

# News from the Student Services Department

## Naviance Alumni Accounts

Students will still have access to their Naviance accounts, as an alum. Students will need to make sure they **add a personal email address near or after graduation.**

**All senior FCPS email address will become inactive at the end of the school year.**

Login to your Naviance account as usual, click on the "About Me" tab in the upper right-hand corner. From the drop-down menu, click "My Account." Under "Contact" click "edit." From here, change your FCPS email to your personal email address.

## Senior Survey for FCPS:

If you haven't already done so, please complete the county-wide Senior Survey 2023. Go to your Naviance account at: <https://student.naviance.com/tuscarorahi> and log in using your FCPS email address with NO password. Once logged in, click on the "Planner" tab at the top of the page, click on "Tasks" from the drop-down menu, and scroll down to "Senior Survey 2023." Click on the link and then click "take this survey" in blue, on the right-hand side. From here, please complete the survey.

## Important Senior Dates:

**Thursday, May 18th: Seniors last day of instruction.**

**Monday, May 22nd: Graduation practice in the gymnasium from 8:00 am - 12:00 pm**

**Tuesday, May 23rd: Graduation practice in the gymnasium from 8:00 am - 12:00 pm**

**Wednesday, May 24th: Graduation practice in the gymnasium from 8:00 - 10:30 am, Award Ceremony in the auditorium from 10:30 am - 12:00 pm**

**Seniors are expected to be ON TIME for all practices. They also expected to stay for the entire practice.**

- **If seniors do not stay for each practice – for the entire practice – they will not participate in the ceremony.**

- If you are late to practice, you will be given a detention for the amount of time you are late PLUS 30 minutes (example – if you are 2 minutes late, you will serve 32 minutes of detention that same day after practice.)

**Thursday, May 25th: Graduation at the Knott Arena at the PNC Sports Complex on the Campus of Mount Saint Mary's University - beginning at 9:30 am.**



**This week, if you notice yourself feeling stressed or engaging in negative self-talk, try this practice.**

1. Pause and take a few deep breaths.
2. Place your hand over your heart. Notice the warmth and gentle pressure of your hand on your chest.
3. If you wish, make small circles with your hand on your heart.
4. Feel the natural rising and falling of your chest as you breathe in and out.
5. Tell yourself something kind, like “I know this is hard, and you’re doing the best you can.”

Ideally, repeat this exercise for a few minutes, several times a day or whenever you feel stressed.

**CONGRATULATIONS CLASS OF 2023**