

# CCHS COUNSELING NEWSLETTER

MARCH 2026



At CCHS, the counseling department exists to support the holistic growth and development of all students, so that they are prepared and inspired to be a light in their future communities.

## COLLEGE PLANNING REMINDERS

### Seniors:

- It's scholarship season! Fill out as many scholarship applications from the portal as possible. Be sure to check where the form needs to be sent, and ask Mrs. Rodrigue for any additional documents you need.
- **The General Scholarship Application is due April 1st!**
- Fill out the [College Decision Reporting Form](#) for every school you get admitted to!

### Juniors:

- Start scheduling college visits and think about job shadowing in a career you are interested in!

## HOPE DAY 2026!

On Thursday, April 9<sup>th</sup>, CCHS will celebrate HOPE Day!

HOPE Day is a school-wide event, hosted by our student HOPE Squad, that celebrates positivity, inclusion, and being a friend to those who need one. Our HOPE Squad has worked hard to plan engaging activities that help students think about how we are all connected and reflect on the importance of building one another up in love.

Stay tuned post-spring break for a full list of HOPE Day activities!



## THIS MONTH IN COUNSELING LESSONS:

- **Freshmen and sophomores** wrapped up their lesson on healthy boundaries by discussing the process of setting and maintaining boundaries, as well as respecting when others set boundaries that are different from ours. Sophomores finished the PrinciplesYou Assessment, which gives each individual student reflection data on how they learn and problem-solve. This was used to help students pair potential career options with personality matches!
- **Juniors** met individually with Mrs. Rodrigue to discuss their plans for the post-high school phase of life! The next step in this journey will be filling out the Common Application. A Common App workshop will be held at CCHS on **Monday, June 1<sup>st</sup> from 8:00 AM-12:00 PM**. Anyone considering applying via the common application is encouraged to attend!
- **Seniors** are focusing on scholarship applications and admitted student visits as they decide where the next chapter of life will lead them!

## UPCOMING DATES:

- **April 1<sup>st</sup>**- Gateway Technical College info meeting @ 11:30am
- **April 9<sup>th</sup>**- HOPE Day!
- **April 13<sup>th</sup>**- UW Lacrosse on campus @ 11:30am

## RESOURCES

- [2026-2027 Course Guide Link](#)
- [Free ACT Prep tools](#)

CONTACT MRS. RODRIGUE:

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# SENIOR SPOTLIGHTS

**Student Name:** Marcus F.  
**Future Plans:** UW-River Falls  
**Intended Major:** Linguistics



**Something you will miss about CCHS:**  
Walking to lunch in the winter.

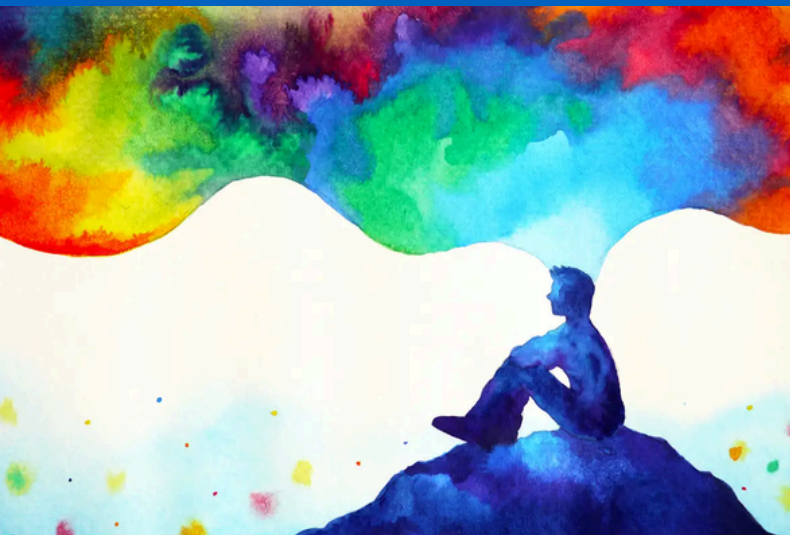
**Advice about college applications:**  
Don't stress too much about the process. Writing essays isn't the only important part.



**Student Name:** Josie T.  
**Future Plans:** Marquette University  
**Intended Major:** Criminology/Psychology

**Something you will miss about CCHS:**  
I will miss the teachers!

**Advice about college applications:**  
Really explore your options and give the colleges you never thought you'd apply to a chance.



# MENTAL HEALTH TOPIC: EMOTIONAL REGULATION

Our day-to-day life is sometimes like a roller coaster; one moment we are flying high and feeling like we can conquer the world, and the next moment feel like we are having the world pulled out from under us. Navigating our emotions and adapting to the ever-changing pace of life is a normal learning process as we grow up. This may look like feeling overly intense emotions that we can't "come down" from, acting out of impulse before taking time to reset, struggling to see different perspectives, or just feeling generally out of control.

Emotional regulation is an important part of helping provide stability and build confidence in our ability to tackle setbacks and regroup, rather than being run over by the waves of our own emotions. The more we practice emotional regulation strategies, the more automatic they become. When we can regulate ourselves, surfing our emotions on the day-to-day grind of life becomes a much smoother ride!

Here are some simple ways to start training your brain to stop and regulate before acting:

- **Practice naming how you feel.** Say it aloud, write it down, express it through artwork. Naming feelings sets time and space for looking at them logically, without judgment.
- **Practice deep breathing.** Oxygen is how our body resets and generates calm, logical thought processes.
- **Set aside time to practice mindfulness.** Take 5 minutes to just sit and notice your emotions, without any judgment or action needed towards them. This practice helps build up the stamina of recognizing how we feel in moments that are more emotionally charged so that we can process them.
- **Engage in regular, healthy outlets!** It is important for everyone to have healthy activities that help work out the feelings we can't explain. Sports, regular workouts, listening to music, drawing or journaling are some common outlets.
- **Schedule time to talk through emotions of the day with a trusted adult.** This could be at the dinner table, on the car ride home, or before bed!

Check out the attached article for some more ideas of how to work emotional regulation practice into your life!

[POSITIVE MINDFULNESS ACTIVITIES](#)

# COUNSELING QUICK LINKS :

- [Scholarship Database](#)
- [CCHS General Scholarship Application](#)
- [Scoir login](#)
- [SUSO link - See Something, Say Something](#)
- [Local Mental Health Resources and Risk Awareness](#)

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