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!

* A note regarding **transcripts**: The best way to request a transcript is always through Parchment: <https://www.parchment.com/u/registration/10348/account> **NOW** is a great time to ensure you can access your account (your login details should be on your Four Year plan and tied to your PERSONAL email account).
	+ You can even request your final transcript now, which will save you a step at the end of the year. To request a final transcript, under the “to” tab where it asks “when do you want to send?”, choose the option for “hold for grades”.
		- * Sidenote: Parchment will send out your most updated transcript, even though your view may be different.
	+ You can also access your transcript in Skyward under “profile” and save/print/email it as needed (tab unavailable on mobile devices).
	+ Only if you absolutely require an official transcript to send with a scholarship, email Mrs Lobb and she will leave it in the main office for pick-up. Make sure to give her plenty of time to do this, as she will only be in the building occasionally during this time.
* For those of you going to two or four year colleges or trade schools, **finish your fafsa asap**: [fafsa.ed.gov](https://studentaid.gov/)
* If you haven’t made a decision on your future plans, use this time to **explore colleges and careers.** Even though most college campuses are also closed, you can often take virtual tours on their websites, and online applications will still be open. See these websites below for more good info
	+ <https://www.niche.com/colleges/search/best-colleges/>
	+ <https://bigfuture.collegeboard.org/>
	+ <https://overgrad.com/> You might have an account for this set up already, see your Four Year Plan
	+ <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. You can begin applications to many of these programs NOW!
	+ Also see the attachment from College Board with college search tips for seniors
* If you have already made a decision for your future plans, **email Mrs Lobb** to let her know so we can add you to our list as we plan for our National Decision Day Assembly!
* Use this time to **apply for Scholarships!**
	+ <https://chsguidancedept.weebly.com/scholarships.html> There are still a few open scholarships on our page
	+ <https://www.scholarships.com/>
	+ <https://www.petersons.com/scholarship-search.aspx>
	+ <https://bigfuture.collegeboard.org/scholarship-search#!>
	+ There are other national scholarship databases out there, but be wary of any that charge a fee!
* 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!
* 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 all the uncertainty is very difficult for your senior year, 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