



Guidance/CarrollU

NEWSLETTER - VOL.4, WELCOME BACK!

INTRODUCTION

Here we are - back in school! Did you think this would happen after all the months of being at home? Even though there are challenges with this school year (A/B groups, temp checks, one-way hallways, up & down staircases, masks, screens...), it's so nice to see everyone and walk the halls of Carroll again. With all of us working together, we can and will make this a successful school year!

It is our hope in Guidance/Carroll U to be a support to our students and through this periodic newsletter, supply you with pertinent information and reminders.

Students are asked to **consistently check their school email**; much information is shared via this platform, and please check in with your counselor; we're here to help.

Class of 2021:

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- Fill out a **Transcript Request Form** for each school you are applying to - one form per school, \$5.00 fee each form, fee waiver for those students who qualify for one;
 - Have your parents fill out & return the **Parent Permission Form**;
 - Ask teachers for **recommendations** following the directions in our College Planning Guide;
 - Complete the **Senior Profile** that was emailed to you. This will help your counselor in writing a recommendation for you;
 - Remember to match your Common App with your Naviance account;
 - Research **financial aid**: goingmerry.com, fastweb, raise.me, and the CollegeBoard Opportunity Scholarships are places to start;
 - Sign up for our **College Visits** (through Naviance); engage in college virtual visits & check to see if in-person visits have started;
 - Utilize the college & career searches in **Naviance** and **CollegeBoard**
 - Check with **fairtest.org** for colleges that will be test optional this year;
 - The **FAFSA** opens on Oct.1 - fill this out as soon as possible!
 - Speaking of financial aid...if you were unable to attend our **Financial Aid Night**, here is a link to the recording:
<https://zoom.us/rec/share/ccpcEJKPolCNJTzEkb6mfiuly-LD9gu-ySvIPRLI-rMVQlkH0tEjj48s1Q3dmXDV.vVcb2VcbxU2hLpXf?startTime=1600815749000>

Class of 2022

- We strongly recommend that you fill out your **Resume** in **Naviance** - go to the "About Me" tab and click on "My Stuff" - this should be completed by the end of your junior year;
- In the same About Me tab, take some time to complete the tasks under "**My Assessments**" to help you learn more about yourself and your strengths;
- Engage in **SAT prep** through your Khan Academy account;
- Check out the raise.me website to begin earning **money for college**;
- Start using your Naviance & CollegeBoard accounts for **college & career searches**.
- Focus on your grades and having a strong academic record.

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 About Me tab & clicking on My Assessments;
- Begin filling out your **Resume** in Naviance
- Use your **Naviance & CollegeBoard** accounts for career & college searches;
- Focus on your grades and build a strong academic record.

Class of 2024

Welcome to **Carroll!!**

Hopefully by now you have **created accounts** for: CollegeBoard, Khan Academy, & Naviance and have filled out the Freshman Survey from Guidance. You will be called to Guidance to meet with your counselor to go over all this information. In the meantime, check out the **activities** available at Carroll and join at least one. Focus on your grades so that you begin to build a solid academic record.

NCAA: Senior athletes interested in playing a sport at a DI or DII school need to open an account. Contact Mr. Lynam for any information (flynam@jcarroll.org). Junior athletes & sophomore varsity athletes interested in opening an account, contact Mr. Lynam. All athletes are reminded to maintain good grades - do not just "get by".

MENTAL HEALTH RELATED RESOURCES

As nice as it is returning to school and work, life can still be stressful. As many students are experiencing - it's great to be in school and back with friends, but the virtual days...well, that's another story. We're all trying to figure that out! It is still important, therefore, to regularly do things - such as exercise, prayer & meditation, family fun time, reading, writing, mental vacations, etc. - that help to destress and maintain balance. We, however, can get

overwhelmed and need to seek outside of ourselves for help. Once again, please reach out to Guidance for support, and we have some resources listed below.

www.calm.com

www.veysigmund.com

Free apps: Calm counter, Breathing Bubbles, Relax Melodies, Super Stretch Yoga

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/1GiVnLysxhXRR5U3kyU5l1eYcP0LtRrIE/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 2-1-1**MONTGOMERY 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

RESOURCES PROVIDING TELEHEALTH 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

Caron Foundation: Substance Use/Vaping/Nicotine Cessation

www.Caron.org/Digital-Learning