

News & Notes from Saint Raphael Academy

A bi-weekly update of campus
events and happenings.



In This Issue

- 2-3 Campus News
- 4 Calendar/Dates to Know
- 5 Guidance News
- 6-7 College Fairs/Open Houses
- 8-9 College Essay Info
- 10 FAFSA Info
- 11-12 Scholarships
- 13 Guidance Information

Ohana means family. Family means no
one gets left behind or forgotten.

-- Lilo and Stitch

News and Notices

Important COVID Information

- Every student, faculty and staff should complete the health assessment on MyMedBot app daily prior to coming to school or starting classes remotely.
- Do not come to school if you are feeling sick.
- Face masks must be worn at all times while on campus, except while eating lunch.
- Additional resources can be found on our SRA [Resources](#) page.

Save the Date!

SRA Flu Clinic -- October 20

It's especially important to get your flu shot this year, and it's free! Students can register to receive a flu shot at SRA at schoolflu.com.

Order your Saints swag online!

Now you can order from the [school store online](#)! You can pick up your purchases at the store or have them shipped, and you can even purchase an e-gift card for that special Saint!

News and Notices

Update on 2020 Yearbooks from Lifetouch

A recent email was received from Lifetouch regarding 2020 yearbooks:

“As COVID-19 has changed the way we live from day to day, we made a promise to keep you informed about your yearbook. Printing your school's yearbook remains our commitment and priority. Lifetouch, like many organizations, continues to be impacted by COVID-19, which has resulted in unexpected yearbook delivery dates. Because you're a valued partner, we want to continue to let you know we are working on delivering your yearbook as soon as possible.

We realize the school year has started for many of you, and to not have your yearbook is not ideal. For that, we apologize.”

When yearbooks are shipped to SRA, we will notify you with our distribution plan. Thank you for your patience!

Attention Seniors--

If you haven't already done so, please schedule your senior portrait sitting with Mare Studios as soon as possible. SRA has an exclusive contract with Mare, and only photos taken by the studio will be printed in the yearbook. In the absence of a formal portrait, your ID photo will be used. Students must adhere to the school dress code -- clean-shaven, shirt and tie for boys, no tanks, camisoles or strapless tops for girls.



Class Photos

Class photos for sophomores and juniors will be on Oct. 6 for the Purple Team and Oct. 7 for the Gold Team. Order forms for photo packages are being mailed home.

SEPTEMBER/OCTOBER Calendar

27	28	29	30	1 Senior Parent Night Zoom Meeting, 6 pm	2	3
4	5 PROGRESS REPORTS	6 Class Pictures - Purple Team	7 Class Pictures - Gold Team	8 <i>Dress Down Day</i>	9 Virtual Day/ Professional Day for Faculty & Staff	10
11	12 No School - Columbus Day	13	14 SAT Test for seniors @ SRA, 8 am	15	16	17
18	19	20 Flu Clinic, 8-10 am	21	22	23 <i>Dress Down Day</i>	24

Guidance News

SAT test at SRA Wednesday, Oct. 14

(seniors only)
Submit \$52 fee to Mrs.
Ball in Guidance to
register by
Friday, Oct. 2

Class of 2021 and Senior Parents:

Guidance will hold a **College Question and Answer Night** on **Thursday, October 1 from 6-7 pm.** Please log into Zoom as one family, as space is limited. If you cannot attend, please follow up with your senior's guidance counselor. The Zoom link will be sent on Tuesday, September 29.

Virtual College Fairs and Open Houses

New England Association for College Admission Counseling (NEACAC) Fall Virtual College Fairs:

Tuesday, October 13, 2020 (6-8 pm)

Thursday, October 29, 2020 (6-8 pm)

Sunday, November 15, 2020 (1-3 pm)

[Registration for the NEACAC Virtual Fall College Fairs is now open!](#)

NACAC Virtual College Fairs

Monday, October 12 (1pm - 9pm)

Sunday, October 18 (12pm - 8pm)

Sunday, November 8 (2pm - 10pm)

[Click to view a list of the colleges represented and to register for live sessions with individual schools.](#)

Verto Education's Virtual College Fair

Tuesday, September 29 (6-9 pm)

[Register here](#)

The ¡ALCANZA! College Fair

Thursday, October 22, 2020, 3 pm – 5:30 pm

[Information and registration](#)

Virtual College Fairs and Open Houses

Springfield College

Sunday, September 27 and Sunday, November 1; access by visiting springfield.edu/virtualopenhouse. Pre-registration not required.

Manhattan College

Offering information sessions and tours in flexible formats. [Visit their website](#) for details.

University of Maine

Virtual Open Houses by major, beginning on Oct. 26. [Visit their website](#) for details.

Wheaton College

Multiple virtual events including open houses and online info sessions. [Visit their website](#) for details.

Common App Essay Prompts 2020-2021

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

College Application Essay Tips

During the 2019-2020 application year, the most popular topic of choice was: “Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.” (24.1%). The next most popular topics were: “Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.” (23.7%), followed by “The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?” (21.1%). --www.commonapp.org

Things to DO:

- Narrow your focus and keep it personal
- Prove a single point or thesis
- Try having someone read just the introduction to see what they think the rest of your essay is about
- Prove your point with specific information. Use vivid and specific facts, events, quotations, and reasons
- Proofread, proofread, proofread!
- Don't state a point, develop it
- If writing a personal narrative, tell your story - not your biography

Things to AVOID:

- Don't tell the reader things they already know
- They know their school is great, tell them something new that only you can say
- Don't write a resume. Admissions can find a list of your accomplishments elsewhere; leave them out
- Don't use 50 words when five will do
- Typos and errors can be interpreted as careless or just bad writing

How to apply for federal financial aid (college)

FAFSA

1. You will first need an ID. (An FSA ID is a username and password that you must use to log in to certain U.S. Department of Education (ED) websites. Your FSA ID identifies you as someone who has the right to access your own personal information on ED websites such as the Free Application for Federal Student Aid.)
2. Go to www.fafsa.gov and click “FSA ID” at the very top of the page. This will open a new window with www.studentaid.ed.gov
3. Click [“create an FSA ID Now.”](#) This will open a window where you can begin to create an account and ID to be used on your FAFSA form.
4. Go back to www.fafsa.gov and click “Start a New FAFSA”
5. You will need the tax return information for the previous two years—You will have access to the IRS Data Retrieval Tool to assist with this.

CSS Profile - College Board

<https://cssprofile.collegeboard.org/>

WHAT is the CSS Profile? The CSS Profile is an online application that collects information used by nearly 400 colleges and scholarship programs to award non-federal aid. (For federal aid you must complete the FAFSA, available Oct. 1 at fafsa.ed.gov.) Some colleges may require the CSS Profile from both biological/adoptive parents in cases of divorce or separation.

<https://cssprofile.collegeboard.org/pdf/css-profile-student-guide.pdf>

Scholarships

(Logos on this page are active links.)



RaiseMe



Cappex



Newly Posted in Bold

The Rhode Island Student Loan Authority is offering a Knowledge for College Scholarship worth \$2,000 for Rhode Island students. For more information please visit:

<https://blog.risla.com/introducing-rislas-knowledge-for-college-scholarships>

Stonehill College—All graduates from Diocese of Providence high schools will receive a minimum of a \$10,000 (up to \$25,000) merit scholarship. No separate application is necessary.

Horatio Alger Scholarship for students with \$55,000 or lower gross family income and a 2.0 or above GPA.

Application Deadline: Oct. 26 <https://scholars.horatioalger.org/scholarships/>

Regis University (of Boston) Presidential Catholic Schools Scholarship (full-tuition 4-year scholarship):

<https://www.regiscollege.edu/admission/undergraduate-admission/cost-and-financial-aid/scholarships> Students must be nominated by their school; see Mrs. Murphy for details. Deadline: January 1, 2021.

Scholarships

University of Virginia -- Jefferson Scholars Foundation awards full tuition, fees, and a living stipend for four years: <https://www.jeffersonscholars.org/> Students must be nominated by their school (deadline Dec. 1); if you are interested in attending UVA and you think the scholarship might be a good fit, let the Guidance Department know as soon as possible.

Salve Regina University -- RI resident students are guaranteed a minimum \$10,000 scholarship if they are admitted to Salve Regina. No separate application is necessary.

Additional Sites Providing Scholarship Information:

www.RIScholarships.org

www.finaid.org/state

www.cityyear.org

www.americorps.gov

www.scholarshipamerica.org

www.jobcorps.gov

www.risla/college-planning/scholarships

Guidance News

Mrs. Malaina Murphy

Guidance Director
mmurphy@saintrays.org
401-723-8100 X147

Ms. Rhiannon Palmieri

Guidance Counselor
rpalmieri@saintrays.org
401-723-8100 X121

Mrs. Leslie Walbridge

Guidance Counselor
lwalbridge@saintrays.org
401-723-8100 X123

Sister Regina Brennan, RSM

Guidance Counselor
rbrennan@saintrays.org
401-723-8100 X119

Mrs. Ernestina (Tina) Ball

Administrative Assistant to Guidance
eball@saintrays.org
401-723-8100 X122

Guidance visited with seniors in their theology classes last week to discuss the college application process. They will also begin visiting with freshmen in person beginning the first week of October.

If you notice your child struggling with classes, please reach out and contact their guidance counselor (this is noted on their class schedule).