

# Bath Counseling Newsletter September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 Navy Visit	13 Army Visit	14 Miami (OH) visit	15	16
17	18	19	20 Ohio Dominican Visit	21	22	23
24	25	26 Toledo Visit	27	28 Heidelberg Visit	29 BGSU Visit	30

## Senior Checklist

- Narrow your college list to 3-5 schools
- ☐ Be on the look-out for College Applications opening.
- Register for ACT/SAT if you want to improve your score
- ☐ Check Schoology Folder- "All About College" for documents to help
- ☐ Start looking on College website to see application windows

## **Wellness Tip**

#### **Encourage Open Communication**

Create a safe space to express your thoughts and emotions without judgment. Encouraging open communication strengthens family/friend connections and supports emotional well-being.

#### **Contact Information**

Mr. Thompson (10<sup>th</sup> and 12<sup>th</sup> Grade)

Email: thompsonma@bathwildcats.org

Mrs. Heringhaus (9th and 11th Grade)

Email: heringhausk@bathwildcats.org