

CCHS COUNSELING NEWSLETTER

MAY 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.

SUMMER COLLEGE PLANNING

Seniors:

- Work on the Common Application! This application is long, but having it completed will save lots of time in the fall.
- Fine tune your essay! Have multiple people proofread and give feedback.

Juniors:

- Visit colleges you may be interested in over the summer!
- Do a job shadow in a career field you are interested in.
- Look for volunteer opportunities that will help build skills that apply to your future career field.

COLLEGE APPLICATION WORKSHOP!

Just a reminder that all juniors are invited to attend a college application workshop on Monday, June 1st! Students will review the college application process, start tackling the logistics of the Common Application, and get live feedback from guest essay readers on their college admissions essays.

Please indicate on the form below if you plan to attend, and if you will need a device provided. We hope to see many juniors take advantage of this opportunity!

[COLLEGE APPLICATION WORKSHOP SIGN UP](#)

SUMMER SCHEDULE CHANGE REQUESTS

Students will leave for the summer with a copy of their schedule for the 2026-2027 school year. Students wishing to request a schedule change during the summer months should do so using the form below. Requests will be processed in the order they are received. You will be notified via email whether or not your request can be honored based on availability.

[SUMMER SCHEDULE CHANGE REQUEST FORM](#)

THIS MONTH IN COUNSELING LESSONS:

All students wrapped up the counseling curriculum for their grade level this month! Here is a review of what students have covered this year:

- Freshman:
 - Four year planning, identifying strengths
 - Building healthy relationships
- Sophomore:
 - Work Values evaluation, workplace skills and personality inventories
 - Building healthy relationships
- Junior:
 - College searching, college majors, ACT preparation, college admissions essays, letters of recommendation
 - College planning meetings
 - Conflict management
- Seniors:
 - College applications, financial aid, scholarships
 - Conflict Management

Stay tuned for a mid-summer update on counseling lessons for next year, as well as information about our new college and career planning platform, Naviance!

UPCOMING DATES:

- **May 14th**- Honors Convocation
- **May 22nd**- Graduation!
- **June 1st**- Common Application Workshop!

RESOURCES

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

CONTACT MRS. RODRIGUE:

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SENIOR SPOTLIGHTS

Student Name: Joe Nachowicz
Future Plans: Marquette University
Intended Major: Computer Engineering



Something you will miss about CCHS:
The community

Advice about college applications:
Read your applications day by day to see if they need adjustments or are good to go.



Student Name: Quintin Graf
Future Plans: St. Norbert College
Intended Major: Business
Something you will miss about CCHS:
How it feels like a family

Advice about college applications:
Don't wait! Get your applications in early and do college visits to see what is right for you.

MENTAL HEALTH TOPIC: THE SUMMER RESET

As the school year draws to a close, students (and teachers) are starting to look forward to summer! The promise of summer break can be a powerful finish line to have in sight, with the promise of a break balancing the stress of AP tests, exams, and emotional "lasts." However, summer also brings the challenge of balancing the need for rest with the necessity of preparing for the next school year, all in a routine with much less structure than usual.

A healthy way to approach summer break is to view the upcoming months as a reset! Think about and celebrate everything that has been accomplished this school year, and then set some goals about how to both relax and prepare for the year ahead. These goals will look different for everyone, but here are some reflective questions to ask when setting them:

- **What will I do this summer to reset mentally?** It may be scheduling a few days away from technology, taking a vacation, or scheduling some time to do something you love. Give your brain and emotions the chance to take a deep breath. 😊
- **What tasks can I complete that will help me feel confident and prepared for next year?** Take a class, get some extra service hours in, or get ahead on your college applications. Take advantage of the extra time to put yourself in a good space for the future.
- **What relationships can I nurture that help me be my best self?** It can be hard to keep up with friends and family during a busy school year. Take time during the summer months to make face-to-face connections with the people who are important to you.
- **What routines do I need to keep to help me stay regulated?** It isn't good to throw all routines out the window and sleep the day away or spend all day on technology. A work schedule, weekly appointment, or daily chore rotation can help the brain stay in some sort of "schedule" mode, while allowing room for rest.

We have been blessed with an incredible school year. Every student deserves a well-earned break! Check out the article below for more ideas on how to use the summer to reset!

[SUMMER RESET IDEAS](#)

COUNSELING QUICK LINKS:

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

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