

Bishop Chatard High School

School Counseling Newsletter

MEET THE SCHOOL COUNSELORS



Mrs. Helfrich
Grades 9-11
Last Names A-K



Ms. Welch
Grades 9-11
Last Names L-Z



Ms. Marx
Counseling
Director



Mrs. Nixon
Grades 9-12
College Counselor



Mrs. Alerding
Registrar &
Counseling

KEY DATES

October 9th-
End of Quarter 1

October 14th
PSAT for Grades
10-11

**SCHOOL
COUNSELING
in CANVAS**

All students are invited to join our School Counseling Canvas page. In it, there are resources about grades, tutors, career interests, colleges, test prep, mental health and MORE!

If you don't have access, email your counselor!

**SUICIDE AWARENESS &
PREVENTION MONTH**

If you or someone you know is feeling suicidal, it's very important to reach out to an adult for help. PLEASE come talk to your Bishop Chatard counselor at school, or if you're at home - talk to a parent or other adult. If you are not able to do that, call one of the numbers below which are available 24 hours a day, 7 days a week.

**YOU are LOVED, YOU are VALUED,
& YOU are NOT ALONE!**

FAMILIES FIRST CRISIS & SUICIDE INTERVENTION HOTLINE
Call (317) 251-7575 or Text CSIS to 839863.

National Suicide Prevention Lifeline
1-800-273-8255
Link to [Chat](#).

TIPS FOR ACADEMIC SUCCESS

BE PRESENT & PREPARED

Whether virtual or in person, show up on time, homework complete, and ready to learn.

STAY ORGANIZED

Use a planner to keep track of assignments. Have folders, notebooks or binders for each class.

EAT HEALTHY & GET SLEEP

You can't focus on learning if you're not well-rested and fueled with healthy foods.

ASK FOR HELP

Whether you need help with homework or a social/emotional concern. Reach out to your counselor for help.

HOMework HELP

If you're struggling in your classes, you can....

1. Get a National Honor Society peer tutor by filling out this [form](#).
2. Attend after school study tables Monday through Thursday 3:20-4:15 in room 205.
3. Meet with your teacher outside of class to ask questions.
4. See your School Counselor for help with study habits and time management skills.

COLLEGE EXPLORATION WITH SCOIR

SCOIR (pronounced like "score") is Bishop Chatard's career and college exploration and application program. SCOIR is designed to break down the college admissions and exploration process into manageable steps that will help you evaluate important questions such as "Can I get in?, Will I fit in?, and Can I afford it?" one step, one day at a time.

You can log in with your BCHS account under Log in.

On SCOIR you can:

- sign up for virtual college rep visits under Calendar.
- complete the YouScience career assessment under Careers.
- explore colleges under the Colleges tab.

For the College Counseling Newsletter click [here](#).