Hello Students,

The Student Services Department is working hard for you during our E-learning days, and we wanted to let you know how you can get in touch with us during this time. **We are available via email during the hours of 9am and 2pm during every E-Learning Day and will be checking email periodically at other times**. Your counselors are also available for video conferencing through Google Hangout on E-Learning Days from 9am-2pm.

Mrs Keag, Counselor for student with last names M-Z: skeag@cusd15.org

Mrs Lobb, Student Services Assistant and Registrar: dlobb@cusd15.org

Ms Tohme, Counselor for students with last names A-L and those with 504 plans: rtohme@cusd15.org

We also came up with a list of tasks for you to focus on during your time away from school:

* First and foremost, please **take care of your mental health**! These are stressful times for many, many reasons, know that there is lots of help available to you and those around you. **We are all in this together, and we will get through it together!!** See the attached article regarding coping with stress during this time, that has lots of good reminders and tips. Also see the list of Mental Health Resources from the TMHFA classes attached to this email. Remember the 24 hour Resources that are available to everyone 24/7 that we discussed during our tMHFA classes:
  + Heritage Behavioral Health 24-Hour Hotline: 217-362-6262
  + National Suicide Prevention Hotline: 1-800-273-8255 (TALK)
  + National Crisis Text Line: TEXT to 741741
  + The Trevor Project (Specialized help for LGBTQA+): 1-866-488-7386 or

Text to 678678

**See the attached flyer for many other resources virtually or in person!**

* **Explore Careers!** Use this time to plan for your future! Check out these websites:
  + <https://overgrad.com/> This is the website introduced to you during your freshman and sophomore conferences. You can take a career interest inventory to help you find careers connected to your personal interests, then research those careers. Check your Four Year Plan in Google Docs for your login information, or create a new account and WRITE YOUR LOGIN INFORMATION FOR YOUR NEW ACCOUNT IN YOUR FOUR YEAR PLAN.
  + <https://www.bls.gov/jobs/> Lots of info here regarding career outlooks and salaries
  + <https://www2.illinois.gov/ides/IDES%20Forms%20and%20Publications/List%20of%20Skilled%20Trade%20Labor%20Unions.pdf> This document has links to many Illinois unions to learn about their apprenticeship programs.
* Begin to **explore colleges and trade schools.** Even though most college campuses are also closed, you can often take virtual tours on many college websites, even of their dorms. See these websites below for more good info on college comparison and career research
  + <https://www.niche.com/colleges/search/best-colleges/>
  + <https://bigfuture.collegeboard.org/>
  + Also see the attachment from College Board regarding college planning for sophomores
* A note regarding **transcripts**: As you begin to explore colleges, if you are unsure of your GPA/rank/grades, you can access your transcript in Skyward under “profile” and save/print/email it as needed (tab unavailable on mobile devices).
  + If you ever need an official transcript, remember to use Parchment:<https://www.parchment.com/u/registration/10348/account> **(**your login details should be on your Four Year plan in Google Docs, if not create your account using your personal email).
* There’s no time like today to **check your College board account:**<https://account.collegeboard.org/login/login?idp=ECL&appId=0> Make sure you can sign in (we requested you link this to your personal email) and access your scores as needed. Again, check your Four Year Plan for your login details!
* Start on **SAT practice!** [Khan Academy](https://www.khanacademy.org/sat) is the official home of SAT practice, and you can link your Khan and College Board accounts for personalized practice based on your PSAT scores from freshman year.
* Complete your **Community Service Hours** with your extra time, within social distancing guidelines of course!
  + Grocery shop or run other errands for elderly relatives or neighbors who can’t leave their houses (arrange ahead of time to leave them on their doorsteps or porches to avoid contact), babysit for working parents when schools are closed, send cards, write letters, or make phone calls to brighten the day of nursing homes/shut ins
    - Don’t forget to log your hours to turn in when school is in session. Forms are located:<https://chsguidancedept.weebly.com/student-forms.html>

In short, take care of yourselves, help others if you can, and use this time productively as much as possible! We know there is a lot of uncertainty, and our district leaders will continue to provide answers as quickly as possible. We in Student Services are thinking of you, and will do everything we can to help every step of the way. We are here for you, and we remain hopeful that normalcy will return soon.

All our Best,

The Student Services Department

~Mrs Keag

~Mrs Lobb

~Ms Tohme