



SAINT JOSEPH PREP

College & School Counseling Weekly Update

Staying Motivated



- **Envision the Future** - The work you put in now will pay off when you return to in-person classes, move to the next grade, and matriculate to college. Additionally, letters of recommendation can speak to your strengths during this challenging time. Reflect on your future aspirations and know that what you do now will help you achieve your goals!
- **Change Your Environment** - Consider dedicating one space in your house or room to doing school work. Then, connect with friends, read, play games, etc. in another location so that you associate environments with activities.
- **Make a Schedule for Work and Play** - Not having the structure of a school day can make work seem tough to complete. Make yourself a schedule that blocks off time for homework, socializing, staying active, and having fun.
- **Decompress** - The lack of socializing or playing sports can make it hard to find outlets to alleviate stress. Here are some examples of short activities you can do in a few minutes:
 - Journal about your day (this is a historic time after all).
 - Listen to your favorite “chill” song and take deep breaths to calm yourself.
 - Keep in touch with your close friends on a routine basis and try to call and FaceTime rather than just text.

College Resources

- Check out this podcast on navigating the reality of paying for college:
 - <https://www.nacacnet.org/news--publications/podcast-college-admissions-decoded/how-families-can-talk-about-paying-for-college/>
- Writing a letter of appeal for financial aid can be a great way to try to get some additional support. The article below lists some great tips for crafting a letter - schedule a meeting with your counselor to discuss it further!
 - <https://www.goingmerry.com/blog/financial-aid-appeal-letter/#7--scenario-1-when-you-just-didn%E2%80%99t-get-enough-->
- NACAC compiled a helpful guide for students to see which colleges across the country have changed their deadlines and college visits:
 - <https://www.nacacnet.org/college-admission-status-coronavirus>