

CCHS COUNSELING NEWSLETTER

FEBRUARY 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:

- Check the scholarship portal on the website at the beginning of each month and fill out any scholarships you qualify for. Be sure to check where the form needs to be sent, and ask Mrs. Rodrigue for any additional documents you need.
- Start working on the General Scholarship Application!
- Fill out the [College Decision Reporting Form](#) for every school you get admitted to!

Juniors:

- Study for the ACT. Our school test date is March 18th!
- Start scheduling college visits. Spring break is a great time to do visits to see what campus would be like with students in classes.

ACT/PREACT 2026!

All CCHS juniors will take the ACT on Wednesday, March 18th. Freshman and sophomores will be taking the PreACT the same day. Seniors are not required to come to school that day- use the time to fill out scholarships or squeeze in another college visit!

Students should plan to bring the following to their test:

- A water bottle
- A calculator (check ACT's calculator policy online to see which ones are acceptable)
- a #2 pencil
- A snack to have during break

PreACT students will finish testing at approximately 11:00, while ACT students will test until 11:45. Students will be dismissed for the day after their testing sessions are complete. Be sure to eat a good breakfast, get a good night's sleep, and bring your "big brain" muscles so that you can do your best!

THIS MONTH IN COUNSELING LESSONS:

- **Freshmen and sophomores** worked through a lesson on boundaries and talked about how healthy boundaries are important in relationships. We discussed the importance of setting manageable boundaries, identifying when boundaries need to be respected, and using boundaries in a healthy way to allow for more positive communication.
- **Juniors and Seniors** finished their unit on conflict management by applying strategies to conflict scenarios. Students used the **Behavior, Feelings, Impact** model to practice having conflict-based conversations that lead toward solutions, and discussed ways to reframe thinking of conflict so that everyone involved feels heard.
- All students worked with Mrs. Rodrigue and Mr. Metoff to select courses for next school year!

UPCOMING DATES:

- **March 5th**- CNA registration workshop @ 6pm
- **March 18th**- ACT/PreACT for grades 9-11
- **April 1st**- Gateway Technical College info meeting @ 11:30am
- April 9th- HOPE Day!
- **April 13th**- 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: Liam C.
Future Plans: Marquette University
Intended Major: Finance



Something you will miss about CCHS:
My day-to-day teachers! Shoutout to Wilhelm, Yopp, Dean, Meddaugh, and Uttke!

Advice about college applications:
College is E-X-P-E-N-S-I-V-E! So apply for scholarship and put all your financial aid up against each other. College is great, but you don't want to be stuck with \$100k of debt!



Student Name: Jennifer M.
Future Plans: St. Norbert
Intended Major: Psychology/Spanish

Something you will miss about CCHS:
I'll miss being part of the community, I think mostly being so comfortable..

Advice about college applications:
Don't procrastinate, and don't over analyze. If you're in doubt just ask.

Student Name: Stephanie C.
Future Plans: Marquette University/MSOE/UW Madison
Intended Major: Civil Engineering



Something you will miss about CCHS:
I will miss my friends and all the fun CC events we went together to (Hoco, prom, and sports games).

Advice about college applications:
I would advise students to not procrastinate with Common App and the general essay. If you can get those done during the summer, then a huge weight will be lifted from your shoulders since it is what is the most time consuming for the college application process.

MENTAL HEALTH TOPIC: CREATING BALANCE IN A DIGITAL WORLD

We live in a world with incredible technology that is constantly advancing and changing how we connect with one another. Since the introduction of smartphones, the ways that we connect via social media has exploded. While social media can be a wonderful platform for teenagers to connect with friends and find community with others, it also has opened the door for increased isolation and struggles with interpersonal communication. The hyperconnectivity of the world around us can sometimes lead to unnecessary comparison to others via social media and a fear that whenever we disconnect, we are missing out.

While we want to be connected to what is happening in our digital world, it is important to recognize that too much social media can get in the way of healthy communication and exposure to real-world interactions. Like all things in life, balance is important! Here are some ways to start experimenting with balancing the real world with the digital one:

- **Turn off notifications in your apps.** This decreases constant reminders to check social media- we do it often enough without being reminded!
- **Designate a place in your home that is a "no phone" zone.** For some people this may be your bedroom so that you don't mindlessly scroll at night. For some families, this could be the dinner table.
- **Try a "screen free" hour every day** and see how it affects your emotional regulation.
- Plan a screen-free activity at least once a week. It could be a walk with a friend or a hobby, but it should be something to engage your brain without the stimulus of a screen.

Take a look at the JED association article for more ideas on social media balance!

[UNDERSTANDING SOCIAL MEDIA USE AND BALANCE](#)



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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