



November 22 & 29, 2019

**Bloomfield Hills High School
Counseling Office
& College Resource Center
Newsletter**



2019- 2020 SCHOOL YEAR COUNSELOR ASSIGNMENTS

A-C (9 th -12 th) Ha-Her (9 th)	Brian Fitzgerald	bfitzgerald@bloomfield.org
D – G (9 th -12 th) Hes-Hun (9 th)	Jim Fogle	jfogle@bloomfield.org
H – K (10 th -12 th) IB A-K (2020) Bowers Academy (9 th -12)	Laura Hollyer-Madis	lhollyer-madis@bloomfield.org
L – O (9 th -12 th) Hou-Kaf (9 th) IB L-Z (2020)	Shayna Klein	sklein@bloomfield.org
P – Si (9 th -12 th) Kag-Kh (9 th)	Melanie Brooks	mebrooks@bloomfield.org
Sj – Z (9 th -12 th) Ki-Kz (9 th)	Tony Midea	amidea@bloomfield.org

Counselor Updates

In Process:

Seniors

Reminder: Seniors, submit your Community Service “Service as Action” [google form](#) prior to the end of Semester 1, otherwise you will have a grade of “I” Incomplete on your Semester 1 transcript for the Community Service requirement.

Seniors, if a college needs your quarter grades, please see Mrs. Deb Shoultz in the Records Office and sign up to have your grades sent as soon as possible. Please see your counselor if you have any questions.

Juniors

Counselors have completed junior EDPs and provided each junior with a purple College Handbook over the past two weeks. Ask your student to share what they learned in these meetings. There is a wealth of information included in the College Handbook, including a calendar for the Class of 2021 on page 22, with monthly reminders of steps to complete in preparation for the college admission process.

Junior families, please mark your calendars for Junior College Night 101 on May 18, 2020. This informative meeting, led by the BHHS Counseling Department, is for junior students and parents/guardians to review the College Application Process.

Upcoming:

Sophomores

Counselors will complete 10th grade EDP lessons in early December 2019.

AP Testing Updates

Students will now sign up for AP tests in the fall. The registration/payment deadline was November 1, 2019. The cost of each exam is \$94. For payment information [click here](#). All exams must be paid for before they can be ordered. There is a \$40 late fee after November 1, 2019.

CRC News

Cleveland Institute of Art 2020 Summer Pre-College Program

Experience life as an art + design student. Earn college credit. Eat. Sleep. Breathe. Art. Creativity Matters. At CIA's Pre-College Program you'll spend two or four weeks using tools and processes available only to our students and experience life at a college of art and design. Priority deadline February 15, 2020. Click [here](#) for more information.

ACF Visionary Scholarship

Applicant must be currently enrolled as a high school freshman, sophomore, junior, or senior (2022, 2021, 2020, or 2019) and must be a United States citizen or eligible non-citizen. Financial need is NOT considered; all income levels are encouraged to apply.

Awards range from **\$1,000** to **\$5,000** each with multiple winners to be selected. Each award is a non-renewable, one-time award and is to be used exclusively to offset costs and fees related directly to the student's first year of higher post-secondary education at an accredited institution of the student's choosing within the US. Click [here](#) for more information. Deadline May 1, 2020.



GE-Reagan Foundation Scholarship Program

Honoring the legacy and character of our nation's 40th President, the GE-Reagan Foundation Scholarship Program rewards college-bound students who demonstrate exemplary leadership, drive, integrity, and citizenship with financial assistance to pursue higher education.

Each year, the Program selects numerous recipients to receive a \$10,000 scholarship renewable for up to an additional three years – up to \$40,000 total per recipient. Awards are for undergraduate study and may be used for education-related expenses, including tuition, fees, books, supplies, room, and board. In addition, Scholars are invited to participate in a special awards program and receive ongoing leadership-development support. Click [here](#) to apply.

INTRODUCING THE COLLEGE BOARD OPPORTUNITY SCHOLARSHIPS

A Clearer Path to College for All Students

Applying to college is a complicated process, so we've created a program that guides you through it. It doesn't require an essay, application, or minimum GPA. Instead, it rewards your effort and initiative. Starting this December, complete key steps along your path to college for a chance to earn scholarships.

[Watch Video](#)

[College Board Scholarship Opportunities](#)

The Scholarships

The more effort you put in, the more chances you get to earn a scholarship ranging from \$500 to \$2,000. If you complete all six steps, you're eligible to earn a \$40,000 scholarship. Scholarships are awarded—through monthly drawings—to students who complete each step.

1. Build Your College List: \$500

Get started by exploring colleges you're interested in.

2. Practice for the SAT: \$1,000

Use [Official SAT Practice on Khan Academy](#)[®] to get ready for test day.

3. Improve Your Score: \$2,000

Show how practice pays off by improving your SAT score.

4. Strengthen Your College List: \$500

Make sure your college list has a mix of academic safety, fit, and reach schools.

5. Complete the FAFSA: \$1,000

Fill out the free government form to apply for financial aid.

6. Apply to Colleges: \$1,000

Apply to the schools you want to attend.

Complete Your Journey: \$40,000

Complete all six scholarship steps to be eligible for a \$40,000 scholarship.

Beginning with the class of 2020, we'll be awarding scholarships ranging from \$500 to \$40,000.

This isn't your typical scholarship program. It doesn't require an essay or an application, and it doesn't have a minimum GPA or SAT score requirement. The College Board Opportunity Scholarships are different. The program is open to all students who attend high school in the United States, Puerto Rico, and other U.S. territories.

Credit Union ONE-- William G. Coyne Memorial Scholarship Program

This scholarship is for graduating high school seniors that are a member of a family that has been a member of the Credit Union ONE for 6 months or more. Click [here](#) for more information.

Additional Websites to begin your scholarship search:

www.studentaid.ed.gov

www.fastweb.com

www.scholarshippoints.com

www.unigo.com

www.scholarships.com

www.bigfuture.collegeboard.org

www.scholarshipexperts.com

www.supercollege.com

www.studentscholarships.org

<https://cfsem.org/Scholarships/>

How to recognize and avoid college scholarship scams

Average college costs have doubled in the last two decades, and this financial pressure along with new technologies makes today's students particularly vulnerable to financial aid and scholarship scams.

"Scammers know to take advantage of those who are stressed," says Robert C. Ballard, president and CEO of Scholarship America, the nation's largest nonprofit scholarship and education support organization.

"Fortunately, there are some ways you can avoid getting duped."

To help you spot scams, Scholarship America offers the following insights.

Fees and Other Red Flags

Scholarship programs charging a fee to apply often look legitimate. But look at the bigger picture: if the provider is awarding \$500 in scholarships and collecting fees from thousands of applicants, it's not funding education so much as making money. Your chances of earning a scholarship are slight if not impossible — sham providers often collect fees and disappear.

Some providers claim to have a no-strings-attached grant or an incredibly low-interest loan to offer, as long as you pay a tax or "redemption" fee in advance. Others offer to match you with guaranteed scholarships — if you pay for a premium search service. Keep in mind, there's no such thing as a "guaranteed scholarship."

Free, comprehensive scholarship searching and matching services like Fastweb and Cappex will connect you to legitimate, competitive scholarships that don't charge application fees.

Too Good to Be True

Be wary of the "too-good-to-be-true" scam model: an official-sounding organization tells you about an incredible opportunity, offers you a coveted spot at a scholarship seminar, or just sends you a check with a note of congratulations, using messaging designed to get your adrenaline pumping and make you act fast.

Remember, scholarship providers aren't in the practice of sending funds out randomly; it's likely the check will bounce, or you'll be asked to send money back for "processing" or an "accidental" overpayment. Your safest bet? Tearing up the check and, if you have time, filing a complaint with the Federal Trade Commission.

Often unexpected "opportunities" are attempts to get you to divulge personal information. Even clicking on links can expose your data to scammers.

Be cautious: Google the name of the scholarship or organization. Scams have often been flagged by the FTC or Better Business Bureau.

Social Scammers

A new scam making the rounds starts with a random friend request on Facebook, Instagram or Snapchat. Accept, and your new friend will start messaging you about a foolproof way to make money for college: they work for a scholarship provider and have found a loophole. They just need to enter you as a winner and you can split the money.

If this was real, it'd be incredibly unethical. However, in the midst of stress, you may be tempted — and that could cost more than money. While you may be asked to send cash as an advance, most such scammers are phishing. Give them enough info, and you'll be worrying about getting your identity back.

For more scholarship tools, resources and opportunities, including the annual Scholarship America Dream Award, please visit [scholarshipamerica.org](https://www.scholarshipamerica.org).

"Scholarship scams seem to work just enough for people to keep trying it," says Ballard. "However, two main rules will help you avoid them: never pay to apply and if it sounds too good to be true, it probably is."

Story courtesy of StatePoint Media Reprinted from The Oakland Press 11-7-18

Enter to win a \$2,000 scholarship.

Essay topic:

**IN 30 YEARS,
WHAT'S THE ONE
THING YOU HOPE
YOU STILL HAVE
AND WHY?**



Celebrating 30 Years

Hutt
SCHOLARSHIPS

Visit [LMCU.org/Hutt](https://www.lmcu.org/Hutt) for details. Deadline for entries 01/31/20.

SCHOLARSHIP OPPORTUNITIES

Apply to dozens of scholarships
with just **ONE** application!

*The Community Foundation for Southeast Michigan
has several scholarships available!*

Register to access the scholarship application today!

CFSEM.ORG/SCHOLARSHIPS

Registration Deadline is February 15

Application Deadline is March 15

Questions? Contact: 313.961.6675 or scholarships@cfsem.org



Community Foundation

FOR SOUTHEAST MICHIGAN

DISCOVER

Discover your impact during Oakland University's
Get Ready for College event.

TUESDAY, DECEMBER 3

5:30 - 8 p.m.

Anton/Frankel Center, Mt. Clemens

With the whole world ahead of you, it's time to find out what you'll make of it. Attend OU's Get Ready for College event at the Anton/Frankel Center in Mt. Clemens. You'll learn about OU's majors, how to transition from high school to college, and how to pay for it.

Register: oakland.edu/visit

Questions: (800) OAK-UNIV

Persons with disabilities who may need special accommodations should contact the university at (248) 370-3266 before their scheduled visit date.



MEET PETER

OU Student Congress

The Biology Society

Coptic Club

Summer Research Participant

Supplemental Instructor

PETER GAIED knows that to be successful he needs to be a leader and a team player. With all the guidance and hands-on opportunities he's experiencing at OU, he's using that knowledge to make his mark — in the community and the world of medicine.

ADM21257_9/19

OAKLAND ACE

offers students facing potential challenges to college enrollment and success, the opportunity, guidance and support to earn an associate degree, or up to 60 transferable college credits, while still in high school at no cost.

ELIGIBILITY

- Currently enrolled at a participating Oakland County high school
- Qualifying score on the Oakland Community College (OCC) English placement test
- Own transportation to and from OCC
- Current GPA of 2.0 with all 9th and 10th grade requirements completed

HOW TO APPLY

- Visit OaklandACE.org and follow the application instructions
- See your high school counselor for more information or contact ACE program staff directory

GET STARTED TODAY!

For more information, contact us at:
248.209.2396 or
ACE@oakland.k12.mi.us



OaklandACE

ACCELERATED COLLEGE EXPERIENCE

Why enroll?



Earn an associate degree while still in high school



Free tuition, textbooks, fees and Google Chromebook



Extensive college preparation, including assistance with financial aid forms and selecting a major



Career exploration activities including resume and portfolio development



Opportunity to meet and take classes with students from across Oakland County



OaklandACE.org

 **OaklandSchools**

Cosmetology Information Night

Is cosmetology the career for you?

Thursday, Nov. 21, 2019
6 p.m. – 8 p.m.

Oakland Schools Technical Campus Northeast, 1371 N. Perry Street, Pontiac, MI 48340



Learn more about the field of cosmetology and find out if it is right for you!

Students who attend Oakland Schools Technical Campus Northeast can get a jump start on their career as a cosmetologist, hair stylist or other related fields while in high school by obtaining real world experience and instruction from industry professionals.

The enrollment process for the Cosmetology program for the 2020-2021 school year begins at this event. We hope to see you there!

Call for more information at 248.451.2700 or visit ostconline.com.

OSTC Oakland Schools
TECHNICAL CAMPUSES
Northeast Campus

Northeast
Salon ✂️

You are invited!

2019 CAREER NIGHT

OSTC Oakland Schools
TECHNICAL CAMPUSES
Northeast Campus

Free and open to the community
Oakland Schools Technical Campus Northeast
1371 North Perry, Pontiac, MI 48340
248.451.2700

Thursday, Dec. 5, 2019
4:30 p.m.-7:30 p.m.

**EXPLORE.
EXPERIENCE.
EXCEL.**



EXPLORE HIGH-TECH CAREERS

- Automotive Technology
- Collision Repair and Refinishing
- Computer Networking
- Computer Programming
- Construction Technology
- Cosmetology
- Culinary Arts and Hospitality
- Engineering, Robotics & Mechatronics
- Entrepreneurship & Advanced Marketing
- Health Sciences
- Machining
- Welding

FOOD, FUN AND DEMONSTRATIONS

Join the fun and learn more about the programs offered at OSTC-NE with demonstrations and activities in Culinary Arts, Cosmetology, Engineering, Robotics, Mechatronics, Welding, Machining, Health Sciences, Robotics and more!

Attendees will view fantasy hair and makeup demonstrations, sample culinary student creations, observe microbots and machines in action, receive a mini health screening and view a live demonstration of OCCRA and FIRST robots!

AGENDA FOR CAREER EXPO SESSIONS

In addition to the “walk-through” open house, teachers will provide detailed information about the following programs:

4:50 & 5:50 pm: Construction Technology, and Health Sciences

5:10 & 6:10 pm: Engineering, Robotics & Mechatronics, Machining, Welding, and Culinary Arts and Hospitality

5:30 & 6:30 pm: Computer Programming, Computer Networking, Entrepreneurship & Advanced Marketing, Automotive Technology, and Collision Repair and Refinishing

Learn more at ostconline.com/career-night.
248.451.2700

Sponsored by the National Management
Association, Chapter 141



Scholarship Award Opportunity



High School Speech Contest

Topic: Leadership

Purpose:

Nationwide speech contest to promote an understanding of leadership and develop vital communication skills among our nation's high school students

AWARD

\$500, \$250, \$100 for 1st, 2nd and 3rd place winners of local area contest. Winner goes on to compete at National levels for top award of \$4,000.

Location: Blue Cross Blue Shield of Michigan, Tower Auditorium
600 E. Lafayette Blvd.
Detroit, MI 48226

Eligibility: 9th – 12th grade students of SE Michigan

Application Date:

On or before, Sunday, December 1, 2019
Submission to include Speech Draft, "Student Entry" and "Consent" forms

Contest Date/Time: **Thursday, February 20, 2020**

4:30 pm Contestant check-in, 5:30 pm meeting start time

For More Information, Contact Contest Director:

Email: NmaSpeechContest@bcbsm.com

Ph: (313) 225-6008

Mail: 600 E Lafayette Blvd, Mail code 607A, Detroit MI, 48226

Attn: E. Addison



HIGH SCHOOL SCHOLARSHIP TEST

The Specs Howard School of Media Arts will be awarding three full scholarships and six partial scholarships to high school seniors this year!

To compete, you must attend a testing session and select your program of choice:

- BROADCAST MEDIA ARTS
- DIGITAL MEDIA ARTS
- GRAPHIC DESIGN

**SATURDAY,
DECEMBER 7, 2019**

**26700 Lahser, Suite 100
Southfield, MI**

**Registration begins at 9:30am
and you must be in your seat by
10:00am to participate.**

To qualify, you must be a high school senior graduating in 2020. One full scholarship and two partial scholarships will be awarded for each program.

Seats fill fast, so reserve yours today.
For full details go to:

specshoward.edu/scholarshiptest



(248) 358-9000
specshoward.edu



SERVICES

Psychiatric Evaluations and Counseling Intakes

A patient's clinical relationship with Rise begins with a psychiatric evaluation or counseling intake, depending on presenting needs. Both are hour-long evaluations which include a thorough clinical assessment designed to build a plan of care.

Medication Management

Along with behavioral interventions, and lifestyle modifications, the use of psychotropic medication may be recommended. If medication is prescribed, patients will be continually assessed and monitored with regular medication reviews.

Counseling

The role counseling plays in achieving balanced mental health is critically important to many of our patients. We welcome partnerships with therapists our patients may already have in order to provide the best integrated care possible. We also offer individualized counseling from our own experienced and highly skilled therapists.

Faith-Based Integration

With advanced training in ministry, counseling and inner healing, we are excited to offer Christian and Catholic Christian approaches for patients who would prefer this integration.

OUR SPECIALTIES

Rise providers are experienced in treating the full scope of mental health care, including:

- depression
- anxiety
- ADHD
- OCD
- grief
- parenting struggles
- trauma
- stress management
- PTSD

If you struggle with any of these conditions, reach out to Rise! We have providers waiting to partner with you to address these issues and give you the care you deserve.

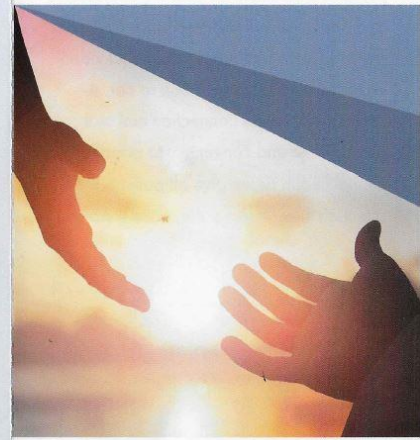
Serving youth and adults
throughout Michigan

RISE PSYCHIATRIC SERVICES

1000 Woodward Avenue, Suite 350
East Bloomfield Hills, Michigan 48304
phone (248) 850-1000 | fax (248) 694-5200
www.callonrise.com



RISE PSYCHIATRIC SERVICES Online Mental Health Care



Psychiatric care at
your fingertips

(248) 850-1000
www.callonrise.com

We're new here, and we want to help.

Rise Psychiatric Services is a new, Michigan-based mental health care provider, utilizing advanced internet technology to yield the best patient care possible. Through our highly experienced practitioners, we offer personalized psychiatric treatment for children, adolescents, and adults, all with the freedom for users to choose where and when to conduct video visits. Be it in the home, office or car, a confidential online connection makes it comfortable and convenient to prioritize mental health as we give all patients the attention they deserve. It is, quite literally,

At Rise, patients are not
a diagnosis or a number.

We believe in a true
partnership to empower,
heal and foster hope.

psychiatric care at each individual's fingertips. Our team of providers, including psychiatric physician assistants and licensed professional counselors, listen to where patients have been, recognize who they are and are dedicated to creating personalized goals and treatment plans.

By meeting our patients where they are now—both emotionally and physically—we are able to provide comprehensive and specialized services to bring health and healing.



OUR APPROACH TO TREATMENT

Our providers believe in multifaceted treatment that includes both traditional and integrative medicine. Utilizing a team-based approach to care, we address every facet affecting the well-being of our patients. Treatment may include individual counseling, medication management, faith-based care, and lifestyle modification. Our unique services address the body, mind, and spirit to promote positive mental health and healing.



HOW THIS WORKS

At Rise we use utilizes Kareo Telemedicine for all patient visits, available on your web browser or by downloading the free app. You can connect on all mobile devices and computers, allowing you to hold your appointment wherever you feel most comfortable. It is confidential, HIPAA-compliant, and easy to use.



THE PERRY
INITIATIVE

**PERRY
OUTREACH PROGRAM**



AN OPPORTUNITY TO
REALIZE YOUR POTENTIAL



The Perry Initiative inspires young women to be leaders in Orthopaedic Surgery and Engineering by partnering with medical centers, universities and high schools nationwide.



Apply to participate in this free, one-day program. Explore hands-on workshop modules and receive mentorship from women surgeons and engineers.

ROYAL OAK, MI
JANUARY 25, 2020

Beaumont Health
Application Deadline 01/06/20

PARTICIPATE in hands-on workshops

LEARN from engineers and surgeons



APPLY ONLINE NOW

<http://perryinitiative.org/student-online-application/>

GAMES AND
SOCIALIZING



SOCIAL CONNECTION

MONDAYS
DURING ALL 3 LUNCHES
2ND FLOOR MEDIA CENTER

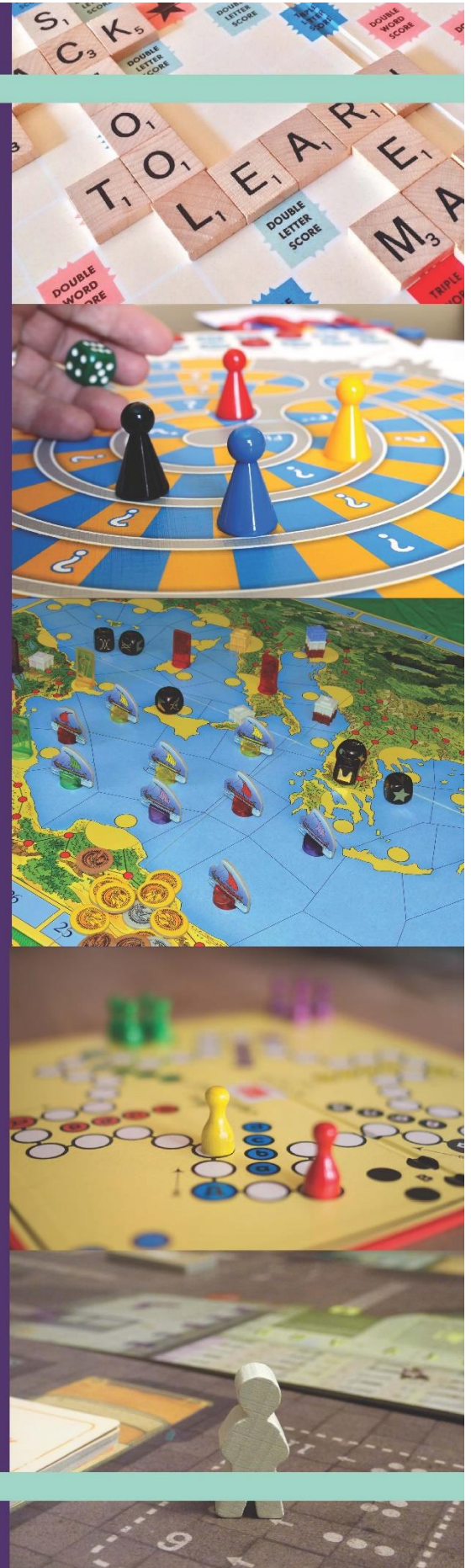


Open to all students, but limited to space
availability (25 students max).

Bring your lunch and come hang out, play
some games, and meet some new people!

Music, board and card games will be
available for you to enjoy!

See anyone in the Counseling office for
more information.



Teens Using Drugs What To Know and What To Do

A FREE, two-part series on how to understand and identify teen substance use, and what can help when a young person may have a problem with alcohol or other drug use.

Part One: What To Know

What's helpful to know about adolescent substance use in order to understand the effects of substance use on young people and recognize adolescent substance use problems.

6:00 PM to 7:30 PM, 1st Tuesdays
October, November, and January through June

2019 - 2020 schedule:
October 1, November 5: 2019
January 7, February 4, March 3: 2020
April 7, May 5, June 2: 2020

TIME
6:00 – 7:30 pm

Part Two: What To Do

Break-out sessions for adults on how to help when adolescent alcohol/other drug use is suspected, and for teens to explore the personal effects of substance use. Ends for both with a talk by a young person in recovery.

6:00 PM to 7:30 PM, 2nd Tuesdays
October, November, and January through June

2019 - 2020 schedule:
October 8, November 12: 2019
January 14, February 11, March 10: 2020
April 14, May 12, June 9: 2020

Presented by Dawn Farm Youth and Family Services therapists

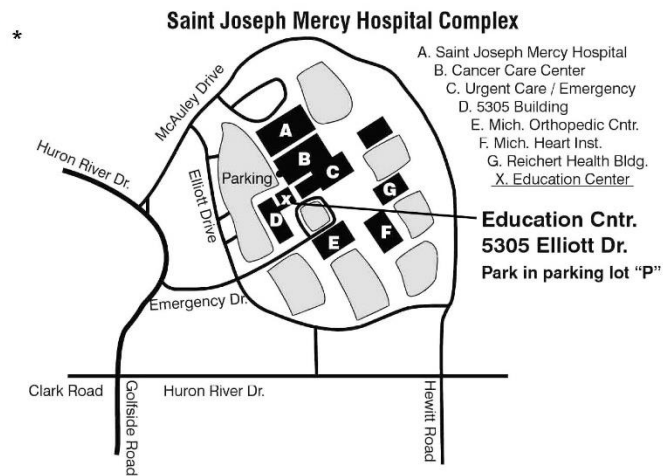
Sponsored by Dawn Farm. Co-sponsored by the Ann Arbor Public Schools, St. Joseph Mercy Greenbrook Recovery Center, and the WISD/LESA Health Educators' Learning Network (supporting and advocating for Whole School, Whole Community, and the Whole Child Approach-WSCC.)

The series is inclusive of parents, guardians, teens, other family members, people who work with teens/families, students, and anyone interested. All are welcome! Parents/teens/family members are encouraged to attend together. Admission is FREE. Registration is not required.

A certificate to document attendance is provided.

Saint Joseph Mercy Hospital Education Center – (same building as Administrative Services) in the Exhibition Room (1st floor) 5305 Elliott Drive, Ypsilanti, MI – Park in parking area "P"

For more information see www.dawnfarm.org; or contact Dawn Farm: 734-485-8725 or info@dawnfarm.org.



Now in our TWENTY-FIRST year as a free community resource!

2018-2019

Top Mental Health News

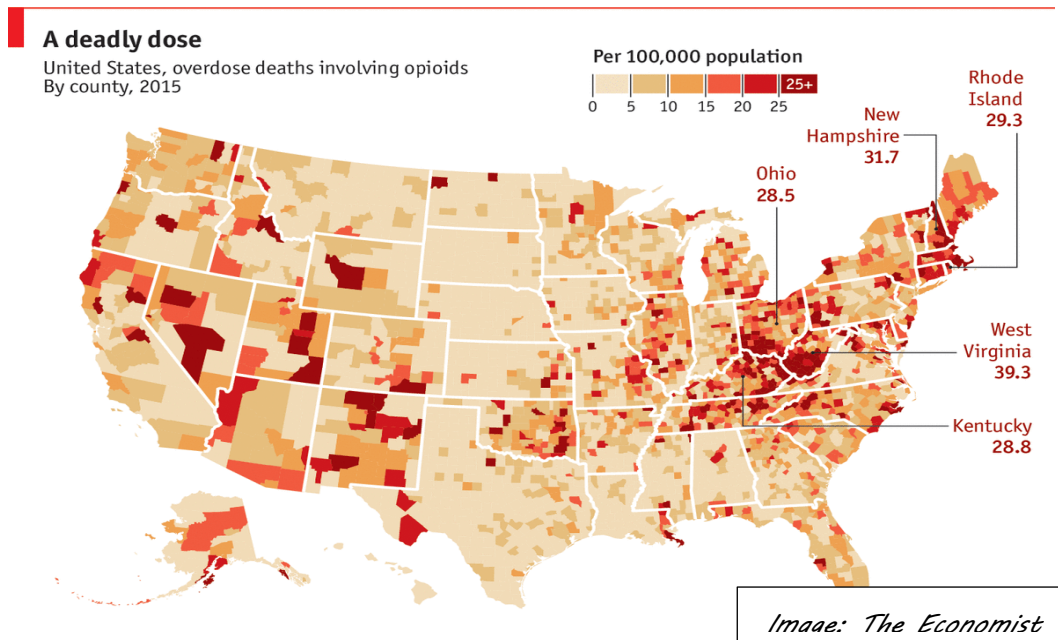
By Niru Prasad, MD



2018 was a big year in the Mental Health Community. 2018 brought to many mental health issues that might be overlooked, such as depression and anxiety. Large issues, such as bullying, suicide, opioids, drug addictions, and pain control continue to prevail in our communities.

1. The Opioid Epidemic

The opioid epidemic is not new. In 2016 alone, an estimated five million people in the United States abused a prescription opioid, according to the NIH, National Institute of Health. But those numbers continue to rise. It has even been declared a public health crisis, with over 115 Americans dying each day. Almost 30% of patients who are prescribed opioids misuse them. There is a lack of awareness of the dangers associated with taking these drugs, such as Oxycodone, Percocet, Heroin, and Fentanyl. However, agencies, such as the FBI and DEA are trying to combat to this epidemic. For example, they raided and shut down three major pain clinics in the metro Detroit region which unsafely mis prescribed and dispensed these powerful narcotics.



Source: Centres for Disease Control and Prevention
Economist.com

The map above shows the number of opioid-related deaths in 2015. The darker red color shows where there has been a higher amount, an indication of the communities that have been hit hard. This crisis has devastated the Midwest especially, with Ohio and West Virginia having a very high amount of overdose-related deaths per one hundred thousand people. The five states with the highest opioid-related deaths are:

1. West Virginia
2. New Hampshire
3. Rhode Island
4. Kentucky
5. Ohio

2. Medical Marijuana (CBD + THC)



Medical Marijuana is becoming more and more popular, as it is becoming legalized in a growing number of states. THC, tetrahydrocannabinol is a product of Marijuana which provides the “high” feeling, which is often used in unsafe recreational use of this drug. Marijuana is very addictive and is known as the “gateway drug”. This drug is very popular among young users, especially in the e-cigarette form. This drug is dangerous if used improperly because of its side effects, such as rapid heart rate, impaired judgement, and more. However, the THC can be used to make drugs which help with the side effects of chemotherapy. Two FDA-Approved drugs, dronabinol and nabilone respectively, help prevent nausea and vomiting in cancer patients, post chemotherapy. Marijuana is a fast-growing market nationwide. But with the recent legalization of recreational use, marijuana sales are forecasted to grow.

Year	2016	2018	2020	2022
Sales Value, in Millions	499.8	694.1	755.7	811.4

Credit: *Statista*

As we can see, the economy for marijuana is exponentially growing. Because of it, it is important that the community is educated about marijuana, its impacts, and its appropriate uses. If used correctly, Marijuana can be a helpful resource. But if misused, as it often is, it is a big danger to the entire community.

3. Bullying



In 2014, the Center for Disease Control and the Department of Education released the first federal uniform definition of bullying for research and surveillance purposes. According to these agencies, bullying behaviors are aggressive, which are sometimes violent among our children, teenagers and adults. The occurrence of bullying has risen tremendously due to easy access to electronics, with over 3.2 million students becoming victims of bullying every year. On top of this, an estimated 160,000 students skip school every day due to bad behavior and fear of being bullied. The 2 modes of bullying include direct bullying, which occurs in the presence of targeted youth (face to face bullying), and indirect bullying, which can include spreading rumors, and cyber bullying. Bullying can be in many different forms, such as physical, verbal, emotional, or cyber. Cyber bullying is getting more and more popular due to easy access to electronics and a growing amount of social media users. We have learned that the most bullying occurs in high school, with some happening in both middle and elementary schools. Some school bullies, especially those who are more mature, may go on to practice dangerous behaviors such as gun use. While bullying is a widespread issue, there are a few ways of preventing it. These include public awareness and teacher and/or principal involvement, but the most effective strategy is parental advice and their involvement. Recent efforts, such as the creation of stopbullying.gov, an official website of the United States Government, and the First Lady's BE BEST project, are helping to spread awareness and find a solution for this issue.

4. Anxiety Attacks, Stress, Depression, and S.A.D.



Stress is believed to cause anxiety attacks, major depression, minor depression, drug abuse, mental illness, and violent behaviors such as suicide. When compared to the rest of the nation, Michigan was ranked at twenty-three for the highest prevalence of mental illness, with the most common one being depression. In Michigan, an alarming trend of suicide is going, with some estimates according to the CDC and NPR reporting an increase by 33%. Another condition, Seasonal Affective Disorder, commonly known as S.A.D., is common, especially in the long Michigan winters. This causes some to become depressed in the winter months. Common over the counter remedies for S.A.D. includes Cardamom, which detoxifies the body and rejuvenates cells, nutmeg, which stimulates the brain and relieves fatigue, saffron, which increases serotonin, honey, which relaxes frayed nerves, and apples, which can help repair brain nerve cells. Foods high in vitamin B6, such as chicken, have been shown to have an impact on serotonin, which may help alleviate the symptoms of S.A.D.

5. Suicide and Self Harm



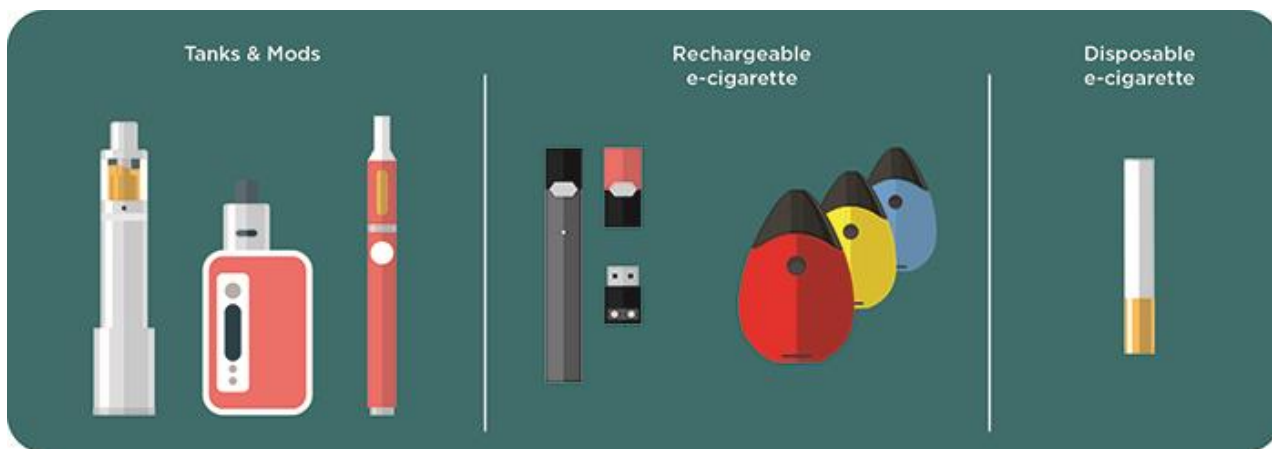
Suicide is a taboo topic which many feel uncomfortable talking about. However, it must be acknowledged before we can begin to combat this issue. As referenced before, there is an alarming trend in Michigan where the suicide rate is going up. However, this is not just an issue in Michigan. Suicide is the tenth leading cause of death in the United States, and it is the second leading cause between ages fifteen and thirty-four, second only to unintentional injuries. About 123 Americans take their lives every day, which averages one about every 12.3 seconds. Globally, 800,000 people take their own lives each year. Most suicides occur in middle- and low-income countries, predominantly in Europe and Africa. Many contribute suicide to mental illness, medical issues, PTSD, social isolation, and family conflict. These can also contribute to self-harm. Self-harm is another taboo topic; however, it is much less publicized and known about compared to suicide. In 2017, the latest available data, 494,169 people visited a hospital for self-harm behavior (not necessarily meaning they were trying to commit suicide). This means about approximately 12 people harm themselves for every 1 person who commits suicide.

All of these have some impact on our community in some way or another. Every day, we continue to learn more about mental health and how they affect the individual and community. It is only with more research and understanding that we can fully understand the total effects of these illnesses and products.

What We Know about Smoking and E-cigarettes

E-cigarettes contain nicotine and other harmful chemicals that can damage lungs.

E-cigarettes are battery powered devices that works by heating a liquid into aerosol that the users can inhale. In addition to nicotine, they also have propylene glycol, tiny fragments of metals, glycerine, and more. The metals include lead or deacetylate that damages lungs. The different names for e-cigarettes are e-hookahs, vapes, vape pens, tank systems, or mods.

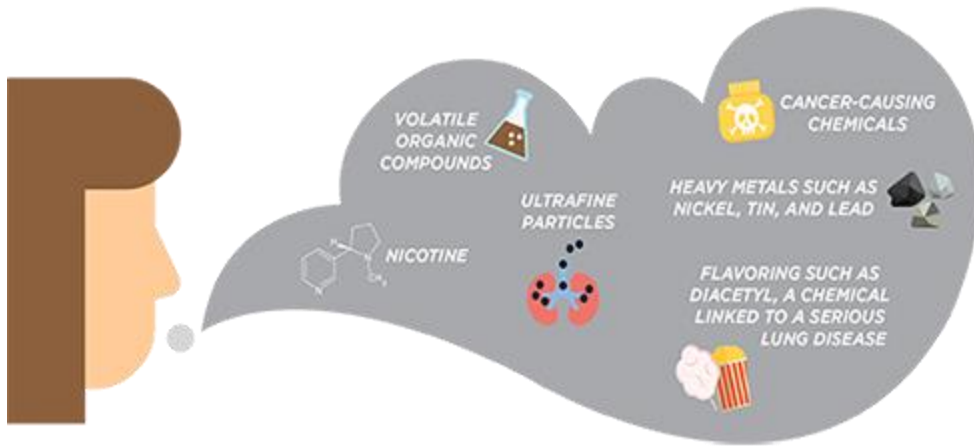


**What are the different forms and appearances of e cigarettes
Some of them look like other cigarette, cigars, pipes, pens ,or usb sticks .**

Who Is Using E-Cigarettes

In the US, youths and teenagers are more likely to use them. In 2018, more than 3.6 million in US middle and high schools used e-cigarettes, and sadly the incidence has increased since 2015. Among adults, pregnant women and some of the elderly have also substituted regular cigarette for e-cigarettes.

1. Nicotine is highly addictive
2. It is toxic to brain development of the fetus during pregnancy
3. It can harm brain development during adolescence up to 20 years of age
4. It can cause lung damage in all ages
5. The use of e-cigarettes during school years affect students' performance, and leads to poor grades. The aerosols contain cancer causing elements that affect the breathing, leading to asthma



What are the Preventative Measures?

1. Parents should have an open communication with their children
2. Get them involved with exercise and sports at school
3. Teachers should have open communication with their student and their parents
4. Finally, let the mental health services get involved as needed.

Youth tobacco prevention among our youths is very important to prevent them from serious health problems and smoking related illnesses. Advisory sheets for students, parents, and teachers are available on the CDC website.

Source: US Department Of Health and Human Services, E-Cigarette Use Among Our Youth and Young Adults CDC 2016



Test Date	Deadline	Late Deadline
December 14, 2019	November 8, 2019	November 9-22, 2019
February 8, 2020	January 10, 2020	January 11-17, 2020
April 4, 2020	February 28, 2020	February 29-March 13, 2020
June 13, 2020	May 8, 2020	May 9-22, 2020
July 18, 2020	June 19, 2020	June 20-26, 2020

2019-20 ACT Test Dates

Register for the ACT at:
www.actstudent.org



2019-20 SAT TEST DATE	REGISTRATION DATE	LATE DEADLINE
Saturday, March 14, 2020	February 14, 2020	February 25, 2020
Saturday, May 2, 2020	April 3, 2020	April 14, 2020
Saturday, June 6, 2020	May 8, 2020	May 19, 2020

Register for the SAT at: www.collegeboard.org