

College & School Counseling Weekly Update



**SAINT
JOSEPH
PREP**

How to Beat Cabin Fever

If you're feeling cooped up or anxious, you may want to try some of these strategies to change things up:

- **Try a New Hobby** - Find something new or return to an old pastime such as knitting, playing music, painting, or playing board games.
- **Cook or Bake** - Hone your culinary skills and impress everyone at home. Try something wild like Matt Stonie or find something tamer at <https://tasty.co/>
- **Clean** - It may sound silly, but cleaning can be a therapeutic process and you get additional benefits of staying organized and healthier.
- **Stay Active** - Schedule an exercise routine for the same time each day. Try new stuff like yoga videos on YouTube or walking for 1/2 an hour.
- **Express Gratitude** - Science suggests that when we take time to tell others we care about them, we feel happier! Take time to FaceTime or Zoom your friends and family and feel the effects yourself.
- **Consult Resources** - Our SJP C&SC COVID-19 resource page is a great place to start: <https://www.saintjosephprep.org/community/sjp-family/news-updates/cs-resources>

How to Set up Your Own ZOOM

You already use Zoom for classes, so why not use the software to keep up with friends and have group 'hangouts'?

- Go to <https://zoom.us/meeting> and click the blue 'Sign Up, It's Free' button in the upper right hand corner.
- Once you have an account, click 'Personal Meeting Room' and use the 'Join URL' as the link to send to friends and family.
- **BONUS TIP:** Why not do collaborative homework together on Zoom? Gotta do it, so might as well do it with friends!



Meet With Your Counselor

- Mrs. Burns, Mrs. Carroll, and Mr. Martin are available for individual meetings to discuss the adjustment to changes from COVID-19, academics, college applications/acceptances, and anything else going on in life.
- Search for your counselor's Calendly link below to book a time for 15 or 30 minutes:
 - Mrs. Burns - <https://calendly.com/katie-burns>
 - Mrs. Carroll - <https://calendly.com/louisa-carroll>
 - Mr. Martin - <https://calendly.com/nicholas-martin-1>

AP

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SAT ACT

Test Updates

SAT and ACT exams for March, April, and May are postponed. Earliest dates for each test are as follows:

- **SAT** - Test date: **June 6th**
 - Registration Deadline: **May 8th** - Late Registration Deadline: May 19th
- **ACT** - Test date: **June 13th**
 - Registration Deadline: **May 8th** - Late Registration Deadline: May 22th

AP Exams will take place as 45-minute online exams able to be taken at home on one's computer and colleges will still accept scores.

- Free online review sessions and other helpful information is available at <https://apstudents.collegeboard.org/coronavirus-updates>

