

STUDENT SUCCESS CENTER

Located behind the Yellow Door in the Lockwood House



MARKERS AND FAMILIES,

Hello from the Student Success Center! If you aren't familiar with our department, we are Nerinx Hall's comprehensive student support office. We provide a variety of support services from wellness to college advice to academic coaching and more. Our goal is for every student to benefit from the many touch points of our programming across their time at

Nerinx. This new monthly update will include important information you need in regard to our services and upcoming dates. There are sections catered to our **3 different types of support personnel**: Academic and Wellness, College Counseling and Learning Consultants. We look forward to sharing our department's opportunities with you!

HOW TO BEAT ANXIETY AROUND TESTING

What is it?

Test Anxiety is the cognitive, emotional, and behavioral state of extreme discomfort during times of academic testing or evaluation. It can manifest with headaches, shortness of breath, tears or general lack of concentration. With Finals just around the corner, we wanted to take a minute to talk about it and give you a few specific steps you can take to fight it!

How can you beat it?

1. Challenge negative thinking. Determine the validity of your thoughts and whether or not they are true and/or evidence based.
2. Explore helpful phone apps to calm your nerves and help you build focus and attention skills like Read Aloud, Forest, Tide, Cold Turkey, Headspace etc.
3. Be smart about your Free Periods and Contact Times. Set yourself up for a win by prioritizing your time well!

Want to take these tips to the next level? Connect with your Academic and Wellness Counselor to talk through test anxiety one-on-one!

Miss Thomas (Last Names A-K) or Mrs. Morrison (Last Names L-Z)

LEARNING CONSULTANTS

Do you ever see these symbols in PowerSchool?

LATE   MISSING

Here are some questions to help you trouble shoot!

Does the student have a place to record assignments? (ie: planner, to-do notebook, planner app, etc.)

If the answer is “no” → then the student needs a planner!

If the answer is “yes”



- Is the student using the planner regularly in every class?
- Is the student using the planner when she comes home from school?



- Does she need to set a reminder on her phone or even a Post-It Note that says “Don’t Forget Planner”?

Is the student remembering to complete and turn in assignments?

- If it is a paper assignment, make a planner note in red marker to remember to turn it in.
- The Homework Folder with a “To-Do” pocket and a “Turn In” pocket can also be a 3-ring plastic folder tab for a binder - put this in the front so homework is easily accessible.
- In Canvas, make sure the assignment is “crossed off” for electronic submissions.
- Finally, a “2 Check” System in the Planner can be helpful for accountability with 1 check = done and 2 checks = turned in (this can even be color coded).

If you have any questions or would like to discuss more strategies, please contact your child’s Learning Consultant or their Academic and Wellness Counselor.



HAVE A NEW EVALUATION?

Your child’s Academic and Wellness Counselor and/or Learning Consultant can assist in the evaluation process! We will facilitate any feedback needed from teachers by handing out and collecting any documentation and then sending all forms directly back to the evaluator for confidentiality. If you have any questions, please contact the Student Success Center.

COLLEGE COUNSELING

Upcoming College Deadlines for Seniors

The following dates are popular college and scholarship deadlines.
Don't let one sneak up on you!



Reminder: Please plan ahead! If you are sending test scores, request them to be sent if you haven't done so already. The January deadlines fall while we are on break. Make sure you are prepared and have everything ready to go prior to the last day of the semester, **Thursday, December 16.**

**Please note: Not every college has the above deadlines. Just make sure you know the deadlines of where YOU are applying and you'll be okay.*

Don't forget the FAFSA and CSS Profile

Complete the Free Application for Federal Student Aid (FAFSA) [here](#). The application opened on October 1, 2021 and many schools set a priority deadline for completion around December 1, 2021. Parents and students must have an FSA-ID to complete the FAFSA application.

CSS Profile - Some private institutions require submission of the [CSS Profile](#) for any need-based aid consideration. Check [here](#) for a list of schools requiring the CSS Profile.

Scholarships

The Counseling office would like copies of any and all scholarships awarded to your daughter. Students or parents can email/forward the info (PDF, JPEG, etc) to Gloria McCoy at gmccoy@nerinxhs.org. It must include the name of the school, the scholarship and dollar amount. Please send scholarships from ALL the colleges your daughter has applied to, even those she is not attending!

Housing

Once seniors have finished their applications, they should start hearing from the colleges regarding their admission status. The next step to consider is: HOUSING!

1. Most schools will ask students to submit a housing deposit to 'hold' a spot at that school.
2. While it is acceptable to commit to housing at more than one school, please be sure to check the refund policies for your deposit
3. Look for how to cancel your housing at the school(s) where you decide not to attend in order to get your deposit back, if applicable
4. Some schools may not give you a refund of your deposit if you cancel your housing agreement; some will give you a partial refund or full refund; BE SURE TO CHECK WITH EACH SCHOOL

COLLEGE COUNSELING

College Preparation for Juniors

1. Use the Junior College Guide
2. Use SCOIR to build your resume, conduct searches and create a list of schools of interest
3. Visit with College Reps during contact time - click here for a list of questions to ask a rep
4. Sign up for a Junior Info Session (check your email for dates and times)

Junior College Kickoff

Introducing the Junior College Kickoff! The event will take place on 1/12 In the EAC from 6:30-8:15pm will be an opportunity to hear from College Representative at 3 different sessions. Juniors and parents will have the opportunity to choose a variety of topics. More Information to come!



How can your Juniors prep for college?

1. Use the Junior College Guide
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3. Visit with College Reps during contact time - click here for a list of questions to ask a rep
4. Sign up for a Junior Info Session (check your email for dates and times)

College Info for All Students

Career Exploration

We encourage all grade levels to begin exploring careers and take advantage of various opportunities in St. Louis and at colleges. Visit our website for more information.

ATSU - Truman Healthcare Academy

Truman State University offers this amazing program to learn about health professions. More info here or through your College Counselor!



COLLEGE REPS ARE COMING!

Stay in the loop about what representatives from colleges, universities, and military branches are visiting Nerinx Hall! You can always access our upcoming events calendar by visiting this website:

