Quarantine & Chill

While all this coronavirus madness may be a little overwhelming, it’s important to try to remain calm and make sure you’re maintaining your self-care and other routines. Here’s some ways to stay engaged and manage self-care during the quarantine:

- **Take breaks from social media** -- it’s okay to disconnect for a bit then check back in for updates
- **Make a daily routine for yourself** -- make a daily schedule to stick too for the next couple weeks; including class/working time, creative break, nap, meals, call/facetime a friend, etc)
- **Self-Care Break** -- take some time every week to unwind and take a break from work (mini spa, bubble bath, nap with relaxing sounds, yoga, art, meditate)

**Try these self-care resources:**
- [Calm App](#)
- [Try this Mindfulness Journal](#)
- [Meditation Exercises](#)
- [Headspace App](#)
- [Lo Fi Beats to Relax or Sleep To](#)
College Updates

- Henry Ford College: Scholarship Deadline Extended until May 4th!!! --
  www.hfcc.edu/steps/payment/scholarships

- University of Toledo is now TEST OPTIONAL!!
  This means you are no longer required to submit SAT or ACT test scores to be considered for admission!! Apply HERE!

- National Association for College Admission Counseling (NACAC) has a tool on their website that has updates from hundreds of college in regards to admission deadlines and other information during this time. Click HERE to use the tool!!

Scholarship Resources:

- www.fastweb.com
- www.scholarships.com
- www.niche.com
- www.scholarsapp.com

** For local scholarship opportunities: Join College Advising Google Classroom (T6SYFH6) --> Class of 2020 folder --> Scholarships folder **

Deadlines:

- YES Scholarship: April 1st
- HARVEST Scholarship: April 3rd
- Metro Detroit Youth Day Scholarship: April 24th
- Parkside Credit Union: April 30th
- EQUIPPED Scholarship: April 30th

MS. KENDRA'S REMINDERS

- Decision Day Survey Due - April 17th
- Complete FAFSA by May 1st --
  www.studentaid.gov
- Want to schedule a virtual appointment? Click HERE to meet with me!

College Fun Fact:

- In 1899, Michigan State Normal School, now Eastern Michigan University, became the first normal college in the nation to offer a 4-year curriculum.