



Guidance Department

NEWSLETTER - VOL.10

INTRODUCTION

The school year is in full swing as we approach the holidays and the midway point of the 2nd quarter. Hopefully it's been a successful start to the school year!

Every new quarter brings with it a chance to improve and grow from the previous one, so it is important to take a look and check where you are academically as well as socially. Are you achieving the grades you would like? Are you involved in the life of the school? If the answers to those questions are "yes" - keep going! If the answers are "no", consider what you need to do differently and ask for help if needed. NHS tutors are willing and able to provide academic help. You can find them each day during the lunch periods in the Guidance Office.

All of us in Guidance wish all our families a most happy and joyful Christmas and a peace-filled, healthy New Year!

Below you will find suggestions for each class to follow and tasks to focus on as we move through the year. Know that you can stop by Guidance any time.

Students are asked to **consistently check their school email**; much information is shared via this platform. There is also college & financial aid information on the bulletin boards outside the Guidance office.

Class of 2022

- Please continue to maintain your **grades** - many colleges ask for mid-year grades and all will want your final transcript.
- Please send us all your **college acceptances & scholarship/grant offers** - we need to keep track of this information. **Congratulations** to all who have been accepted to schools & thanks for sending in your good news! The slides outside of Guidance are updated regularly to reflect your acceptances, so stop by to see your "name in lights"!
- Fill out the **FAFSA** for financial aid and start hunting for scholarships: Check out the Raise.me website to earn **money for college**, look at the Opportunity Scholarships included with Big Future/CollegeBoard, open an account with Going Merry and start checking out Scholarships.com, Fastweb, Chegg Scholarships, & Unigo.

Here is the link to our **Financial Aid Night Presentation:

 [2022-23 FAN Presentation Final 09082021.pdf](#)

- Anyone considering playing sports at a DI or DII school: please see Mr. Lynam regarding your **NCAA account**.

Class of 2023

- Sign up & start earning money for college at **raise.me**;
- Use your Naviance account to **learn more about yourself** by going to the "Self Discovery" tab and taking their surveys.
- Begin building your **Resume** in Naviance under the "About Me" tab.
- Use your Naviance & CollegeBoard accounts for career & college searches, and if you can, start **visiting colleges**.

- Make an appointment with your counselor - Mr. Lynam (A - L) or Ms. DiMatta (M - Z).
- If you have not already done so, join an activity/sport - get involved!
- Stay on top of your school work so you build a **strong academic record**; work on time management and organizational skills.
- **Practice for the SAT** by using your Khan Academy account - it should be linked to your CollegeBoard account. Take 15-20 minutes a day for this.

Class of 2024

- Continue to use your **Naviance** account to learn more about yourself; go to the "Self Discovery" tab and take some of their surveys - especially those on Learning, Personality, and the Strengths Explorer; you can also start filling out your **resume** under the "About Me" tab.
- Make sure your CollegeBoard & Khan Academy accounts are linked together.
- Start **earning money** for college by opening an account on **raise.me**
- Get involved! If you have not yet joined an activity or sport, find at least one thing to join.
- Stay focused on your **school work** so you are building a strong academic record; work on time management and organization.

Class of 2025

- Members of Guidance will be visiting your classes to sign you up for important accounts that you will use during your time here: Naviance, CollegeBoard, & Khan Academy.
- Keep on track with your classes and practice good time management and organizational skills - we can help if you're not sure how to do this.
- **Get involved!** There's still time to join an activity. Being a part of an activity or sport is one of the best ways to enjoy high school, get to know people, & make friends.
- Create an account on Raise.me to start **earning money for college**.

MENTAL HEALTH RELATED RESOURCES

At Carroll, our Guidance Department seeks to support students not just academically and with career and college advising, but we also hope to provide social-emotional support as well. Life can get overwhelming and stressful, so we need to reach out sometimes and ask for help. There are times when you may be in need of more professional help, so we have a list of some resources that can be useful. The Surgeon General has declared a mental health crisis amongst our young people. The number of young people suffering from depression and anxiety has increased dramatically and with it, the number of suicides has also risen. Please read this article from the Surgeon General's office on this topic: <https://apple.news/AW3Hxm5JERDaGQkH1A9-a8g>

Many agencies and therapists now have waiting lists. If you are trying to access services and run into this issue, hang in there; stay on that waiting list, but also look for other options. Those options can be one of the free apps we have below, reaching out to your pastor/minister/religious leader, prayer, exercising, healthy eating and sleeping habits, regular check-ins with your school counselor to name a few. In crisis situations, you can always go to the ER or call the Mobile Crisis Unit in your area (numbers are below). Please contact us for other resources.

Free apps: Calm counter, Breathing Bubbles, Relax Melodies, Super Stretch Yoga, and check out the UCLA mindfulness (**UCLA Mindful**) for meditations and podcasts!

DELAWARE COUNTY:

Mobile Crisis Support 24/7: 1-855-889-7827

**Homeless Support: CAADC (Community Action Agency of Delaware County):
610-874-8451**

**Food Assistance: DIFAN(Delaware County Interfaith Food Assistance Network)
Various locations throughout the County**

610-566-7540 x 407

www.fcsdc.org or click link below

<https://drive.google.com/file/d/1GiVnLysxhXRR5U3kyU5I1eYcP0LtRrIE/view?usp=sharing>

MONTGOMERY COUNTY:

Mobile Crisis Support 24/7 : 1-855-634-HOPE (4673)

Domestic Violence Support: 1-800-773-2424

Homeless Support 24/7: Dial 2-1-1MONTGOMERY COUNTY:

PHILADELPHIA:

Behavioral Health Crisis Intervention:215-685-6440

NAMI Suicide and Crisis Intervention Support: 215-686-4420

Behavioral Health Member Services(non-emergencies) 1-888-545-2600

Homeless Support: 215-686-7177

National Suicide Hotline : 1-800-273-8255

National Crisis Text Line: Text HOME to 741741

OTHER RESOURCES FOR MENTAL HEALTH SERVICES:

Springfield Psychological Services:

Children and Adolescent Services 610-544-2110

Onward Behavioral Health:

Provide an array of Behavioral Health and Drug/Alcohol Intervention services for children, teens, and adults in local counties 1-610-644-6464

The Main Line Center for the Family:

Provide an array of emotional and behavioral health care for children, adolescents, & families. 610-880-0110

Caron Foundation:Substance Use/Vaping/Nicotine Cessation:

www.Caron.org/Digital-Learning/1-800-678-2332

