up too late using Snapchat or TikTok.

The average teen spends nine hours a day in front of a screen, and about a third of that time is spent on social media. Recently, concerns have arisen over the connection between teens' social media use and their mental health, with many parents asking if social media is making their child anxious and depressed.

### #FOMO

The amount of time spent on social media doesn't correlate to increased or decreased anxiety and depression. However, what teens are consuming on social media can have a negative impact on their mental health. Many teens suffer from FOMO, or fear of missing out. Social media often features filtered, false portrayals of life, making teens feel like their lives are lackluster. Teens might also see posts of friends spending time without them and feel excluded.

[Read More](#)

## More Evidence Links Social Media Use to Poorer Mental Health in Teens

By E.J. Mundell *HealthDay Reporter*

Smartphones, and being on Facebook, Snapchat, TikTok and the like may be taking a big toll on teens' mental health, a new survey of collected data on the subject shows.

[Read More](#)

## February Happenings

- ♦ **"Career Decision Making Part 1" – Sophomore Presentation:** Students reviewed the steps in career decision making, learned about work categories and identified their areas of interest, learned about the World of Work map, took a personality assessment and linked to careers based on their personality. Students added to their careers of interest list on Naviance. They were also be given additional ways to identify and research careers independently. Assessments and resources can be found on Naviance.
- ♦ **"Strategies to Reduce Testing Stress— Part 2":** Lunch time sessions for all students that provided strategies to help reduce exam stress.
- ♦ **"Career Planning Workshop"**– Lunch time session for all students that provided additional assessments to help identify areas of interest and connect to possible careers.
- ♦ **Scheduling Question & Answer Session for Students**

## March Events

- **Sophomore individual meetings begin.** Students will be provided information on resources, a sophomore to-do list and what to expect Junior year.
- **Junior meetings with Mr. Garza begin.** Students will discuss the college application process.
- **"Career Presentations Part 1 & 2"** - Freshman classroom presentations: Students will begin career exploration on Naviance by completing the Career Interest Profiler, researching careers, creating a favorite careers list, learning how to research colleges and beginning a college list.
- **Open Lab: College and Career Exploration Thursday, March 5 and Thursday, March 26 during Period X in Room 501.** Opportunity for student to get help with college and career research.
- **"A Lesson in Kindness"** The season of Lent is a time for self evaluation and reflection. In the spirit of the season, the School Counseling office and the Campus Ministries office will be doing classroom presentations around the topics of kindness, caring, compassion and self-care. We will look at what it means to be kind and compassionate to others and ourselves.
- **Financial Aid Workshop: Scholarships & Loans Thursday, March 24, 2020 at 6:30pm**—Prepping for College Costs. Presented in conjunction with The College Funding Coach.

## Standardized Testing

| SAT Test Dates | Registration Deadlines | Late Registration Deadlines |
|----------------|------------------------|-----------------------------|
| March 14       | February 14            | March 3                     |
| May 2          | April 3                | April 21                    |
| June 6         | May 8                  | May 27                      |

ACCHS is a test center for all SAT Test Dates.

Registration is completed online at:  
[www.collegeboard.org](http://www.collegeboard.org)

| ACT Test Dates | Registration Deadlines | Late Registration Deadlines |
|----------------|------------------------|-----------------------------|
| April 4        | February 28            | March 13                    |
| June 13        | May 8                  | May 22                      |
| July 18        | June 19                | June 26                     |

ACCHS is a test center for the June 13th test date **ONLY**.

Registration is completed online at:  
[www.act.org](http://www.act.org)

Spring college visits have begun at Allentown Central Catholic. The visits are open to seniors, juniors and sophomores.

A list of schools that will be visiting can be found on Naviance under the College tab.



*Please continue to check Naviance and the School Counseling Office website for updated information about available scholarships.*

*This month's featured scholarship search website :*



## Transcript Requests

**Transcript requests are processed within 2 days of receipt.**

**Be aware of college application deadlines. Our Office recommends requests for documents to be sent to colleges be done 15 days prior to the deadline. This allows enough time for the documents to be sent, received and processed by the due date. For example, request documents be sent by December 15th for a January 1st deadline. Last minute requests cannot be guaranteed for delivery by the due date. Transcripts are \$3 per college.**



Emmaus High School  
College Fair

Thursday, April 30th  
6:00-8:00PM

## Save the Date!

### Financial Aid Parent Workshop

Scholarships & Loans: Prepping for College Costs

Presented in Partnership with

The College Funding Coach

Thursday, March 24, 2020

6:30PM-8:30PM

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To Register [Click Here](#)



## College Financial Aid News From PHEAA

### Consolidated Website for Federal Student Aid Info

The Department of Education (ED) debuted a revamped, consolidated [website](#) for federal student aid information and a chatbot for some student loan borrowers on December 23. This new site consolidates some of their other sites, such as StudentLoans.gov, FSAID.ed.gov, and NSLDS.ed.gov. into one site.

### Next Gen FSA

Federal Student Aid's (FSA) mission is to keep the promise of the Higher Education Act of 1965, as amended, by providing access to an affordable, high-quality, postsecondary education to all who seek it. In

keeping with this promise, 2 years ago FSA announced an initiative called [Next Gen FSA](#) to improve the ways in which our customers, including students, parents, borrowers, schools, and partners, interact with and manage the programs administered by FSA. Next Gen will also modernize the way FSA operates by updating systems and tools to meet our customers where they are.

### FY 2020 Budget Bill Allows Students to Use 529 Education Savings Toward Loan Debt

Students can now use \$10,000 from their [529 education savings accounts](#) to pay down their student debt.

## Helping vs. Helicoptering: Parents And The College Admissions Process

Nancy L. Wolf, *Road2College* Feb 6, 2020

Many parents of high school students want to help their child through the College Admissions Process. They recognize that applying to college is not what it was 20 or 25 years ago. Costs are far greater, the stakes are too high and the process itself is far more complicated.

Here is some parent-sourced advice on when parents should offer help, how to provide it – what kinds of help cross the line into too much help.

To read more about:

- The Stages of the College Admissions Process
- Why Its Important for Parents to Support Their Child
- Yes Parents Can Help TOO Much
- Finding the Right Balance Between Help and Helicoptering

Go to [www.road2college.com](http://www.road2college.com)

## Here's how to break down your college financial aid award letter

By Jessica Dickler  
Published Wed, Feb 12 2020 on CNBC.com

- Before deciding on a college for next year, families should look at what kind of aid is being offered and the conditions that apply.
- What may look like the largest offer might not be the best.

[Read More](#)

### Tutoring Options

- **\*Teacher office hours** are available 2X per week to offer extra assistance. See teacher pages on Sapphire for times.
- **\*NHS tutoring** occurs every morning starting at 7:45am until the end of homeroom. Report to Room 5 in Barry.
- **\*DeSales University** offers tutoring on Wednesdays from 3:00-4:00pm in Room 102.
- **\*Writing Workshops** with Mr. Fisher are in Room 109 during Wednesday extended homerooms.
- **\*Math Assistance** with Mrs. Dunkle is available in Room 4 in Barry during Wednesday extended homerooms.
- **\*Spanish Tutoring** with Mr. Rineer is available in Room 7 in Barry during Wednesday extended homerooms.