

# Eastlake High School Counseling, College, and Career News

A newsletter for Eastlake students and families  
focused on academics, college and career readiness, and social emotional support.

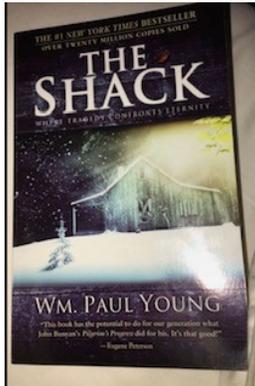
[Eastlake Counseling Center PowerSchool Learning Page](#)  
[Eastlake College and Career Center PowerSchool Learning Page](#)  
Instagram [@ehs\\_counselors\\_wsp](#)s and [@ehscollegeandcareercenter](#)

## Hello

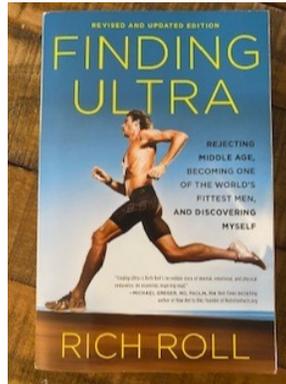
Hello EHS Students and Families,  
On our radar this week: mental health, remote learning tips, SAT/ACT FAQs and more. We miss you!

## What We're Reading and Listening to:

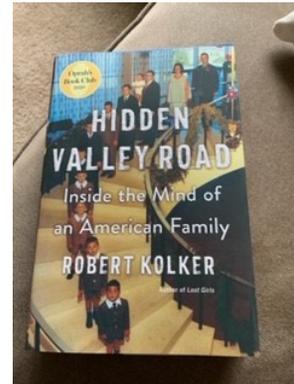
What inspired you, made you think or laugh this week?  
Here is what we're reading and listening to after hours.



Mrs. Fox Bailey



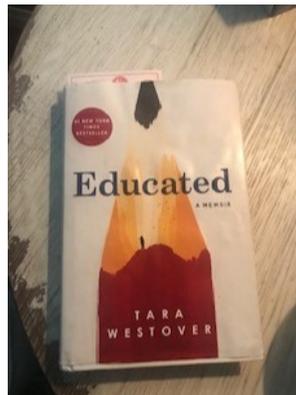
Ms. Anderson



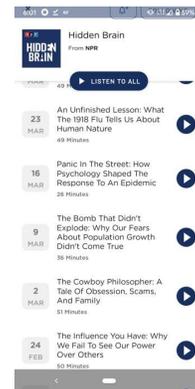
Ms. Sheely



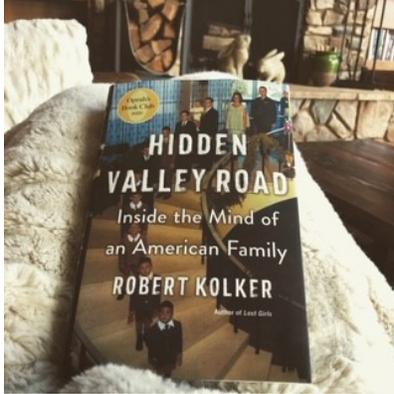
Ms. Olson



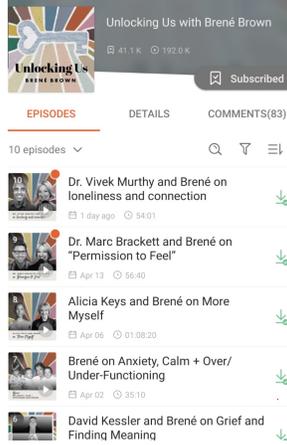
Mrs. Beresford



Mr. Erickson



Mrs. Cook



Mrs. Duarte



### Some Good News

A "news show dedicated entirely to good news" with actor and director John Krasinski operating inside his home during the coronavirus pandemic

Mrs. McGuigan

## Mental Health Spotlight



### Hello everyone!

With this being the 6<sup>th</sup> week away from school, you may be experiencing an array of emotions right now. You may be doing okay or even well, or you may be experiencing depressed mood, anxious thinking, feelings of loneliness, and grief. It is okay to feel whatever you are feeling. We are not our feelings: they are temporary. Be kind to yourself and continue to ride the waves of your emotions. This too shall pass.

One technique you can use to challenge your anxious thoughts, also known as **cognitive distortions** is called "**de-catastrophizing**," or breaking down your catastrophizing thoughts. Cognitive distortions are irrational thoughts that have the power to influence how you feel. Everyone has some cognitive distortions—they're a normal part of being human. However, when they're too plentiful or extreme, they can be harmful. One common type of cognitive distortion is called **catastrophizing**. When catastrophizing, the importance of a problem is exaggerated, or the worst possible outcome is assumed to be true. We also often tend to downplay our ability to cope with a problem if it does arise. By learning to question your own thoughts, you can correct many of these cognitive distortions. Ask yourself the following questions. It may be helpful to write down the answers:

- What am I worried about?
- How likely is this to come true? Think of examples from your past experience or other evidence to support your answer.
- If my worry does come true what is the worst that could happen?
- What is most likely to happen?
- If my worry comes true, what skills and support do I have to deal with the problem?
- If my worry comes true, what are the chances that I will be ok.... In one week? In one month? In one year?

By using this technique, you can recognize your cognitive distortions and may come to realize that you have the support you need to get through your imagined events even if they do occur. Click for a [video](#) about de-catastrophizing your thoughts:

Suzanne Campiche, LICSW  
*she/her*  
School-based Social Worker  
Eastlake High School

### **Evergreen Social Workers**

- We have Evergreen Specialists M-F from 11am-2pm for any concerns you have, including anxiety, depression, grief, how to deal with being isolated, etc.
- Click on the link to enter the “waiting room” for [Ms. Campiche](#).

### **YES Drug and Alcohol Counselor**

- Along with being able to contact Allyse through her email: [c-adiire-day@lwsd.org](mailto:c-adiire-day@lwsd.org) to set up telehealth meetings, Youth Eastside Services will also be offering office hours for students to check-in during the building closures.
- Office hours with the YES counselor for Eastlake High School will be offered on Tuesday's from 2pm to 4pm. Office hours will be offered on a first come and first serve basis. The counselor will be checking in with participants in 15-20 minute increments. Please know that you'll be seen in the order that you arrive. To allow for flexibility and for the counselor to see everyone in a timely manner, please show up for office hours before 3:45pm. This allows your counselor time to plan ahead and check-in with everyone. The link will be sent out in our newsletter next week and posted on the Eastlake Counseling website.
- These check-ins are for support and you can schedule more time with the counselor at a future date. This is not a crisis line. If you are experiencing a life threatening emergency or currently suicidal and cannot keep yourself safe, please call 911 or call the Crisis Line at 206-461-3222 or text HOME to 741741.

## **Remote Learning Tips**

### **Tips, Tricks, and Strategies for Remote Learning**

Assignments and learning expectations will be pushed out on Mondays. Take some time to sit down and create a plan for the week. You should plan for 3-5 hours of assigned learning or 30-45 minutes per class per day.

Think about what works best for you to stay organized. Did you have a system that worked for you prior to schools closing? If so, use it.

Some ideas:

- Calendar on outlook
- Reminders on your cellphone
- Paper planner
- To-Do list
- Sticky Note App on your computer desktop

Keep the EHS Office Hours Schedule in mind when you are planning. Schedule found [here](#). It is recommended that you attend these sessions whenever possible. This is where you can connect in real-time with your teachers and peers.

You may have to work out a schedule with other family members in your home, ensuring you have the bandwidth to complete your required tasks or participate in any live sessions with your teachers.

## **SAT and ACT during COVID-19**

### **FAQ's From the College and Career Center Inbox**

#### **What is the latest on SAT and ACT testing dates?**

[College Board](#) plans to increase testing opportunities this fall with SAT administrations every month through the end of the calendar year beginning in August. Registration will open the week of May 26. June registrants will be able to transfer their seat to a 2020-21 administration. All other students in the Class of 2021 who don't have SAT scores will also have early access to register for the August, September, and October administrations. This includes students who had registered for March or May and had their registrations canceled and refunded. College Board is also preparing to significantly expand capacity.

[ACT](#) is offering “flexible scheduling” and still plans to offer June (as of now), July, September, October, and December sittings with fall registration opening in July.

College Board is also considering an at-home testing model should schools be unable to open in the fall. The ACT plans to offer a computer-based, at-home exam for students in late fall or early winter.

### **Where do I find a list of test optional schools?**

[Fair Test](#) keeps a list test optional schools. With 3 consecutive months of SAT/ACT cancellations impacting hundreds of thousands of students across the country, the list has grown exponentially, including the [University of Washington](#), public colleges in [Oregon](#), [University of California](#), the [Cal State system](#) and others. The list stands at 1300+

### **Should I still prepare for the SAT or ACT?**

This is a great time to consider your (entire) list of schools. Check admission websites for the latest requirements. Your list may contain schools that are test optional, require scores, or a mixture of both. If you're applying to a school that requires scores or wish to submit them to a test optional school, our go-to free test prep resources are Method Test Prep (available through your [Xello](#) account), [Khan Academy](#), and [ACT Academy](#).

### **Will potential online tests be viewed differently than previous tests?**

We'll learn a lot about the security, technology, ease of use and equity of the online format with this year's AP exams. Online testing is common at the graduate level (GRE, LSAT). Because of this year's uncertainties, many colleges are text flexible for the Class of 2021 and beyond. Test optional puts you in the driver's seat on whether to take a test or submit scores.

### **How will colleges evaluate students without test scores?**

Test scores have always been just "one piece" of the application puzzle. Test optional schools use other factors—transcript, GPA, rigor, senior year schedule, grade trend, etc.—to determine your academic readiness. The transcript will always be the cornerstone of an application. Colleges will also look at essays, letters of recommendation, and activities to get a feel for what you might bring to campus. P.S. You don't need to spend a lot of money on summer programs to stand out in the application process. Virtual activities, volunteering, intellectual enrichment, family and other responsibilities can highlight your background, passions and potential. See the College and Career Center PSL page for ideas.

### **If the Class of 2020 has a lot of gap year/deferral requests, will the Class of 2021 admissions cycle be more competitive? Should we expect other shifts?**

We chatted with a few colleges to get a sense. Colleges may see additional Gap Year requests from the Class of 2020, but will likely cap how many they grant to minimize impact on the Class of 2021. They also expect to see more students staying closer to home to take advantage of lower tuition and reduced travel so this could improve admit rates at some selective private schools.

### **Should I submit a score to a test optional school if I've already tested or plan to take a test in the summer or fall?**

Take a look at the SAT/ACT middle 50<sup>th</sup> percentile published on the school's freshman class profile or on a site like [Big Future](#). Consider submitting your score if it's at or above that range.

### **What about schools that use test scores for merit scholarships?**

Some colleges (currently) use a GPA/Test score grid to award merit scholarships. We expect to see changes to this methodology at newly test optional schools. Please reference the scholarship tabs of college websites for the latest.

### **Do you think application deadlines will look different for the Class of 2021?**

We have our eye on this. With the volume of test cancellations this spring, schools may extend deadlines to give students more time. There may be a decrease in (binding) Early Decision applications as families look for more time to compare offers. We'll know more in the fall!

### **With so much uncertainty with test scores, campus visits, and requirements, what should juniors be focused on right now?**

Focus on your remote learning schoolwork, connect with friends and classmates through online platforms, and stay physically and mentally active. Double check your senior schedule. Register for a summer/fall test if schools on your list require scores or you wish to submit them. Stay engaged through virtual activities, volunteer, etc. but your health and family responsibilities come first. Everyone will have a chance to explain COVID-19 circumstances on their future applications. Think about who might write letters of recommendation for you. Summer leaves plenty of time to do application-related tasks so try not to stress about those right now. [Read this reassuring letter from an Admissions Dean](#)

### **Do you have additional questions?**

[College and Career Center PowerSchool Page](#)

**Class of 2020, send us your photos!**

# Eastlake Class of 2020

VIRTUAL

## Destination Day

### Class of 2020, let's celebrate!

- Send a photo/short video clip to [EHS-DestinationDay@lwsd.org](mailto:EHS-DestinationDay@lwsd.org) so we know what's next for you.
- We'll be celebrating Destination Day on June 1st this year. Please take your time making your decision and let us know how we can support you.!

## Scholarships

### Scholarship applications are still open!

- Deadlines are approaching for [LWSD PTSA](#), [Inglewood Middle School PTSA](#), [Marty O'Connor](#), [Ben Cushing](#), and the Overlake Panhellenic Alumnae Association scholarships.
- Find the latest on the [Scholarship Tab](#) of the College and Career Center PowerSchool page.

### Class of 2020 Scholarship Reporting Tool for Commencement

- Seniors, let us know about any college or outside scholarships you've worked [here](#) even those you don't plan to use. No matter what Commencement looks like, we're celebrating you!

## College Spotlight

### Washington State University (Main Campus)



**Founded:** 1890, one of the oldest [Land Grant](#) institutions in the West.

**Type:** Public

**Location:** Pullman, WA (large town, rural setting) 7 miles west of the Idaho border.

**Size:** 21k on the main campus

**Athletic Conference:** NCAA 1

**Calendar:** Semester

**Admit Rate:** 76%

**Test Scores (50th percentile):** SAT 1020-1230; ACT 20-26; Applicants who are impacted by test cancellations may contact [admissions](#)

**Admission Factors (2018-19):** GPA, Standardized test scores (very important); Rigor (important); activities, talent, volunteer, work, recommendations (considered as needed); rank, essay, interview, alumni relation, residence, demonstrated interest (not considered)

**Programs:** 12 colleges, 200 fields of study, 98 majors, 86 minors, 140+ graduate and professional degrees

**Popular Majors:** Business, engineering, social sciences, psychology, communication/journalism, health sciences, biology

**Known for:** In the heart of the "[Palouse](#)" with its vast rolling hills; [assured admission](#) for students with 3.5+ GPA; [Edward Murrow College of Communication](#), [Veterinary medicine](#) and animal health research (\$25 million grant from the Bill & Melinda Gates Foundation); [Honors College](#); Ol' Crimson" (the WSU flag) has appeared on every [ESPN College Game Day](#) set since the 2003 football season; Eastlake nominates 2 seniors every fall to compete for WSU's full tuition [Regents](#) Scholarship

**Links:**

## We are here to support you

Do you have ideas for future newsletters?

Send your ideas or comments to

Sara Anderson ([saranderson@lwsd.org](mailto:saranderson@lwsd.org)) or Carol McGuigan ([cmcguigan@lwsd.org](mailto:cmcguigan@lwsd.org)).