

# South Elgin High School

## Student Service Resources



### How to contact us

Availability: Mon- Fri 8:30-2:30 and during set office hours. Students and parents should email Counselors with questions and requests for individual virtual meetings.

[Link to Student Services Directory](#)

### Community Supports

[Local Counseling Resources](#)

[ALL Resources \(inc food, housing, abuse, counseling, etc\) by COUNTY](#)

24/7 CARES Line 1-800-345-9049 (Screening Assessment and Support Services for all ages Medicaid/MCO's)

[Family Services of Elgin and Flyer](#)

Suicide Prevention Hotline 1-800-273-8255

### Coping Skills

- Keep a routine and maintain a healthy day-night schedule.
- Be physically active. Dance, go for a walk or find a [free exercise class](#).
- Build and maintain relationships. Keep in regular contact with friends and family who offer support. Keep communication positive!
- Have healthy ways to cope and counteract with the stress. [Meditate](#), interact with a pet, keep a journal and/or watch a comedy movie/show.

### Staying Organized

[Link to an e-learning organizer and sample schedule](#)

### U-46 Distance Learning Links

[U46 District Covid-19 updates](#)

[Digital Classroom/Technical Issues](#)

[Distance Learning Schedule](#)

Email the [Help Desk](#)

[Chromebook repair issues](#)

[School District U-46 Password Management](#)

### Post-Secondary Planning

Transcripts: Please make requests in Naviance (link in Clever) and email your Counselor.

[Local Scholarships](#) (Check often for updates)

[Scholarship Resource Guide](#)

[Free Application for Federal Student Aid](#) - Graduation requirement for Class of 2021.

Virtual College Tours:

- [SEHS Virtual College Visit](#) (Log on to [Naviance](#) to access the list of schools and sign up)
- [Campus Tours](#)
- [YouVisit](#)
- [CampusReel](#)

### APEX

Students must complete their APEX course(s) by the end of the semester to earn their credit. Contact your APEX teacher with questions.

[Mrs. Uveges](#) or [Mrs. Kaynish](#)

### Testing Updates

The SAT with Essay is a state of Illinois graduation requirement for all students in the Class of 2021, and their attendance on testing day is expected. The SAT will be offered for Seniors on September 23rd and in April. The PSAT/NMSQT will be offered to Juniors and Sophomores on October 14th.

[National SAT Test Dates/Registration](#)

[National ACT Test Dates/Registration](#)

[PSAT Information](#)

### Social Work & Nurse's Office

- [Social Workers](#) - contact directly via email.
- [Nurse's Office team](#) for any health-related questions
- Visit [U-46 Health Services](#) for info on COVID-19 and other health-related topics

***Taking the Future by Storm!***