

GOOD NEWS

SEPTEMBER 2021



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IMPORTANT DATES

SEPTEMBER 1➤ COURSE CHANGE DEADLINE

CYCLE 2➤ 9TH GRADE COUNSELING
ORIENTATION PRESENTATIONS

SEPTEMBER 2ND➤ 12TH GRADE COLLEGE
APPLICATION PRESENTATION

CYCLE 3 & 4➤ 9TH GRADE INDIVIDUAL INTERVIEWS

SEPTEMBER 7➤ WEBINAR: SENIOR PARENT
TOOLKIT: HELPING YOUR MARLIN
NAVIGATE THE COLLEGE
[ZOOM LINK HERE](#)➤ APPLICATION PROCESS

SEPTEMBER 8➤ 12TH GRADE INDIVIDUAL
COLLEGE CHECK IN MEETINGS BEGIN

TBD➤ 9TH GRADE SOCIAL EVENT

Meet the Mercy Counseling Department



Mrs. Bennetts
10th-12th Grade
Last Names
A-G

Mrs. Brown
9th Grade
Department
Chairperson



Mrs. Casey
10th-12th Grade
Last Names
P-Z

Mrs. Hessler
10th-12th Grade
Last Names
H-O



Continued on next page

...and a special welcome to:

Mrs. Willis
Counseling Department
Support Specialist



**PLEASE STOP BY AND WELCOME MRS. WILLIS
TO THE MERCY FAMILY!**

CONTACT US

MRS. WILLIS

TWILLIS@MHSMI.ORG

248-893-2541

MRS. BROWN

TMBROWN@MHSMI.ORG

248-893-2431

MRS. BENNETTS

HBENNETTS@MHSMI.ORG

248-893-3513

MRS. HESSLER

ABHESSLER@MHSMI.ORG

248-893-3517

MRS. CASEY

KKCASEY@MHSMI.ORG

248-893-3526

Welcome Home

ON BEHALF OF MERCY'S COUNSELING DEPARTMENT,
WELCOME TO OUR NEW MERCY FAMILY MEMBERS
(157 9TH GRADERS, 20 TRANSFER STUDENTS, & 16 NEW
STAFF MEMBERS!!) AND **WELCOME BACK**
TO THE REST OF THE FAMILY! WE WANT MERCY TO FEEL
LIKE A HOME AWAY FROM HOME. AND ARE ALWAYS
STRIVING TO PROVIDE AN ENVIRONMENT OF COMFORT,
FAMILIARITY, WARMTH, AND EMOTIONAL SAFETY. LIKE ANY
FAMILY, WE HAVE FACED SOME SIGNIFICANT CHALLENGES
TOGETHER. (ESPECIALLY THESE LAST 2 SCHOOL YEARS!)
ALTHOUGH WE ARE ALREADY OFF TO A MORE "NORMAL"
START THAN LAST YEAR, PLEASE KNOW THAT WHATEVER
TRANSPIRES DURING THE 2021-2022 SCHOOL YEAR, THE
MERCY COUNSELING DEPARTMENT HAS YOUR BACK!

WRITTEN BY MERCY COUNSELOR, MRS. TRISH BROWN

5 ways to get better at....

Making New

friends

At Mercy

1

Know that you are not alone. The restrictions of last year definitely did not provide great social opportunities.

2

Sign up for stuff! Join clubs, sports, groups, go to info meetings, try something new!

3

Show up to stuff! Attend athletic games and meets, service opportunities, dances, Link Crew events (if you're new!), etc. Friendships can only go so far in the classroom.

4

Be open! Look for every opportunity to connect with others-every meeting, event, group project, or off-hour can be a chance to connect with potential friends. Also, make sure you are open to meeting people from different backgrounds, grades, etc.

5

Don't give up! Initiating conversation or asking someone to hang out can be scary-if it doesn't work out in one situation, try again! Be bold and kind and friendships will form.

UNDERSTANDING COMPLICATED FEELINGS

WRITTEN BY MERCY COUNSELOR, MRS. TRISH BROWN

Understanding Failure

Although it feels bad initially, failure can lead to growth, learning, and resilience. These benefits can only transpire if we cope with failure moments in a healthy way. Like a cold, if left untreated, feelings of failure can turn into pneumonia level self doubt. Like this:



I DID NOT DO
GOOD ENOUGH



I AM NOT
GOOD ENOUGH

CAN LEAD TO



WHICH CAN DEVELOP INTO



I AM A FAILURE.
WHY TRY?

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EMOTIONAL FIRST AID TREATMENT FOR FAILURE:

Rx

1. SEE A MERCY COUNSELOR TO
PROCESS WITH.

-OR-

2. WRITE/TYPE OUT THE
FOLLOWING: **A.** IF YOU COULD
GO BACK IN TIME AND CHANGE
ANYTHING ABOUT THE SITUATION

LEADING TO LACK OF SUCCESS, WHAT WOULD YOU
CHANGE? MAKE A LIST OF THESE FACTORS. **B.** LOOK
AT YOUR LIST AND CROSS OUT ANY FACTORS THAT
WERE OUT OF YOUR CONTROL. CIRCLE THE FACTORS
THAT WERE WITHIN YOUR CONTROL. **C.** TAKE A LOOK
AT THE LIST OF CIRCLED ITEMS. WITH THOSE IN
MIND, HOW CAN YOU DO BETTER OR IMPROVE AT A
SITUATION LIKE THIS ONE, NEXT TIME? WHAT IS
THERE TO LEARN HERE? WRITE/TYPE OUT YOUR
ANSWERS. STORE SOMEWHERE SAFE FOR FUTURE
INSPIRATION OR MOTIVATION.

REFILLS: INFINITY

Understanding Loneliness

Since march 2020, we have been thrown endless challenges when it comes to socializing with others. We have been told it was unsafe and were asked to isolate. We went a year or more without seeing certain loved ones in person. We have friendships built entirely on electronic interaction, rarely meeting-or having never met-in person. So, I think it is fair to say that some of us may be a little rusty when it comes to socializing with others in person. It is also a smart bet to say that some of us who already felt anxious about, or challenged by socialization pre-covid19, we have allowed these social restrictions to enable our fears. Life has allowed us to very easily avoid others. Both situations are unhealthy. And both situations can flare up in the same way:



**I'M NERVOUS.
THIS IS AWKWARD.**



**I'M BAD AT THIS.
I'M NOT WORTHY OR
GOOD ENOUGH**

CAN LEAD TO



WHICH CAN DEVELOP INTO



**I'M TOTALLY DISCONNECTED
FROM OTHERS. NO ONE
CARES OR WILL CARE.**

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EMOTIONAL FIRST AID TREATMENT FOR LONLINESS:

Rx

1. SEE A MERCY COUNSELOR TO
PROCESS WITH.

-OR-

2. WRITE/TYPE OUT THE
FOLLOWING: **A.** MAKE A LIST OF
REASONS AND EXCUSES YOU

COME UP WITH TO AVOID SOCIAL
INTERACTION. TITLE THIS LIST: LIES. **B.** MAKE A LIST
OF PEOPLE WHO HAVE BEEN KIND TO YOU OR
OTHERS. TITLE THIS LIST: TRUTH. **C.** KNOWING THAT
OUR BRAINS GETS IT WRONG, ITS TIME TO BREAK
THE CYCLE. WHEN FACED WITH A SOCIAL
OPPORTUNITY, CHOOSE TO IDENTIFY THE LIES, REMIND
YOURSELF OF THE TRUTH (THAT THERE ARE KIND
PEOPLE), AND SHOW UP/SAY YES/DON'T RUN. **D.** KEEP
ADDING TO YOUR LISTS. **E.** KEEP FACING FEAR.

REFILLS:

UNTIL DECREASE
IN LONLINESS

Ask the Experts

11TH & 12TH GRADERS WERE ASKED:

WHAT ARE A FEW OF YOUR FAVORITE STUDY TIPS?

"I AM A DIE HARD QUIZLET LOVER AND FIND THAT REVIEWING WITH OTHERS IS THE MOST EFFECTIVE AND EASIEST WAY TO STUDY."

-MADDIE LEITER, 11TH GRADE

"MY BEST STUDY TIP IS TO TAKE ADVANTAGE OF THE MATERIALS YOUR TEACHER GIVES YOU. IF A TEACHER GIVES YOU A STUDY GUIDE OR A PRACTICE TEST, USE THEM! AND ASK QUESTIONS WHEN/IF THAT STUDY GUIDE CONFUSES YOU."

-EMILEE THEOFANOPOULOS, 11TH GRADE

"MY BEST STUDY TIP IS TO WRITE WHAT YOUR TRYING TO REMEMBER DOWN IN A PRETTY WAY BECAUSE IT TAKES TIME AND YOU REALLY END UP FOCUSING ON WHAT YOUR WRITING. WHEN I DO THIS IT MAKES IT EASIER TO VISUALIZE IN MY MIND WHEN TAKING A TEST."

-REAGAN WILLIAMS, 12TH GRADE



COLLEGE REPS ARE COMING!

Juniors and Seniors!!!

It's that time of year when colleges come to visit Mercy. This year, these visits will be both in person and virtual. This is a great opportunity to learn about a school, and if you are senior, meet the person who is likely reading your application.

Juniors - this is a great time to start learning about schools. Try to visit with a school you have never heard of. Try to visit with a large school and a small school. Explore! This helps in building the college list.

How do you sign up for a visit?

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College Representative visits are open to Juniors and Seniors. **The process for signing up for these visits is as follows:**

- Look at the visit calendar on SCOIR
- Click on the register/sign-up button on SCOIR
- Let your teacher know you will be missing class for a college visit, you are responsible for missed content.

In -Person visits

- Arrive at the visit location (room location will be in SCOIR) at the time of the meeting.
- Sign in on the attendance sheet

Virtual Visit

- Leave your classroom and arrive at the Counseling office to sign an attendance sheet.
- Find a quiet area (study carrel, media center) and use earbuds to join the meeting. The link will be in the SCOIR calendar

Written by Mercy Counselor, Mrs. Bennetts

SENIOR SEASON

September is an exciting month in the college process. School counselors are meeting with seniors to proof essays, look over applications, and make sure the process is on track for each student. Senior parents can be particularly helpful in this, serving as a sounding board for your student. It is recommended that you set aside one day a week to talk about the college process with your daughter. A weekly dinner, with your daughter's favorite meal, is a great place to start. During this conversation, talk about goals for the week, how the process is going for your daughter and check-in on questions from the week before. The next step can be the most challenging for parents: agree with your daughter that you won't bring up any conversation regarding college until the next weekly dinner. Why is this helpful? The process can sometimes feel like a tornado in the brain. So much information, deadlines, discernment and life in general (there are still school things going on) is circulating in the brain right now, and adding additional questions can create unnecessary stress. If your daughter isn't able to show progress from week to week, reach out to her counselor and renegotiate the once a week plan.

Continued on next page.

Stuck on what to talk with your senior Marlin about? Take a look at these questions you can ask each week in September.

Week of September 6th -

- How are you feeling about the college process right now?
- Do you need teacher letters? If so, have you had a chance to ask them?
- Have you had a chance to complete the Consent to Release Records on SCOIR?
- Are you using the Common App? (not every student will use it)
- How is your Common App Essay coming? (if applicable)
- Are you prepared for the meeting with your counselor?
- How was your meeting with your counselor - did you talk about a timeline? (if the meeting occurred before you meet)
- How is your MSU app coming (if applying to MSU)?
- What goals do you have for applications this week?
- Do you know which of your schools are test optional or require a test? (if no)
Would it be helpful for me to help look up that information?
- How can I/we support you right now?

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Week of September 13th -

- Check-in with the activities from the week before.
- How are you feeling about the process right now?
- How was your meeting with your counselor - did you talk about a timeline?
- Have you had a chance to complete the Counselor Letter of Recommendation form on SCOIR? (only if a college needs a letter from the counselor).
- Do you need the credit card to submit any applications?
- Do you need the credit card to order test scores?
- Check-in on the essay (unless it is done).
- Check-in on supplements (if schools have additional essays).
- What are your goals for the week?
- How is senior year going so far?
- How can I/we support you right now?

Week of September 20th -

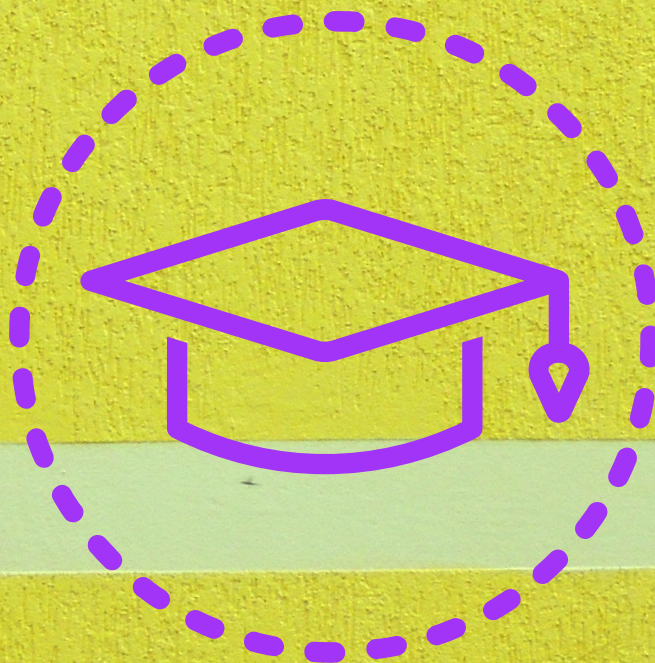
- Check-in with the activities from the week before.
- Tell me one good thing from school this week (you share your good thing from the week too).
- How are those supplements coming? (if there are any)

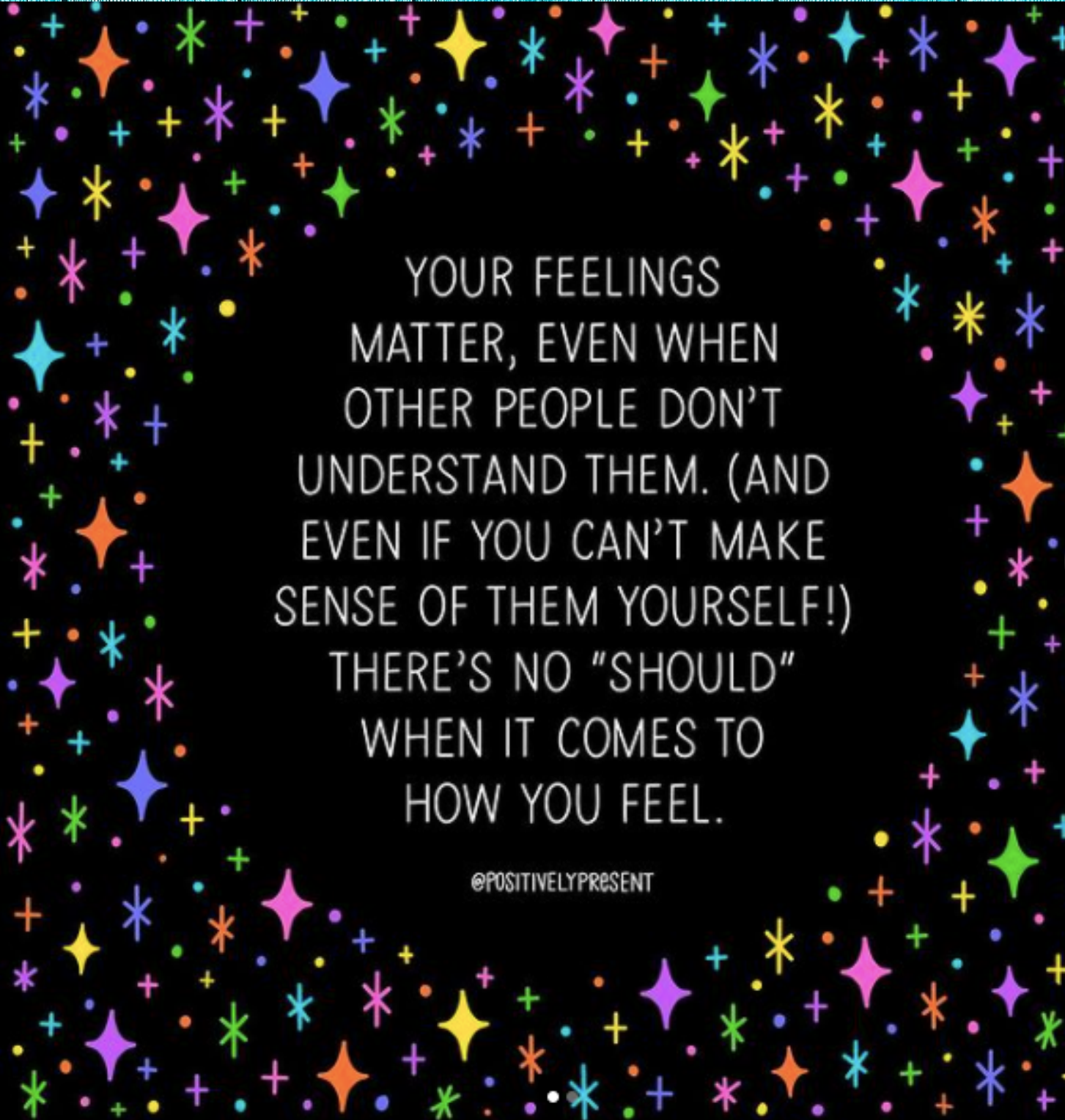
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Week of September 27th -

- Check-in with the activities from the week before.
- Let's look at a timeline for submitting applications by Halloween (this is the goal to have them submitted by this date unless the counselor and student determine something else).
- How is the University of Michigan Supplement coming (if applying to U of M)?
- What are your goals for the week?
- How can I/we support you right now?

Written by Mercy Counselor, Mrs. Holly Bennetts





YOUR FEELINGS
MATTER, EVEN WHEN
OTHER PEOPLE DON'T
UNDERSTAND THEM. (AND
EVEN IF YOU CAN'T MAKE
SENSE OF THEM YOURSELF!)
THERE'S NO "SHOULD"
WHEN IT COMES TO
HOW YOU FEEL.

@POSITIVELYPRESENT

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NEW STUDENTS

HAVE YOU:



WATCHED THE TECH TUTORIALS IN THE
NEW STUDENT I PAD ORIENTATION SCHOOLOGY COURSE:



DOCUMENTED YOUR SCHEDULE AND UNSCHEDULED HOURS:



PURCHASED & DOWNLOADED YOUR BOOKS



BOUGHT & STARTED USING AN ACADEMIC PLANNER



GOTTEN FAMILIAR WITH YOUR SCHOOLOGY COURSES

NEW PARENTS

IF YOU MISSED NEW PARENT ORIENTATION, HERE ARE THE HIGHLIGHTS

SOCIAL ADJUSTMENT

YOU CAN HELP YOUR NEW MERCY STUDENT MAKE MORE SOCIAL CONNECTIONS IN THE FOLLOWING WAYS:

-OFFER & PROVIDE RIDES TO SCHOOL EVENTS

Get familiar with our website, where you can find the Master Calendar and Athletic Calendar!

-OFFER TO HOST HANGOUTS AT YOUR PLACE

Provide a safe place for new students to interact

-NUDGE (OR FORCE? LOL) YOUR STUDENT TO SIGN UP FOR EXTRACURRICULAR ACTIVITIES AND TO SHOW UP FOR SCHOOL EVENTS

They will thank you for it later.

-TEXT @9EBGFK TO 81010 TO GET REMIND TEXTS FROM MRS. BROWN

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ACADEMIC ADJUSTMENT

YOU CAN SUPPORT YOUR STUDENT'S TRANSITION TO MERCY
ACADEMIC LIFE IN THE FOLLOWING WAYS:

-PROVIDE AN IDEAL STUDY/HOMEWORK SPACE AT HOME

Depending on your student's style of learning, this may mean a quiet space, free of distractions or space in a common area of the home. Needed supplies should be available here and notifications should be disabled and phones should be removed from this space while working.

-ACCESS THE PARENT PORTALS OF POWERSCHOOL AND SCHOOLOGY

Parent Schoology (**pronounced: "school-oh-gee"**) access codes were sent out via email on August 25th.

Please email Associate Principal, Ms. McMaster (cmcmaster@mhsmi.org) if you have questions.

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ACADEMIC ADJUSTMENT

CONTINUED

-GIVE THEM SOME SPACE

We want to model and encourage healthy behaviors and not enable an obsession over grades. We recommend reserving family conversations about grades to one designated day per week.

-GET FAMILIAR WITH OUR RESOURCES

Mercy Teachers can assist students during unscheduled hours, our National Honors Society provides peer tutoring, and our AMES (Academic Mentoring and Education Services) program supports students through academic challenges.

-ENCOURAGE SELF ADVOCACY

If your student has a grade or class related concern, encourage them to communicate with their teacher directly, rather than taking on that responsibility. Your Marlin will benefit so much more by taking on this challenge themselves.

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BEHAVIORAL ADJUSTMENT

UNDERSTANDING MERCY'S POLICIES AND PROCEDURES CAN EQUIP YOU TO BEST SUPPORT YOUR STUDENT **-DETENTIONS**

If your student receives a detention, it is expected that the detention be served by the next Tuesday.

Detentions can be served after school on Tuesdays or during unscheduled hours.

-UNIFORM

The most common infractions at Mercy involve the student uniform. Help ensure your student's uniform skirt is no more than 2 inches above the knee, that they have the uniform top, and that socks/tights/leggings are solid black, white, grey, navy, hunter green, or maroon.

-CELL PHONES

Cell phones must be powered off in classrooms and hallways. When this rule is broken, Staff may take the phone to the Reception Area, where it will remain until the end of the day, and 2 detentions will be assigned

Written by Mercy Counselor, Mrs. Trish Brown

FOLLOW ME



Need a laugh or smile?
Check out these creators!



@itslennie



@smosh



@wtzoofari

JUST 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.

YOU CAN DO IT!

JUST IN CASE
YOU OR SOMEONE YOU LOVE NEEDS THIS:

National Suicide Prevention Lifeline:

1800-273-8255

Okay2Say:

okay2say.state.mi.us

To Write Love on Her Arms:

twloha.com