

# CCHS COUNSELING NEWSLETTER

JANUARY 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:

- Fill out the FAFSA! This will help colleges get you an accurate description of what your financial aid package will look like.
- 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:

- Block out some time to study for the ACT. Our school test date is March 18<sup>th</sup>!
- Schedule a college planning meeting with Mrs. Rodrigue to talk about your future plans. It is preferred to have a parent at this meeting, so discuss which times work for them to attend with you!

[COLLEGE PLANNING MEETING SIGN UP](#)

## COURSE REQUESTS FOR 2026-2027

All CCHS students will be scheduled to meet with either Mrs. Rodrigue or Mr. Metoff to go through their course requests for the 2026-2027 school year. Each student will be given a form to complete with the possible course offerings and opportunities for next year. Please discuss this form with your child and send it to their scheduled meeting with a parent signature.

If you would like to be present at your child's scheduling meeting, please let Mrs. Rodrigue know and we will be happy to arrange it accordingly.

## THIS MONTH IN COUNSELING LESSONS:

- **Freshmen and sophomores** began working through the process of four-year planning. Students mapped out what courses they have taken and used the new course guide to plan what classes would be the best fit for them to request based on their future plans. This will be a valuable tool they can use when requesting courses for next school year. Ask to see your student's four year plan!
- **Juniors** are focused on preparing for the ACT! This month, all junior students will participate in subject-focused study sessions for each section of the ACT, facilitated by our content-area teachers! Students will be expected to complete and return their practice tests for feedback.
- **Seniors** are working hard at applying for scholarships and evaluating the information given them by colleges. They also will engage in some conflict management simulation activities to wrap up the unit on managing conflict.

## UPCOMING DATES:

- **January 12<sup>th</sup>**- National Guard Recruiter meeting @ 11:30 am
- **February 4<sup>th</sup>**- Course request meetings begin
- **March 18<sup>th</sup>**- ACT/PreACT for grades 9-11

## RESOURCES

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

CONTACT MRS. RODRIGUE:

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# SENIOR SPOTLIGHTS

**Student Name:** Hannah H.

**Future Plans:** School of Visual Arts NYC, University of Minnesota, or School of the Art Institute of Chicago

**Intended Major:** Animation



**Something you will miss about CCHS:**

I will definitely miss the teachers at this school. They have truly helped me be the student and person I am today.

**Advice about college applications:**

I would advise students to try and apply for early decision. If you get accepted you may have more opportunities for scholarships and classes. I would also recommend looking for more scholarships that you could apply online. You may be able to find more scholarships that may apply to your life and future major.



**Student Name:** Lily N.

**Future Plans:** Milwaukee School of Engineering

**Intended Major:** Biomedical Engineering

**Something you will miss about CCHS:**

I'll miss the challenges I faced here because they pushed me to become more confident in myself.

**Advice about college applications:**

Keep track of deadlines for college applications and scholarships. It can be overwhelming at first, but keeping it all in a calendar or planner helps a lot. And apply for as many scholarships as you can.

**Student Name:** Madeline L.

**Future Plans:** St. Norbert College

**Intended Major:** Education



**Something you will miss about CCHS:**

How close the community is.

**Advice about college applications:**

Apply early so you can give yourself time to decide.

# MENTAL HEALTH TOPIC: BEATING WINTER BLUES

The chilly, freezing temperatures have taken over and we are officially in what some view as the "doldrums of winter." This can be a tricky time for high school students because it pairs lack of sunlight and outside exposure with a busy schedule of extracurriculars and high academic expectations. This can sometimes induce what psychologists call "seasonal affective disorder" and cause an increase in anxiety in students.

Being intentional about prioritizing healthy activities and habits during this time of year protects students from spiraling into negative thought patterns and helps them prioritize positive coping skills. Here are some ways to beat the "winter blues" suggested in an article from the Crisis and Trauma resource institute:

- **Intentionalize intake of sunshine.** Sit closer to windows, make sure you have lights on whenever possible, open blinds, and take in natural light.
- **Play music!** This engages the auditory sense during a time that our touch receptors may not get as much positive input.
- **Commit to a healthy activity.** It could be an extracurricular, a hobby, or something you do with family, but spending time doing something you love creates positive hormones that might be missing.
- **Hydrate!** Increasing water intake during the winter creates a natural detox for your body.

Take a look at the rest of the CTRI article below for more ideas for how to beat the winter blues!

## BEATING THE WINTER BLUES

Laughter is the sun that  
drives winter from the  
human face.

VICTOR HUGO

# 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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