

COUNSELOR UPDATE

Academics | Social-Emotional Learning | Career and College

Upcoming Events

- ◆ 9/9-9/13 - College Week
- ◆ 9/11 - College 101 Presentation, 7:00 PM, Little Theatre
- ◆ 9/12 - College and Career Fair, 6-8PM, Student Cafeteria
- ◆ 9/19 - Mental Health Screening
- ◆ 9/19 - Quarter 1 Midterm Ends
- ◆ 10/3 - Parent Teacher Conferences, 5-8:30 PM
- ◆ 10/5 - Optional SAT Test at OLCHS
- ◆ 10/16 - Optional PSAT/NMSQT at OLCHS
- ◆ 10/18 - End of 1st Quarter
- ◆ 10/26 - Optional ACT Test at OLCHS
- ◆ 10/29 - FAFSA Completion Workshop, 7-8 PM, Media Center
- ◆ 11/6 - Optional Military ASVAB Test at OLCHS



Get Ready for College Week!

September 9th through September 13th is College and Career Week at OLCHS! Here are some of the fun activities you can expect.

Admissions Case Study - Monday 9/9, pd. 2: Admissions reps from area schools will be taking students through an interactive workshop that shows why students are admitted or denied. Students should sign up for this in Naviance the same way they would sign up for a college visit.

College & Career scavenger hunt: opens Monday 9/9 and entries are due by the end of the day Thursday 9/12. Participating students who submit a full "game board" will be entered to win prizes! Game boards can be picked up outside the door of Student Services Office 117.

Spartan Plus sessions: (filter Student Services → Kenny)

•College Coffee Talk - So you attended senior seminar... and you still feel confused and/or overwhelmed... join Mrs. Kenny for refreshments and a casual Q&A about the college process!

•Scholarship Workshop - Where do I look for scholarships? How do I apply? Join Mrs. Kenny for an overview of scholarships

Upcoming Seminars

- ◆ 9/3-9/6 - Senior College Planning
- ◆ 9/9-9/13 - Freshmen Intro to Student Services
- ◆ 9/16-9/20 - Junior Intro to Student Services
- ◆ 9/23-9/27 - Sophomore Intro to Student Services
- ◆ 9/30-10/4 - Senior College Financial Aid
- ◆ 10/7-10/11 - Senior Small Groups; Post-HS Planning
- ◆ 10/14-10/18 - Junior Career/ College Exploration
- ◆ 10/28-11/1 - Freshman Action Plan of Strengths
- ◆ 11/4-11/8 - Small Group 1st Quarter Grade Check-Ins

•Creating an FSA ID - The time for seniors to submit a FAFSA is rapidly approaching! By setting up your FSA ID ahead of time, you will be able to hit "submit" on FAFSA sooner, giving you access to more grant money. Mrs. Kenny will walk you through the process of setting up the FSA ID. NOTE - students MUST know their social security number in order to successfully complete this process.

What We Learned Email - Be on the lookout for an email from the counselors about what they learned at the State Universities of IL Articulation Conference. All 12 Illinois public universities will present important updates and we want to share all of that with you!

College Evening Presentations and Events

College 101 - Wednesday 9/11/19, 7:00 pm in the Little Theater:

This program is designed for all students considering going to a 4-year college or university and their parents. We encourage families from all grade levels to attend. The earlier you start this process the greater opportunity you will have at finding money for college and understanding how to attend at a lower cost. This will be one of the most informative presentations you will attend. Topics include: Picking the dream school, understanding college rankings, understanding the financials of college, creating and comparing college lists, scholarships and much more. You may want bring something to take notes with!

Stevens Amendment Notice - This activity was produced in part with Title I federal funds

College & Career Fair - Thursday 9/12/19, 6:00 - 8:00 pm in the Student Cafeteria:

Come meet with reps from colleges, universities, union apprenticeship programs, military branches and local industry leaders and hear about your options after graduating from OLCHS! A final list of participants will be available on the school website

Trades & Apprenticeships

Go to [Union Apprenticeship Application Info](#) to view more information about apprenticeships in our area.

College, Career, & Military Visits

Go to goo.gl/5wdpM7 to view our visit calendar!

Service Learning Opportunities

Go to www.olchs.org/students/service-learning/ to view our Service Learning Calendar and list of Pre-Approved Sites!

beginning 9/7.

FAFSA Completion Night - Tuesday 10/29/19, 7:00 pm in the Media Center:

After October 1, college bound graduating seniors can start completing the FAFSA (Free Application for Federal Student Aid). In order to receive any type of federal student aid such as grants, work-study, and loans the FAFSA must be completed. You will need to go to <https://fafsa.ed.gov> and complete the application. Some of the grants are on a first-come, first-serve basis, so it is important to complete the application as soon as possible.

If this is your first time or you are having difficulty with completing this application, OLCHS counselors will be on-hand to help you during our FAFSA Completion Night. This will be held on Thursday, October 25 at 7pm in the Media Center.

If you have any questions, please contact Susan Szala at 708-741-5631 or sszala@olchs.org.

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Seminars for Students

This week, counselors began meeting with their students during Spartan Plus for grade level guidance seminars. These seminars cover topics such as career and college exploration, effective academic strategies, service learning requirements, and more. Each week, counselors will meet with a specific grade level to provide a seminar directed toward their specific needs. Students should listen to the announcements and review their schedule in Skyward to know when they have seminar and where to meet. All students will receive an iTunes U course code for their seminar. These iTunes U courses will include the seminar presentations and useful information for each grade level. Students are encouraged to share this information with their

parents and guardians. A list of upcoming seminars is available on the left side of page 2 of this newsletter.



Spartan Plus Tips for Parents and Guardians

Spartan Plus takes place during 4th period and allows your student to sign up

for any teacher they need extra help from or to go to study hall, the Media Center or see their counselor. Other enrichments are made available as special events, such as career days or college rep visits. Seminars with counselors also happen during Spartan Plus time.

Spartan Plus also empowers students to learn about responsibility and decision-making. Arena Scheduling is only available in Student Access. You can review with them and guide your student by checking grades and encouraging them to sign up to see their teachers for classes they want to improve or where they have missing assignments.

1. Student opens up Skyward - Click on Desktop Version 2. Click on Arena Scheduling - Click 2019-20 school year.

3. Filter by Subject or Teacher at the top. Search by course name in the bottom right field. Find the class and choose the day of the week. If the Fit column says No, there is already something in the student's schedule that day.

4. Click Add

*The sign-up window opens Monday at 8a.m. for the following week.

| Arena Scheduling | | | | | | | |
|------------------|-----|-------------|--------------|-----------|-----|-----|------------|
| Option | Fit | Seats Avail | Course | Days Meet | Prd | Trm | Teacher |
| Add | No | 25 | ENGLISH - AP | M | 4 | S1 | Amy Perras |
| Add | No | 25 | ENGLISH - AP | T | 4 | S1 | Amy Perras |
| Add | Yes | 7 | ENGLISH - AP | R | 4 | S1 | Amy Perras |
| Add | Yes | 25 | ENGLISH - AP | F | 8 | S1 | Amy Perras |

English Language Learners

This past January, all English Language Learners participated in the ACCESS for ELLs language proficiency test. ACCESS provides a standardized measurement of academic language proficiency for ELL students throughout the state of Illinois. With this information, we can monitor individual ELL student progress on an annual basis. The Individual Student Reports with your child's results on ACCESS along with your child's program enrollment will be mailed out this week. This information is for you to review and keep.



Please contact Samantha Razik by phone, 708-741-5643, or email, srazik@olchs.org, with any questions.

Our first Bilingual Parents Advisory Committee (BPAC) Coffee Talk is scheduled for Wednesday, September 18, 2019 at 8:30AM - 9:15AM. Stop in for coffee and meet Ms. Razik, bilingual/ESL teachers, and other bilingual parents. Hope to see you there.



Retake the SAT or try the ACT?

Seniors often ask "should I retake the SAT?" or "should I try taking the ACT?" There can be a benefit to retaking the SAT or trying the ACT. Seniors applying to college will be relieved to know that colleges will accept either test score. It does not matter which test score is submitted. Also, even if a student takes the test again and scores lower, colleges will still accept the high score.

Supposed a senior is applying to Western Illinois University (WIU) and scored an 890 on the SAT. The middle 50% attending WIU scored between a 940-1150. If this student took the SAT again there is a good chance the original score would improve and be accepted. So, taking the SAT again would benefit the student.

If a student applies to Eastern Illinois University (EIU), and has a 3.0 GPA, the student can earn scholarship money depending on the SAT or ACT score. If this student has an SAT score of 1030 or higher (or ACT score of 20 or higher) the student can earn \$8,000 of scholarship money per semester. This is just one example of a way to earn scholarship money with an SAT or ACT score. Check with a college to find out what cutoff score is used to determine scholarship money.

Over the years, the SAT and ACT have come to measure similar skills. The tests do have some differences. For example, the ACT allows students to use a calculator for the math section. One part of the math section of the SAT does not allow calculators. The ACT has a science section. The SAT does not. Students can check with their counselor to find out which test they are suited for.

The next SAT is October 5. The next ACT is October 26. Both tests are being offered at OLCHS. Students can sign up for the SAT at www.collegeboard.com. The ACT can be registered for at www.act.org.

Screening in Health Class

At OLCHS, we believe it is important to focus on the whole student paying close attention to the emotions that are often associated with teen years. These years are marked by a rollercoaster of emotions which may be difficult for teens. It is easy to misread depression as normal adolescent turmoil; however, depression appears to be occurring at a much earlier age. We have implemented a variety of programs on mental health education for students, faculty and staff.

On September 19th, we will be presenting the Signs of Suicide (SOS) Prevention Program to all Health classes. The program includes a screening tool and an educational video. If the student screens positively for depressive symptoms, he/she will have an interview with a trained therapist and the parent will be contacted. The program has been used by thousands of schools. It has proven successful at increasing help-seeking by students concerned about themselves or a friend and has shown a reduction in suicide attempts in a randomized, controlled study (American Journal of Public Health, March, 2004). For more information please visit www.elyssasmission.org

Community Services at Conferences!

On October 3rd at parent teacher conferences, several local community counseling agencies will be available to answer questions regarding their services and supports for your child. Mental health is a key component to academic and social/emotional success. We want to encourage all of our students to seek needed help in the community when concerns arise. Please stop by one of the tables in the Spartan Lobby for more information!

Help Us Improve!

Did you enjoy receiving this newsletter? Do you have recommendations or questions for the OLCCHS Counselors? Take this brief survey to help us improve our services. [Click here to take the survey!](#)