

# Bath Counseling Newsletter

## October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 US Nat. Guard Visit	3	4	5	6	7
8	9 Navy Visit	10 GROB Visit WT- Study Hall	11 PSAT (Invite only)	12 Ohio Northern Visit	13 Makerfest Sophomores	14
15	16 Rhodes State Visit	17	18	19	20 Ohio State Visit	21
22	23	24	25 Defiance College Visit	26 End of Qtr 1	27 No School- PD Day	28 ACT DAY
29	30	31	Nov. 1 Financial Aid Night 7pm- SH room			

### Senior Checklist

- ☐ Narrow your college list to 3-5 schools
- ☐ For Scholarships that require an essay, publish a draft and have someone proofread it.
- ☐ Attend Financial Aid Night- Nov. 1<sup>st</sup> 7pm in Study Hall
- ☐ Take ACT on the 28<sup>th</sup>
- ☐ Request Transcripts to be sent. (Request form on guidance page)

### Wellness Tip

#### Practice Gratitude

Foster a culture of gratitude within your family/friends by expressing appreciation for one another and encourage acts of kindness.

### Contact Information

Mrs. Heringhaus (9<sup>th</sup> and 11<sup>th</sup>)

Email: [heringhausk@bathwildcats.org](mailto:heringhausk@bathwildcats.org)

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

Email: [thompsonma@bathwildcats.org](mailto:thompsonma@bathwildcats.org)