



This Week in Guidance

Counselor Contacts

9th/10th: Ms. Kravitz 11th/12th: Mr. Harcharic College: Ms. Hughes
debbie.kravitz@mrhschools.net justin.harcharic@mrhschools.net rachel.hughes@mrhschools.net

College Representative Visits

(all visits are in the R&D)

This week	Next week	Later this month	Down the road
	10/13- 8:30 AM	10/27- 8:30 AM	11/10 8:30 AM
	• U. of Central Missouri 9:00 AM	• Illinois Wesleyan 9:00 AM	• Truman State 9:00 AM
	• STLCC 9:30 AM	• U. of Missouri 9:30 AM	• Lindenwood 9:30 AM
	• Southern Illinois-Carbondale	• SEMO	• Maryville

Contact [Ms. Hughes](#) or [Mr. Harcharic](#) if you're interested in attending a College Rep Visit!

ACT Info

Next test date: **October 22**

Registration deadline: **September 16**

Registration Link: [ACT Online Registration](#)

Scholarships & Programs

- [ESA Foundation Scholarships](#)
- [Earl Collins Foundation Scholarships](#)
- [MRH PSAT Registration](#)
- [QuestBridge National College Match Scholarship](#)
- [TASH Program Information and Interest Form](#)
- [MO "Return Strong" Job Initiative](#)
- [MO Registered Apprenticeships](#)
- [Missouri Southern State visit days](#)

News & Events

- [College Essay Writing Skills](#)

Useful Links

- [High Demand/Critical Need Occupations list](#)
- [Studentscholarships.org newsletter](#)
- [South Tech info video, program list, course descriptions](#)
- [A+ Schools Program](#)
- [UMSL Bridge Program](#)

= NEW LISTING

College Counseling

Hello MRH High School!

My name is Rachel Hughes and I am your new MCAC College Adviser. I am so excited to meet everyone and support you in your postsecondary journeys!

Seniors: As the school year starts to take off, I would love for you to be thinking about what you want to do after high school and how I can support you through this process. This year is going to fly by, so let's start planning now! The first step would be setting up a one-on-one meeting with me during your study hall/ free periods!

The best way to do that would be to email me at rachel.hughes@mrhschools.net or schedule yourself directly into my calendar using this link: <https://calendly.com/hughesrachel/meeting>.



This Week in MRHHS Arts



This Week in MRHHS Sports

Home games in bold

Volleyball

- **Mon 10/3 vs. Valley Park 4:00 PM**
- **Thu. 10/6 vs. Principia JV 4:00 PM, V 5:15 PM**
- **Fri. 10/7 vs. Brentwood JV 4:00 PM, V 5:00 PM**

Cross Country

- Thu. 10/6 Orchard Farm Invitational 4:00 PM

Soccer

- **Mon 10/3 vs. Brentwood JV 6:00 PM**
- **Tue. 10/4 vs. Valley Park V 4:00 PM, JV 5:30 PM**
- Thu. 10/6 @ Collegiate 4:00 PM
- **Fri. 10/7 vs. Bayless JV 4:00 PM, V 6:00 PM**

Softball

- **Mon 10/3 vs. Metro 4:00 PM**
- Tue. 10/4 @ Bayless 4:00 PM
- Wed. 10/5 @ Incarnate Word 4:15 PM
- **Thu. 10/6 vs. University City 4:00 PM**



Selective Service Are You A Young Man, 18 years of age?

All young men who are 18 years of age must register with the Selective Service. Those who fail to register may be denied student loans, scholarships, governments jobs, or a drivers license in most states. If you are a male immigrant seeking to become a citizen, you must also be registered.

Registering with Selective Service is important for your future. It keeps you eligible for many opportunities AND it is the law

Questions? E-mail jessey.devaney@mrhschools.net

[Register Online](#)

College Planning Calendar- October

Juniors

- Take the PSAT/NMSQT
- Attend college fairs and financial aid events
- Continue to gather information about schools that interest you
- Meet with college reps at school

Seniors

- Take ACT
- Take the SAT I (if applicable)
- Work on admission applications and college essays
- Send in EARLY DECISION application materials
- Register for the CSS/Financial Aid PROFILE if applicable
- Follow up on letters of recommendation

Need homework help in math or science?

Contact AskRose!

Available from 6 PM- 9 PM Sunday- Thursday
Communicate via e-mail, chat, or phone call

[AskRose Homework Help](#)