



COUNSELING UPDATE

APRIL 2025

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

MONTH IN REVIEW:

April in one word - TESTING! Between the PSAT, SAT, WorkKeys, M-STEP and make-up exams for all of the scheduled dates, the entire month has kept me away from my desk and proctoring standardized tests. With the end of the year nearing, Despite the busy testing month, I was able to begin one of my favorite push-ins with our 11th grade students - The Junior to Senior Year Transition which includes starting the college application process! I met with Mrs. Wigen's juniors on 04/29 and will meet with Mrs. Nelsen's on 05/01. Additionally, I have been working hard on finalizing the master schedule for next year. It's an incredibly complicated feat that has been delayed due to testing responsibilities and the regular interruptions that come with the territory of my role, but we will get there! Looking forward, May will also include a great deal of testing, but this time we are focused on AP Exams!

JUNIOR HIGH SCHEDULING

RISING 7th & 8th GRADE

Personalized placement letters have been sent out to all guardians of our rising 7th and 8th grade students via email. The email contains an attachment that includes core course placement, as well as links to select electives for the 25-26 school year! Students were not included in the email to allow our families to review course placement, consider elective offerings, and have a discussion at home prior to submitting selections.

To expand our course offerings for junior high students, the majority of electives will bring our 7th & 8th graders together in the classroom! Additionally, we will now be offering High School Health and High School Spanish I to our 8th grade students, but these two courses will be integrated with high school students.

Each elective course has varying capacities and will be available on a first-come, first-served basis. Moreover, priority for elective selection will be provided to students already registered for the 2025-2026 school year; selections submitted prior to official re-enrollment will be granted when enrollment is complete. Below are links to choose your child's electives, which are also listed below:

- [Class of 2031: 7th Grade Scheduling](#)
- [Class of 2030: 8th Grade Scheduling](#)

Note: If you can't find the email from me, 7th grade emails were sent on 04/22/25 and 8th grade emails were sent on 04/23/25.

SCREEN TIME DETOX

It is no secret that technology seems to have taken over the world, and the things we used to naturally compartmentalize now follow us everywhere. Whether it is conflicts, work, school, or relationship troubles, the breaks we used to get at home are now interrupted by text messages, email alerts, tablets at the dinner table, and useless notifications that serve no purpose. Yet, almost all of us are guilty of giving away our attention to such interruptions, even if just for a few moments. Dinner tables have transformed from places of gathering and opportunities to hear about one another's day to drop zones for bills, all the schoolwork sent home on Fridays, and maybe, if we are lucky, dinner where so many people have a smartwatch strapped to their wrist and a phone in their pocket or on the table beside them.

In my own personal efforts for self-improvement, I have found myself battling the very thing I once lived my entire life without—a cell phone. I find myself doom scrolling through Instagram reels, checking emails outside of work hours, and feeling the need to instantly respond to every text message I receive, just to stay on top of things. However, I began asking myself, "At what expense?" Sadly, the answer was the people in my life. Instead of spending dinner time engaging in conversation at the table, I found myself sending my husband text messages throughout the day that had no urgency and could have been saved for our evenings together. I would be responding to emails instead of engaging in my child's homework with them. Something had to change, and although it was not easy, if I expect my own children to set down their iPads or go tech-free in the mornings, it had to start with me. We set examples for our children every single day, in so many different ways, and it took a lot of self-reflection and humility to admit that I was choosing my phone and everything inside of it over the people I loved.

Although hesitant at first, I decided to try a free trial for the app "Be Present." Although it comes with an annual cost, I liked the science and psychology behind it. In a nutshell, Be Present "utilizes the same psychological techniques that keep us addicted to our devices but instead uses them to enforce healthy behaviors and encourage users to be more present in their everyday lives." You get to set screen time goals, earn streaks, compete with others, and earn real rewards for reducing time on your device. Although you can override if needed, it's kind of a pain to do so and naturally results in self-reflection over the necessity of your click. The solution for everyone may not be the same, but this was a step in the right direction for me. Check it out here: [Be Present](#)

CLASS OF 2025: COLLEGE SCHOLARSHIPS

- **NEW:** American G.I. Forum of Saginaw Scholarship is open! **Due: June 10**
 - Cumulative GPA: 2.5+ and must be of Hispanic/Latino heritage
 - Paper applications available in Mrs. Boros' office
- **NEW:** Ticket to Tuition giveaway for FAFSA completion. **Due: May 16**

CLASS OF 2026 PARENT NIGHT

As you and your child prepare for the transition from junior to senior year, it can be quite overwhelming to support them in navigating what comes next. For our college-bound students, it can be especially challenging as so much has changed since our high school and college days!

Earlier this year, I hosted our first all-encompassing Senior Parent Night, and it was very well-received. However, after speaking with our students and reviewing feedback, we have decided that it would be best to provide this during the spring of 11th grade. By doing so, our students and parents will be equally equipped to navigate all of the new territory that comes with senior year. The more we can prepare for what's coming, the more likely we are to get a head start and set the tone for a smooth and stress-free (ish) senior year!

I have put together numerous resources to share, including a comprehensive College Guide, Senior Timeline, Scholarship Database, College Visit and College Application worksheets, and a personalized portfolio for each student! For more information, please see the email sent to all junior families on 04/09/25.

RSVPs are encouraged, but not required. **RSVP Link:** [Class of 2026 Parent Workshop](#)

MAY 13
5:30-6:30
MEDIA CENTER

STUDENT OPPORTUNITIES

- **Central Michigan University's CampMed June 18-19**
 - 2-day intensive camp for high school students
 - Includes hands-on diagnostic and simulation activities
 - No cost to accepted students
 - Link: [CampMed 2025](#) - apply ASAP!
- **Physicists Inspiring the Next Generation (PING) at CMU July 14-26**
 - Conduct research, learn basic & applied nuclear science, and more!
 - FREE to accepted students; includes food & lodging
 - Link: [PING](#) - application due 05/30
- **STEM @ SVSU Teen Science Cafe on May 14 from 5-8pm**
 - Session topic: Medical!
 - Register here: [Teen Science Cafe Registration](#)
- **Camp Infinity at SVSU for 5th - 8th grade girls July 28-August 1**
 - Week-long sessions
 - Robot programming and web design
 - Cost is \$125 for the week; scholarships available. Register: [Camp Infinity](#)
- **Science & Math Extravaganza for Kids (SMEK) Camps**
 - Middle School: July 22-24; High School: July 15-17
 - Cost is \$150 for 3-day camp; scholarships available.
 - Register: [SMEK Camps at SVSU](#)
- **Delta College Camp Health & Wellness** this summer: **June 10-12 from 9-2:30**
 - Open to students in grades 9-12
 - \$30 registration fee, remaining fees are paid by sponsors.
 - Register: [Camp Health & Wellness](#)
 - Camp includes hands-on work sessions in the health/wellness industry
- **LPGA Leadership Academy is coming to Apple Mountain July 28-29**
 - Open to female golfers ages 13-18; no cost to participants
 - Application deadline is May 5. Learn more and apply here: [LPGA app](#)
- **Mid-Michigan Children's Museum Internship**
 - Must be 18+
 - Learn more and apply: [Mid-Michigan Children's Museum Internship](#)



SV SU SAGINAW VALLEY STATE UNIVERSITY

Delta College

Save the Date
MAY 2025

05	May	AP Testing begins!
13	May	Class of 2026 Parent Night
28	May	High School exams begin
30	May	Last day of school!

