



October 2023

# COUNSELING UPDATE

NOUVEL CATHOLIC CENTRAL HIGH SCHOOL

## MONTH IN REVIEW:

October was a whirlwind, but we accomplished so much! All students in grades 8-11 completed a digital PSAT test, which was incredibly efficient and more importantly, well-received by our students. In addition to testing, I was also able to spend time with all of our 9th, 10th, and 11th graders, focusing on Learning Style Assessments, Career Exploration, College Matching and so much more! Next up: Junior High!

## UPCOMING EVENTS

Are you interested in learning more about becoming a doctor? Albion College, CMU School of Medicine & Dr. Samuel Shaheen are hosting an exciting seminar to provide more information to students and families about:

- Medical School Admissions process
- Extracurricular activities sought by medical schools
- Academic Requirements of medical schools



Event Location: Horizon's Conference Center

Event Date: November 13 from 7-8:30pm

Learn more and register here: [Pre-Med Saginaw](#)

## EMPOWERING ADOLESCENTS

I recently read an article about how parents can help support their child in building executive functioning skills in middle school. In essence, executive functioning encompasses how we problem solve, plan, organize, and learn from our mistakes. As parents, we try to solve problems for our children, but what if we taught our children how to do this independently? Although frustrating at times, consider the life skills that could emerge! Here are a few quick tips for helping your child:

- **Praise the Growth:** Instead of focusing on the mistakes, applaud the wins. For one child, this may be remembering their lunch money, for another it could be getting a B+ on a test that they got a B on last time.
- **Advocacy/Communication:** Instead of emailing your child's teacher that they have an upcoming vacation, try having them speak with their teacher themselves (it's okay to send a back-up email too... this is a learning process).
- **Pause:** Slow down! Our kids are wired to have insta-answers to everything, but some times taking a quick pause can make all the difference. This could even mean not rushing them out the door in the morning - would a 30 second pause to do a quick double check really hurt?
- **Write it Down!:** Dare I say "planner?" Think about how we used to keep track of all of our "to-do's." From paper planners to [electronic tools](#), the resources are endless.
- **Prioritize:** Discuss what needs to happen vs. what can wait.
- **Time Management:** Very closely related to prioritization. Create visuals for your family - they work wonders, especially for middle schoolers!
- **Create Routines:** Check Skyward, email and Google Classroom regularly. Make it an every Sunday morning routine!
- **Chunking:** Break big tasks into smaller, more manageable ones. Big paper? Make an outline first. Long novel to finish? Plan out how many pages you have to read per day to finish in time.
- **Their Way:** As much as it pains us, let them try it their way. You learn by mistakes and mistakes and failures can translate to resilience.

## PSAT SCORES

Now that Fall PSAT testing has concluded, many students and parents have asked when scores will be available. One significant advantage of digital testing is that scores will be available much sooner than the paper test! Score release dates are:

- November 6: Students who took the PSAT in school before 10/14/23
- November 16: Students who took the PSAT in school after 10/14/23 (make-up testers)

Students can access their scores by logging into their [College Board account](#). All students have created an account, but some have struggled with accessing it. Here's a [help page](#).

Once you have your score report, it can be a little overwhelming to review. Here's are a few quick videos to help you understand your score report:

- [Understanding your digital PSAT NMSQT score](#)
- [Understanding your digital PSAT 8/9 score](#)

Now that you understand your score, what's next? If your child has not done so already, it's a great idea to [link their College Board account to Khan Academy](#). [Khan Academy](#) provides 100% free SAT prep to students and uses their individual test data to create a personalized test prep program for them. Aside from test scores, this is a great way to help support your student in content areas that may need a little review! If you are not familiar with Khan Academy, their resources span far beyond test prep!

## SCHOLARSHIP OPPORTUNITIES

CLASS OF 2024

- [LMCU Lloyd Hutt Scholarship](#) due 01/05
- [Catholic Community Foundation](#) due 01/06
- [ELKS Most Valuable Student](#) due 11/13

SCHOLARSHIP  
LISTINGS

# Save the Date

NOVEMBER 2023

All of November: Senior Meetings! I will be meeting with all seniors 1:1 to discuss future plans and review timelines, requirements, and more!

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