

GOOD NEWS

November 2021



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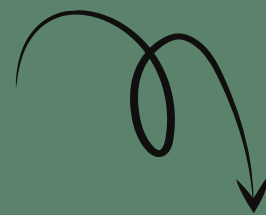
Important Dates

9th Grade Classroom
Presentations: Understanding
Personality Types

11th Grade Parent Presentation:
College Kick Off

11th Grade Family
College Planning Meetings

No school



Dates TBD

November 10th, 7:00pm,
Mercy Auditorium

Mid November -
end of January
(sign up info
coming soon!)

November 12, 24-26,

Lots To Be Thankful For *This Year at Mercy*

**The
Cafeteria
is open!**

**So many
new
amazing
Staff Members!**

**Ethnic
Bazaar
is back!**

**No more
one-way
halls!**

**We are
fully
in-person!**

**11 Mile Road
is open!!**

5 Strategies To: BE YOUR AUTHENTIC SELF

Sabastian Salicru at Psychology Today defines the Authentic Self as follows:

"Being authentic means aligning our actions with our values, beliefs, preferences, and motivations. Underlying the concept of authenticity is the notion of our true self versus our false, fake, superficial, pseudo, or inauthentic self. As human beings, we experience both an external self and an inner core, essence, authentic self, not necessarily reflected in the external world."

Want to tap into The Real You more often?

Here are some steps to get you started!

1

Identify and communicate your feelings. Being in touch with how you feel inside each day will allow you to notice patterns around what makes you happy, what makes you unhappy, and when you feel your best, which is all important information to know about yourself.

2

Make sure that you are striving to love and accept yourself, rather than striving to be liked and accepted by others. Our self-concept can get really foggy and fake when we are making choices based on the need for popularity or the approval of others.

3

Figure out what is important to you. What do you stand for? What are topics or opinions that you feel strongly or passionately about? Identify these values and stick to them. Knowing what you believe in and supporting your own beliefs will quickly lead to living a more genuine life.

4

Clean up your circle. Do your friends see and value the genuine you? Or do they put you down and try to change who you are? Once you know your authentic self, those who allow you to be authentic should be the ones you keep closest.

5

Ask questions. Notice those around you who seem to be living authentically and ask them about their authentic-self-journey...How did they figure out who they are/who they want to be? What challenges have they faced in trying to live a authentic life? Take notes and apply to your own path where you can.

COLLEGE CORNER

To Do:



- ☒ Plan on attending College Info Night for Parents/Guardians of 11th grade students

When/Where:

Wednesday, November 10th
7:00pm in the Mercy Auditorium

Presentation Focus:

- x The state of college admissions
- x How colleges made admissions decisions
- x Building a college list
- x Mercy's college guidance & application process for the Class of 2023
- x Q & A

Hey, Class of 2023!!

We believe that the college adventure should be an exciting time for every family! In order to assist and support students and families through the college planning process, Mercy's Counselors will provide services to all junior students and their parent/guardian in an Individual College Planning Meeting.

This is an opportunity for students and their families to meet with their Counselor to focus on the following:

- Review of transcript to discuss high school grade trends
- Discussion about: college admission tests (ACT/SAT) and test preparation, building a college list, and identifying colleges the student has an interest in
- Sharing resources that can assist parents and students in the planning process
- Discuss student and Counselor roles and responsibilities during the college planning and admissions process

To best prepare for the Individual College Planning Meeting, students and parents have important responsibilities:

- Attend the Class of 2023 Junior College Kick-Off meeting on November 10 at 7:00pm
- Parents/Guardians will need to log into SCOIR. An invitation to SCOIR was sent to parents on October 21. If you did not receive the link to set-up your Parent SCOIR account please email Ms. Tosha Willis at twillis@mhsmi.org to resend the link.

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- Parents/Guardians will need to complete a Parent Brag Sheet which allows parents to tell Counselors about their student and help assist us when writing a letter of recommendation and building a college list. This form can be accessed in your SCOIR parent account (once logged in, you will see the Surveys link under your name in the left corner).
- Students will need to complete the College Interest Questionnaire found in the Survey section of SCOIR, at least two days prior to the meeting. The information gathered will enable us to provide guidance and direction specific to the students interests and needs in regards to college planning.
- Parents/students need to schedule the Individual Planning Meeting online. These meetings will run from November through February. Registration will close 2 days prior to each available meeting date. When scheduling this meeting, please be sure to schedule a time that works with the parent/guardian schedule and students off-hour schedule. And remember to wear a mask when inside the school.

An email will be shared with directions on how to schedule the Individual College Planning Meeting. Our goal is to provide high-quality college counseling to our students and develop a working relationship with families. We look forward to working with parents and students in this process!

ACT Prep at MHS

Mercy High School is pleased to offer on-site test preparation for the ACT. **CollegeQuestMI** will once again be providing courses for our students.

There are currently two options for test prep:

1. December ACT- Classes are on Tuesdays and Thursdays in November.
2. April ACT - Classes are on Wednesday's beginning in February.

Registration for the April class will begin in the 2nd semester.

Please complete the form in this packet to register for the December class. Please note, seats are limited and preference will be given to the Class of 2022 and 2023. Checks should be made payable to CollegeQuest Michigan.

Mrs. Bennetts' Favorite Things....

The Ivory Tower of Admissions - this image represents the perception that college admissions is shrouded in secrecy. The reality is that most of the information regarding college admissions is public information. Here are a two of my favorite resources to understand the college admission process:

The National Association for College Admission Counseling (NACAC) publishes a yearly State of College Admissions in the late Fall, early Winter (please note, a 2020 guide was not published). This guide is developed after surveying Deans and VP's of college admission offices asking what their schools use in the admission process (and lots of other information too). Check out the 2019 guide [here](#). To quickly get to the information about what colleges are looking for, click on the "Factors in College Admission" banner.

The Common Data Set. Almost every college in the country reports to the Common Data set (in fact, there are only 3 that do not because they receive no federal funds). This document is RICH in data. The admission data is usually found around page 9 or 10.

Continued on next page

The testing information is the most important part of this document for college admissions. Schools report how many students submit and SAT or ACT and more importantly, what scores are being accepted. When we talk about if a student should submit a score or not, I am looking at the Common Data set.

How do you find it? Google “University of XZY Common Data Set.”

The information reported in these sections are those students who enrolled at the institution.

The information below comes from different schools in Michigan. If a student were to ask me, “I got a 27 on the ACT, should I submit it?” I would look at the category for the 24-29 and find that 49.41% of students in this test range were admitted. This looks like a good place to send a test score.

Score Range	ACT Composite	ACT English	ACT Math
30-36	20.45%	27.25%	17.13%

24-29	49.41%	37.28%	49.70%
18-23	27.61%	30.80%	26.13%
12-17	2.53%	4.47%	7.03%
6-11		0.20%	
Below 6			
Totals should = 100%	100%	100%	100%

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GPA is also represented in this data.

C11 Percentage of all enrolled, degree-seeking, first-time, first-year (freshman) students who had grade-point averages within each of the following ranges (using 4.0 scale). Report information on students from whom you collected high school GPA.

C11	Percent who had GPA of 4.0	19.98%
C11	Percent who had GPA between 3.75 and 3.99	26.45%
C11	Percent who had GPA between 3.50 and 3.74	20.54%
C11	Percent who had GPA between 3.25 and 3.49	16.64%
C11	Percent who had GPA between 3.00 and 3.24	11.53%
C11	Percent who had GPA between 2.50 and 2.99	4.56%
C11	Percent who had GPA between 2.0 and 2.49	0.27%
C11	Percent who had GPA between 1.0 and 1.99	0.03%
C11	Percent who had GPA below 1.0	0.00%
	Totals should = 100%	100.00%

You can also see how many students applied as test-optional or submitted test scores!

Sometimes when you look for this testing data, it is blank. In most cases these are schools that are test optional, and a strong percentage of applicants do not submit scores. Therefore, any data reported would be skewed toward higher test scores and not representative of the incoming class statistics.

Standardized Testing

Right now we are hearing quite a lot about testing in the college process. One of the most frequent questions I get from non-senior families is when do we start thinking about the ACT/SAT for college. College admission professionals, and the testing agencies themselves, recommend testing in the spring of the junior year.

Testing early and often is not always the best approach. Research supports this. The best preparation for either test is the curriculum in high school. Many colleges are test-optional or test-free. Test-free schools do not look at a test, even if you submit it. Test-optional schools give you the option to apply without a test score. How do you know if a school you are interested in has one of those policies? Visit the school website or simply google “XYZ college test-optional” or XYZ college admission requirements”

How can you prepare? Focus on your classes. If you are a junior, take advantage of the free, full-length tests offered by Princeton Review or the other test prep companies.

Princeton Review ACT Practice

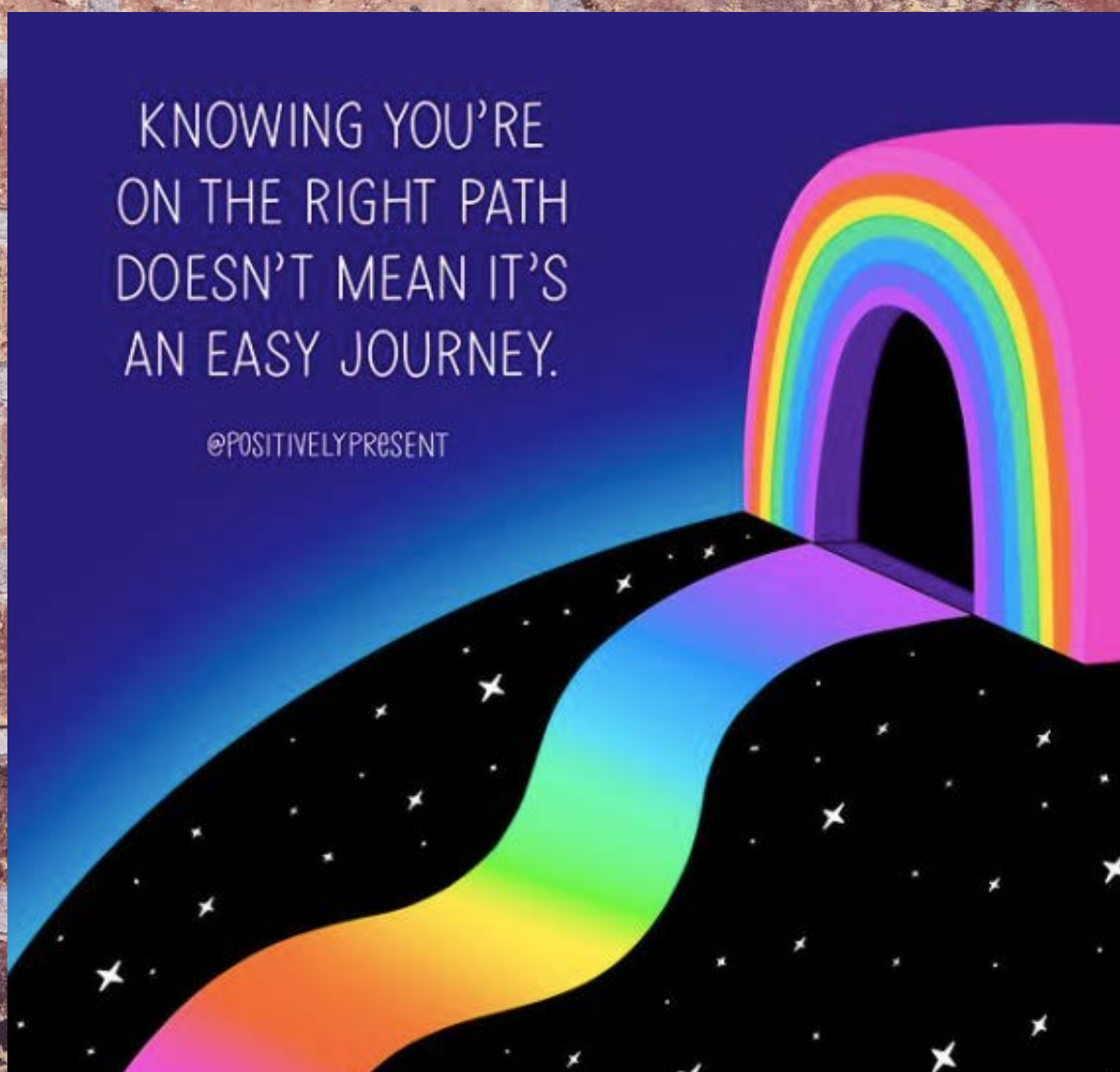
Princeton Review SAT Practice

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How are these tests helpful? Having this information will help your counselor determine which test is best for each student. There is no preferred test by colleges, so it is best to prepare for and take the test that suits you best.

Remember, the test is only one factor in admissions, and as schools move to test optional, it may not even be a factor for the college application experience for your Marlin.

Written by Mercy Counselor, Mrs. Holly Bennetts



ACT Preparation Course

This 7 session course will prepare students for the December, 2021 ACT Exam.

Course Schedule: (Tuesday & Thursdays: 3:00-4:30pm)

Class 1 (Tuesday, November 16) ACT English I

Class 2 (Thursday, November 18) ACT English II

The English classes will focus on content and strategy applicable to the ACT English test. We review grammar and usage commonly tested, and we also demonstrate *how* the grammar is tested on the ACT, and what strategies may apply. We also discuss common "editing" questions and how to approach them.

Class 3 (Tuesday, November 23) ACT Math (Don't forget a calculator!)

Class 4 (Tuesday, November 30)

The Math classes will focus on the math skills most often tested on the ACT. We will review pre-algebra, algebra, geometry, and trigonometry topics commonly tested. We also discuss common ACT math questions not typically seen in high school math books and how to prepare for these questions. In addition, we examine key formulas students will need to have memorized, discuss calculator usage, and explain strategies applicable to the math test.

Class 5 (Thursday, December 2) ACT Reading

The Reading class will discuss various reading strategies (should you read the story or part of the story or go right to the questions first) and help students find a technique that best fits their strengths and weaknesses. An emphasis on timing strategies and question types will also be discussed.

Class 6 (Tuesday, December 7) ACT Science

The ACT Science test does not actually test science knowledge! the science facts and data are given in each passage. Therefore, this class will focus primarily on various passage formats, question types, and timing strategies. We also discuss how to interpret the graphs, charts, and tables often seen on the test.

Class 7 (Thursday, December 9) ACT Practice / Review

In the final class we review the practice test given and answer students' questions, reviewing major concepts discussed throughout the course. We also do a final review of the course.

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- The cost of the program is \$200.(Check or cash accepted.) All course materials as well as supplementary materials are included.
 - All sessions will be held at Mercy High School.
 - Students should bring a **calculator and a pen/pencil** to class.
 - Any questions about the course should be directed to Scott Allen at College Quest via email: SAllen2556@gmail.com or through our website at www.collegequestmi.com
 - Please store cell phones out of site during class.
 - **This class WILL help for the SAT exam as well.** The two tests are very similar, and we will point out the differences as we progress through the course.
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To Register: Fill out this form and drop off at the Mercy counseling office.

Please make check payable to College Quest.

Name: _____

Address: _____ Zip Code: _____

Phone: _____

Email: _____

Registration for the course is handled entirely by the school. Any questions about registration should be directed to the counseling office.
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MOOD BOOSTERS

HERE ARE A FEW VERY SIMPLE THINGS TO TRY IF YOU ARE
LOOKING TO IMPROVE YOUR MOOD:



Intentional Acts of Kindness

The modern world puts much emphasis on high performance and perfection. Look for someone who seems to be struggling with their day, job, or role, and extend some extra kindness their way. This simple act will allow both the Giver and the Receiver to experience warmth when they need it, which has been proven to improve one's mood.



Good Feels Playlist

There are few things in life that impact the brain in the same way as music can. Music has the ability to improve memory, reduce anxiety and pain, and elevate mood. Create a playlist full of songs that boosts your mood and tap into this list when you're feeling down.



Take a Walk

This simple act can do so much for you! Even 10 minutes of walking is proven to increase production of mood elevating hormones and ease feelings of fatigue. Add some sunlight and nature to the mix and the dose of mood elevating chemicals produced in your brain is multiplied.



Reach Out

Sometimes all we need to shift your mood is a good talk. If your mood is low due to a specific stressor, talking it out can relieve us of the stress. If your mood is not stressor specific, find some time to talk with someone who usually makes you feel good-whether it is because they make you laugh, they are a good listener, or perhaps they just hold great conversations. One conversation with another human being can change so much.

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MENTAL HEALTH
THOUGHTS AND TIPS
FROM
MERCY P2P LEADERSHIP

"The reward is in the journey." This is a phrase I grew up hearing from my dad when I faced difficult situations, people, or experiences. My siblings and I became so accustomed to hearing the motto that we would crack a smile after receiving his uplifting lectures because we knew the words coming next. What my siblings and I were too young to realize, however, is the message behind the phrase.

Whether I was dealing with academic troubles, social conflicts, or personal upset, although in my childhood years, the statement encouraged me that the gratification of completing what seemed impossible would be much greater when doing so in a way that is comfortable for me. Further, it helped me to appreciate the difficulty of the journey behind me. I can acknowledge the challenging circumstances I overcame and rejoice in my strength and resilience. My father's motto has taught me to approach difficult situations by combating them with personal strategies that will guide me to positive outcomes, and I want to encourage you to try it as well. On each of our journeys, life throws curveballs at us from every direction and it can be puzzling to recognize, understand, and cope with these challenges. These

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conflicts can be personal or public, small or large, daily or sudden. Sometimes, we do not even recognize we are conflicted at all. While it is easier to ignore the struggles we face, it is imperative to confront them by developing strategies to overcome the situation. Then, we must continue to apply our methods when future challenges arise. It allows us to quickly identify when we are struggling and deal with these trials comfortably and effectively. The first step is acceptance. It is crucial to accept that good days do not last forever, but at the same time, bad days do not either. Acknowledge that your mind is telling you something is wrong, and that is okay. Once you have accepted that it is okay to experience these troubles, strategize. How are you going to conquer this mental battle? Whether it is through journaling, prayer, reflection, talking to someone you trust, or finding a personal motto to live by, explore your options to decide how you will reshape your environment to help you thrive positively. Lastly, it is vital to ensure your method's effectiveness by holding yourself accountable for preserving your tactics while allowing room for understanding. Carry on your newfound strategies in the future and apply them as necessary, but do not come down on yourself too heavily for forgetting, changing, or abandoning them.

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MENTAL HEALTH
THOUGHTS AND TIPS
FROM
MERCY P2P LEADERSHIP

Mental recovery is a process in itself, and application will come with time, but it is up to you to hold yourself accountable to develop a habit of stability. Unfortunately, the journey will not always be effortless. Negative feelings and experiences are not entirely preventable. Therefore, it is essential to our mental health to apply our tactics consistently, helping to make life's challenges a little more manageable. While it is easier said than done, the result can be life-changing. Understanding our mental health is a continuous journey that is unique to each of us; But, it is also a journey that can allow us to learn more about ourselves and change the way we conduct our everyday lives. We cannot expect to win every conflict, but our perseverance in itself is what drives us towards winning the battle. Life does not always work the way we want it to, but in the words of my ever-inspiring father: The reward is in the journey.



Written by P2P Leader, Izzy Zablock

BE **KIND** TO YOUR **MIND**

STAY-WELL
Michigan.gov/StayWell

1-888-535-6136 and press "8"



Being a teenager can be hard—and when a pandemic disrupts your normal routines, it can get a lot harder. You may feel disappointed, depressed, and anxious about the future. How about connecting with other teens from around the state to share your feelings and compare experiences? Register for a virtual support group designed especially for 14-to-17-years-olds, hosted by our Stay Well counseling team.

Sign up for one or more sessions

at https://zoom.us/meeting/register/tJcpcu6rqDooGdJDvHvQba3_y1TJc0BH3XU2

You'll get a confirmation email with information to join the meeting.

STAY-WELL
Michigan.gov/StayWell

Need a pep talk?



Scan here and let @anjuamaximo do the rest!



IT'S NORMAL TO WANT TO BE INCLUDED,
BUT SOMETIMES YOU WILL BE LEFT OUT.
FEELING EXCLUDED HURTS, BUT IT'S ONLY
A FEELING – NOT A STATE OF BEING. HOW
OTHERS TREAT YOU IS NOT A REFLECTION
OF THE ESSENCE OF WHO YOU ARE.

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