

Mercy High School  
Counseling Department

# GOOD NEWS

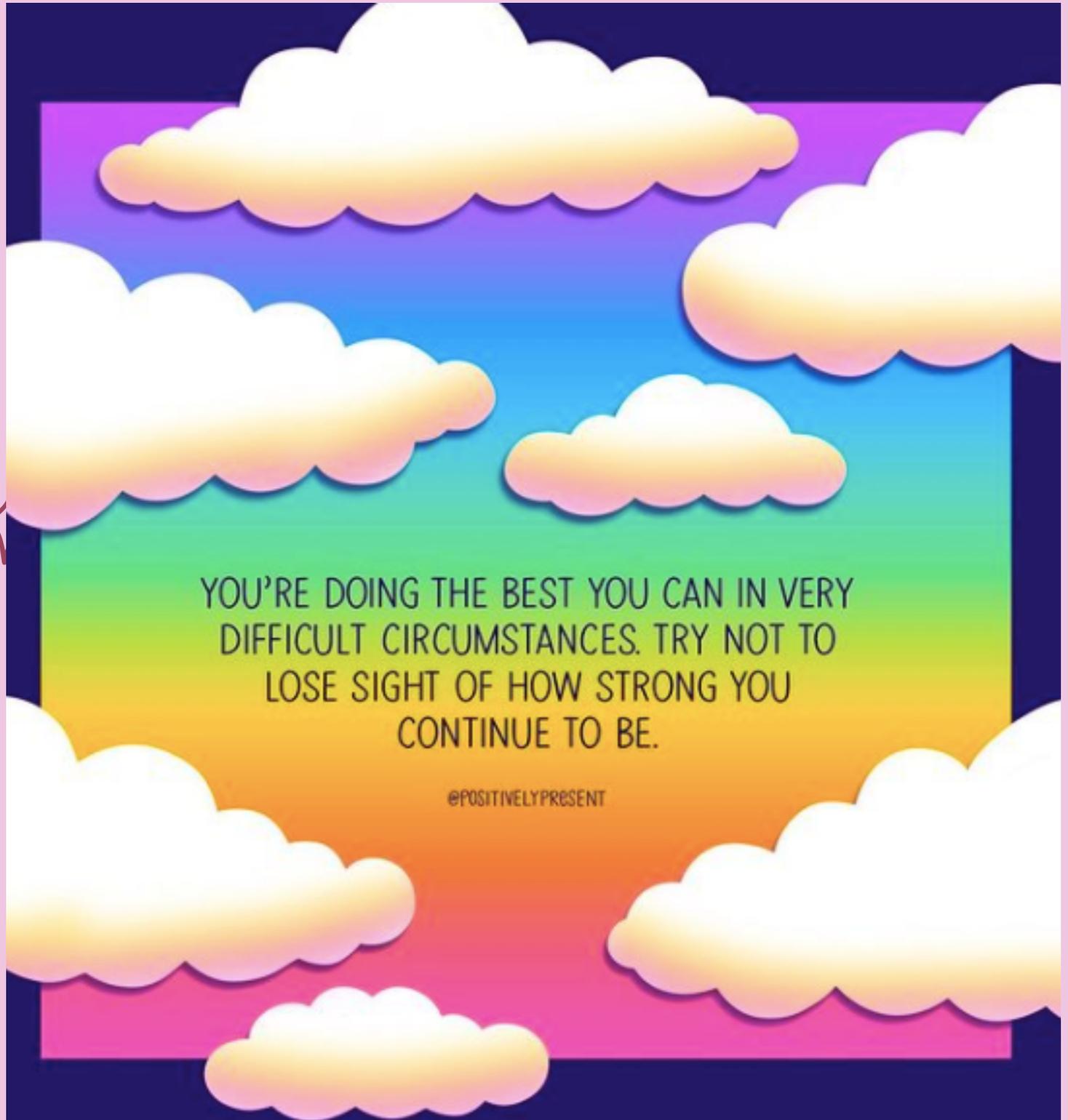
OCTOBER 2021



A MONTHLY NEWSLETTER

# GOOD NEWS

## OCTOBER 2021



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# IMPORTANT DATES

October  
5th

10th-12th Grade Counselors begin  
10th Grade Individual Interviews

October  
8th

9th Grade Fall Fest  
3:30-5:00pm in the Media Center

October  
13th

PSAT for 10th & 11th Graders  
AND  
9th Grade Retreat Day

OCTOBER IS  
COLLEGE  
MONTH

Turn the page  
for a highlight of  
some of our  
events!

# COLLEGE MONTH

## Events

College Trivia  
each  
Wednesday!

Drop-In  
College Application  
Station  
each Tuesday!

Learn about  
scholarship &  
leadership  
opportunities at  
Madonna University  
on October 7th!

Throughout the  
month, learn about  
various colleges  
& universities  
Mercy Staff  
have attended

# WANT TO IMPROVE YOUR GRADES?

**Then this TO-DO LIST is for you!!!**



MEET WITH YOUR TEACHER  
BEFORE/AFTER/DURING SCHOOL

**Your teacher is your BEST resource on how to improve in their class!**



FIGURE OUT WHERE & WHY  
YOU ARE MISSING POINTS

**Figuring out the reason behind missing points**

(misunderstanding? dumb errors? studied the wrong thing? etc.)

**can help you correct mistakes and not make them again in the future!**



USE YOUR HUMAN RESOURCES

**Connect with a classmate who seems to be finding success, reach out to another Teacher in the same Department, ask your Adviser, Parent, or Counselor for help!**



USE YOUR OTHER RESOURCES

**Ask your Teacher to recommend apps or websites for additional support.**

**Sites like Kumon, YouTube, and Khan Academy can help too!**

# Chain of Command

**If a student experiences issues or concerns in the classroom, they should follow this procedure:**

- 1. Student contacts Teacher-**The concern/issue/question should be communicated directly to the teacher involved from the student. This can be a face to face conversation or in an email.
- 2. Parent contacts Teacher-**If the student-teacher conversation did not rectify the situation, a parent should then get involved with directly communicating with the Teacher.
- 3. Student/Parent contacts Counselor or Department Chairperson-**If the situation is still not resolved after parent-teacher contact, the Chairperson of said Teacher's department, or the student's Counselor should now be contacted.
- 4. Student/Parent contacts either Associate Principal (for academic issues) or Dean of Students (for disciplinary issues)-**Ms. McMaster is our Associate Principal and Mrs. Tarplin is our Dean of Students.
- 5. Student/Parent contacts Principal-**our Principal is Mrs. Sattler

**This procedure is necessary so that proper channels are always utilized when problem solving and so to encourage Mercy students to develop the necessary skills of direct communication and self-advocation.**

# Ask the Experts

We asked

11th & 12th Graders:

**WHAT DO YOU DO WHEN  
YOU ARE STRUGGLING IN A CLASS?**

When I'm struggling in a class, I ask lots of questions without fear of sounding stupid. I will also ask a teacher for extra help either before or after school. Don't be afraid! Your teachers want to help you.-Keni Lavigne, 12th

I ask friends for help first, and then if I still need more help I will go speak to my teacher. I will sometimes look up videos depending on the subject to help me.-Maddie Leiter, 11th

When I am struggling in a class, I make sure to listen to the lessons and ask the teacher questions to clarify when I am confused. Never be afraid to ask questions!-Kathryn Kowalyk, 11th

# Why we need to feel

## THE GOOD & THE BAD

Don't get me wrong, a life full of only good feelings, positive experiences, and healthy, beneficial choices sounds lovely. At the same time, ALL feelings give us useful information and an opportunity to grow, evolve, and better ourselves, which can lead to a more meaningful life. Further, it is extremely unhealthy to make a habit of ignoring our negative feelings, as this can be detrimental to our mental and physical health. So, rather than avoiding feelings, follow these 3 steps to have a healthy relationship with the not-so-good stuff.

### 1. Feel

I get it-we don't **WANT** to feel bad feelings. It can feel really easy to distract ourselves from feelings of discomfort, pain, disappointment, sadness, etc. Numbing our feelings or pretending they do not exist will not lead to healing or growth. Rather, make a promise to yourself to sit in your feelings and **cope** with them instead. Accepting all feelings as part of our life experience helps us grow and strengthen.

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## 2. Cope .

There are endless ways to cope with negative feelings-the key is figuring out what coping methods work for **you**. You can write or type things out, talk or vent to a trusted friend or adult, do something physical like exercise, run, walk, or play a sport, listen to music, do something creative like draw, paint, craft, color, or scribble.....the point is to find a few things that allow you to express yourself and eventually lighten your mood naturally.

## 3. Learn .

There is always something to learn from our feelings. Much learning will happen without you really noticing. For example, if you are experiencing worry, fear, or anxiety, and you allow yourself to feel and cope, parts of your brain will learn to interpret anxiety provoking situations differently in the future. Emotional learning also occurs as you try on new coping skills, and after coping, reflecting on a painful situation that has passed, can assist you in feeling more emotionally prepared and equipped for painful experiences in the future.

# WE THE CLASS OF 2022

Mercy's Counseling Department recently finished meeting individually with each senior student. This meeting was a follow up to the College Application Meeting part 2 on September 2. The College Application Meeting part 1 took place in May via Zoom. The individual check-in meetings are a good way for seniors to touch base with their counselor about where they are in the application process.

Some seniors that came in to see us were just beginning to look at applications and what their colleges want while others were almost done with the the application process. I have been telling my seniors, you are where you are in this process. No senior should feel behind! We talked to students about the Common Application, school specific applications, Essays, Teacher letters of recommendation, adding colleges to SCOIR, moving them to the applying column and ACT/SAT test scores.

Seniors came in with some great questions and left their counselor meeting with a To-Do List of next steps that they should be working on. Some seniors have even come back in to see their counselor for a follow up to their individual check-in meeting and we loved seeing them.

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For added support, take a look at the 21-22 College Application Checklist. It's found under My Drive in SCOIR. This sheet can be used to check off the tasks needed to complete college applications. If you like to check things off a list as much as I do, then this checklist is for you.

Please remember, in order to have transcripts sent, the following 2 forms must be filled out;

1. Consent to Release Records for College Applications
2. Counselor Letter of Recommendation Request Form

All forms are found under Survey in SCOIR. Once these forms are complete, your counselor will know to send out transcripts and other information such as a letter of recommendation and secondary school reports on behalf of the student.

Please know that we are here to continue to help seniors in the College Application Process. We are available during the school day as well as before and after school. And check out the list of

Michigan Colleges with No Application Fees!

Keep up the good work, seniors!

**Written by Mercy Counselor, Mrs. Arpna Hessler**

# COLLEGE CORNER

## *Financial Aid Kick Off*

When we talk about college fit for a student we are usually talking about academics, social and financial fit. It is natural for us to spend time talking about the academic fit of a school. These conversations usually revolve around class sizes, major, internship and acceptance averages with regards to GPA and test score. Social fit typically focuses on the question, "Will I feel at home here?" and asks questions focusing on clubs, activities and the area surrounding the college. Financial Fit is usually one the last conversations we have about the college process. This month, our college information is going to focus on the Financial Fit piece. While a majority of this article will focus on senior families, there are also resources available for our 9th-11th grade families.

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Financial Aid and affording college can be difficult to navigate because it is sometimes difficult to understand. Going Merry, our scholarship platform, has a wonderful resource section regarding the Free Application for Federal Student Aid (FAFSA), the various types of aid available for students, and defines terms like COA (Cost of Attendance) and EFC (Expected Family Contribution). It's a great place for any parent to get an understanding of financial aid. The step-by-step FAFSA guide is an excellent overview for senior parents as we begin financial aid month.

### **12th Grade Students**

- The FAFSA (Free Application for Federal Student Aid) is made available on October 1st. The parent/guardian will have to complete the bulk of this application, students will need to sign the electronic form. The FAFSA will provide an Expected Family Contribution (EFC) based on the 2020 tax return. Colleges will use this information to see if the student qualifies for need based aid. If your 2020 tax return is not representative of your current financial situation, the parent should reach out to the financial aid office after your student has received an acceptance to the school to inquire about the process for updating financial records. The goal is to complete this form by the end of 2021, but no later than mid-February.

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- Some colleges require you to complete the CSS profile. This profile asks more in-depth questions regarding your family finances and may be used to determine institutional need-based aid.
- Students and parents should have a realistic talk about family finances and college this month. Be concrete and specific. It is advised not to use terms like “We can figure it out” if this is not realistic. Specifics help a student plan a college list and it helps the student understand what type of outside scholarships they may need to apply for.
- If a Going Merry Account was not created in the junior year, students can create their account by clicking this link. Going Merry curates scholarships based on scholarship type and requirements, think of it as the Common App for scholarships. One application may go to several scholarships.

### **11th Grade students**

- Add to the document listed for 9th grade students
- Create your Going Merry Scholarship Account and begin filling out information. Students can create their account by clicking this link. Going Merry curates scholarships based on scholarship type and requirements, think of it as the Common App for scholarships. One application may go to several scholarships. There will be Scholarships that start to become available to you as we move into the spring semester and the summer.
- As you start to build a college list, don't neglect the financial part of the discussion.

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## 10th Grade Students

- Create or continue the 9th grade document outline below.
- Join Raise.me and start earning Micro-Scholarships for colleges based on the activities you participate in during high school! Micro-Scholarships are school specific meaning they are awarded from a particular college or university.

## 9th Grade Students

- Create a Google Doc of the activities you are doing this year. They can be Mercy activities, Church Activities, Volunteer Work, or outside clubs. Basically answering the question, “when I am not studying or in school I am doing....” A simple note of what you are doing, the time you spend and why you are doing the activity. This can be a great way to help organize for college applications and scholarships.

Activity	Grade	What do I do?	How Often?	Why do I do it?
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**Written by Mercy Counselor. Mrs. Holly Bennetts**

# *Monthly Senior College Reflections*

Last month we introduced the idea of a once a week conversation with your Marlin regarding college applications. The guideposts for October discussions are listed below. We hope the conversations have been going well.

## **Week of October 4th -**

- Check-in with the activities from the week before.
- How is your University of Michigan application coming (if applying there)?
- How are your other supplemental essays coming (if appropriate)?
- What are your goals for the week?
- How can I/we support you right now?

## **Week of October 11th -**

- Check-in with activities from the week before.
- Are you ready to submit the University of Michigan application - the "goal" is submitted by the 25th (if applicable)?
- How are those supplements coming (if there are any)?
- What are your goals for the week?
- How can I/we support you right now?

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## **Week of October 18th -**

- Check-in with the activities from the week before.
- Do you need the credit card to submit any applications that may be due by November 1st?
- What are your goals for the week?
- How can I/we support you right now?

## **Week of October 25th -**

- How can I/we support you right now?
- Are you on target to submit applications on Saturday the 31st?

## **After November 1**

Develop a plan for what you will need to talk about. Your senior may be done with applications. If there are some that are Regular Decision December/January Deadlines, then follow the weeks before to plan accordingly.

Sign up for Going Merry (link in Schoology) to start applying for scholarships.

Apply for Merry Scholarships and those that come into the counseling office.

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The goals for these meetings are to:

- Share information
- Support your senior through the process
- Gain an understanding of where they are in the process
- Fit the college process into life and not fit life into the college process

Expert tip: As a parent when you are feeling overwhelmed with the process, don't engage with your student. Be the calm in the storm of senior year. If there are answers you think you need, visit a school website or reach out to your Mercy counselor.

**Written by Mercy Counselor, Mrs. Holly Bennetts**

# Colleges with Free Applications 2021-22



## COLLEGES WITH NO APPLICATION FEE

Adrian College  
Albion College  
Alma College  
Alpena Community College  
Aquinas College  
Bay de Noc Community College  
Bay Mills Community College  
Cleary University  
College for Creative Studies  
Concordia University  
Cornerstone University  
Davenport University  
Delta College  
Ferris State University  
Finlandia University  
Glen Oaks Community College  
Gogebic Community College  
Grace Christian University  
Grand Rapids Community College  
Great Lakes Christian College  
Henry Ford College  
Hillsdale College  
Hope College  
Jackson College  
Kalamazoo College  
Kalamazoo Valley Community College  
Kellogg Community College  
Kettering University  
Kirtland Community College  
Kuyper College  
Lake Michigan College  
Lake Superior State University  
Lansing Community College  
Macomb Community College  
Madonna University  
Michigan Technological University  
Mid Michigan College  
Monroe County Community College  
Montcalm Community College  
Mott Community College  
Muskegon Community College  
North Central Michigan College  
Northwestern Michigan College  
Northwood University  
Oakland Community College  
Oakland University  
Olivet College  
Rochester University  
Saginaw Valley State University  
Schoolcraft College  
Siena Heights University  
Southwestern Michigan College  
Spring Arbor University  
St. Clair County Community College  
University of Detroit Mercy  
University of Michigan-Dearborn  
University of Michigan-Flint  
Washtenaw Community College  
Wayne County Community College District

# Colleges with Free Applications 2021-22



## COLLEGES WITH NO APPLICATION FEE FOR MICHIGAN COLLEGE MONTH

School	Dates	Code
Andrews University	Oct. 1-31	FREE4MI2021
Baker College (all campuses)	Oct. 1-31	
Calvin University	Oct. 1-31	1876
Central Michigan University	Oct. 1-31	
Eastern Michigan University	Oct. 1-31	CA22 (through Common App only)
Grand Valley State University	Oct. 1-31	
Lawrence Technological University	Oct. 1-31	OCTOBER1932
Michigan State University	Oct. 1-7	Sparta1855
MSU Inst. of Agricultural Technology	Oct. 1-31	IAT1855
Northern Michigan University	Oct. 1-8	Code available to CBMI host sites only
Wayne State University	Oct. 1-31	MCAW2022
Western Michigan University	Oct. 1-31	



Do-Not  
(do not)  
stress about College Applications!!

INSTEAD, STOP BY THE  
College App Drop-In Station  
CAFETERIA, TUESDAYS IN OCTOBER, 4TH & 5TH HOUR

EACH STUDENT WHO STOPS BY  
FOR APPLICATION ASSISTANCE  
ON OCTOBER 5TH  
WILL RECEIVE FREE DONUT HOLES!



College Applications  
do not have to be  
**UNBEARABLE**



*College App Drop-In Station*

CAFETERIA, TUESDAYS IN OCTOBER, 4TH & 5TH HOUR

EACH STUDENT WHO STOPS BY  
FOR APPLICATION ASSISTANCE

ON OCTOBER 12TH

WILL RECEIVE FREE GUMMY BEARS!



Let us  
**CHIP IN**  
with College Applications

College App Drop-In Station

CAFETERIA, TUESDAYS IN OCTOBER, 4TH & 5TH HOUR

EACH STUDENT WHO STOPS BY

FOR APPLICATION ASSISTANCE

ON OCTOBER 19TH

WILL RECEIVE A FREE

BAG OF CHIPS!



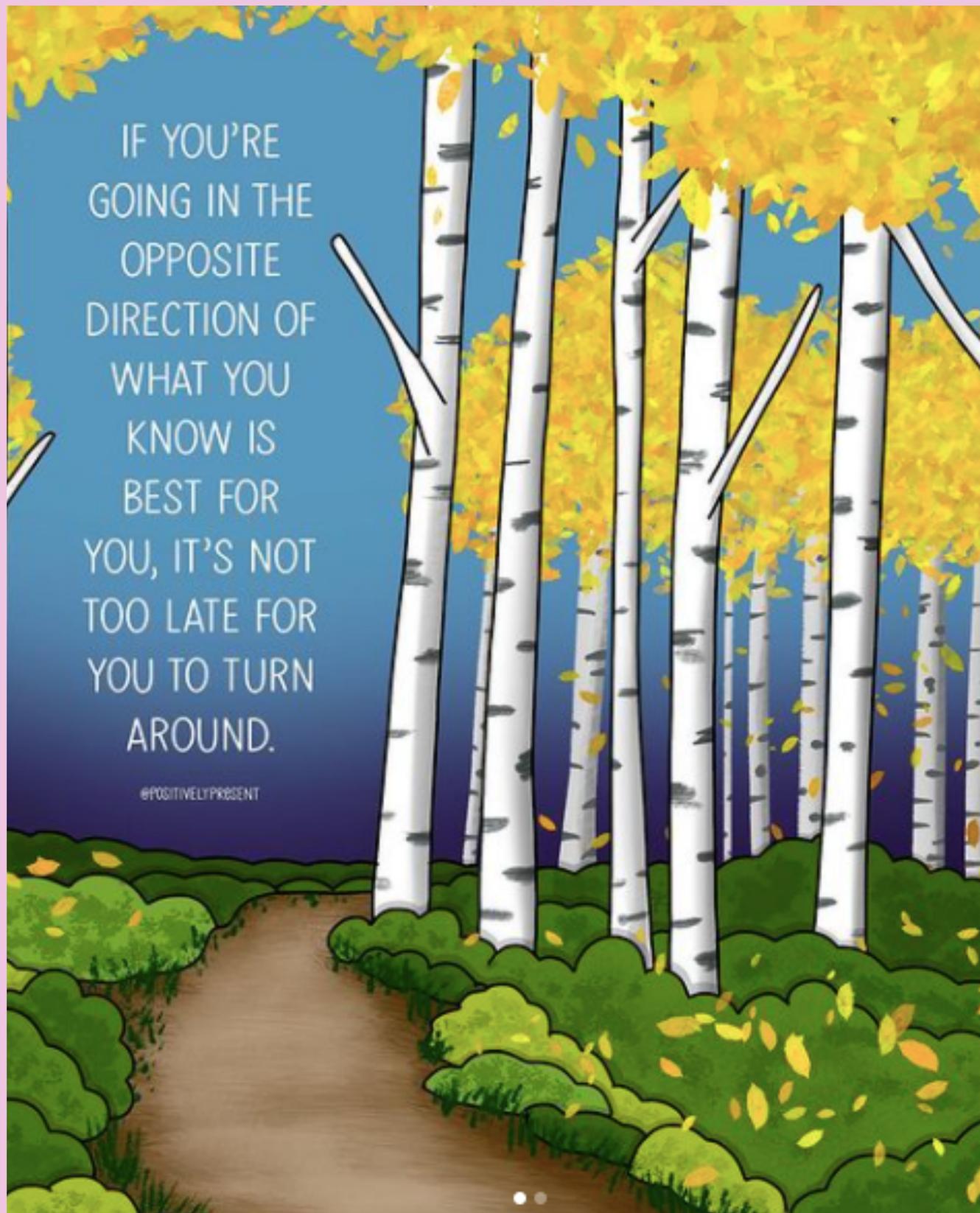
Let us be your  
College Application  
**LIFESAVERS**

College App Drop-In Station

CAFETERIA, TUESDAYS IN OCTOBER, 4TH & 5TH HOUR

EACH STUDENT WHO STOPS BY FOR  
APPLICATION ASSISTANCE ON OCTOBER 26TH  
WILL RECEIVE FREE LIFESAVERS!





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In Case you need this today:

YOU ARE LOVED

**YOU ARE NOT A FAILURE**

**YOU ARE NOT**

**A WASTE OF SPACE**

You are wanted

*I believe in you*



*In case someone needs this today:*

***National Suicide Prevention Lifeline:***

1800-273-8255

***Okay2Say:***

okay2say.state.mi.us

***To Write Love on Her Arms:***

twloha.com