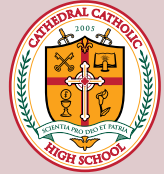


Counseling CORNER

WEEK OF
September 4



WELCOME BACK!

We wish every Don, new and returning, a happy back to school season.

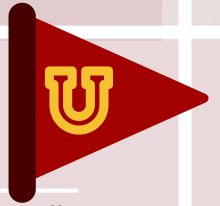
The CCHS Counseling team invites you to read this weekly Counseling Corner Newsletter. We will share advice and news such as events hosted by our team, college admissions information, activity opportunities, counseling support, resources and more!

Follow our Instagram for even more fun:



@cchscounselingoffice

UPCOMING COLLEGE REPS ON CAMPUS



Juniors and seniors! Sign up for on-campus college rep visits this fall through your [Naviance](#) account. Check out the colleges that will be here **September 11-15**. See our [website](#) for a complete list of colleges represented.

Lehigh University
Pepperdine University
College of the Holy Cross
University of Notre Dame
Loyola University Maryland
Elon University
United State Naval Academy
Gonzaga University
Syracuse University

Miami University, Oxford
Stony Brook University
Franklin University Switzerland
Elon University
The George Washington University
Pennsylvania State University
College of Charleston
The Catholic University of America
University of Pittsburgh

CHALLENGE SUCCESS

Balancing Sleep and Screens: Cultivating Teen Well-Being through Healthy Sleep and Media Habits

Register [here](#) for for this mental health webinar **September 12, 2023 at 4pm PT**.

A recording will be sent to all registrants who are not able to attend.

COUNSELING EVENTS

Missed Parent Coffee with Counselors?

Don't worry! Find the presentations under Resources in the student's Counseling Class of Schoology group or on the CCHS website under [Counseling Resources](#).

you need to be signed into the website to access
username: dons@cathedralcatholic.org
password: Dons2324!

Parents

Senior Parent College Night
Guadalupe Theater, **September 5 at 6 pm**

Freshman Parent 4-Year Planning
Zoom, **September 12 at 6 pm**

Students

Senior College App Workshops
In class, **September 6-7**

Freshman 4-Year Planning Workshops
In class, **September 14-15**

COLLEGE CORNER



[Coca-Cola Foundation](#)

Due October 2

[The Gates Scholarship](#)

Due September 15

[Nike Young Leaders](#)

[Scholarship](#)

Due September 15

The University of Notre Dame

on the Road event. Great opportunity for families to learn more about Notre Dame.

Tuesday, September 12, 2023

at 7 pm

St. Augustine High School

Registration for the ND on the Road event is available [here](#).