



RRHS Counselor Corner – May 2025

Updated: May 1, 2025

http://www.rrcs.org/HS_Guidance.aspx

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Programming and Resources for Seniors

Senior Exit Survey – Due Monday, May 5

Seniors need to complete the "Senior Exit Survey - updated" within their Naviance account by Monday, May 8. Students should access Naviance through their Clever portal. Once there, please use the following navigation instructions: On the home page, in the upper right-hand corner, click on the "About Me" tab. Click on "Surveys from your school" and go to "Senior Exit Survey - Updated".

Scholarships

Students should log in to their Clever account to account Naviance. Once on the Homepage, click the "Colleges" tab at the top of the screen. Then, under *Scholarships & Money*, navigate to Scholarship List. Here you can either look for College-Specific Scholarships, or click on "Local and Regional Scholarships" to access over 150 that we have shared with you. A great option is to sort by Deadline to see upcoming scholarships that may interest you.

Another option is to navigate to "Colleges", then under *Scholarships & Money*, there is the "National Scholarship Search", powered by Sallie Mae, containing over 3.5 million scholarships worth over \$18 billion.

NCAA

Seniors who are interested or planning to participate in athletics at the college level should be sure to visit the NCAA Eligibility Center to create their account at: <https://web3.ncaa.org/ecwr3/>.

Programming and Resources for All Students

Children's Mental Health Awareness Month

The Rocky River City School Counselors would like to recognize Children's Mental Health Awareness month in May by providing you with some resources and information to raise awareness about the importance of children's mental health and show that positive mental health is essential to a child's healthy development. We hope everyone can incorporate some of these tips to promote strong mental health and well being during this very busy month and as we transition into Summer over the next few weeks.

RRCS Mental Health Resources: <https://www.rrcs.org/MentalHealth1.aspx>

National Institute of Mental Health: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>
11 Tips for Mental Health and Well-being: <https://childadolescentpsych.cumc.columbia.edu/articles/11-tips-mental-health-well-being>
How simply moving benefits your mental health: <https://www.health.harvard.edu/blog/how-simply-moving-benefits-your-mental-health-201603289350#:~:text=Changing%20your%20posture%2C%20breathing%2C%20and,a%20feeling%20of%20well%2Dbeing>.

Naviance - Are you College and Career Ready?

Naviance Student is a comprehensive website that you can use to plan for college and a career while providing a service that we use in our office to track and analyze data about college and career plans, so it provides up-to-date information that is specific to our school. It allows you to:

- Get involved in the planning and advising process** – Build a resume, complete online surveys, and manage timelines and deadlines for making decisions about colleges and careers
- Research colleges** – Compare GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past
- Research careers** – Research hundreds of careers and career clusters, and take career assessments
- Create plans for the future** – Create goals and to-dos, and complete tasks assigned to you by the school to better prepare yourself for your future college and career goals

Naviance Student also lets us share information with you about upcoming meetings and events, local scholarship opportunities, and other resources for college and career information. You can also use the site to stay in communication with the counseling office.

Students are encouraged to review their Naviance account and complete all assigned tasks. Please log into your account at <https://student.naviance.com/rockyrhs>. Enter your school assigned password (2-digit graduation year+last name.firstname i.e. 22river.rocky) and your 6-digit student ID number (ex 001234). Become college and career ready while seeing what lies ahead in your “4 year plan”. These tasks are designed to assist you better understand yourself and how you learn, aid you in the career exploration process, and provide you with detailed information in your college search.

College and Career Readiness Resources

RRCS Social and Emotional Readiness Plan:

[https://www.rrcs.org/Downloads/SEL%20\(K-12\)13.pdf](https://www.rrcs.org/Downloads/SEL%20(K-12)13.pdf)

RRHS 4 year College and Career Readiness Plan:

<https://www.rrcs.org/Downloads/2024-2025%204%20year%20RRHS%20CCR%20Plan2.pdf>

RRCS College and Career Readiness Plan:

<https://www.rrcs.org/Downloads/RRCS%20CCR%20Plan.pdf>

Are you in the “Know”?

We encourage parents to learn about “Know!” by visiting <https://www.drugfreeactionalliance.org/know> or <http://www.rrcs.org/Know.aspx>. These bi-weekly articles are great ways for parents to stay informed about the struggles our students are facing.

Search Institute’s 40 Developmental Assets Framework

Search Institute has identified 40 positive supports and strengths that young people need to succeed. Half of the assets focus on the relationships and opportunities they need in their families, schools, and communities (external assets). The remaining assets focus on the social-emotional strengths, values, and commitments that are nurtured within young people (internal assets). You can learn more at: <https://www.search-institute.org/our-research/development-assets/developmental-assets-framework/>.

Career Shadowing

The Career Shadowing program at Rocky River High is open to sophomores, juniors and seniors who are interested in a specific career area and/or who would like to discuss and explore possible career options. Please visit <http://www.rrcs.org/CareerShadowing.aspx> or see Mrs. Bernadette Kronz in the Counseling Office for more information.

Safe School Helpline

Break the Silence – Prevent the Event

1-800-418-6423 ext. 359

www.safeschoolhelpline.com

Please call the Safe School Helpline if you know anything that threatens our school's safety. It's free and confidential 24 hours/7 days a week. Please report any facts, remarks or actions that could jeopardize the safety of our children, school or staff. Examples of harmful or threatening behavior might include: bullying, violence, theft, drug or alcohol abuse, talk of suicide, sexual harassment, weapons.

Resources for Students in Crisis

Please be aware of several crisis support services and helplines available on the RRHS Counselor page at: <https://www.rrcs.org/protected/ArticleView.aspx?iid=633023I&dasi=3G0I> or other mental health resources at: <https://www.rrcs.org/mentalHealth1.aspx>.

Civic-Mindedness

Any students who are 18, or nearing their 18th birthday, are reminded and recommended to register to vote. Voter registration cards are available in the Counseling Office. Voters must be registered in Cuyahoga County in order to vote in any election. In order to vote in Cuyahoga County, you must meet the following requirements:

You must be a United States Citizen;

You must be at least 18 years old on the day of the General Election;

You must be a resident of Ohio for at least 30 days;

You must register to vote at least 30 days before an election to be eligible to vote.

17 year old residents can register and vote in a Primary Election if they will be 18 on or before the General Election. 17-year-olds can vote for candidates only.

Please find more information at the Cuyahoga County Board of Elections website:

<https://boe.cuyahogacounty.us/en-US/voter-registration.aspx>.

Additionally, all 18 year old males must register with the Selective Service System through the U.S. Government. You can find details at: <https://www.sss.gov/>.

Parent and Community Involvement

Rocky River Alumni Association: <https://www.rrcs.org/Alumni.aspx>

Rocky River Student Activities Booster Information: <https://www.rrcs.org/Boosters.aspx>

Rocky River PTA: https://www.rrcs.org/RR_PTA.aspx

Rocky River Campus Foundation: <https://www.rrcs.org/CampusProject.aspx>

Rocky River Education Foundation: <https://www.rredfoundation.org/>

Rocky River Schools Information

RR Schools Newsletter: <https://www.rrcs.org/RSchoolsNewsletter.aspx>

RR Schools Podcast: <https://www.rrcs.org/RrSchoolsPodcast.aspx>

RR Schools Twitter Feed: <https://www.rrcs.org/TwitterFeed.aspx>

Events

MAY

Thursday 5/1	OST: US History and US Government RRCSD Mental Health Awareness Month
Mon 5/5 - Fri 5/16	AP Testing Senior Exit Survey Due
Thursday 5/22	9-10:30a RRHS Spring Recognition Program

JUNE

Sunday 6/1	1pm RRHS Commencement
Thursday 6/5	Student Last day