



FEBRUARY 2023

# COUNSELING UPDATE

## NOUVEL CATHOLIC CENTRAL HIGH SCHOOL MONTH IN REVIEW:

February has been a stressful one for many of us, but together we got through all of the challenges. This month, we accomplished so much! First, we welcomed Barb Smith for a Yellow Ribbon Assembly. We also had the John & Rose Watson Foundation present to our senior class regarding scholarship opportunities. Lastly, to wrap up the month, we completed all scheduling requests for the 2023-2024 school year!

### SAT & PSAT PREPARATION

Due to our Spring Break schedule, Nouvel will utilize the "Make-Up" Date of April 25, 2023. Here are a few FAQs:

#### 1. What test will my child take?

- 9th Grade: PSAT9
- 10th Grade: PSAT10
- 11th Grade: SAT, WorkKeys, and M-STEP
  - WorkKeys & M-STEP will be taken a different date.

#### 2. How can my child best prepare for their test?

- Khan Academy
  - Did you know that your child can link their College Board account with Khan Academy?
    - Create personalized preparation plans
    - Updates with each assessment
    - FREE
- Tutoring:
  - Irene Hensinger, 989-790-7575
  - [Sylvan Learning](#)
  - [FMH Test Consultants](#)



#### 3. When can the SAT be retaken?

Nouvel will not be providing additional administration of the SAT or PSAT, but the SAT can be retaken at the expense of the student. Learn more & register [HERE](#).

#### 4. How do I log in to College Board & Khan Academy?

- [College Board](#) - If you do not remember your username or password, click "Need Help Signing In?" You can also call: 866-756-7346.
- [Khan Academy](#) - If you do not remember your password, select "Forgot Password"

Please note that Nouvel does not create or store student login information to external entities.

#### 5. How do I link College Board & Khan Academy?

Check out this quick, 1-minute tutorial on [YouTube](#)!

## Save the Date

MARCH 2023

- |       |   |
|-------|---|
| 1     | Initial Scheduling Course Requests due                  |
| 14    | 4th Quarter Begins                                      |
| 20-24 | Mrs. Boros out of the building for 8th Grade Scheduling |

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

### SCHOLARSHIP OPPORTUNITIES

- NEW:** [John & Rose Watson Foundation](#) due 03/27/23
- NEW:** [K of C Scholarship](#) due 04/05/23
- NEW:** [Sandy Mazur/Spherion](#) due 04/30/23
- [Go Blue Crew](#) due 03/03/23
- [Zonta Women in Public Affairs](#) due 02/28/23
- [Women's National Farm & Garden](#) due 04/01/23
- [Michigan Retailers Association](#) due 04/01/23
- [Carmell Scholarship](#) due 03/16/23
- [Jolt Credit Union](#) - Msgr. Forbes due 03/05/23
- [Saginaw Valley Equine Scholarship](#) due 03/21/23
- [Michigan Sugar Queen Scholarship](#) due 04/21/23



### FAFSA - DEADLINE EXTENDED!

Did you know that the FAFSA deadline has been moved from March 1 to May 1 in Michigan?

The biggest mistake many families make is assuming they will not qualify for aid and therefore not completing the FAFSA. The reality is, many post-secondary institutions and scholarship foundations require that the FAFSA be filed to qualify for merit-based scholarships.

There are two primary ways you can complete the FAFSA:

- Visit [StudentAid.Gov](#) and complete the online application
- Visit Going Merry and use the [FAFSA Made Easier](#) module
  - Connects to studentaid.gov
  - Breaks down complicated FAFSA questions into much easier terms



### TEENS & MENTAL HEALTH

Did you know that even prior to the pandemic, 1 in 5 adolescents would meet criteria for a mental health disorder like depression or anxiety? The added stress and disruption since 2020 has had a profound impact on these numbers. Although it can be hard to identify warning signs or changes in your child, being in tune with their grades, sleep and eating patterns, moods, and social habits can lead to productive discussions at home. So often, teens are afraid to discuss their mental health out of fear that they will be met with comments like "what do you have to be depressed about" or "wait until you are an adult and have *real* things to worry about." which both dismiss their feelings. Acknowledging mental health as a teen can lead to building lifelong coping skills and healthy habits!

#### Warning signs of a mental health issue?

Percent of parents who would be concerned about their adolescent if they noticed the following signs

Frequent comments about being worried or anxious	65%
Moodiness	64%
Decreased interaction with family	63%
Drop in grades	61%
Change in sleep	53%
Change in eating patterns	49%



Want additional resources or information? Reach out to Mrs. Boros at any time!