



MAY 2022

COUNSELING UPDATE

NOUVEL CATHOLIC CENTRAL HIGH SCHOOL

MONTH IN REVIEW:

May has been a super busy month! We have been wrapping up scheduling, helping students enroll in dual enrollment courses, and saying our farewells to the Class of 2022! This month, I also spent time with the Class of 2023 to prepare for college applications this fall! In addition, I spent time in the classrooms with the Class of 2024 working on resume writing, interview skills, and social media awareness!

THINGS TO KNOW

SAT retake

- Is your 11th grader interested in retaking the SAT? Check out the [College Board website](#) to find dates/locations and to complete registration. The cost of retaking the SAT is \$55. Anticipated retake dates are:
 - August 27, 2022
 - October 1, 2022
 - November 5, 2022
 - December 3, 2022

ACT

- Thinking about taking the ACT? It might be a good option, especially if you excel in a STEM field! Register [HERE](#)!

Key Differences	Impact	ACT	SAT
Pacing	ACT requires students to work 30% faster through more questions.	High	3:35 to work 215 questions and write an essay (50 sec/question)
Math	ACT includes more advanced concepts but presents questions in a simpler way.	Medium	Up to Pre-Calculus but with fewer steps to solve.
Reading & Writing	ACT passages contain less historical language, which may be easier to read.	Low	More historical texts; Reading asks students to cite evidence.
Science & Data Analysis	ACT tests exclusively in a science context & includes manipulation of variables.	Medium	40-question Science test, which includes experimental design.
Essay	ACT requires argumentation; SAT focuses on rhetorical analysis.	Medium	Presents a short passage and asks student to analyze.

Schedules

Schedules for the 2022-2023 school year are just about done! Students have been notified via Google Classroom if there are any conflicts or open hours to fill in. Future schedules are viewable in Skyward by logging into [Family/Student Access](#) and selecting "Schedule" on the left-hand side.

JUNIOR UPDATE

All of the Class of 2023 has started working on preparing for the next phase of their journey! As a reminder, here are some resources for parents to review:

- [Preparing for Senior Year - Google Slides Presentation](#)
- [Common App](#) and/or [Coalition App](#)
- [Parchment](#)
- [College Board](#) - Requesting Score Reports

Save the Date
JUNE 2022

- Exams: 2nd & 6th Hours
- Exams: 3rd & 7th Hours
- Exams: 5th Hour & Make-Up (Last Day!)

HAVE A GREAT SUMMER!

REMINDE LINKS

NEW! For the 2022/2023 school year, I have created Remind groups for each class. Parents & students can sign up using the same link and will receive text NCCHS Counseling updates/reminders.

Class of 2023 - Join HERE: <https://www.remind.com/join/ncc2023>

Class of 2024 - Join HERE: <https://www.remind.com/join/ncc2024>

Class of 2025 - Join HERE: <https://www.remind.com/join/ncc2025>

Class of 2026 - Join HERE: <https://www.remind.com/join/ncc2026>

UPCOMING OPPORTUNITIES

Summer STEM Video Contest! Due June 30!

Open to all K-12 students and teachers in the GLBR. Submit your information using [this link](#) and send your video to STEM@svsu.edu.

Michigan Army National Guard Camp

One-day FREE National Guard camp for students in 8th-11th grade at the Saginaw Career Complex. Learn more [HERE](#).

Police, Fire, and EMS Camp at SCC

Students in grades 8-11 can attend a 1-day camp at SCC to learn more about a career in Police, Fire, and EMS! Cost is \$10. Learn more [HERE](#).

Underground Railroad Volunteer Opportunity

Underground Railroad is looking for student volunteers in their resale shop, located at 5647 State Street. Interested students can contact Ms. Crystal Sanders and/or complete an [application](#).



FOUR IN 10 TEENAGERS REPORT THEY FEEL "PERSISTENTLY SAD OR HOPELESS," ACCORDING TO A RECENT CDC SURVEY. OUR NEW WORKSHOP SERIES FOR TEENS CAN HELP YOUNG PEOPLE STRUGGLING WITH THESE KINDS OF FEELINGS.

THE ONLINE WORKSHOPS ARE GEARED TOWARD HELPING TEENS UNDERSTAND THE CAUSES AND CONSEQUENCES OF EMOTIONS. PARTICIPANTS WILL LEARN HOW TO TURN OFF SELF-JUDGEMENT, MANAGE RELATIONSHIPS BETTER, AND REGULATE THEIR UPS AND DOWNS -- WITH THE GOAL OF FINDING MORE MEANING AND PURPOSE IN LIFE.

MENTAL HEALTH COUNSELOR ZEINAB MOUSSA, M.A., LLPC, WILL LEAD THE WORKSHOP. ZEINAB SPECIALIZES IN FACILITATING DIALOGUE ABOUT FEELINGS AND EMOTIONS. SHE HAS CHILDREN OF HER OWN AND UNDERSTANDS THE NEGATIVE IMPACT COVID-19 HAS HAD ON THE MENTAL HEALTH OF TEENS AND YOUNG ADULTS.

TO PARTICIPATE, ALL YOU NEED IS AN INTERNET CONNECTION TO ZOOM, PAPER AND PENCIL, AND AN OPEN MIND.

ALL SESSIONS ARE FREE OF CHARGE. [CLICK HERE TO REGISTER](#)

WEEK 1 / TUESDAY, JUNE 14 AT 1:00 P.M. - GIVE YOURSELF PERMISSION TO FEEL
WEEK 2 / TUESDAY, JUNE 21 AT 1:00 P.M. - EMOTIONAL INTELLIGENCE VS. EMOTIONAL JUDGING
WEEK 3 / TUESDAY, JUNE 28 AT 1:00 P.M. - PRACTICAL COPING
WEEK 4 / TUESDAY, JULY 5 AT 1:00 P.M. - MOVING FORWARD

We are Nouvel Catholic Central, called by Christ to learn, love, and lead... courageously.