



# COUNSELING CONNECTIONS

## College Fair 2024

The Class of 2025 was able to attend a mini college fair with 17 colleges and universities in attendance. Our juniors had the opportunity to visit with representatives from a variety of schools and ask questions specific to each school, their interests, and their career goals.

It was a great opportunity for them to jump-start the college process.



### SCHOLARSHIP UPDATE

When it comes to college choices, financial aid is a critical component. However, financial aid letters include unfamiliar terms, confusing numbers, and nuances that can make differences to the actual offer and obligation. Here is a resource to help students and families unpack the details.

[How to Read a Financial Aid Letter](#)



### APRIL 15 IS FAST APPROACHING

Monday, April 15, is the deadline for seniors to have all A+ tutoring/mentoring hours completed and turned into the Mrs. Whitworth. In addition

to the tutoring hours, seniors must have all A+ attendance and citizenship appeals turned in. If you or your student has a question regarding their A+ eligibility, please email: [BGrass@duchesne-hs.org](mailto:BGrass@duchesne-hs.org)

### ACT: 5 REASONS TO TAKE AN ACT PRACTICE EXAM

**1.** Taking a practice exam lowers your anxiety. A lot of anxiety is simply your uncertainty about what the ACT test will be like. A practice test makes you familiar with the look, feel, and cadence of the exam. This familiarity wipes out your peripheral uncertainty about the test-taking experience, allowing you to focus on the content and problem-solving aspects of the exam.

**2.** A practice test gives you a baseline. Knowing your value baseline on the ACT or SAT performance is important. Let's say you're shooting for a 30 on your ACT. If your first practice score is a 27, that's a very, very different matter than if you come out batting 21. The bigger the gap between your baseline and your target, the more you'll need to prep – and the more time you'll need to give yourself to do it.

**3.** Taking a practice test builds endurance. Sitting in one place answering questions for three hours wears you out. To get the highest score possible, you need to be as focused answering the last question of section 4 as you were answering the first question of section 1. The more practice tests you take, the more endurance you'll have on the real exam.

## FOLLOW US!

Our Counseling Department is officially on Socials! Give us a follow to stay up to date on everything happening. You can find us on Instagram and X (Twitter) @dhs\_counseldept.



4. Test-taking is a skill to be learned. Here's an interesting thing to consider: most students fear for their test-taking abilities, yet how many students actually practice taking tests? Issues such as test anxiety, which many students think are unavoidable and chronic, actually go away with practice.

5. Practice tests raise your score. With decades of research to look back on, learning scientists agree that the two best methods for learning something are flashcards and – you guessed it – practice tests. Taking a practice test and thoroughly reviewing it is a fantastic way to start boosting your ACT or SAT score, pure and simple. Make sure your prep includes at least one practice test to fully maximize your advantage over the competition on Test Day.

For [ACT test-taking strategies and a practice test](#), click here.

### REMINDERS

Planning a college visit? Don't forget to turn in your College Visit Permission Form to Mrs. Grass one week prior to scheduled visit.

[College Visit Form](#)

SENIORS—Submit your final college/military/trade decision to Mrs. Grass by Tuesday, April 15.

[Final Transcript Request](#)

### LOOKING AHEAD SPRING 2024

**Tuesday, April 9**  
ACT Testing Day @ DHS

**Monday, April 15**  
Final Transcript Request Deadline and A+ Deadline

**Thursday, April 25**  
Build My Future STL Field Trip

### HELPFUL LINKS

DUCHESNE COUNSELING  
<https://www.duchesne-hs.org/counseling.html>

FAFSA  
<https://studentaid.gov/h/apply-for-aid/fafsa>

SCHOLARSHIPS  
[Scholarship List 2023-24](https://www.fastweb.com/Scholarship-List-2023-24)  
<https://www.fastweb.com/>  
<https://myscholly.com/>  
<https://myscholarshipcentral.org/>

NAVIANCE  
<https://student.naviance.com/main>

COMMON APP  
<https://www.commonapp.org/>

NCAA ELIGIBILITY  
<https://web3.ncaa.org/ecwr3/>

ACT  
<https://www.act.org/content/act/en-missouri.html>

SAT  
<https://satsuite.collegeboard.org/sat>

### WELLNESS

Practice deep breathing exercises when you do not necessarily need them so that when you are feeling stressed and could benefit from it in the moment, you are already an expert at the type of deep breathing you want to utilize. You do not want to

try deep breathing for the first time when you are in a high stress state.

## Here is my favorite breathing technique to use:

### 4-7-8 Breathing

With this kind of breathing, you will breathe in for four seconds, hold your breath for seven, and exhale for eight:

1. Start with one hand on your heart and one hand on your belly as in the diaphragmatic breathing exercise.

2. Take one, deep slow breath from your belly as you feel your diaphragm slide down. Count

to four as you breathe in.

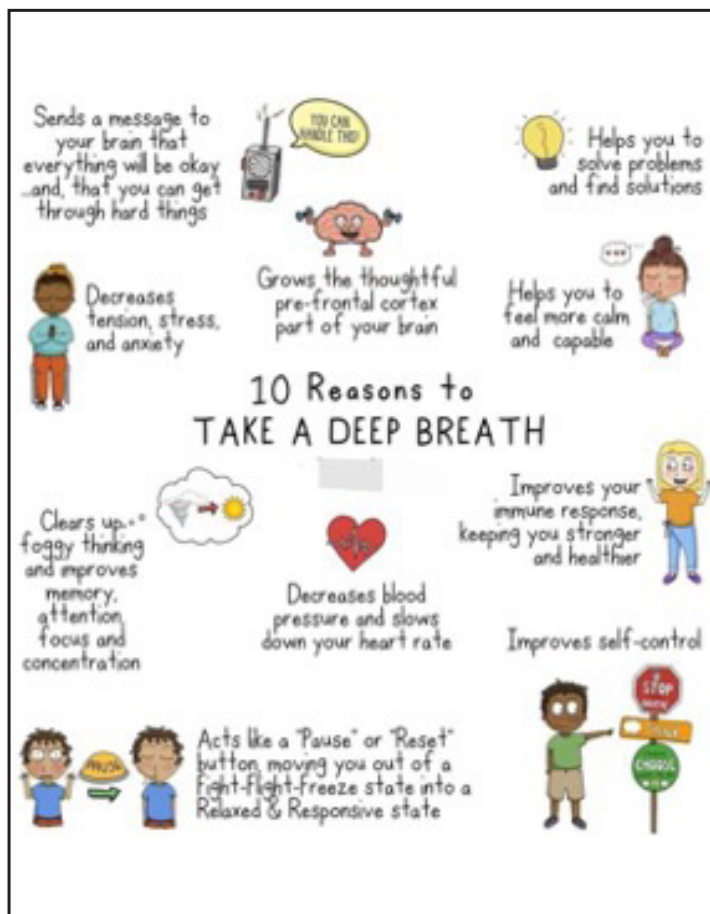
3. At the top, hold your breath as you count to seven.

4. For eight counts, exhale through your mouth, emptying your lungs completely.

5. Repeat three to five times or until you feel calmer.

If you are the kind of person who does not want to have to remember these techniques and likes to be led, there is an app for that:

- iBreathe
- Breathe+ Simple Breath Trainer
- Apple Watch Breathe



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