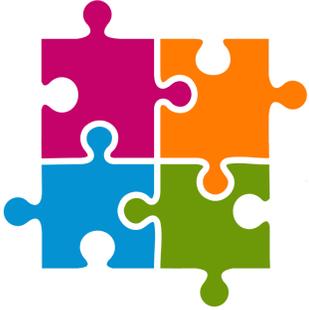


# COLLEGE INKLINGS

THE ACADEMY OF THE HOLY NAMES  
COLLEGE COUNSELING NEWSLETTER  
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## College Planning Meetings for Juniors

Juniors and their parents are required to set up a meeting during the **spring semester** with their college counselor to discuss their college goals. Please contact your counselor and provide several dates and times when you and your parents are available to meet. Appointments will be made on a first come-first serve basis throughout the spring semester.



## SOPHOMORE PARENT COFFEES

The **parents of our sophomores/Class of 2020** are cordially invited to attend an **informal coffee** on **Thursday, February 15th** at one of the following times:

- **8:30 AM** in the 3<sup>rd</sup> Floor Board Room.
- **4 PM** in the 3<sup>rd</sup> Floor Board Room

The college counselors will present AHN's curriculum offerings, the course selection process, and our academic placement policies.

Coffee and light snacks will be served.

For those who can't make it, the presentation will be video-taped and you can obtain access to it after the event.

Please [RSVP Here](#) for one of the Coffees. If you have any questions, please contact Mrs. Stefanie Zummo, Administrative Assistant for the high school guidance office, at 813-839-5371, x 265 or at [szummo@holynamestpa.org](mailto:szummo@holynamestpa.org).



## College Planning Retreat for Juniors

On **Friday, February 23rd** the College Counseling Office is holding its annual College Planning Retreat for juniors! An entire day will be devoted to getting ready for the college planning process. Dress is casual and students will need to bring their own lunch. Please contact the college counseling office for more information.



## Upcoming College Fairs

The annual **NACAC College Fair** will be held on **Sunday, March 18th from noon to 3 PM at the Tampa Convention Center**. All Academy of the Holy Names students and parents are invited to attend. Approximately 160 colleges and universities will be represented. If you plan on attending the fair be sure to go to [www.gotomyNCF.com](http://www.gotomyNCF.com) where you can register for an entrance badge with a barcode that will allow each college to scan your badge to put you on a mailing list. This will save you lots of time and energy by allowing you to bypass filling out information/interest cards for each college. For more information go to:

[www.nacacnet.org/ncf](http://www.nacacnet.org/ncf).

On **Thursday, March 1st**, AHN will host the annual **Jesuit Colleges Tour** for sophomores and juniors from **8:15 AM to 9 AM** in the Brady Center North. Over 15 Jesuit colleges and universities will be on hand to meet with students.



## Senioritis: A Diagnosis and a Cure

The term "Senioritis" has long established its place in the Webster's Dictionary. *Senioritis: an ebbing of motivation and effort by school seniors as evidenced by tardiness, absences, and lower grades.* Year after year, I watch graduating seniors exhibit the same telltale signs of burnout, grief, and fear, commonly referred to as *Senioritis*.

What is this affliction? It is more than being tired of the same old routine. I truly believe that *Senioritis* is more a symptom of what lies ahead, rather than a result of what has happened prior to its onset. I believe that if the senior year fell 8 years into one's high school career, *Senioritis* would show up in the 8<sup>th</sup> year. Therefore, we can assume that it is not one's experiences that create *Senioritis*, but rather what the final year of "passage" symbolizes to those getting ready to move to the next phase of their lives.

Be on the lookout for the obvious symptoms of this disease: sliding grades, indifference to obligations and responsibilities, lack of motivation, lack of focus, and boredom. These signs manifest themselves as a result of the overwhelming feeling that the student no longer will be held accountable because she's "outthere"! The fact is, the final semester of senior year still bears weight in a student's final cumulative grade point average. College acceptances are NOT final until after they receive a student's final high school grades. Senior year grades can affect a student's eligibility for scholarships. In regard to extra-curricular activities, it is a sign of character and promise to see commitments through to the end.

The less obvious and more critical characteristics of *Senioritis* tend to come about as a result of the emotional process of dealing with the issues of separation from friends and family. The student must face the pending reality of trading her familiar environment and comfort level with unknown

challenges. Many students and families go into denial. Seniors tend to repress their fears and compensate by creating *other* issues that require time and energy, in order to postpone dealing with the real issues at hand. Long-lasting, meaningful friendships often seem to deteriorate during the senior year. I call it the "Burning Bridges Syndrome".

The "Burning Bridges Syndrome" involves ruining great relationships to make it easier to leave them behind. I've seen this syndrome occur when a friend is moving out of town, or even when someone is changing jobs. People unconsciously sabotage positive feelings, in order to make it easier to cut the ties.

What can a student do to combat *Senioritis* and to alleviate its detrimental effects?

- 1) Avoid taking on new challenges or too many challenges as the school year draws to a close. Rather, she should concentrate on finishing what she started for a greater feeling of accomplishment and closure. By eliminating loose ends, the student will feel refreshed and motivated to begin anew.
- 2) During the stressful time of college admission notifications, a student should accept her personal victories and losses with grace and dignity. Students are not in competition with their friends and classmates. Each student will have to forge her own path in college and in life. Bill Mayher, author of The College Admissions Mystique, sums it up best when he says, "The road to mental health is rarely paved with jealousy and paranoia about the good fortune of one's classmates."
- 3) Be sensitive to her classmates with fragile egos who may not have fared as well as she did in the college admissions process.
- 4) Be aware of the fact that a college rejection is not a reflection of who she is or who she may become in the future.
- 5) Value her friendships. They truly can last a lifetime. After all, there is life after college!
- 6) Cherish the end of her high school years so that she will look back on high school fondly.

*Senioritis* can actually be considered a positive condition in that it provides a profound opportunity for personal growth as the student prepares to make the exciting transition from high school to college.