



## **A MESSAGE FROM THE COUNSELING DEPARTMENT**

Dear Parents and/or Guardians,

As you know, Army and Navy Academy will be moving towards a virtual distance learning strategy as a response to the evolving COVID-19 situation. Part of this online support will also include counseling services. Please see below for further information on how counselors will be using online strategies to provide support for you and your Cadets.

### **Social/Emotional Support**

The Counseling Team is prepared to provide virtual meetings with Cadets in order to support and assist them throughout this uncertain time. There are a few different ways to do so:

- Email your counselor
  - Ms. Siegel: [bsiegel@anawarriors.org](mailto:bsiegel@anawarriors.org)
  - Mrs. Benedict: [tbenedict@anawarriors.org](mailto:tbenedict@anawarriors.org)
  - Mrs. Morgan: [cmorgan@anawarriors.org](mailto:cmorgan@anawarriors.org)
  - Mrs. Tucker: [ktucker@anawarriors.org](mailto:ktucker@anawarriors.org)
- Make an appointment using Calendly to schedule a Google Hangouts Video Call
  - We understand that having face-to-face meetings are important, so we will be available to video chat with you and/ or your Cadets using Google Hangouts. We ask that you try to book an appointment at least an hour in advance so we can be prepared.
- Google Hangouts Messenger
  - Cadets are welcome to message their counselor anytime on Google Hangouts if they would prefer not to chat face-to-face. We will answer as soon as possible, as long as we are not in session with another Cadet.

### **Book An Appointment**

Cadets can follow these calendly links to make an appointment

- Ms. Siegel: [www.calendly.com/ms\\_siegel](http://www.calendly.com/ms_siegel)
- Mrs. Benedict: [www.calendly.com/tbenedict](http://www.calendly.com/tbenedict)
- Mrs. Morgan: [www.calendly.com/catiemorgan](http://www.calendly.com/catiemorgan)
- Mrs. Tucker: [www.calendly.com/mrs\\_tucker](http://www.calendly.com/mrs_tucker)

**March 17, 2020**

### **Academic Support**

We understand that it may be difficult to adjust to this new schedule and manage your Cadet's study habits while at home for this extended time. The Counselors are available to provide advice and guidance if needed, and encourage Cadets to reach out and communicate if they are struggling to manage their time or assignments.

### **College Prep Support**

The Counseling Team will be preparing virtual guidance lessons for Juniors to review every other week as they had been doing in LET 3. These will be crucial to review to ensure that they are ready to apply to college when they return in the fall. We encourage Juniors to log into their Naviance accounts and start building their college list and conducting research of their own. If you or your Cadet experience issues logging into Naviance, please email your Counselor for assistance.

### **SAT, ACT, and AP Exams**

As of right now, the SAT and ACT exam administrations have been cancelled for all upcoming test dates, including the May SAT. We are still waiting on further instruction for AP exam administration, and will keep you updated as the situation develops.

### **Information for Senior Parents**

We are very sorry that this situation is impacting the end of your Cadet's senior year. We know that this creates some complications with us being able to provide support as they make their final decisions on plans for next fall, and we will make every effort to support them from afar. Please encourage your son to continue to check his email and portals and notify his counselor if he hears back from any colleges regarding acceptances, denials, or waitlists. We will post information and tips in Google Classroom on filling out housing applications, submitting your deposit (by May 1), and gathering financial documents for international students.

### **Google Classroom**

All Cadets have been invited to join a Counseling Google Classroom where we are posting grade-specific content and resources for Cadets to view and use. This is our way to get out information to all Cadets, so please check it at least once a week.

Sincerely,

### **The Counseling Team**

[Catie Morgan](#) (Last Names A-H):

[Brittany Siegel](#), Lead Counselor (Last Names I-O):

[Tina Benedict](#) (Last Names P-Z):

[Kayla Tucker](#) (All Middle School):

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