



# PROVIDENCE CATHOLIC HIGH SCHOOL

1800 W. Lincoln Highway • New Lenox, Illinois 60451 • (815) 485-2136 • [www.providencecatholic.org](http://www.providencecatholic.org)

## COUNSELING DEPARTMENT

Dear Parents of Seniors:

May 15, 2017

Congratulations! After four long/short years, they've finally made it! There may have been times when that was in doubt. Would they ever make it through? Would you make it through? Now you have reason to be proud and know that all those times you encouraged them (they may have called it nagging!) have paid off. At the end of this email, you will find some useful advice for both parents and students to help with the transition to college life.

### THINGS SENIORS SHOULD BE DOING IN MAY:

- ✓ Inform a school in writing that you plan on attending or not attending. **It is very important to contact the schools that you are not attending, not only as a courtesy, but also so that your spot may be given to another applicant that may be on a waiting list.**
- ✓ Make sure housing contracts have been completed.
- ✓ If planning on attending Joliet Junior College or Moraine Valley, make arrangements to take their Placement Test.
- ✓ Find out if the college of your choice is having any summer orientation programs.
- ✓ Continue to look for scholarship opportunities. Please encourage your sons and daughters to write thank you notes to the people and/or organizations who have awarded them scholarships.

**PLEASE NOTE: FINAL TRANSCRIPTS TO COLLEGES, NCAA ELIGIBILITY CENTER, AND/OR NAIA ARE NOT SENT UNTIL AFTER JUNE 9<sup>th</sup>.**

### SENIOR YEAR GRADES & TRANSITION TO COLLEGE

Mr. Murphy and Mr. Palmasani visited all senior English classes on Friday, May 5<sup>th</sup> to share information about typical concerns that graduates have about their first year of college. They took the opportunity to talk to seniors about the importance of maintaining their grades the rest of the year. They also reminded students that senior year courses are part of the admissions decision, that colleges will see your final transcript and do rescind admission when the colleges' expectations for the students are compromised by poor effort senior year. Mr. Murphy and Mr. Palmasani wanted to be sure final arrangements were made by each student with the school that they will be attending next year. We purchased and gave each senior a copy of "Off to College- A Guide for College Bound Students." It's divided into four sections: The First Semester, Changing Lifestyles, Achieving Success, and Becoming the Complete Person. Off to College is designed to make students aware of the responsibilities and decisions to be faced in the all-important freshman year. Students from previous graduating classes have told us they brought it with them when they went away to college and found it helpful. Ask your son or daughter to share it with you.

## IMMUNIZATION INFORMATION

Enclosed with each diploma will be a copy of your son's or daughter's health record which may be necessary for college entrance

## SELECTIVE SERVICE AND FINANCIAL AID

For many years now, there has been a requirement in the State of Illinois that young men are to be registered with Selective Service to be eligible to receive state student financial aid or to seek employment in Illinois. These laws are similar to federal legislation which links registration to federal student aid and federal employment. Young men must register within 30 days of turning 18. The two most common ways to register are online at [www.sss.gov](http://www.sss.gov) or by answering question #22 on the FAFSA form. They can also sign up at the post office and fill out a simple card. Failure to register is a felony punishable by a fine of up to \$250,000 and/or up to five years in prison.

## UPCOMING TEST DATES

<u>TEST</u>	<u>DATE</u>	<u>REGULAR DEADLINE</u>	<u>LATE DEADLINE</u> (additional fee required)
ACT	June 10	May 5	May 19
SAT	May 6	April 7	April 25
SAT	June 3	May 9	May 24

## SCHOLARSHIPS

Information and/or applications for the following scholarships may be found in the “Scholarship List” on Naviance Family Connection. Paper applications for scholarships that are not “apply online only” are also available from Mrs. Brassil in the Counseling Office.

Groth & Associates Attorneys at Law 2017 Scholarship - \$1000 – Open to all majors. Based on a minimum GPA of 3.0 and essay on a specific topic. Apply online only at [www.grothlaw.com/scholarship/](http://www.grothlaw.com/scholarship/). **Deadline July 31.**

Illinois Sons of Italy Foundation - \$1000 - Open to male and female students of full or partial Italian ancestry. Based on financial need, scholastic achievements and activities showing character and leadership. Essay and two letters of recommendation required. Applications available in the “Scholarship List” on Naviance Family Connection or from Mrs. Brassil in the Counseling Office. **Deadline July 1.**

Pursuit of Excellence Scholarship (Sigma Nu Fraternity) - \$2500 – Open to male students planning to attend the University of Illinois at Urbana-Champaign. Must have minimum GPA of 3.0 and be “intellectually, morally and physically capable of leadership in any field.” Applying for this scholarship in no way obligates the applicant to join this fraternity. Apply online only at [www.sigmanuillinois.com](http://www.sigmanuillinois.com). **Deadline June 1.**

## DRINKING, DRUGS AND COLLEGE

The news media have been reporting an increase in alcohol use on college campuses. The consequences can be life altering, if not deadly. The enclosed information is from the U.S. Department of Education. Please take the time to read it and discuss it with your future college student.

It is important to realize that college-bound students slip into all sorts of roles. Some seem so excited about leaving for college that they can hardly stand it. Others appear completely nonchalant. Some go through the entire summer barely uttering a word. Others dump 18 years' worth of problems on their parents. Whether your student is silent or constantly chattering, work at communication every day. This summer can be the most insecure summer of a young life. It may be difficult to realize that your children are actually young adults. Talk about strategies for coping, about feelings, about why it's okay to make mistakes, about how the door will always be open and about how you'll always be there for them. Have you discussed a plan for visits home next year for those who will be living on campus? Have you talked about the frequency of phone calls, texts, checking emails, and/or visits? For those who will be living at home, now that they are in college, are there any changes in the "house rules" and expectations? Read through and discuss with them the enclosure on drinking in college.

Knowing what to expect can alleviate the apprehension for them – and you!

Once again, congratulations to you as your sons and daughters stand on the threshold of adulthood. All of your sacrifices and encouragement have been worthwhile. You have reason to be proud. We thank you for allowing us to share in the growth of your sons and daughters.

Sincerely,



Pamela J. Ryan  
Director of Counseling



Kyle M. Murphy  
Senior/College Counselor



Frank Palmasani  
Senior/College Counselor

PJR/KM/FP:lb

**NUMBER OF TRANSCRIPTS SENT TO DATE: 1505**

## **ALCOHOL, OTHER DRUGS, AND COLLEGE A PARENT'S GUIDE**

So, your child is going off to college. This is a huge step for both of you, and you want to be sure your son or daughter chooses the "right" school. There are so many factors to consider: A large or small school? A rural or urban campus? How far from home? What majors are available? Cost?

As a parent you want to provide guidance in answering these questions. You will also have additional concerns that may not occur to your son or daughter. One important question is "What is the alcohol and other drug scene on campus?" Naturally, you will want your son or daughter to attend a college where he or she can focus on learning and enjoy a positive, healthy social life.

How can you tell whether a particular college is one where weekend alcohol-fueled partying regularly begins on Thursday night? Or where attendance is poor at Monday morning classes because too many students are hungover? Or where your son or daughter will have trouble studying or sleeping because of a roommate's involvement with high-risk drinking?

There are no guarantees, but there are ways you can learn about a school's efforts to prevent problems related to student alcohol and other drug use.

### **COLLEGE STUDENTS ENCOUNTER PROBLEMS WHEN OTHERS DRINK TOO MUCH**

60.5%	had study or sleep interrupted
53.6%	had to take care of a drunken student
29.3%	had been insulted or humiliated
20.1%	experienced an unwanted sexual advance (women)
18.6%	had a serious argument or quarrel
13.6%	had property damaged
9.5%	had been pushed, hit, or assaulted
1.3%	had been a victim of sexual assault or date rape (women)

### **ASK QUESTIONS!**

You have a right to know that a college is serious in its efforts to address alcohol- and other drug-related problems. Here are questions you should expect college officials to answer, with hard evidence to support their claims.

- What steps has the college president taken to provide visible, consistent leadership on this issue?
- Does the college have a clearly defined alcohol and other drug policy? What is it? What are the consequences for infractions?
- Will the administration inform parents if a student is disciplined or arrested for alcohol- or other drug-related infractions, or hospitalized for drug or alcohol use?
- What percent of students join fraternities or sororities? What is the school doing to reduce alcohol use among these groups, whose members tend to drink more heavily than others?
- What proportion of the athletics budget comes from the alcohol industry? (Accepting such money sends a mixed message to students.)
- What training do residential advisors have in identifying and helping students who may have alcohol or other drug problems?
- What percent of students are involved in community service? (Students who are involved in such activities tend to have fewer alcohol- and other drug-related problems.)
- What treatment and other services are available for students who have alcohol- and other drug-related problems?

### **VISIT THE CAMPUS**

A visit to the campus is one of the best ways to find out about the alcohol and other drug scene. Be sure to discuss your concerns with your son or daughter before the visit. Help him or her understand why this issue is important.

**Talk to current students and residence hall advisors.** Ask what students do for fun on campus. Do many students participate in community service activities?

**Check out bulletin boards and campus newspapers.** Look for mention of alcohol and other drugs in notices, ads, articles, editorials, and letters to the editor.

**Wander through the residence halls.** Notice how students decorate their rooms. Are there many alcohol-related posters or pyramids of beer cans? Are trash cans filled with beer cans or bottles?

**Talk to faculty members and campus security officers.** Do they feel the administration is committed to dealing with problems related to alcohol and other drugs? How serious do they think these problems are?

**Walk through the commercial neighborhoods near campus.** Do bars and liquor stores seem to target students? Do they offer low-price “specials” that encourage drinking?

### TALK WITH YOUR SON OR DAUGHTER

Campus climate is important, but ultimately it is up to your son or daughter to make responsible choices. Studies show that parents remain a key influence on college students. Your opinions and guidance can make a difference!

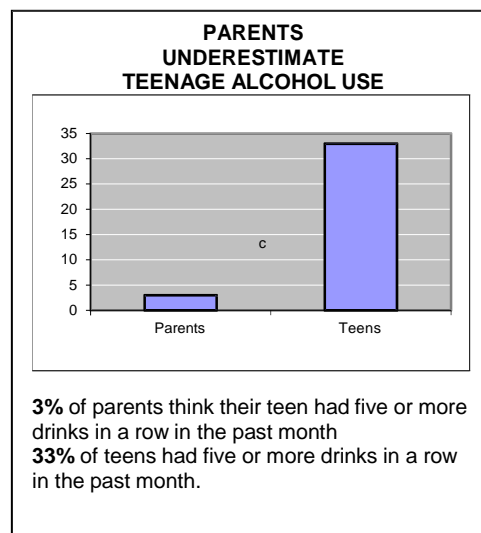
**Listen.** You won’t get far by lecturing. Ask your child to talk about alcohol and other drugs. Find out what concerns he or she has.

**Make your expectations clear.** College is a huge investment of time and money. Set clear expectations that your son or daughter will focus on academic work and personal development. Underage alcohol consumption and alcohol-impaired driving are illegal. Make it clear that you do not condone breaking the law.

**Offer information.** Alcohol is toxic. Far too many students die every year from alcohol poisoning. Discourage dangerous drinking such as drinking games or fraternity or athletic hazing. Encourage your son or daughter to have the courage to intervene when someone else is engaging in dangerous drinking.

**Help them take a stand.** Every student has the right to a safe academic and living environment. Discuss ways to handle situations ranging from interrupted study time to assault or unwanted sexual advances. Help your son or daughter think about whether to approach the offender directly or whether to notify residence hall staff or other college or law enforcement officials.

**Get and share the facts.** Students grossly overestimate the use of alcohol and other drugs by their peers. Young adults are highly influenced by peers and tend to drink in amounts they perceive to be the norm. You can play a vital role in providing accurate information.



**Encourage community service.** Students who volunteer are less likely to abuse alcohol and other drugs. Point out the benefits of volunteer work – forming friendships, developing job-related skills, and knowing the satisfaction of helping others.

**Be a good role model.** Evaluate your own use of alcohol, tobacco, prescription medicines, and even over-the-counter drugs. Consider how your attitudes and actions may be shaping your son or daughter’s choice about whether or not to use alcohol or other drugs.

This guide is available on the Web at [www.edc.org/hec](http://www.edc.org/hec). For more information about alcohol, other drugs, and violence protection on college campuses, contact:

**U.S. Department of Education**  
Safe and Drug-Free Schools Program  
[www.ed.gov/offices/OESE/SDFS/](http://www.ed.gov/offices/OESE/SDFS/)

**The Higher Education Center for Alcohol  
And Other Drug Prevention**  
[www.edc.org/hec/](http://www.edc.org/hec/)

# PARENTS, YOU'RE NOT DONE YET.

Have you talked with them about drinking and college?

## While they're still at Home:

Be realistic when sharing your own drinking experiences, both positive and negative. Be clear in what you expect from your son/daughter about:

- Attending class
- Drinking and driving
- Financial responsibility
- Life's choices including drinking
- Study time vs. social time
- Staying in touch



*Here are some conversation starters you may want to use:*

- How will you decide whether or not to drink at college?
- What will you do if you find yourself at a party with only alcohol to drink?
- What will you do if your roommate only wants to drink and party?
- What will you do if you find a student passed out in the bathroom?
- How will you handle it if you are asked to baby-sit someone who is very drunk?



## AND DON'T FORGET THESE VERY IMPORTANT TOPICS:

**Family beliefs and values regarding alcohol**

**How to refuse a drink**

**Where to get help on campus**

## Once they're at College:

Since the first 6 weeks of college are a very high-risk time for first year students, you may want to communicate frequently and be supportive.

### Ask questions such as:



- How are you doing?
- Do you like your classes?
- How is your social life going?
- How are you spending your down time?
- Are you enjoying dorm life?
- Do you see others making friends or just drinking buddies?
- How are you getting along with your roommate?
- Are you feeling overwhelmed?
- What can we do to help you?

Most college students make responsible decisions about alcohol consumption. However, we also know that:

**Availability of Alcohol + Absence of Parents + Desire to fit in = POTENTIALLY RISKY DRINKING DECISIONS**

*For further information, contact your College/University Student Affairs Office or Health Service, or visit [www.centurycouncil.org/fightbingedrinking](http://www.centurycouncil.org/fightbingedrinking) • <http://www.collegedrinkingprevention.gov/>*

THE  
**CENTURY COUNCIL**

DISTILLERS FIGHTING DRUNK DRIVING & UNDERAGE DRINKING

[www.centurycouncil.org](http://www.centurycouncil.org)

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