

# GOOD NEWS

October/November 2022

The  
How-To  
Issue

YOU are  
ALWAYS  
making  
PROGRESS,  
even if YOU  
CAN'T see  
it YET.

@POSITIVELYPRESENT

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by Dani DiPirro @positivelypresent

# **OCTOBER IS COLLEGE MONTH!**

**LOOK OUT FOR THE FOLLOWING COLLEGE  
RELATED ACTIVITIES THIS MONTH:**

**WEEKLY  
COLLEGE  
TRIVIA!**

**WEEKLY  
DROP-IN  
COLLEGE APP  
STATIONS**

**WEEKLY  
COLLEGE  
TRIVIA!**

**SENIOR  
DRAWINGS**

**LEARN  
ABOUT STAFF  
COLLEGE  
EXPERIENCES**

**AND  
MORE!!!**



# HOW TO SELF-SOOTHE

Introducing...



## CALMING KITS



**WHAT:** Mercy Calming Kits contain several items proven to ease anxiety, stress, and panic, as well as instructions on how to use each item.

**WHY:** Mercy Calming Kits contain several items proven to ease anxiety, stress, and panic, as well as instructions on how to use each item.

**WHERE:** You will find calming kits in the Media Center, Lobby, reception area, and in each Mercy classroom.

**WHEN:** Calming Kits will be available starting October 3rd.

# HOW TO GIVE AN APOLOGY

Say what you are sorry for  
"I'm sorry for..."

Say why it was wrong  
"It was wrong because..."

Accept full responsibility  
"I accept full responsibility for..."

Commit to not doing it again  
"In the future, I will/will not..."

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## THESE ARE NOT APOLOGIES


"I'm sorry you feel that way"

"I'm sorry, BUT..."

"I'm sorry you feel that way"

"I'm sorry you misunderstood me...."





**DON'T LET THE  
WHAT IF  
GET IN THE WAY OF  
WHAT IS.**

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## **THE RANKING GAME**

**I recently shared this quote:**

"In my career, I have personally known numerous admission deans who have been hired and fired based on their willingness, or lack thereof, to organize their operations (and their actual admission decisions) in order to boost a university's spot. It's one thing to have game, my friend. Gaming is different. The rankings are gameable. They are actively being gamed"

**on one of my social media platforms.**

**It comes from Rick Clark's blog at Georgia Tech. The full piece, Top 3 Reasons not to Trust the Rankings, gives some brief insight into the flawed system of ranking and what it really means in the world of selecting, applying and attending a college.**

**Shortly before I read this blog, a math professor at Columbia University issued a report claiming that the University had been gaming the ranking system. Columbia dropped from 2nd to 18th place in the most recent US News and World Report.**

**Sharing this article on the platform resulted in quite a bit of dialog, online and in person. I learned that one of the architecture schools within a selective**

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public university banded together with other deans to no longer participate in rankings. A colleague at another institution recommended that all parents, admissions professionals and those adjacent to admissions (like me) read the book *Breaking Ranks* by Colin Diver.

So why do rankings matter? As a school moves up the rankings, their number of applications increase. Why does this matter? They can tell more students no. Why does this matter? Because they will get a better bond rating when it comes to financing projects. NACUBO (The National Association of College and University Business Officers) has a great resource that describes this process.

What does this mean for the college journey? Focus on what you, the student, and the family are looking for. Don't let external forces determine what is a good fit college. When researching colleges (visits, online, virtual programming, etc.) focus on how the school fits the academic, social and financial goals for the student. This is the best ranking system.

Written by Mercy Counselor, Mrs. Holly Bennetts

The banner features a collage of students in various settings (classroom, library, outdoors) in the background. The word "Virtual" is written in a yellow, handwritten-style font, slanted upwards. Below it, "COLLEGE NIGHT" is written in large, bold, yellow-outlined capital letters. In the top right corner, the Schoolcraft College logo (a stylized 'A' inside a circle) and the text "Schoolcraft College" are visible.

**Schoolcraft College** invites you to attend College Night  
from the convenience of your own home!

**Tuesday, October 4, 2022 • 6:00–8:00 p.m.**

➔ **REGISTER TO ATTEND:** [schoolcraft.edu/collegenight](https://schoolcraft.edu/collegenight)

After you register to attend, you will receive an email confirmation with the meeting link.

Speak with representatives from colleges and universities  
in Michigan and from across the country.

**Questions?** Visit [schoolcraft.edu/collegenight](https://schoolcraft.edu/collegenight) or call 734 462-4683



# SENIOR CHECK IN MEETINGS

Mercy's Counseling Department recently finished meeting individually with our seniors. This meeting was a follow up to the College Application Meeting Part 1 in May and Part 2 on August 25.

The individual check-in meetings are a great 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! Counselors had conversations with 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. For added support, take a look at the 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 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. Keep up the good work, seniors!

Written by Mercy Counselor, Mrs. Arpna Hessler



# FINANCIAL AID

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.

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

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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.

- 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.

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- 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.

## **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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# COLLEGE FAIRS

The Michigan College Fair Committee, joint committee of MACAC and MACRAO members, is hosting several college fairs in October. These fairs are open to students from any high school and are a great way to start exploring college options.

**OCTOBER 6TH - 3:00- 4:30 PM - BIRMINGHAM GROVES HIGH SCHOOL**

**OCTOBER 6TH - 6:00-7:30 PM - BERKLEY HIGH SCHOOL**

**OCTOBER 17TH - 6:00 - 8:00 PM - BLOOMFIELD HILLS HIGH SCHOOL**

**OCTOBER 18TH - 6:00 - 7:30 PM - GIBRALTAR HIGH SCHOOL**

**OCTOBER 19TH - 6:00 - 8:00 PM - LUTHERAN WEST HIGH SCHOOL**

**OCTOBER 25TH - 6:00 - 7:30 PM - ROCHESTER HIGH SCHOOL**

**OCTOBER 26TH - 6:00 - 7:30 PM - ROYAL OAK HIGH SCHOOL**

Not sure how to interact or what to say when you chat with a college rep? Try some of these quick questions:

**WHAT IS YOUR FAVORITE CAMPUS TRADITION?**

**WHAT ARE ONE OR TWO QUALITIES STUDENTS HAVE WHEN THEY ARRIVE AT YOUR SCHOOL?**

**WHAT QUALITIES DO YOU HOPE THEY HAVE WHEN THEY GRADUATE?**

**I HAVE NO IDEA WHAT I WANT TO STUDY IN COLLEGE, HOW WILL YOUR SCHOOL HELP ME FIGURE IT OUT?**

**I WANT TO PARTICIPATE IN RESEARCH IN COLLEGE. HOW EASY IS IT FOR AN UNDERGRADUATE STUDENT TO RESEARCH?**

**I WANT TO STUDY ABROAD. DO MANY STUDENTS STUDY ABROAD AT YOUR SCHOOL?**

Written by Mercy Counselor, Mrs. Holly Bennetts



# SENIOR RAFFLES

**Mercy's Counseling Department would like to celebrate our Senior Students!**

**Beginning in October and extending through the school year, we invite seniors to enter one of two raffles as they receive college decisions.**

**Accepted Raffle** - When you receive an acceptance to a college, swing by and put your name in the Accepted Raffle box. We will periodically draw names for gift cards.

**Redirected Raffle** - When you receive a denial to a college, enter our redirection raffle. Simply swing by and put your name in the Redirected Raffle box. Winners of this raffle will receive a shirt to the college/program they ultimately attend.

**We want to celebrate you on this senior year journey of ups, downs, twists and turns!**

**Please see your counselor if you have any questions regarding the raffles.**



# HOW TO MAKE ANXIETY WORSE

*When having anxious feelings or thoughts,  
avoid the following behaviors*

## SKIP MEALS

*Not eating enough can cause symptoms that are similar to anxiety and/or intensify anxiety symptoms.*

## AVOID EXERCISE

*Physical activity can actually reduce anxiety. Our bodies are designed to move, so denying your body of something it needs can increase anxiety symptoms.*

## DRINK CAFFEINE

*Caffeine is an anxiety amplifier.*

## LACK OF SLEEP

*Lack of sleep can intensify anxious thoughts and feelings.*

## IGNORE THOUGHTS & FEELINGS

*Ignoring anxiety will not make it go away. The longer we ignore coping with anxiety, the worse our anxiety cycle will become.*



# How To Improve Your Study Habits

Advice from  
Mercy  
Link Leaders

Flash Cards  
&  
Quizlets

Teach the  
material to  
someone else

Leave  
your phone  
in another  
room

Listen to  
Alpha Music  
Waves  
while studying

Use a  
planner or  
planner app

Sign up for  
NHS tutoring  
once a week



# HOW TO

## *stop procrastinating*

**DO THE MOST  
DIFFICULT  
TASK FIRST**

**SET A 5  
MINUTE TIMER  
AND GET DONE  
WHAT YOU CAN**

**REWARD  
YOURSELF FOR  
EVERY  
COMPLETED  
TASK**

**WORK  
ALONGSIDE  
SOMEONE  
ELSE**

**CREATE A  
DETAILED TASK  
SCHEDULE WITH  
LOTS OF BREAKS**





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# YOU ARE NOT A BURDEN.

## RECOGNIZE WARNING SIGNS IN THOSE CONSIDERING SUICIDE.

These are a few of the warning signs that can indicate someone may be considering suicide. If you see these behaviors, it's OK to ask: "Are you thinking about suicide?" or "Are you thinking of hurting yourself?"

### TALKING ABOUT:

feeling hopeless • wanting to die or to kill oneself • being in unbearable pain • having no purpose • being a burden to others

### BEHAVIORS LIKE:

researching ways to die • increased use of substances • anxious, agitated, or reckless • sleeping too little or too much • extreme mood swings • withdrawing from loved ones

*If someone you know needs immediate help, call **988** to be connected to the **National Suicide Prevention Lifeline**.*