



March 05, 2021

School News from ICS Counseling Department

All counseling newsletters can be found in student LWSD email and the ICS website under "Counseling." Your counselors are connected and here for you. We are only an email away.

In this Issue:

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- Balance In The Mind Parent Chats
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- Summer Opportunities

Students:

Along with the ICS website, please check your school email regularly for updates and opportunities. This is the main way to communicate directly with our school community members, and we want to be sure you are receiving all the information.

Grades 6-9 Counselor

Lis Christiansen

lichristiansen@lwsd.org

Grades 10-12 Counselor

Molly Schwarz

mschwarz@lwsd.org

YES Behavioral Health Specialist

Cora Goss-Grubbs

c-goss-grubbs@lwsd.org

Counseling Booking Links

Online Counseling Appointments for All Students

Your school counselors are excited to share our Microsoft Bookings link with you all! Ms. Christiansen and Ms. Schwarz will now be accepting virtual appointments with students via Microsoft Teams. Please utilize our [ICS Counseling](#) Microsoft Bookings link to find our up to date individual availability. We look forward to meeting with you!

Parents and guardians are requested to email their student's counselor to setup an appointment for any of the following:

- Discuss their student's academic progress
- College and career planning
- Social/Emotional/Mental concerns

Please note that we have had a recent shift in caseloads:

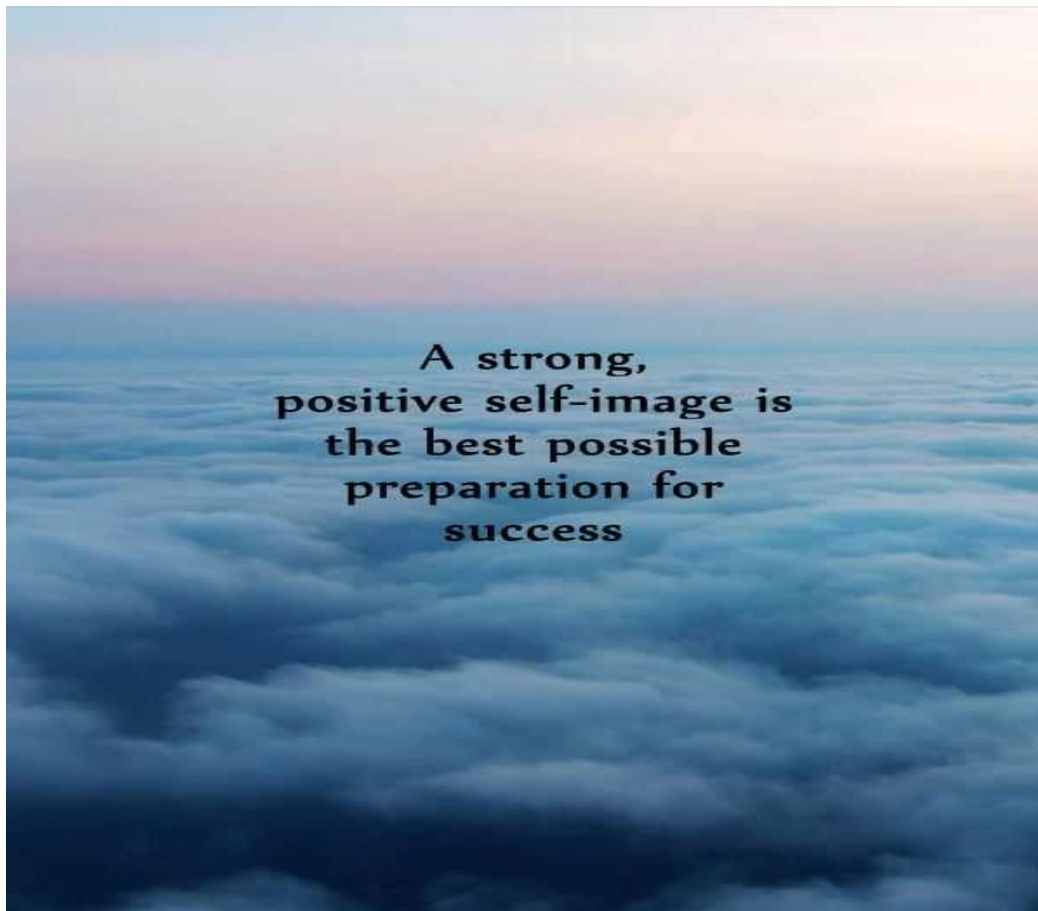
Ms. Christiansen – 6th-9th grade

Ms. Schwarz – 10th-12th grade



Counselor Invite to “Pause for Positivity”

Hey Phoenixes! This year has been super funky and not quite what we had hoped for. However, there are still moments and events to be celebrated if we look close enough and pause to reflect on what is going well. Please feel free to join Ms. Christiansen and Ms. Schwarz for a **“Pause for Positivity”** session from **11am-12pm** on an upcoming Wednesday. **Grades 6th-8th will be invited on March 10th and grades 9th-12th will be invited on March 17th.** We would love to have you drop by and update us with a highlight of what is going well in your world! It could be anything from an extra hour of sleep, your favorite meal for lunch, catching up with a good friend, finishing a new book, etc.! We are all ears for any kind of updates ☺. Students will be receiving an invite to the **“Pause for Positivity”** sessions via email which will include the Teams link. We hope to see you there!



Upcoming Parent Chats hosted by Balance in the Mind

Register once for Winter Semester Parent Chats [here](#)

TUESDAY MAR 9 at 7pm

Community Forum: What You Need To Know: About Teens, Marijuana, Vaping and Street Drugs sponsored by Lake Washington High School PTSA, Youth Eastside Services and Balance In Mind. Register [here](#).

WEDNESDAY MAR 17 at 7pm

Community Forum: Understanding the Opiate Crisis: Keeping our Kids and Community Safe with NAMI-Eastside and Jerry Blackburn of Influence the Choice. Register [here](#).

WEDNESDAY MAR 31 at 7pm

Parent Chat: Body Image & Healthy Eating with Becky Manley, MEDA (medainc.org)

WEDNESDAY APR 21 at 7pm

Parent Chat: Reimagining Success for Kids' Mental Health with Mary Pat O'Neil, Find Your Fit & True Fit College Counseling

WEDNESDAY MAY 5 at 7pm

Parent Chat: Social Media and Mental Health with Scilla Andreen, Director of Like & Angst

WEDNESDAY MAY 19 at 7pm

Parent Chat: Sexting: -- What Parents Need to Know with Jo Langford, a dad & sex educator for tweens, teens and parents

WEDNESDAY JUNE 2 at 7pm

Parent Chat: Understanding Queer Kids Today with Jen O'Ryan, PhD, experienced with gender identity and sexual orientation

Scholarships

College Board

The [College Board Opportunity Scholarships](#) program is now open for class of [2022 students](#). It guides students step by step through the college planning process. For each step that a student completes, they'll earn a chance at a \$500 scholarship. When they complete all six steps, they'll earn a chance at \$40,000. Sign up and take the first step by building a college list on [BigFuture](#). Sign up [here](#).

LWPTSA: Class of 2021

Click [here](#) for more information.

Scholarships

FOR THE CLASS OF 2021

14

\$1250 Scholarships!

Deadline to apply: March 25, 2021

Tough times? Consider our **Perseverance scholarships (2)**
Pulled those grades up? Consider our **Turnaround scholarship**
A career in education? Consider our **LWEA/Teeley Education scholarship**
2 Year, Voc Tech, or Technical college bound? Consider our **Scarr Scholarship**
Plus 8 Merit-based and one at-large scholarship!

YES!

Yes, you may apply for more than one scholarship!
Yes, you may re-work your college essay and submit it!
Yes, you may re-use letters of recommendation!



Please visit our website at [**www.lwptsa.net**](http://www.lwptsa.net) for more details and to download an application. Questions? Email [**scholarships@lwptsa.net**](mailto:scholarships@lwptsa.net)

Scholarships

Rotary Club of Kirkland

The Rotary Club of Kirkland, Washington will award several scholarships to selected local students for their higher education at accredited institutions in 2021. These scholarships recognize students for a variety of achievements and are designed to support students with financial need and academic promise, and who demonstrate service to their communities.

Completed applications (including the online application form, recommendation letter, transcript, FAFSA or WAFSA report, school photo, and certification page) are due to the Rotary Club of Kirkland by **March 19, 2021**. Incomplete or late submissions will not be considered. Click [here](#) for more information and to apply.

College Prep Scholars Program for Juniors

Applying to college can seem daunting, and the prospect of paying for it can seem even more overwhelming. *But it doesn't have to be.* The College Prep Scholars Program equips high-achieving high school juniors from low-income backgrounds with the knowledge, confidence, and resources to apply to top colleges. Click [here](#) for more information.

Who Should Apply

- Academically outstanding **high school juniors** who demonstrate strength in character.
- Students from families earning less than \$65,000/year for a typical family of 4.

How to Apply

- Start a [College Prep Scholars Program](#) application.
- On the Quest for Excellence [page](#), select the categories that you are interested in and complete the corresponding short essays.
- Complete and submit the College Prep Scholars application by the deadline, **March 24, 2021**.

Virtual College Visits

GEAR UP Washington State

Many colleges are offering virtual tours and info sessions. The Washington GEAR UP program has created a list of virtual college tours that is updated regularly. Click [here](#) for a list of online college tours.

College Board's BigFuture Days Virtual College Fairs

Whether you've already started your college search or have no idea where to begin, we want to connect you with colleges that might be a good fit for you. BigFuture Days gives you a chance to get information about multiple colleges from college admissions officers and current college students. Click [here](#) to register and learn more.



BigFuture Days

SIGN UP FOR COLLEGE BOARD'S FIRST-EVER VIRTUAL COLLEGE FAIRS

Whether you've already started your college search or have no idea where to begin, we want to connect you with colleges that might be a good fit for you. BigFuture™ Days gives you a chance to get information about multiple colleges from college admissions officers and current college students.

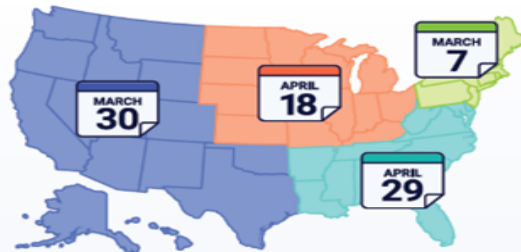
Here are five reasons to attend BigFuture Days:

- 1 Explore colleges in a way that's informative but not overwhelming.
- 2 Connect directly with colleges to get answers to your questions and show your interest in attending.
- 3 Get answers to your college questions from college advisors via live Q&A sessions.
- 4 Take key college planning steps like searching for colleges and exploring scholarships.
- 5 Join these free events from a computer or mobile device.

Sophomores and Juniors: Save These Dates

Explore your college options in each region—attend any or all of these events.

- BigFuture Day Northeast, Sunday, March 7
- BigFuture Day West + Southwest, Tuesday, March 30
- BigFuture Day Midwest, Sunday, April 18
- BigFuture Day Southeast, Thursday, April 29



Go to cb.org/bigfuturedays to register and learn more!

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Summer Opportunities

Young Women's Leadership Summit 2021

The Foster School of Business' Young Women's Leadership Summit is targeted at rising high school seniors who identify as female. Students in this program will explore the world of business through workshops and discussions with faculty, alumni, current students, and professionals. The focus of the Summit is to introduce students to the areas of Finance, Operations and Supply Chain Management, and Information Systems. While these areas are the main focus of the Summit, students will also learn about professionalism, leadership, and what to expect in a college business setting as they prepare to pursue an undergraduate education. Join us and connect with other like-minded young women while exploring the world of business! Click [here](#) for program details.

Boston University's Academy of Media Production

An immersive online collegiate media experience for high school students. AMP's interactive livestream is collaborative remote learning unlike anything you've ever experienced. In four weeks, you'll explore all aspects of media production and develop the skills required to be a successful storyteller.

AMP students learn the power of visual storytelling by creating videos, short films, webcasts, and more. This dynamic online experience provides the opportunity to interact and collaborate with like-minded students from around the world, live in real time. Be part of the show and demonstrate what you can do. The application deadline is **March 31, 2021**. Sign up [here](#). *Learn. Create. Experience. It's time to AMP UP!*

NovaEdge Diveristy in Engineering—Virtual Summer Program

The program is open to rising sophomores, juniors and senior high school students. It is a five day, program that introduces a diverse population of students from different ethnic and social backgrounds to the traditional fields of engineering, including Chemical, Civil and Environmental, Computer and Electrical, and Mechanical Engineering. Students also will be introduced to unique aspects of Villanova's College of Engineering, which include Sustainable Engineering and Engineering Entrepreneurship. Lectures and hands-on laboratory experiences will involve at home experiments which are taught by Villanova engineering faculty, and daily guest speakers who will provide academic and industry instruction. In addition to this introduction to engineering, the NovaEdge - virtual summer program includes a presentation on the college admissions process. [Registration](#) deadline is **March 15, 2021**. Click [here](#) to learn more.