

# CCHS COUNSELING NEWSLETTER

APRIL 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.
- 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!

## COLLEGE WEAR DAY!

The year is coming to a rapid close, which means that seniors will start to make decisions on where their next chapter will lead them!

To celebrate this, we will have our annual College Wear Day on Monday, May 4<sup>th</sup>! All students are invited to wear attire to represent colleges that they like or are interested in. Seniors are encouraged to represent the college they will be attending next year!



## THIS MONTH IN COUNSELING LESSONS:

- **Freshmen and sophomores** all participated in the PreACT in March, where they got to demonstrate their learning and knowledge. We will receive those results in early May! Each student will have an individual meeting to review their scores, and a score report will be sent home to parents.
- **Juniors** began working on their college application essays this month in English class! All juniors will develop a rough draft for their essay by the end of the school year. Check out [this presentation](#) for some tips on how to craft a great college essay!
- **Seniors** are focusing on preparing for the end of their high school journey, including making decisions on where they will attend college next year. We are excited for these next steps for all of you!

## UPCOMING DATES:

- **May 4<sup>th</sup>** - College Wear Day
- **May 4<sup>th</sup>** - AP Testing Begins
- **May 14<sup>th</sup>** - Honors Convocation
- **May 22<sup>nd</sup>** - Graduation!
- **June 1<sup>st</sup>** - Common Application Workshop!

## RESOURCES

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

CONTACT MRS. RODRIGUE:

EMILYRODRIGUE@CCHSNET.ORG  
(262) 763-1510 EXT. 224

# SENIOR SPOTLIGHTS

**Student Name:** Brandon H.

**Future Plans:** UW-Milwaukee or Marquette University

**Intended Major:** Marketing or Supply Chain Management



**Something you will miss about CCHS:**

The friendships and people I've met all four years.

**Advice about college applications:**

Apply everywhere! Open yourself to multiple options to see what fits you best in the end.



**Student Name:** Samantha R.

**Future Plans:** Carroll University or Concordia University

**Intended Major:** Biomedical Science

**Something you will miss about CCHS:**

I'll miss the teachers and my classmates the most. At CCHS it always felt easy to get to know people and build connections. Being around the same group every day created friendships and memories that made school feel like more than just a place to learn.

**Advice about college applications:**

My advice would be to start by making a list of colleges you're interested in and researching what they offer. Ask yourself important questions like whether you want to stay close to home or go farther away. As you learn more, your list will become shorter. Visiting and touring the colleges also helps a lot because being there in person makes it easier to picture yourself there.



# MENTAL HEALTH TOPIC: THE POWER OF BEING AN UPSTANDER

1 John 4:7: "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God." This command directs us to God's will to care for one another in this life. We do this by creating authentic friendships and supporting the people around us when they are struggling. This also extends to being willing to step in when someone is being wronged.

All humans, at one point, will find themselves in the position of being a bystander. Bystanders are in the presence of someone who is treating another person wrongly. This can be an uncomfortable position to be in; do we get involved in someone else's problem or just walk away? The temptation can be to do nothing, but by simply standing by, we give the impression that we are ok with what is going on and enable the cycle to continue. We have the power to use leadership skills for good by being an upstander instead of a bystander!

There are lots of ways to positively confront someone who is bullying or mistreating another person. Here are some ways we can upstand to others:

- **Choose not to participate in any encouraging behavior.** It is easy to fall into the trap of laughing or gossiping about a bullying situation in order to fit in. Choosing not to do this means that the person instigating the situation won't get an audience or extra encouragement.
- **If something is not ok, say it.** This is a big risk to take, but being a good leader means saying the tough things to someone who may need to hear it. Sometimes, all it takes is someone brave enough to say "that's not ok" or "that's bullying" to make the bully think about their choices.
- **Positively support the person who was wronged.** Include someone who was excluded, build them up by encouragement, and connect them to adults who can help. By doing this, we show those who are struggling that we aren't alone.

When upstanding, we do so in peace and not judgement, forgiveness and not retaliation. When we upstand, we become a part of the solution and encourage others to follow God's command to love above all things.

[BE AN UPSTANDER](#)

## COUNSELING QUICK LINKS:

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

CONTACT MRS. RODRIGUE:

EMILY.RODRIGUE@CCHSNET.ORG  
(262) 763-1510 EXT. 224