

CCHS COUNSELING NEWSLETTER

NOVEMBER 2025



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

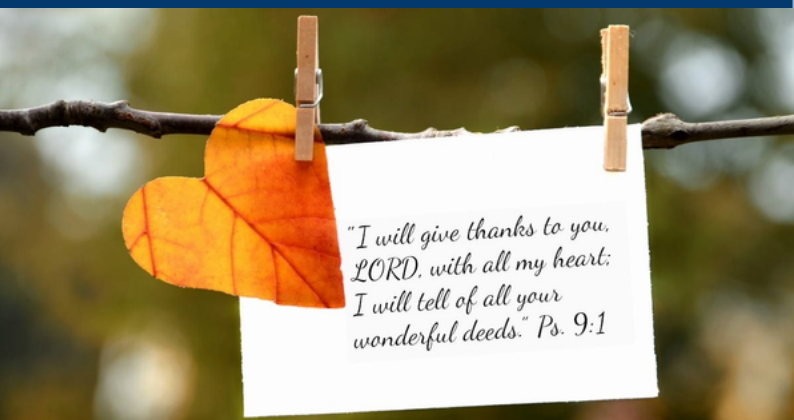
Seniors:

- Keep on top of your college application deadlines! If you aren't sure what dates your applications are due, check [SCOIR](#).
- Get your account set up to fill out the FAFSA! Plan to attend the FAFSA info presentation on November 12th for help with getting everything set up.
- Start looking on the websites of schools you applied to for scholarship info. Apply for any scholarships they offer!

Juniors:

- Start researching colleges you like and putting the ones you'd like to consider visiting on your list. Use [SCOIR](#) to help you organize your thoughts!
- Consider doing a job shadow to see if a certain career is interesting to you. Seeing a "day in the life" is always helpful!

[FAFSA FORM LINK](#)



THIS MONTH IN COUNSELING LESSONS:

- **Freshmen** are working through a lesson series on healthy relationships. This month, they will explore some healthy tools such as active listening, engaging in conflict in a healthy way, and giving friends a chance to tell their story.
- **Sophomores** worked through identifying their work values. This process helps students to think through what items are important to them in a future career. They also took a career interest profiler assessment and researched some careers that could be a potential fit for them. Ask to see your student's SCOIR account!
- **Juniors** are working hard at researching colleges and thinking about which things are important to them in their post-high school education. They will be working towards a balanced list of schools they may be interested in applying to.
- **Seniors** are working through their lesson series on managing conflict. They identified different elements of conflict and took an assessment to analyze their personal style of conflict management. The seniors also engaged in a lesson on the different ways to pay for college and got an introduction to the CCHS scholarship portal!

UPCOMING DATES:

- **November 12th**- FAFSA Presentation @6:30 pm
- **November 13th**- Mount Mary University rep visit at CCHS
- **November 25th**- Edgewood College rep visit at CCHS
- **December 9th**- College Athletics Presentation @ 6:30 pm

CONTACT MRS. RODRIGUE:

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



MENTAL HEALTH TOPIC: ESTABLISHING AN ATTITUDE OF GRATITUDE

During this time of year, with holidays like Thanksgiving and Christmas right around the corner, lots of media attention is given toward the act of being thankful. While this has always been a part of the holiday culture in America, it is especially important with raising adolescents. Teenagers are constantly inundated with ads, tik tok trends and influencers promoting the next big thing. It creates a sense of dissatisfaction and a need to always be looking for more. This mindset affects how teens process all of their stress and anxiety, which also peaks around this time of year.

How do we combat the empty feeling that comes with not having enough? Prioritize intentional gratitude. Neuroscience studies show that when we regularly practice gratitude, it lights up the parts of the brain that process emotion and helps those systems to work better when we need to regulate or process feelings. Experiencing moments of gratitude also releases natural dopamine, which is the hormone that help us feel good. Studies even show that long-term, regular gratitude can affect the gray matter in our brain, which is the space where we process learning. So gratitude isn't just a great holiday habit- it literally changes and grows our brains!

Students don't have to wait for a holiday to roll around to practice gratitude; through little changes throughout the day, gratitude can be infused into everyday routines. Here are some places to start:

- Structure your mealtime conversation to start with gratitude. Let everyone in your family share something they are grateful for from their day!
- Write down one thought of gratitude before starting your morning routine.
- Parents- express gratitude toward your child! This modeling helps students feel comfortable expressing gratitude toward others.

Check out the article below on more ideas for how to infuse gratitude into everyday life!

[20 GRATITUDE EXERCISES AND ACTIVITIES](#)

ACT PREP STARTS NOW!

Every March, CCHS juniors take the ACT as part of the Wisconsin state testing program. However, this test is also the score students get to submit as part of their college application. Having a strong ACT score helps open up student options for where to apply and shows colleges what they are capable of!

Students should start thinking about how they will prepare for the ACT now. Use free, online test prep questions from the website below, or consider taking a practice course from one of the community resources. Students can also take the ACT before CCHS test day by registering at act.org. The more exposure students have to test materials before test day, the more confident they will be!

[ACT TEST PREP](#)

COMMUNITY RESOURCES

- ACT Preparation course options
 - [UW-Milwaukee Trio Prep Program](#)
 - [Revolution Prep Online ACT Course](#)
 - [Burlington Community Education Course](#)
- General info on college planning:
 - [Burlington Library College Planning Series](#)

COUNSELING QUICK LINKS:

- [Scholarship Database](#)
- [CCHS General Scholarship Application](#)
- [Scoir 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