

South Elgin High School

Student Service Resources



How to contact us

Availability: Mon- Fri 9-11, 12-3pm. 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.

Academic Supports

- Students are encouraged to complete opportunities for relearning/reassessment on material from Q3
- [SEHS Virtual Peer Tutoring](#) (By appointment)
- [SEHS E- Tutoring](#) (M-F By appointment)

Staying Organized

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

U-46 Distance Learning Links

[U46 District Covid-19 updates](#)

[Log your attendance daily](#)

Email the [Help Desk](#)

[Chromebook repair issues](#)

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

Post-Secondary Planning

Transcripts: Please make any new 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](#)

Virtual College Tours:

- [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

Per the Illinois State Board of Education (ISBE) Juniors will not be required to take the SAT this school year.

[National SAT Test Dates/Registration](#)

[National ACT Test Dates/Registration](#)

[AP Exam Information](#) - link updated frequently

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!