

COUNSELING CORNER



Counseling Corner Newsletter 2020-2021 Qtr 4

COUNSELING CORNER
HAPPY* HEALTHY* HOLY* HIGHLY PREPARED

Hello Padua Families!

Happy May and Happy 4th Quarter! As we near the end of the school year, the Counseling department would like to share our last newsletter and include resources for you and your family as well as update you on

all we've been doing with the students these last few months.

We are wishing you all a wonderful end of the school year and a safe, relaxing summer to unwind and recharge after a challenging and different school year.



May is Mental Health Awareness Month!

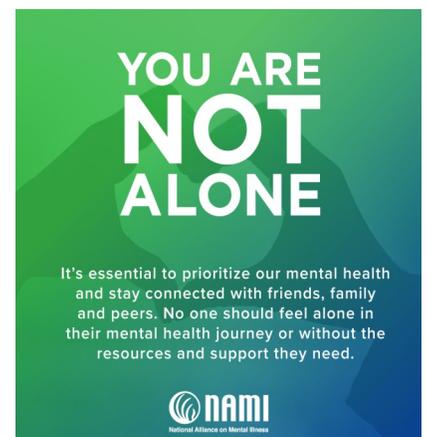
There is no denying this last year has been challenging to say the least, especially for our students as they learn to adjust and adapt to an ever changing world and school environment. Ending the school year with all students in person is hopefully a sign that we are starting to get back to some sense of normalcy.

With May being Mental Health awareness month, the Counseling department continues our efforts to be a resource for all students and families and remind them they are not alone.

Please see below for the official statement from ASCA (the American School Counseling Association) regarding our position in supporting the Mental Health of our students:

“School Counselors advocate for the mental health needs of all students by offering instruction that enhances awareness of mental health, appraisal and advisement addressing academic, career, and social/emotional development; short-term counseling interventions and referrals to community resources for long-term support”

-ASCA position statement: *The School Counselor and Student Mental Health*



Resources:

Crisis Text Line: Text HOME to 741741

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

**Need immediate help? Call 911
See your School Counselor for a list of local Counseling resources!**

Counseling Bulletin Boards

In an effort for our counseling curriculum to reach more students during times of Covid with less classroom visits, the Counseling Department has been having fun coming up with creative and engaging ways to share information via our bulletin boards.

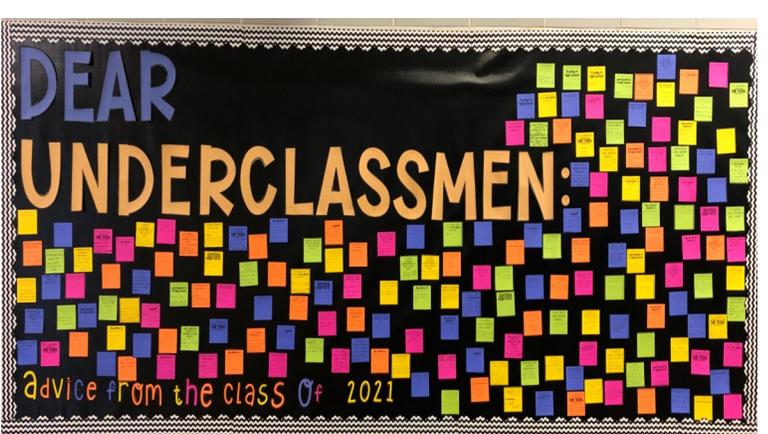
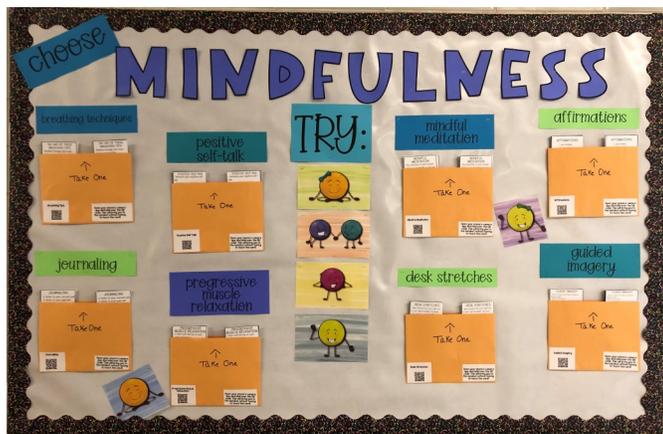
In the beginning of the year, our “Be Kind to Your Mind” board gave students tips on how to live a healthier lifestyle and connect with others, while setting limits on social media and getting enough sleep, etc.

Our current “Choose Mindfulness” board has physical takeaways to help

students learn how to “choose mindfulness” by journaling, saying positive affirmations, doing meditation and breathing techniques, etc. Counselors will often direct students to take something from the board when needing a little extra help someday.

The “Look What Jobs We’ve Had” board coincided with our Sophomore and Junior Career Speaker day showcasing all the past jobs several members of our faculty and staff had before entering into Education. This is a fun way to give students ideas of various career fields and to see how different each of our paths were to get to where we are now!

Our last board of the year “Dear Underclassmen: Advice from the class of 2021” is full of words of wisdom from our current seniors. Counselors went into senior Theology classes to ask students to answer questions that share their experience and knowledge with the underclassmen. We are so proud of all our seniors have accomplished and hope this advice helps our younger students as they navigate the difficulties of high school. (see below for some of the pics!)



Testing Update!



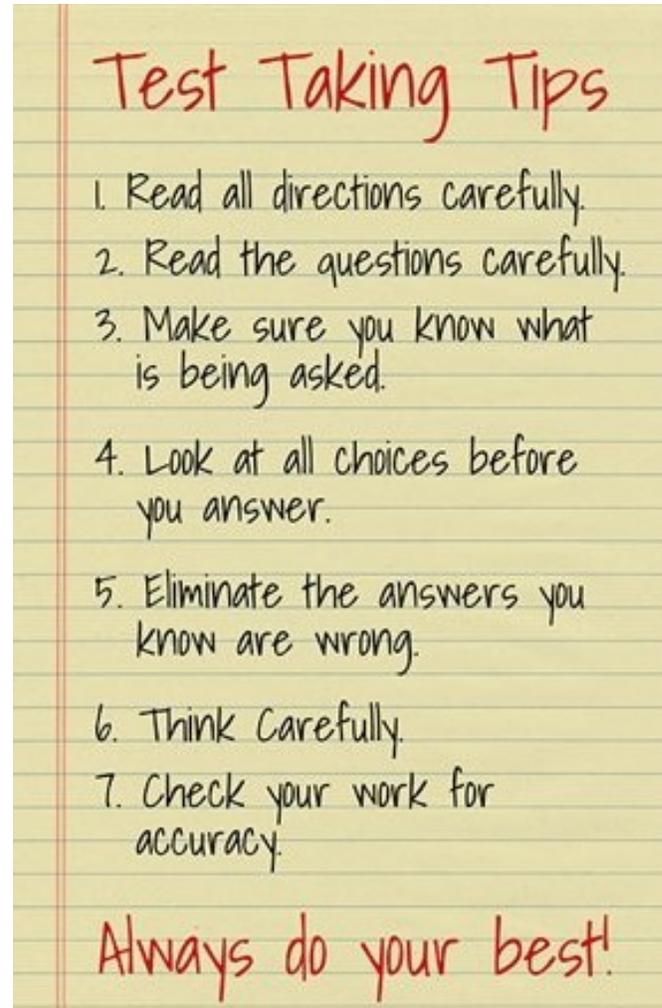
The Counseling Department has been extremely busy the last few months organizing and arranging multiple tests within the school.

In February, the Juniors took the State ACT. They can view their scores in their MyACT account that was created in English class after the test. If your student would like to register for an additional ACT or SAT, please see their websites for testing dates and local testing sites (actstudent.org/collegeboard.org). That was the only ACT given in school at Padua.

The Freshmen also took the Pre-ACT 8/9 this day. Ms. Smyth, the Freshmen counselor, spent last week going into their Freshmen orientation classes to review their results with them. Please ask them to share with you!

In April, the Sophomores and Juniors took the IOWA test which is our current graduation test. If your student missed the testing day, the makeup for the IOWA will be May 24th. Please make arrangements for them to be here that day!

AP tests are off and running. The Counseling Department will be organizing and proctoring AP tests for 3+ weeks. These tests can be used for possible college credit (always check with the college to see what tests/scores they will accept).



Test Taking Tips

1. Read all directions carefully.
2. Read the questions carefully.
3. Make sure you know what is being asked.
4. Look at all choices before you answer.
5. Eliminate the answers you know are wrong.
6. Think Carefully.
7. Check your work for accuracy.

Always do your best!

PreACT®

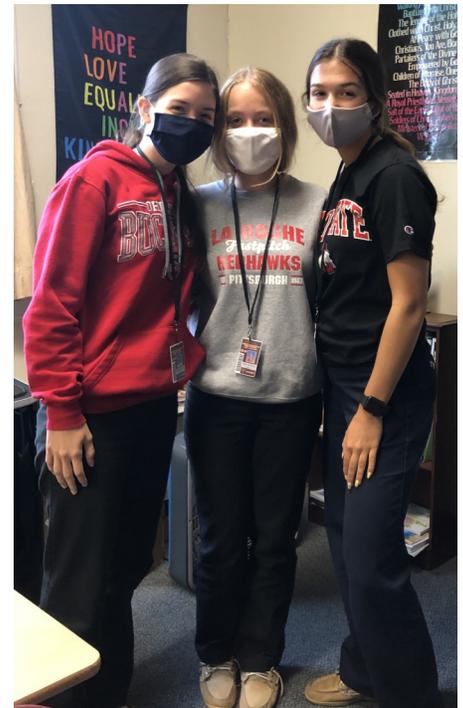
The ACT®



PADUA® FRANCISCAN
HIGH SCHOOL

SENIOR COLLEGE SHIRT DAY APRIL 30TH

The Class of 2021 proudly displayed the colors of their future schools to celebrate “National College Decision Day” (May 1st). We are so proud of our seniors and the work they put in to get to this point. We wish all our seniors the best of luck in whatever future endeavors they have their hearts set on. We want them to know they will always have a home here at Padua. They are “Never Alone, Always a Bruin”.



SOPHOMORE SPIRIT DAY

The Counseling Department assisted Campus Ministry with the Sophomore Spirit Day at school on May 13th. We created a lesson on Stress Reduction and Coping techniques and had each student create their own "Coping Spinner" with positive coping techniques they came up with they can utilize

when feeling stressed, angry, tired, anxious, overwhelmed, etc. [see picture] They also learned some breathing techniques and practiced in the session. Please ask your student to share with you about this fun and engaging day!



Don't Forget to Check out our Virtual Counseling Office: [Padua Franciscan Virtual Counseling Office](#)

Have a safe and relaxing summer!

Sincerely,
Your Padua Counselors