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**\*\*Common App Update:** The new essay prompts have been sent to college admissions consultants like us. We are now working with rising seniors on these essays so that they are completed before summer break. Take advantage of this free time and sign up for essay services!

## Helpful Links

For info about SAT I, II, and AP Tests go to:  
[www.collegeboard.com](http://www.collegeboard.com)

For info about ACT test go to:  
[www.act.org](http://www.act.org)

For info about test optional schools go to:  
[www.fairtest.org/university/optional](http://www.fairtest.org/university/optional)

For info about financial aid go to:  
[www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)

[www.fastweb.com](http://www.fastweb.com)

[www.finaid.org](http://www.finaid.org)

For college search info go to:

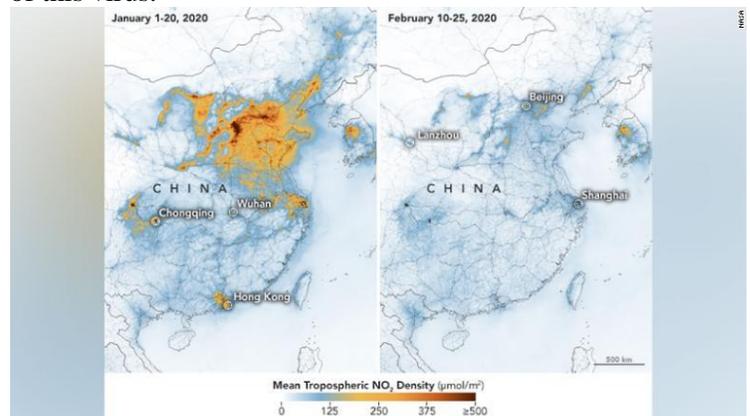
[www.collegenavigator.gov](http://www.collegenavigator.gov)

[www.collegeprowler.com](http://www.collegeprowler.com)

## COVID-19: Silver Linings

The world has obviously changed significantly since our last eletter was sent out. While there is no denying how unsettling, frightening, frustrating, and overwhelming the past couple of weeks have been for all Americans, if one looks carefully at the situation we find ourselves in, one cannot deny the silver linings that exist amidst the uncertainty.

COVID-19 has given the **entire** world the opportunity to reset itself. We have been forced to literally stop much of what we once did on a daily basis and focus our attention on what is critically important—our health and our loved ones. The ambient, internal “noise” we all contend with has lowered in volume, enough for us to be in touch with our true feelings and opinions. Even Mother Nature has taken the opportunity to reset herself: footage from space has shown a significant decrease in the amount of nitrogen dioxide over China because the factories and vehicles that emit this gas have been all but silenced in the face of this virus.



With the opportunity to reset, comes the ability to try new activities; explore new hobbies; pick up a book we have been meaning to read; and call old friends with whom we fell out of touch.

The hustle and bustle of daily life has come to a silent halt and we are now able to spend time with one other, renewing our relationships, and learning about aspects of our family members we never knew existed. Did you know your child has been

To take a virtual tour of college campuses go to:

[www.youniversitytv.com](http://www.youniversitytv.com)

To learn about Colleges That Change Lives go to:

[www.ctcl.org](http://www.ctcl.org)

## Keeping on Track:

**Seniors:** If you know where you will be attending college in the fall, congratulations! If you are still making a decision, be aware that some colleges have postponed their decision deadlines to June 1<sup>st</sup>. Please check with your colleges to confirm when your decisions are due. Please also pay attention to all communication that comes from your colleges and prospective colleges regarding Accepted Students Days and other events.

**Juniors:** Start taking the SAT or the ACT and practice ahead of time. Please be aware that the ACT test in April has been postponed due to the COVID-19 virus. The new dates are listed below. Those students who have already registered for the April test dates will receive communication from the test companies regarding how to proceed with your postponed registration.

ACT: April 4<sup>th</sup> test postponed to June 13<sup>th</sup>.  
Registration for the June 13<sup>th</sup> test date is May 8<sup>th</sup>.

The May 2<sup>nd</sup> SAT exam has been cancelled. If you were registered for this exam, you will be receiving a refund from the College Board. The June 6<sup>th</sup> test date has not been canceled. The registration deadline for this exam is May 8<sup>th</sup>.

In lieu of real-time campus visits, use websites like [www.campustours.com](http://www.campustours.com) and [www.youvisit.com](http://www.youvisit.com) to get an idea of what the colleges are like.

Think about whom you want to ask to write letters of recommendation and ask them now. Popular teachers will fill up quickly.

Start working on those personal statements!\*\*

Keep the grades up, stay involved in extra-curriculars, and take as rigorous a course load as you can successfully manage.

writing songs (music and lyrics) for the past year? Did you know that when your spouse is cleaning, it's really a sign of their anxiety or stress? Did you know your sister's favorite ice cream flavor is not vanilla, but coffee chocolate chunk?

We are also witnessing acts of true kindness. Jason and Corrin DeMent, a South Jersey couple who owns a gym that's been shuttered due to C19 is still responsible for a \$28,000 rent payment due at the end of this month. Many of their members have explicitly told the DeMents to continue to charge them for their membership, even though the members cannot take advantage of the gym's amenities. Hopefully the owners of the building will rise to the occasion and waive the rent for this month. High school students are volunteering to deliver much-needed food to the elderly who cannot leave their homes. The list goes on.

While these are scary times, without a guaranteed end in sight, these are also times that remind us of what's important in life as well as the human capacity for goodness all of us around the world are capable of achieving.

Stay safe and healthy.

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## COVID-19 Resources

Here are some ideas to help you during this time. Feel free to pass this list along to other families.

## Indoor Scavenger Hunt

Find a short book or article and summarize the content.

Find a shiny sticker.

Find a piece of fruit in the kitchen and then do 10 jumping jacks, 5 pushups, and stand on each foot for 15 seconds each to celebrate (parents feel free to adjust based on age of participants)

Find an article of clothing that is red.

Find a pair of flip flops

Point to a vase

Find a piece of candy or gum and share it with a family member

Find a roll of Scotch tape and pull a piece off and put it on the tip of your nose

Find an instrument and play a tune or drum a beat (after sanitizing it first, of course!)

Find your family pet and pat it's back.

Find some markers and a plain piece of paper and draw a picture of a family member

Find an unmade bed and make it

Find a piece of trash and throw it away

Find a paperclip

Find a clean tissue and float it in the air

Give a family member "high elbows" (like high-five, but with elbows)

Tell someone in your family your love them

Load a dirty dish in the dishwasher

Find a plant that needs water and water it.

**\*\*We are helping students with their college admissions essays now! Schedule your appointment today.**

**COVID-19 Activities to do at home\*\***

- 1) Create new routines for daily activities
- 2) Create and implement a daily schedule which addresses: wake up times, meal times, class attendance, homework, exercise, chores, and downtime
- 3) Socialize! Plan virtual hangouts with friends (Zoom is a great platform to use for group hangouts) and these hangouts can include talking, movie/television watching, going for walks (while abiding by COVID 19 guidelines for physical distancing).
- 4) Start a new hobby
- 5) Research something you have always been curious about but never pursued.
- 6) Start reading a book you always wanted to read but did not have the time.
- 7) Reach out to an old friend.
- 8) Check on an elderly friend or relative.
- 9). Start a journal/scrapbook/art journal about this experience focusing on what you learn about yourself; new perspectives; good deeds/etc.
- 10) Play a game with the family (The Un Game and Totem are fun, cooperative, and allow for positive interactions).
- 11) Create a self-care box list with the possibility of discussing with family for their perspectives.
- 12) Approach parents to do some “gaming“ with them. It is an opportunity for kids to display mastery and the parents to experience the kid’s world. For parents willing go out of their comfort zone and to do this, it can be an invaluable experience.

\*\*With contributions from Mary-Alice Michaels, one of our AcademicAlly coaches.

Find a quiet place in the house and breather quietly to yourself for 5 breaths.

**Scavenger Hunt Walk Outside:**

- Find 3 different kinds of flowers
- Find 2-3 different kinds of birds
- Find a seed pod
- Find a weed
- Find a worm
- Find a bee
- Find a fly
- Find three different kinds of dogs (you don’t have to go up to the dogs)
- Find two squirrels (a black one and a grey one)
- Find two runner/joggers
- Find two bicyclists
- Find motorcycles (especially a black one)
- Find a red car
- Look for a police officer (either on a bike or in their car) and wave
- Find a house that is made out of brick
- Find a house that is made out of stone
- Find a house that is made out of stucco
- Listen for an ambulance
- Look for a firetruck
- Find a cat
- Look for a rainbow
- Pick up five sticks
- Pick up small pebbles or rocks
- Dip your finger or the toe of your shoe in a creek or river

**Pay it Forward: Do you know someone who is struggling with the shift to virtual classroom learning?? Send them this newsletter or forward us their contact information. We want to help!**

**Contact Us**

<http://www.Academic-Ally.com>

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