

# COUNSELOR UPDATE

## Special eLearning Edition

Academics | Social-Emotional Learning | Career and College

### We are Here for You!

With a lot of uncertainties and unknowns in the next few weeks, the OLCHS Student Services Department is here to assist. Below are some resources to support you regarding COVID-19, eLearning, and more!

#### COVID-19 Resources:

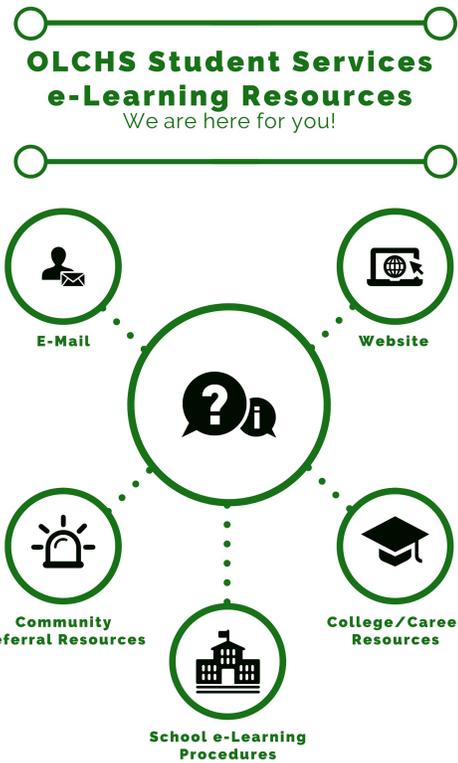
- [OLCHS COVID-19 Information](#)
- [WHO Resources](#)
- [CDC Resources](#)
- [IDPH Resources](#)
- [Talking To Your Children About COVID-19](#)
- [CDC - Managing Anxiety and Stress](#)
- [Coping With Stress During Infectious Disease Outbreak](#)
- [Managing Reactions to the Coronavirus](#)

#### Mental Health Referrals:

- [Community Counseling Referrals](#)
- [Child Mind Institute](#)

#### School eLearning Procedures:

- [OLCHS eLearning Information](#)



#### Student Services Website:

- [OLCHS Student Services](#)
- [OLCHS College and Career Center](#)

#### Contact Your School Counselor\*\*:

- [Counselor / Dean / SW Alpha-Split](#)
- [OLCHS Student Services Directory](#)

*\*\*Note: Email is the best mode of communication during eLearning*

## Follow Us!

### Facebook:

[OLCHS Student Services Office](#)

### Twitter:

[@OLCHSStServices](#)

### YouTube:

[OLCHS Student Services](#)

## Student Services Online Resources

Check out various resources on our [Student Services Website](#).

## Trades & Apprenticeships

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

## College, Career, & Military Visits

Go to our [College and Career Center Website](#) to view our visit calendar!

## Service Learning Opportunities

Go to the [Service Learning](#) page on our website to view our Service Learning Calendar, a list of Pre-Approved Sites, and more!

## Scholarships

Click [HERE](#) to view the OLCHS Scholarship Bulletin. Check often for updates!

# eLearning Time Management

Without the routine of a traditional school day, it is easy to get behind on school work during eLearning days. It is important for students to establish a regular schedule. This should include at least 30 minutes per class and breaks. Students should also practice keeping their usual sleep schedule. As students may also have other responsibilities at home, we recommend that you work with your child to find a balance between their school work schedule and other chores.

Need help creating a routine? The Student Services have created a eLearning Time Management Lesson with Nearpod! Go to [www.nearpod.com](http://www.nearpod.com) or use the Nearpod App to check it out! The class code is: **PHATI**.



# Career and College Researching During eLearning

A lot can be done from home to research and explore various post-secondary plans. Here are some activities you and your child can work on!

- **Naviance:** Students can log into their Naviance account to take interest surveys, research careers, explore colleges, and more! <https://student.naviance.com/olchs>

**MANAGE YOUR STRESS**

**1 Create a Plan**  
Mark due dates and upcoming events on a calendar, prioritize tasks and complete them ahead of schedule.

**2 Get Moving!**  
Stress can cause you to feel fatigued, but if you fight through it and get some exercise, your body and mind will be more relaxed afterwards.

**3 Seek Solitude**  
Venture away from the mental clutter of crowds and devices. Go for a quiet walk outside or listen to your favorite peaceful tunes to recharge your batteries.

**4 Pursue Your Passions**  
Make weekly time for your hobbies and activities that bring you joy, such as reading, creative endeavors, or spending time with loved ones.

**5 Put Your Health First**  
Aim to eat well, get 7-9 hours of sleep each night, and limit caffeine, which can cause anxiety. When your body feels rested and nourished, your mind will too.

**UMBC**  
AN ONLINE UNIVERSITY IN MARYLAND  
PROFESSIONAL STUDIES  
<http://isdnow.umbc.edu/>

- **College Virtual Visits:** Although most colleges and universities have suspended all visits to campuses, virtual tours are the next best thing! Check out a school’s Admissions page for any virtual tour links. You can also search for virtual tours on sites like <https://www.youvisit.com/collegesearch>

- **Scholarships:** Are you a Senior? Check out our [scholarship bulletin](#) and complete some today! The PTSA has extended their scholarship deadline to *April 3rd!*

- **College and Career Center Website:** For various resources regarding career and college exploration, college financial aid, Moraine Valley application process, the Spartan Guide to Career Pathways, and more, check out our website [HERE](#).

- **Service Learning Note:** Please check our [Service Learning Calendar](#) for updates, as several regular sites have cancelled their upcoming events. If you choose to complete Service Learning, practice social distancing and follow other health guidance from the CDC and IDPH.

## Managing Stress

This is a great opportunity to further develop your coping strategies! These help you navigate stressful and challenging situations. Check out this video for a list of [Free Meditation Apps](#).

## Rescheduling National SAT and ACT Tests

March 14 was a testing day for the SAT, but not everyone who signed up for the test took it. OLCHS was open for the test, but there were many absences. If you were scheduled to take the SAT on March 14 but did not test, you can contact the College Board at 8966-756-7346 to reschedule your test. You can also log on to your College Board account to reschedule. This link will take you to the website. <https://collegereadiness.collegeboard.org/sat/register/dates-deadlines> The next national SAT administrations are planned for May 2 and June 6.

If you are signed up to take the April 4 ACT, it has been rescheduled. The makeup dates are June 13 and July 18. ACT will notify students that have registered and provide directions on how to reschedule. Students can sign into their account to reschedule at <https://www.act.org/content/act/en/products-and-services/the-act.html>.

At this time, the SAT state testing for juniors is still planned for Tuesday, April 14. OLCHS staff will contact families with any change to this as we receive further guidance from the state and federal levels. The SAT score can be used to help students decide what college to apply to senior year. If students feel like they did not do their best on the SAT or they just want to improve their score, they can take the test again. OLCHS will be offering the SAT again on Saturday, August 29 and Saturday, October 3. Taking one of these tests will give them time to prepare for it over the summer.

Khan Academy is a great site to use to prepare for the SAT. It is free and students can take actual SAT tests right on the Khan Academy website, [www.khanacademy.org](http://www.khanacademy.org). Students can set up a schedule that will help them prepare for the SAT for as little as 15 minutes a day!

OLCHS will also be offering the ACT on Saturday, October 24. Colleges accept ACT scores, as well as SAT scores, when determining acceptance. There are some differences in the format of the ACT test compared to the SAT, but much of the same information is tested. Check out this link to determine which test is best for you, <https://greentestprep.com/resources/sat-prep/act-vs-sat/>.

Students that are part of the free lunch program can obtain a waiver to retake the SAT, or try the ACT, for free. See your counselor to obtain a waiver or if you have questions about which test is right for you.

# Explore Career Opportunities

It is important to explore career opportunities to figure out what you might want to be in the future and when better to do it than over the summer. Here is a list of some cost-effective programs in the area.

## **SIUE Healthcare Diversity Summer Camp** (June 15 -19, 2020)

This camp is great for anyone interested in nursing, pharmacy or dental.

Deadline to apply in March 27, 2020

## **WIU Summer Outreach Program** (June 25 - 29, 2020)

This camp is great for sophomores and juniors interested in law or criminal justice.

Early bird registration through April 3, 2020

## **Research Apprentice Program (RAP) at the University of Illinois** – Urbana/Champaign (July 5 - 25, 2020)

This camp is great for sophomores and juniors interested in STEM (science, technology, engineering and math)

Deadline is March 20, 2020

## **Summer Honors Program at Indiana State University** (July 12-18, 2020)

This camp is open to freshman, sophomores and juniors with a 3.0 GPA and higher. Students can learn about careers in aviation, business, digital system design, elementary education, entertainment design & technology, forensic facial reconstruction, gender & visual culture studies, genome science, nursing, social work, law, history, poetry writing and survival in extreme environments.

## **Augustana Summer Academy** (June 21 - 25, 2020)

This camp is open to high school students interested in neuroscience, anatomy of injury, the art, science and industry of coding, cancer research, crime scene investigation, education, entertainment and media productions, psychology of happiness, signals from the universe, speech language pathology, and writing fiction.

Deadline April 15, 2020

**PharmAcademy Summer Program** at Midwestern University (June 21 – July 1, 2020)

This camp is for juniors and seniors interested in learning more about the career paths of a pharmacist as well as laboratory exploration.

Deadline June 1, 2020

**Saint Xavier University** has an assortment of classes being offered to freshman, sophomores, juniors, and seniors this summer:

**Introduction to Business** – College Credit Course (June 2 -11) Deadline is May 25, 2020

**Introduction to Nursing** – College Credit Course (July 13-23) Deadline is July 6, 2020

**Health Career Exploration Camp** (June 23 – 25) Deadline is June 16, 2020

**Student Media Summer Camp** (June 22 – 26) Deadline is June 15, 2020

**Introduction to Speech-Language Pathology** – College Credit Course (June 15 – 24)

Deadline is June 8, 2020

**Illinois Institute of Technology Summer Programs** (Dates vary based on program)

Various camps open to freshmen – seniors in the areas of engineering, science & technology, human sciences, architecture, pre-law, and college prep.

Deadline is May 1, 2020

**UIC Community Outreach Summer Programs** (June 22 – July 24, 2020)

This is for juniors with a 3.0 GPA and seriously considering going to UIC for STEM or Computer Aided Design (Digital Scholars)

Deadline is April 1, 2020