

Mercy High School
Counseling Department

GOOD NEWS

March 2020



A MONTHLY NEWSLETTER

March 2020

Mercy High School Counseling Department

Good News

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IMPORTANT MARCH DATES

MARCH 2ND

11th grade Course Registration Kick Off Meeting during Adviser Group

MARCH 2ND-31ST

9th, 10th, & 11th grade Individual Registration Appointments with Counselors

MARCH 4TH

9th Grade social event: Game Night, 2:00-4:00pm in Drama Studio

MARCH 6TH

10th-12th grade Transfer Student Celebration during 5th hour

MARCH 9TH

Final Link Crew Monthly Meet Up of the year for 9th graders

MARCH 10TH

One Love Parent Screening, 7-8:15pm

MARCH 12TH

One Love program for all 12th graders

What to do, if you want
BETTER GRADES
in your classes.

In Mercy's Counseling Office, we hear the following, quite often:

"I just really want a _____ (insert arbitrary GPA or letter grade here)."

or

"I have to get a _____ (insert arbitrary GPA or letter grade here as well) *this* semester, or I'm grounded."

or

"If I don't get a _____ (also insert arbitrary GPA or letter grade here) *this* semester, I won't get into _____ (insert college here)."

And yes, we want students to aim high, face challenges, and strive to accomplish meaningful goals...that's just it though; simply choosing a grade or GPA to shoot for, without establishing measurable steps or mini-goals along the way, is setting *a goal without meaning*. Rather, if you set your sights on improving your grade in a class and establishing best practices in regard to improvement, then you have yourself a measurable and realistic approach to academic goal setting.

If you are looking to better your grade in a course and utilize more productive academic improvement practices, try out these 7 steps:

(you should try all 7 of them!)

Continued on next page.

1. Assess Your Grades Wisely

One way to improve your grade in a course is to first realistically assess your current grade. To do this, log in to Powerschool and take a look at the detailed grade report in one of your classes. As you scroll through your homework, project, quiz, and test grades, ask the following questions: **1. Where am I missing points? 2. Why am I missing those points? 3. What can I do differently next time?**

For example, let's pretend this is my grade report for a current class:

TKMB Reading QUIZ	30/30	100	A
TKMB Reading Test	104/118	88.14	B+
Spicy Sentences 1	35/50	70	C-
Comparison Paragraph	47/60	78.33	C+
Spicy Sentences 2	35/50	70	C-
Participation 1	35/40	87.5	B+
Catcher in the Rye Reading Quiz	19/30	63.33	D

The first place I notice that I am missing points is on my TKMB Reading Test. I'm also consistently missing points on my Spicy Sentences. I will need to figure out what I've been marked down on with my first two Spicy Sentences, before the third is assigned, and I will definitely want to figure out why I missed those 14 Test points before my next Reading Test, so that I can make sure to not make the same mistakes again.

If you are continuously noting your mistakes and making efforts toward ensuring you do not make them more than once, you will naturally see your grades improve.

Finally, for some reason, I did really well on the Reading Quiz for TKMB and not so well on the Quiz for Catcher in the Rye. I will need to figure out what I did differently in preparing for or in taking these two quizzes, so that I can strive for more quiz grades like the TKMB one.

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(Assess Your Grades Wisely continued)

Once we've noticed *where* we are missing points, we must figure out *why* those points are missing. There are many possible reasons; *Did I not study the right way for my brain? Did I not study the correct material? Did I not study at all?* (eek!) *Did I not keep up with the assigned reading/assignments/homework/classwork that was intended to prepare me for this? Was this unit or chapter particularly difficult for me? Am I paying attention in class & asking questions when I have them? Am I turning things in late?* (or not at all?!) *etc.* If we cannot answer these questions ourselves, we will need to ask our Teacher or Counselor for help in doing so.

From there, we must change our practices and/or seek out resources for help. If the change is within us, we can set goals from here. For example, my goal may be: *I am going to take a look at the comments made on my first two Spicy Sentences and make a list of all of the errors made. On my next Spicy Sentence assignment, I am going to use this as a checklist to ensure that I have not made these errors again, before I turn it in.*

If we need some more help in our situation, read on!

2. Utilize Mercy Teachers

Look, I get it, seeking out help from a Teacher can be intimidating for a variety of reasons; it can sometimes feel like our Teacher is the Gatekeeper to the gradebook, ultimately controlling our academic future; often we fear that if we ask questions of our Teacher, that they will think we are “dumb” or that we were not paying attention in class; and every once in a while, we simply do not vibe with or totally connect to our Teacher. These and other feelings or fears surrounding seeking out help from Teaching Staff are valid, although they are not good reasons to avoid utilizing this resource at Mercy.

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(Utilize Mercy Teachers continued)

When it comes to academic help and guidance, our Teacher is our best resource because **Teachers are the ones creating our tests and quizzes!** Our Teachers literally have all of the answers! The first thing you should do if travelling the path of academic improvement is to make an appointment (before, during, or after school) with your Teacher. There are many ways to maximize your time with your Teacher:

****Ask to go over your last test/quiz/assignment together, approaching your incorrect items or errors to seek clarification and understanding.***

****Explain how you studied for the last test/quiz and what material you used to study. Then explain that you were not happy with the grade you earned and ask how you should change your approach on the next test/quiz.***

****Show your Teacher your notes from class and reading and ask for suggestions on how you can improve your process.***

****Ask specific questions for clarification on certain topics you know you did not master.***

Did you know that you can also seek out help from another Teacher within the same Department at Mercy? For example, if you had a Teacher in the past who you either developed a great working relationship with, or perhaps whose Teaching style really works with your brain, you can totally reach out and set up an appointment with them! You do not have to stick with your current, assigned Teacher when seeking out help.

3. Utilize Other Mercy Staff

Sometimes our availability does not match up with our Teacher's schedule when we are in need of help. In such situations, get creative! For example:

****Sr. Brigid, a retired Math Teacher and Sister of Mercy, is in our building for Math help Mondays and Wednesdays from 11:00-3:30***

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(Utilize Other Staff continued)

****Did you know that Mrs. Tarplin was a Math Teacher before she was Dean of Student Affairs? Did you know that Ms. McMaster was a Science Teacher before she was Associate Principal?***

****Mrs. Brown is always willing to provide feedback on an English paper or preview a speech/presentation for students.***

****Mrs. Bennetts has a background in Science and may be a helpful resource.***

Your Adviser, your Counselor, and your Teachers may have additional areas of expertise, outside of their assigned role at Mercy. Our community is always willing to help, all you have to do is ask!

4. Tutoring

One consistent resource that is always available to you is tutoring through NHS. Every Mercy student is enrolled in a Schoology Course that gives you access to the NHS Tutor Sign Up Form. All you have to do is complete this online form and a Mercy NHS member with a history of academic success will be assigned to help you out! If you need help navigating this process at all, Mrs. McGavin, the NHS Moderator, is ready to assist.

Of course, if you need more consistent, individual tutoring, there are always outside tutors available for a fee. See your Counselor if you need help finding a professional.

5. Ask a Classmate

Pay attention to others in your class and try to note who just seems to *get it*. Sometimes spending a few minutes hearing a peer explain something from class is all we need!

6. Try on New Study Methods

If you understand the topics in a class and are certain you are studying the correct material, you may want to check *how* you are studying.

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(Try on New Study Methods continued)

Simply put, if what you're doing is not working, stop doing it! The key to effective studying is a combination of studying the right material and doing so *with a method that is right for your brain*. Not every brain can learn all material by simply hearing or reading material one time, in one way. Often times, we may need to vary our study methods from one subject to another as well. (We included a piece on understanding your Learning Style in last month's *Good News* that may be helpful here)

7. Make it a Priority

Once you've corrected some of our errors and identified some of our needs, the final step to improving in a class is carving out extra time daily, to focus on our lowest subject area. This may be a temporary arrangement, until we get over an academic bump in the road, or it may be a semester long commitment, if this is what we need. For example, if I am looking for improvement on my Oral Assessments in my World Language course, I should be speaking that language outside of school, every day, in order to truly learn it. When we were younger and taught to speak English, we were hearing, seeing, reading, and speaking at the basic level *constantly*, it is common to need more than 49 minutes of Spanish, English, or Latin each day, if we hope to improve and advance. The same can be said for any subject area that challenges us or does not come naturally to us.

It certainly is not easy, although once you've given a thoughtful attempt at each of these 7 steps, I believe you will see growth and improvement in your grades and a positive shift in your academic habits.

Written by Mercy Counselor, Mrs. Trish Brown

COLLEGE CORNER

MACAC Maggie Miller Scholarship:

This opportunity is now available. Requirements: Applicants must graduate from a MACAC member high school this year (Mercy is one) and must attend a MACAC or NACAC member college after graduation (there are a lot of these - like most schools in Michigan). If interested, please bring your completed applications (application info was posted as an update in Schoology) to the Counseling Office by March 27th at 2:40 pm. Mercy High School will forward 2 applications to the MACAC committee. The application is attached and the Maggie Miller story is linked below.

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Attention Sophomore Parents:

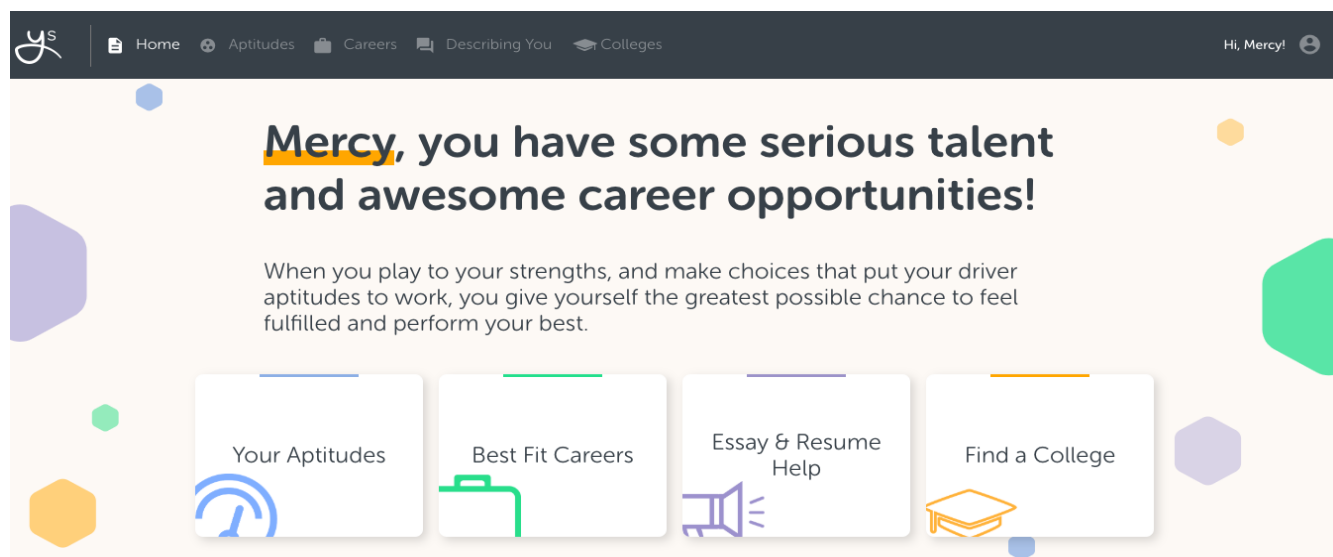
YouScience, SCOIR and your Mercy Student

In February, counselors met with the sophomore class for two classroom sessions. YouScience is a groundbreaking ability and interest inventory that matches students with in-demand careers. SCOIR, our college exploration and planning tool, recently partnered with YouScience to offer this inventory to our students.

The YouScience website explains their program as:

natural talent with in-demand careers. We cut through social noise and gender biases to create more equity and access – matching users to their best-fit careers and giving them the confidence and data to make informed decisions about their futures. To learn more about YouScience, visit <https://www.youscience.com/>

Approximately 24-48 hours after Mercy students finish You Science (it takes about 90 minutes to complete the inventory and brain games) they receive a notification that their report is ready. The report is broken into 4 sections:



Aptitudes and Interests - This section details timeframe orientation, sequential reasoning, group work, and more. Not only do you learn about what it means to be you, but also how you operate in different environments. The report also points to things that are easy for the student and things that can be challenging. In this section, students also receive their Holland RIASEC code, which has long been how careers have been classified. There is a report students can download in this section. In fact, we have asked them to download it and load it into their SCOIR drive their counselor can see the information.

Best Fit Careers- Careers are matched based on the inventory. Please note that a variety of educational needs are represented in the careers and students can sort based on the level of education they would like to have beyond high school.

Essay and Resume Help - YouScience is unique in offering this information in an assessment. Students are given a downloadable guide (also to be uploaded into SCOIR) in addition to the online information. Students are provided sentences and statements that describe them, based on their interests, aptitudes, and abilities that can be used on resumes, on applications and in the college essay.

Find a College - YouScience also provides an opportunity to search for colleges. We will still be using SCOIR for our college search and application process.

What's next?

Talk to your Mercy student about the results of the inventory. Look at the careers together and talk about educational pathways to those careers. Mercy Counseling will be active partners in this work with our students as well.

Written by Mercy Counselor, Mrs. Holly Bennetts



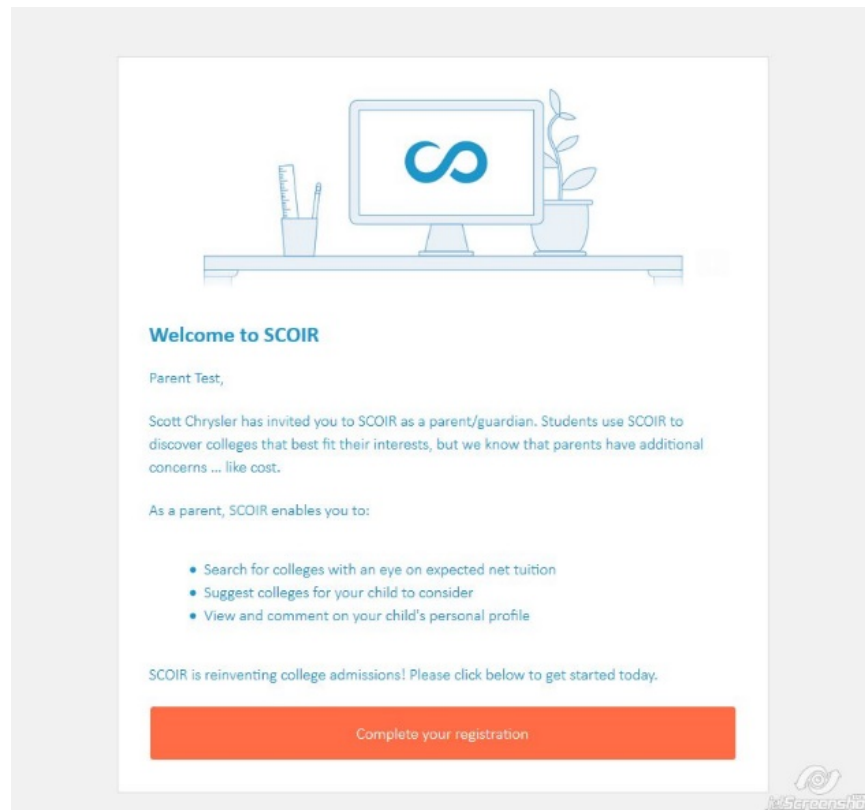
Attention 9th, 10th, & 11th Grade Parents:

SCOIR is a very intuitive program – getting started is easy. This tutorial will take you through the Parent Registration process, updating personal information, signing up to receive notification from SCOIR, and the landing screen layout.

We have resent Parent SCOIR invitations. The invitation will expire. It is critical you activate your account promptly. Once you receive your invitation, simply click on the ***Complete your registration*** button to begin. By clicking on this button, you will verify your email address with SCOIR and create your account. When you return to access SCOIR, you will need to go to www.scoir.com not the link in the initial invitation email.

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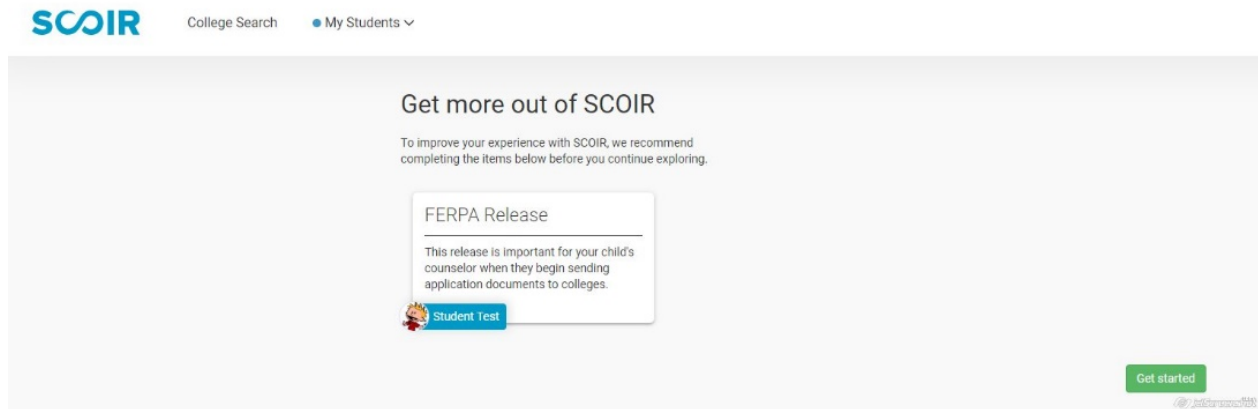
NOTE: A unique email address is necessary for each SCOIR account. If two parents have the same email address in Powerschool, from which the data has been pulled to create parent SCOIR profiles, only one account will be created for both parents. If you would like an additional account, please contact your daughter's Counselor.



Create and confirm your password then click the ***Sign Up*** button.

A screenshot of the SCOIR website's sign-up page. The page has a blue header with the SCOIR logo. Below the header is a green banner that says "Success! Thank you for validating your email". Below the banner are two input fields: "Password*" and "Confirm Password". Below these fields is a "Sign Up" button. An arrow points to the "Sign Up" button. At the bottom of the page, there are social media icons for Facebook, Twitter, LinkedIn, and Instagram, and the text "SCOIR INC. 23 N. Walnut Street West Chester, PA 19380".

When you initially log in to www.scoir.com, you will be greeted with the following screen:

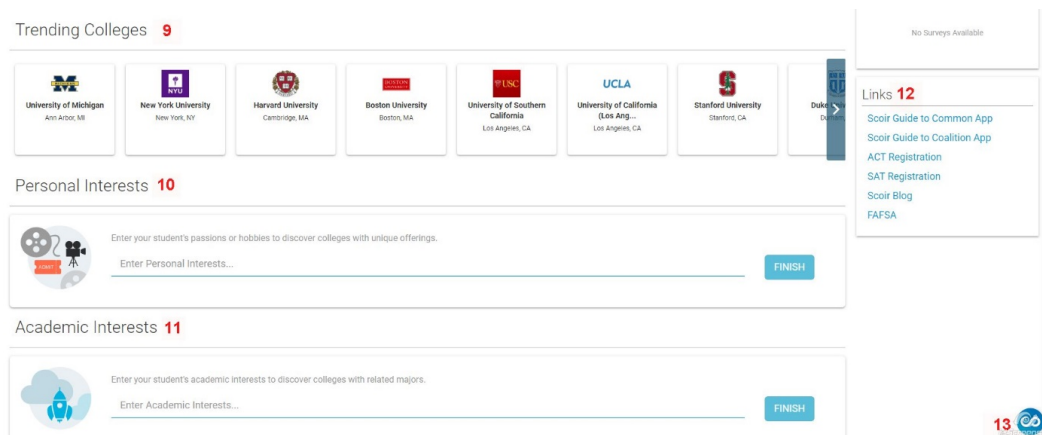


It is critically important that you complete the FERPA Release at this time. This release gives ESA permission to send the necessary documents to the colleges and universities to which your child will be applying. *This release must be granted or the college counseling office will not be able to send documents to colleges.* This release only needs to be completed by one parent. Once it has been completed by one parent, this screen will no longer appear.

Clicking the **Get started** to the lower right will bring you to the FERPA Release information. Once you have completed the FERPA Release, you will arrive on the main SCOIR landing page with the following:

1. SCOIR home button to bring you back to this page
2. My Students – if you have multiple children at ESA, this will enable you to toggle between each student's information using this drop down menu and selecting the child's name you want to see
3. College Search – Brings you to SCOIR's college search engine

4. Message center – this is rarely used by Mercy’s Counseling Department for direct messaging, but you will be able to keep track of important college counseling notification here as well. You will receive these notifications via email if you select this option via My Profile
5. Unread notification alert
6. “The Burger Button” – access to My Profile, SCOIR support, Sign Out and the like
7. Student’s Application Status – information about the schools your child is applying to, each school tile is clickable to access more information
8. Cost Calculator – can estimate your cost as opposed to the sticker price of a college
9. Surveys – this is where you will find your Parent Questionnaire and other docs as they are released



9. Trending Colleges – A feed that reflects the colleges students across the country are accessing on SCOIR.

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10. Personal interests – these are broad categories you can enter to receive SCOIR suggested colleges

11. Academic Interests – once again, broad categories you can enter to receive SCOIR suggested colleges

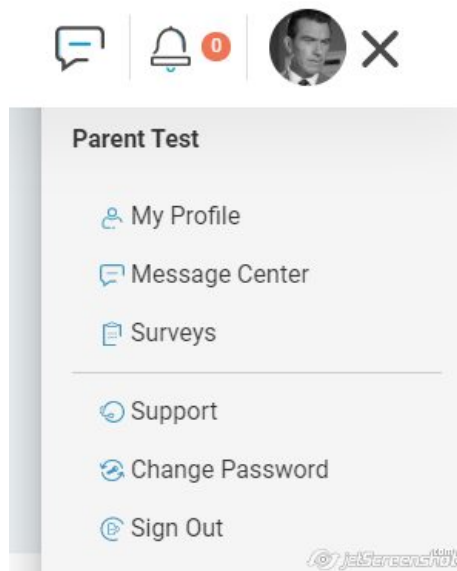
12. Links – helpful links

13. Resource Center access – to access the help Center

THE BURGER BUTTON



Clicking “the burger button” will give you access to many of the features on the landing page



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The most important is the **My Profile** access

College Search My Students ▾

Personal Details

Parent Test

123 Rue de Main
Broussard, LA 70518

(337) 555-1212

(337) 555-1212

(337) 555-1212

esa.test.parent@gmail.com
(Primary)

+ Add Alternate Email

Students

Student Test

Counselor: Scott Chrysler
High School: Episcopal School of Acadiana

Password

Reset Password [Reset](#)

You may edit your personal information, email address, and even divorce yourself from your child in the system (you chuckle now, wait until November after she graduates!). Please be sure all of your personal information is up-to-date and correct.

2020 COLLEGE FAIRS:

College Fairs are an excellent opportunity to learn more about a school, practice asking a college questions and learning more about life after high school. There are several fairs in our area in March and April. Updates are regularly posted on the [MACRAO website – College Day/Night Calendar](#) Even though most of these fairs are at local high schools – they are open (and are required to be open) to students from all schools.

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Upcoming Fairs

Lake Orion High School (F)

WhenMon, March 16, 6:00pm – 7:30pm

WhereLake Orion High School, 495 E Scripps Rd, Orion Charter Township, MI 48360, USA ([map](#))

Romeo High School (F)

WhenTue, March 17, 6:00pm – 7:30pm

WhereRomeo High School, 62300 Jewell Rd, Washington, MI 48094, USA ([map](#))

Marian High School (F)

WhenWed, March 18, 6:00pm – 7:30pm

WhereMarian High School, 7225 Lahser Rd, Bloomfield Hills, MI 48301, USA ([map](#))

Saline High School (F)

WhenWed, April 15, 6:00pm – 7:30pm

WhereSaline High School, 1300 Campus Pkwy, Saline, MI 48176, USA ([map](#))

Grosse Pointe North High School (F)

WhenTue, April 21, 6:00pm – 7:30pm

WhereGrosse Pointe North High School, 707 Vernier Rd, Grosse Pointe Woods, MI 48236, USA ([map](#))

FV Pankow Center-L'Anse Creuse Public Schools (F)

WhenWed, April 22, 6:00pm – 7:30pm

WhereFrederick V Pankow Center School, 24600 Frederick Pankow Blvd, Clinton Twp, MI 48036, USA ([map](#))

Chippewa Valley High School

WhenThu, April 23, 6:00pm – 7:30pm

WhereChippewa Valley High School, 18300 19 Mile Rd, Clinton Twp, MI 48038, USA ([map](#))

Detroit NACAC Fair (F) * (there are approximately 190 schools scheduled to be at this fair)

WhenMon, April 27, 8:30am – 11:30am

WhereSuburban Collection Showplace, 46100 Grand River Ave, Novi, MI 48374, USA ([map](#))

Description**Fair Hours:**

8:30 a.m. to 11:30 a.m.

6 p.m. to 8 p.m.

Ann Arbor Pioneer High School (F)

WhenTue, April 28, 6:00pm – 7:30pm

WherePioneer high school ([map](#))

Waterford Kettering High School (F)

WhenWed, April 29, 6:00pm – 7:30pm

WhereWaterford Kettering High School, 2800 Kettering Dr, Waterford Twp, MI 48329, USA ([map](#))

What Questions to Ask at a College Fair:

- 1.What are your favorite campus traditions?
2. I want to major in _____ what opportunities exist for students like me?
3. I don't know what I want to major in, how do you help me figure out my major?
4. What type of students are a good fit for your school?
5. What are your most popular majors?

Insider tips:

- 1). Some schools will have large lines, if they are more local, skip them and visit campus.
- 2). Visit one small school, one medium school and one large school.
- 3). Just because you have never heard of a school, doesn't mean it isn't right for you.

Written by Mercy Counselor, Mrs. Holly Bennetts

"I MIGHT NOT
GET WHAT
I WANT"
ISN'T A
GOOD
REASON
NOT TO TAKE
A CHANCE.

@POSITIVELYPRESENT



Image used with permission by artist, Dani DiPirro