



December, 2020

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SENIOR UPDATE

Senior Conferences

Senior conferences have wrapped up. Counselors met with seniors to assist in finalizing plans for life after high school. Counselors are available to assist any senior or senior family who still need support.

[Learn More](#)



JUNIOR FOLLOW UP

Junior Family College Night held on 11/18

Juniors and their families were invited to view several presentations related to college and career research. On Wednesday, 11/18, juniors and families were invited to a Zoom meeting to answer questions and discuss the presentations led by Mr. Kosky and Mrs. Petring. All presentations and a recording of the Zoom meeting are available on the WWS website.

[Learn More](#)

JUNIOR UPDATE

Junior Conferences

Counselors will be meeting with juniors virtually on *December 15th at 1:45pm* to discuss future planning related to 4-year college, 2-year college, military, and trade school options. Juniors will then be invited to attend a Naviance training session on *December 16th at 1:45pm*. Naviance allows students access to college and career searches. Juniors will receive Google Meet links to join both meetings. When students return from winter break, counselors will schedule individual appointments with each junior. Students will be encouraged to schedule as many follow-up appointments as they would like.

[Learn More](#)



JUNIOR UPDATE

Virtual College Panel

Our Virtual College Panel is for all juniors and their families, and will be held on Wednesday, February 17, 2021 from 7-8:15pm. This virtual event includes a panel of college representatives from a variety of colleges and universities. Topics covered are relevant to all college-bound juniors and will include the differences in public vs. private colleges, small campuses vs. large campuses, affordability, the application process, and more.

[Learn More](#)



SOPHOMORE UPDATE

Using Naviance as a Career Research Tool

During 2nd semester, sophomores will be introduced to Naviance’s career research tools. Students can get a jump start by logging in and clicking on the ‘Careers’ tab. To login to Naviance, students will use the “**Sign in with CLEVER**” button to login using their WWS gmail account.

[Learn More](#)



FRESHMEN UPDATE

Freshmen Conferences Continue through December

Freshmen have been meeting individually with their counselor to go over important information about high school. Topics include: four-year course planning, getting to know you, and talking about registration for next school year. Students are encouraged to make their own appointments, but counselors will also send out meeting links.

[Learn More](#)

SELF-CARE

Self-Care Tips

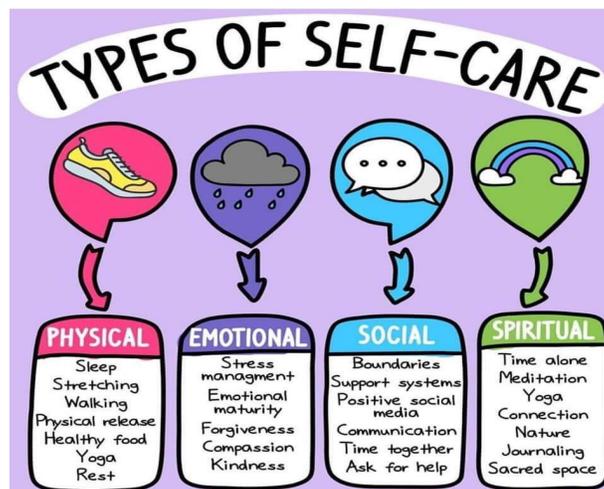
Self-care refers to **intentionally engaging in practices and activities that reduce stress.**

Here are some tips to think about when you need to practice self-care:

- What you might need to feel cared for can change depending on how you’re feeling. Pay attention to what you need and try different things. Self-care is not “one and done” but rather ongoing.
- Self-care isn’t always fun. Some days it might look like a solo dance party, but other times you may need to take care of your basic needs. Do your homework, cleanup your living space, address a chore you’ve been putting off. Caring for yourself today helps the future you.
- Self-care is also everyday healthy habits like eating well, getting enough sleep, and moving your body.
- Be aware of when self-care might turn into self-destructive. It shouldn’t involve sacrificing future health or happiness.
- If you feel like you need more help or assistance than consistent self-care, reach out to one of the resources we provide under “Community Resources”.

[Learn More](#)

[Resource for Parents](#)



Upcoming Events



October-December: Freshmen Conferences

Freshmen will meet individually with their counselor to go over important information about high school. Topics include: four-year course planning, get to know you, talk about registration for next school year. Students are encouraged to make their own appointments using their counselor's scheduling link, although some counselors will be scheduling their own meetings with their students.

[Learn More](#)

December 1: A common early action deadline for college applications.

Seniors, be sure to keep on top of deadlines for college applications!

[Learn More](#)

December 5: National SAT Test Date

December 12: National ACT Test Date

December 15: Junior Presentation @ 1:45pm

Juniors will receive a link from their counselor to join a virtual presentation on future planning for 4-year college, 2-year college, military, and trade school options.

December 16: Junior Naviance Presentation @ 1:45pm

Juniors will receive a link from their counselor to join a virtual presentation on Naviance, a program that allows students access to college and career searches.

December 21- January 1: Winter Break, No School

January 8, 2021: Last day to register for February 6, 2021 ACT

View our list of [ACT/SAT Prep](#) options.

[Learn More](#)

January 28, 2021: 1st semester ends

February 1, 2021: 2nd semester begins

February 12, 2021: Last day to register for March 13, 2021 SAT

View our list of [ACT/SAT Prep](#) options.

[Learn More](#)

February 17, 2021: Virtual College Panel

This event is for junior students and their families. This virtual event includes a panel of college representatives from a variety of colleges and universities. Topics covered are relevant to all college-bound juniors and will include the differences in public vs. private colleges, small campuses vs. large campuses, affordability, the application process, and more.

[Learn More](#)

Community Resources

There might be times that your student or family needs resources not provided by the school. Our community has many resources available to access:

Mental Health Issues:

[Wheaton Youth Outreach](#) 630-682-1910

[Warrenville Youth and Family Services](#) 630-393-7057

[DuPage County Health Department- Behavioral Health](#) 630-682-7400

[360 Youth Services](#) 630-717-9408

Suicide Prevention:

[Crisis Line through Dupage County](#) 630-627-1700

[National Suicide Prevention Lifeline](#) 800-273-8255

Substance Abuse:

[Gateway Foundation](#) 630-966-7400

[Rosecrance](#) 815-387-5615

[Linden Oaks](#) 630-305-5027

[Central DuPage Hospital](#) 630-933-1600

Healthcare:

[DuPage Community Clinic](#) 630-682-7400

[VNA \(medical clinics\)](#) 630-892-4355

Financial Needs:

[DuPage County Human Services](#) 630-407-6500

[DuPage Pads](#) 630-862-3846

[People's Resource Center](#) 630-682-5402

Visit our [Community Resources Page](#) for more resources and providers. As always, please contact a member of the Counseling Center if you have questions or concerns.

