**Due to the coronavirus, the Counseling Office would like to provide some updates...**

**College Advice**

* Check your email frequently for college updates. Call or email the college

with any questions you have.

* Visiting - many colleges are closed due to the coronavirus. If you wanted to

visit, check out websites like [https://www.youvisit.com/collegesearch/​](https://www.youvisit.com/collegesearch/) which

provide virtual tours of many college campuses. It is also a good idea to

google the city in which the college is located to get an idea what the city is

like.

* Remember to also use the Naviance - SuperMatch College search to continue to get virtual information about colleges.  You can also go directly to any college or university homepage for a virtual tour.

**Scholarships**

**Apply to scholarships.** Please email us for support regarding deadlines or transcript requests.  Remember to search on Naviance for scholarships as well as the ones listed below:

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

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

[www.raise.me](http://www.raise.me)

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

If you need a copy of your transcript, submit a request through www.parchment.com for official copies or email your counselor for an unofficial copy.  You should be able to download copies of your test scores at [www.sat.org](http://www.sat.org) or  [www.act.org](http://www.act.org).

**College Decision information**

We will need to collect college decision information in Naviance so we know where to send final transcripts.  Please clean up your list and indicate which college you will be attending in Naviance so final transcripts can be sent to that one college in June.

**Standardized Testing**

**The March makeup and the May SAT are cancelled.** You may check [www.collegeboard.com](http://www.collegeboard.com) Here’s what we know at this time:

* Traditional face-to-face exams will not take place.
* Instead, students will take a 45-minute online free-response exam at home.
* Any student already registered for an exam can choose to cancel at no charge.
* There will be 2 different testing dates for each exam. One sooner than normal, to accommodate students who wish to take the exam while the material is fresher in their mind and a later date near the usual exam dates for students who would like more time to study
* The full exam schedule, specific free-response question types that will be on each AP Exam, and additional testing details will be available by April 3.
* Students will be able to take these streamlined exams on any device they have access to—computer, tablet, or smartphone. Taking a photo of handwritten work will also be an option.

**What to do if I struggle over break?**

* Resources can be found on our website at https://www.a2schools.org
* School Counselors will continue to check email regularly and our goal is to respond within 24 hours during the work week.  **We are here for you all!**

**Coronavirus Resources and Coping Strategies**

**Washtenaw County information:** [washtenaw.org/covid19](https://www.washtenaw.org/3095/COVID-19)

**Michigan information:** [www.michigan.gov/coronavirus](https://www.michigan.gov/coronavirus)

**United States information:** [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

**World Health Organization:** [www.who.int/coronavirus](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

**Coping with Stress During Infectious Disease Outbreaks:** <https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

**Coping with Coronavirus Anxiety (Harvard Medical School):** <https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>

**7 Science-Based Strategies to Cope with Coronavirus Anxiety (The Conversation):** <http://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

**What You Need to Know about COVID-19 (CDC):** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

**Manage Anxiety and Stress (CDC):** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>