

# Bishop Chatard High School School Counseling Newsletter

## KEY DATES

**Oct 1-** End of Q1

**Oct 2-**

SAT @ BCBS,

Registration

Deadline- Sept. 3

**Oct 13-**

PSAT for grades

9-11

## September Notes

September is National Suicide Prevention Month! If you or anyone you know is feeling suicidal, it is important that you reach out to an adult for help. PLEASE come talk to your Bishop Chatard counselor at school or another adult you confide in.

Below are some resources that are available 24/7.

[You are Loved, You have Value, and 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**

## Back to School Tips

- Attendance and Participation are key to success!
- Use your planner to help stay organized!
- Meet with teachers if you are struggling.
- After School Study Tables are Monday-Thursday until 4:30 p.m. in Room 207, and Monday Morning at 7:30 a.m. in the Academic Resource Center (ARC).
- Check out the School Counseling Canvas Course for more resources regarding academics, managing stress, or career exploration.
- The College Counseling Newsletter can be found on the [counseling.bishopchatard.org](http://counseling.bishopchatard.org) website. Juniors and Seniors should sign up for meetings with college reps on SCOIR.

Are you feeling stuck in school because of the COVID-19 pandemic? If you struggled last year and are afraid you won't succeed this year due to COVID, then try creating a growth mindset. According to Psychology Today, growth mindset is the idea that you can improve and grow; that your intelligence and abilities are not "fixed" but fluid. Read about 15 different ways to create a growth mindset [here!](#)

**THRIVE DURING A PANDEMIC**  
**WITH A Growth Mindset**

Look for the lessons.

Remember that frustration is normal & helps you grow.

Recognize that it's the journey, not the end result that matters.

Give mistakes & failure a chance to teach you.

Focus on the good.

Strive for growth, not perfection.

Continue setting goals & challenging yourself in new ways.

Instead of comparing your situation to others, recognize your own personal growth.

Credit: Brandy © TheCounselingTeacher.com

## COLLEGE EXPLORATION WITH [SCOIR](#)

SCOIR (pronounced like "score") is Bishop Chatard's career and college exploration and application program. You can log in with your BCHS account under Log in.

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

## BCHS SCHOOL COUNSELING TEAM



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



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



Miss Sami Katra  
Counseling Intern



Mrs. Nixon  
Grades 9-12  
College Counselor



Mrs. Alerding  
Registrar &  
Counseling  
Assistant

