Virtual Brown Bag Lunch
for high school counselors and access advisers

May 1, 2020
Today’s Agenda

• Welcome and Housekeeping
• Check In
• Take a Deep Breath
• St. Louis Community College updates
• UMSL Bridge Commit to Success College Prep webinars & Saturday Academy
• Supporting & Celebrating Seniors – Big Brothers Big Sisters
• Supporting Students with Disabilities – Starkloff Disability Institute
• Supporting Student Athletes – Trudy Steins
• Support Group for 2020 Seniors – West County Psychological
• Resources to Share
• Check-out and Adjourn
Housekeeping Reminders

• **Please remain on mute.** But join us by video if you can.

• **Please use the Chat function to react to a presenter or to ask a question.**
  • “Private” chat is not private – it shows up in our chat log we send out. FYI!

• Thanks to:
  • Ashley June Moore for managing our Chat
  • Kaitlyn Venta for taking today’s notes
  • All of our amazing presenters today for sharing their insights
  • YOU for all you are doing to support students every day 😊

• **We are recording today’s session.** Video, chat, notes and PPT will be posted to our website: [https://stlouisgraduates.org/2020/04/01/brown-bag-virtual-lunches/](https://stlouisgraduates.org/2020/04/01/brown-bag-virtual-lunches/)
How are you feeling right now?
Today’s Deep Breath:
St. Louis Community College Updates

- Dr. Feleccia Moore-Davis, President, Meramec Campus
- Keith Robinder, Vice President of Student Affairs
- Phillip Campbell, Manager Admissions and Enrollment Services
- Diana Johnson, Dual Credit/Dual Enrollment
Accessibility: Four main campus locations, two education centers, day and evening courses, options for course delivery
Program Options: STLCC has more than 80 programs, 4 transfer degree options, and Dual Enrollment/Dual Credit
Student-Centered Learning Environment: STLCC offers personal attention, small class sizes, academic support services and a quality education
Affordability
  $113.50/credit hour (in-district)
  $161.50/credit hour (Other Missouri Residents)
Enrollment at STLCC

• STLCC is one of the largest transfer institutions in the state.
• STLCC is one of the top Associate Degree-producing institutions in the country.
• STLCC is fully accredited by the Higher Learning Commission.
• STLCC aligns with the Missouri Transfer Guarantee CORE 42 Transfer Curriculum allows for easy-to-transfer credits – saving students time and money as they work toward a degree.
74% of STLCC students who transferred with the Associate degree graduated from their four-year institution after 4 years compared to 57% of those who did NOT earn their degree prior to transferring.
Take a Class On Us!

At STLCC, our mission is to help every person earn a degree in the field of their dreams. This summer, take a class on us and get closer to graduating, transferring or even getting a jump-start on your career! Taking classes this summer can help you start strong and finish even stronger.

www.stlcc.edu/summer

Financial Support Options

• A+
• Financial Aid (STLCC’s FAFSA school code is 002469)
• Scholarships
Dual Enrollment/Credit and Early College Opportunities

Dual Credit ($25 per credit hour)
- Course taught by a high school instructor through the high school
- Jump Start to College Scholarship- 6 credit hours of tuition per semester for dual credit students for those who qualify

Dual Enrollment ($67 per credit hour)
- Taught by STLCC instructor at STLCC campus or home high school
- Students take STLCC classes

Early College
- Goal: earn associate’s degree by high school graduation
- Early College is under the Dual Enrollment umbrella
Commit to Success Webinars

Channon Peoples
Director
UMSL Bridge Program

UMSL Bridge Virtual Summer Academy

https://www.umsl.edu/~precollegiate/programs/summer.html
Supporting 2020 Seniors

Tashanna Stanciel
Senior Director of Big Futures, Big Brothers Big Sisters of Eastern Missouri
EMPOWERING YOUNG DREAMS
Supporting Class of 2020 Seniors

Senior Party Packs
• Bigs will deliver

Virtual Big Futures Lunch
• Seniors connect with Big Futures Team and Alumni Littles

Bigs Happy Hour
• Invite Bigs to ask questions on how to “be there” for their senior Little

Individualized coaching, support, and guidance
• 95 seniors

Tashanna R. Stanciel
Senior Director of Big Futures
trucker@bbbsemo.org
314-764-1497
Supporting Students with Disabilities

Starkloff Disability Institute

- Blair Dammerman, Youth Programs Manager
- Danielle Giuffrida, DREAM BIG Coordinator
- Katie Fields, College Outreach Coordinator
Supporting Student Athletes

Trudy Steins
Retired School Counselor, Pattonville High School

See separate flyer
2020 Seniors Support Group

Jacqueline Siempelkamp, MS, NCC, LPC
Therapist
West County Psychological Associates
(314) 275-8599

Support Group for 2020 High School Seniors
Grieving the loss of senior year due to COVID-19

Saturdays, 11:00 a.m. - Noon
5/9, 5/16, 5/23, 5/30, 6/6, and 6/13

Throughout the onset of COVID-19, there have been new challenges that have come up uniquely for high school seniors. They are coping with how to be apart from their friends and peers at school, while grieving the abrupt end to their high school career. The stress of high school is already difficult enough, not to mention the added adjustment of new online school and being confined to the home for their safety. This year’s senior did not get to experience their last athletic season, school play, prom, or graduation. In addition to loss, there is also the impending unknown of what summer and fall will look like. I am hosting a therapeutic support group through Zoom to help 2020 seniors engage in self-care and learn coping skills to help get them through this difficult time, on top of life stresses they may have already been experiencing. This therapeutic support group will focus on connecting with others, engaging in healthy socializing, processing grief due to unexpected circumstances, promoting healthy self-esteem, and more.

Your adolescent will learn to:
• Cope with grief and associated emotions (anger, sadness, anxiety, etc.)
• Find meaning in life moving forward, despite the uncertainty of what the world might look like
• Improve and strengthen relationships (family, friends, peer interaction)
• Practice healthy communication
• Implement positive social skills
• Improve self-esteem
• Implement useful coping skills
• Strengthen problem-solving strategies

Group Leader: Jacqueline Siempelkamp, MS, NCC, LPC enjoys working with adolescents presenting with a range of concerns, including depression, anxiety, LGBTQIA+, adjustment or phase of life transitions, relationships, substance abuse, behavioral concerns, and school/academic issues. She works diligently to facilitate a strong therapeutic bond and creates a safe, nonjudgmental space. Jacqueline supports collaboration with parents and other professionals to effectively achieve goals and facilitate change.

Who Should Attend: 12th grade students who have been impacted by COVID-19.

Cost: Free. Fees for this program are paid through health care grant funds available during the national pandemic.

Date and time: Saturdays, May 9, 16, 23, 30 and June 6 and 13; 11:00 a.m. to 12:00 p.m. each date.

Location: Online conference platform Zoom. Invitations to join will be sent to registered group members.

Registration: To register, or for more information, please contact Jacqueline Siempelkamp at the West County Psychological Associates office. (314) 275-8599.
Resources to Share

• STLGraduates COVID-19 response page
• Racial equity in online environments webinar series from Center for Urban Education
• Staying Connected to Students in the time of Coronavirus
Next Week

• Career advising resources and opportunities
• Have something to share? Let us know!

• Please e-mail questions, topics, ideas, resources to info@stlouisgraduates.org
One-word Check Out – via Chat box

How are you feeling now after this call?
Perhaps, even here, I am growing. When the days are long and I do not feel as strong and when the hours go by slower than they ever have before, and sun is shining and I am lost indoors, perhaps even here, I am growing. Learning to be at peace in what does not make sense to me. Perhaps, even here I am growing — Morgan Harper Nichols
Stay Well!