

- **SUMMER OPPORTUNITIES:** Summer is a great time to visit college campuses and explore interests and hobbies. Check with Ms. Couch for summer opportunities, including internships at Children's Hospital, summer classes for juniors at Xavier and a variety of camps for a variety of ages depending on your area of interest.
- Additional scholarships can be found on websites such as [www.fastweb.com](http://www.fastweb.com), and the Ms. Couch's living scholarship list <https://docs.google.com/spreadsheets/d/13AFheqxGIdZopv8vV11LcBSx031ITZ66RyqDKI7ehj0/edit?usp=sharing>.

# Counselor's corner

MONTHLY NEWSLETTER

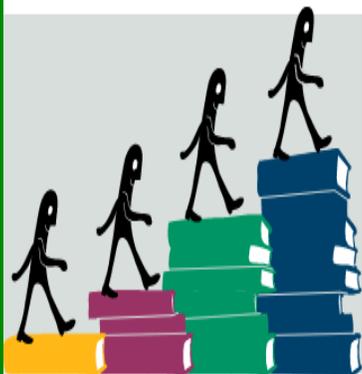
MARCH 2017

## Scholarship Opportunities

- **State Farm Good Neighbor Scholarship:** This scholarship focuses on leadership, volunteer experience and financial need and does not require a minimum GPA. To apply, visit: [scholarshipamerica.org/statefarmgoodneighborscholarship/](http://scholarshipamerica.org/statefarmgoodneighborscholarship/)  
**AMOUNT:** \$2,500  
**DEADLINE:** 3/2/2017
- **National Catholic College Admission Association Scholarship:** Eight scholarships will be awarded to students who are residents of different geographical regions (OH and KY are two different regions!) who plan to attend a National CCAA member institution. Member institutions include Bellarmine, Xavier, Mt. St. Joseph, John Carroll and many other schools! Visit <http://www.catholiccollegesonline.org/students-parents/financial-aid/nccaa-scholarship.html>  
**AMOUNT:** \$1000  
**DEADLINE:** 3/1/17
- **Kentucky Society of Professional Engineers Scholarship Program:** This scholarship is for students interested in pursuing an engineering program at an ABET-EAC accredited college. Tri-state schools include Purdue, Louisville, UC, Miami, Murray State and more. Student must currently have, and maintain in college, a 3.0 GPA. Applications can be downloaded at <http://kspenky.org>.  
**AMOUNT:** \$8000  
**DEADLINE:** 3/7/17
- **Good Neighbor Scholarship:** This scholarship is for residents of Covington, KY who perform voluntary community service. See Ms. Couch for a hard copy of the scholarship application.  
**AMOUNT:** \$500  
**DEADLINE:**
- **Celebrating Catholic Schools Photo Contest:** Students should "snap" a photo that captures the essence of what a Catholic education means to them. Visit: [www.walsh.edu/csw](http://www.walsh.edu/csw)  
**AMOUNT:** \$500  
**DEADLINE:** 3/31/17
- **James F. Bertsch Memorial Scholarship:** For a graduating senior enrolling at Thomas Moore College. For application information please contact the guidance office.  
**AMOUNT:** \$2500  
**DEADLINE:** 4/15/17
- **Agnes Seanson Education Award:** The Women's Club of Greater Cincinnati gives this scholarship to encourage responsible civic awareness among female high school seniors in the community. Applicants must write an essay. See: <http://womancityclub.org/cms/wp-content/uploads/2013/08/2016-WCC%E2%80%99s-EdAwrdrdAPP.pdf> for essay prompt and application.  
**AMOUNT:** \$1000  
**DEADLINE:** 4/20/17
- **Cincinnati Scholarship Foundation** connects residents of the greater Cincinnati area to numerous and diverse scholarships. Only one application is required to be considered for all the scholarships. To find out more, visit: [www.cincinnati-scholarship-foundation.org](http://www.cincinnati-scholarship-foundation.org).  
**AMOUNT:** Varies  
**DEADLINE:** 4/30/17

**College Application Count 2017**  
There have been 251 applications to 71 institutions for 37 out of 37 seniors. There could be one here or there, but for the most part, we are wrapping up applications to the schools for this year!

# ACT/SAT News



Don't forget to register for the upcoming ACT and SAT!

**SENIORS:** Please hold on to any scholarship award letters you receive, even if you do not plan to attend that institution... the office needs copies of them for graduation so we can honor your accomplishments!

ACT/SAT registration materials are available at the College Center. Both testing organizations are strongly encouraging that all registrations be completed online. Practice booklets, registration handouts and paper registration forms are available in the outer office of the Guidance Office.

**ACT: Register by March 3 for the April 8 test date**  
Online @ [www.actstudent.org](http://www.actstudent.org)

**SAT: Register by April 7 for the May 10 test date**  
Online @ [www.collegeboard.org](http://www.collegeboard.org)

## ATTENTION JUNIORS:

We strongly recommend that you plan to take the SAT and/or ACT with Writing by June 2016. BUT, as part of the District Choice State Testing, you will be required to take the ACT (without writing) on **February 28th** at school.

Also, start looking to see if any schools you have interest in will require SAT II Subject Test scores so you can plan your testing schedule ahead of time. Test Prep Classes can be found on our website: <https://sites.google.com/a/covingtonlatin.org/guidance/standardized-testing-info/test-prep-classes>

**ACT District Choice Test for Juniors:** The cost of the test is \$42.50. Please pay Ms. Couch by cash or check made to CLS by February 28th. (You are welcome to combine the check with AP exam payment if you are also ordering AP exams).

**AP Order forms** were emailed and hand distributed to students. See Ms. Couch if you need a new one. Orders and payment due by March 20th.

## CLS College Fair

Juniors, interested underclassmen and parents, please make note on your calendars that the annual CLS College Night will be **Monday, April 3 at 6:30pm**. This is open to the public. Feel free to pass the date along to friends and families at other schools. There will be over twenty representatives from various educational and other post high school programs invited to attend. More information to come!



## Subject Selection Night

Sophomores, Juniors and Parents: Save the date! **Monday March 23rd at 6:30 pm**. Department Chairs will be present to outline their particular curriculum offerings as sophomore and junior students plan for the 2017-2018 school year.



## US Service Academy Day

Representatives from each US Service Academy (Air Force, Navy, West Point, Coast Guard, Merchant Marine) will be in attendance to provide information and answer questions. Save the date for **Saturday, April 29th, 10 am– 12:30 pm**. The event will be held at the Gateway Community and Technical College in Florence. To pre-register, visit: <https://massie.house.gov/services/military-academy-nominations>

# Whole Child Initiative

In February, I went into junior and senior classes to talk about distress tolerance.. DBT Distress Tolerance skills help students know how to manage their emotional and physical reactions to a crisis. These are called Crisis Survival Skills. Crisis skills are meant to be used during a crisis and not for everyday problems that come up. Although, the skills can be applicable in all settings. They learned ACCEPTS which is a mnemonic for Activates, Con-

tributing, Comparisons, Emotions, Pushing Away, Thoughts, and Sensations. They also learned the skill: IMPROVE the Moment is a mnemonic for imagery, Meaning, Prayer, Relaxation, do One thing at a time, take a Vacation, and provide Encouragement.

These techniques help them to focus their mind on something else so that they do not react on impulse when a crisis happens. A crisis is something that triggers the "Fight or

Flight" response. This can lead to an impulsive action that makes things worse. Teaching students technique like ACCEPTS to distract he mind or TIP (temperature intense exercise paced breathing) will help them when a crisis does happens. We want these skills to muscle memory so that their impulsive reaction is helping them not hurting them.

*"...two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference".- Robert Frost*

## NaviGo

In January, students got more familiar with what colleges and careers would be a good fit for them. We provided them financial aid

and scholarship resources. Juniors began to look at the college application process and seniors learned more about choosing a college

major. As we go forward into March, the juniors will learn more about the college application process and financial aid options.

