

FALL 2023

ELDORADO COUNSELING NEWSLETTER



Welcome back, Mrs. McClintic!

We are thrilled to introduce Mrs. Kim McClintic as the newest member of our Eldorado Counseling team.

She serves students with last names **Jad-N**.

Mrs. McClintic is a proud Eldorado grad who was formerly a teacher and counselor at Eldorado, and we are so fortunate to have her back in the nest! For her & all counselors' contact info, please see the [Counseling website](#)!

FREE & REDUCED LUNCH BENEFITS

While *all* students are able to eat breakfast and lunch for free at school this year, there are additional benefits available to students who qualify and sign up for the Free & Reduced Lunch Program, including: discounts on AP, ACT, SAT and PSAT exams, and discounts on APS Summer School fees and college application fees!

HOW DO I REACH MY COUNSELOR?

- The [Counseling website](#) lists all counselors' contact information.
- Parents & guardians are invited to email or call us.
- Students may contact their counselor for non-urgent issues via this QR code or by filling out [this form](#).
- For Ms. Velhagen (College & Career) or Mr. Huggins (Crossroads/Substance Use), send us an email or stop by to make an appointment!
- For Mr. Beecher (family therapist), first talk to your counselor about scheduling therapy.



In a crisis situation, just come to Counseling!


Visit our awesome [Counseling website](#); it's packed with info!



RAISING AWARENESS IN SEPTEMBER: NATIONAL SUICIDE PREVENTION MONTH



To tie in with September's theme of suicide awareness and prevention, the EHS Counseling team delivered lessons through Social Studies and Health classes, to educate students on the importance of recognizing the warning signs of suicide and how to support friends and family members who may be struggling.



Through curriculum from Erika's Lighthouse and The Trevor Project, students learned about warning signs and how and where to get support, both on and off campus.

NEED HELP DURING THE SCHOOL DAY? STUDENTS WHO ARE EXPERIENCING A CRISIS OR ARE CONCERNED ABOUT A FRIEND, *COME TO COUNSELING!*

Every year, The Lifeline and other mental health organizations offer guidance on how to help individuals who are struggling with depression and other mental health concerns.

We can all help prevent suicide by raising awareness with educational resources and lending a listening ear.

#BeThe1To

#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

Please [see here](#) for more information.



SUICIDE AWARENESS  **SANDOVAL REGIONAL MEDICAL CENTER**

What to Do if Someone Opens Up to You

 Listen	 Minimize
Express Concern Let them know you care and are worried about their well-being.	Judge Try not make them feel guilty or shameful.
Ask Gently If you're unsure, ask if they're having suicidal thoughts and show a willingness to listen.	Lecture Avoid telling them what they "should do." Instead, provide a safe space to share.
Encourage Professional Help Suggest seeking help from a mental health professional.	Offer Solutions Refrain from providing quick fixes that don't involve professional guidance.
Stay Connected Keep in touch and follow up regularly. Support matters.	Promise Secrecy If they're in immediate danger, involve a professional.



Outside of school hours, there are many resources for students experiencing a crisis!

FOR A LIFE-THREATENING EMERGENCY, CALL 911 IMMEDIATELY.

**NATIONAL SUICIDE PREVENTION LIFELINE:
CALL 988**

**NM CRISIS & ACCESS LINE: 1-855-NMCRISIS
(622-7474) - TOLL-FREE ANYTIME 24/7/365**

**NM PEER-TO-PEER WARMLINE (TALK TO
SOMEONE YOUR AGE): CALL 1-855-466-7100
HOURS: 3:30 - 11:30 PM DAILY OR
TEXT 6 - 11 PM DAILY**

CRISIS TEXT LINE: TEXT HOME TO 741741

SEPT. 15 - OCT. 15: NATIONAL HISPANIC HERITAGE MONTH

National Hispanic Heritage Month

SEPTEMBER 15 - OCTOBER 15



CELEBRATE NATIONAL HISPANIC HERITAGE MONTH BY LEARNING ABOUT THE HISTORIES, CULTURES AND CONTRIBUTIONS OF AMERICANS WHOSE ANCESTORS CAME FROM SPAIN, MEXICO, THE CARIBBEAN AND CENTRAL AND SOUTH AMERICA.

CHECK OUT [THESE RESOURCES](#) FROM THE NATIONAL MUSEUM OF THE AMERICAN LATINO

Also see [this website](#) for more info!



OCTOBER 4: PSAT

On Wednesday, October 4, all sophomores --and juniors who have opted to test-- will take the Preliminary SAT (PSAT). The PSAT is a test made by College Board, which includes English/Verbal and Math sections. Students' PSAT scores are NOT sent to colleges, but students who score extremely well on the PSAT as juniors *may* qualify for National Merit Scholarships. Students who are Hispanic/Latinx, Native American or African American and score highly on the PSAT as sophomores OR juniors can potentially qualify for National Recognition Programs/Scholarships.

Please review the Day of Testing Schedule, and Testing Room Assignments. Students who arrive late will not be allowed to test. This is a testing release day for all students EXCEPT those testing; all other students will be asynchronous.

Please review the EHS Testing Guidelines so your student is prepared. No personal items will be allowed in the testing room, except a water bottle and necessary testing tools.

College Board's PSAT Student Guide can also be reviewed for those students who would like to learn more about the exam. A **practice test** is also available via student Chromebooks. In order to access the practice exam, students will need College Board credentials ahead of time; see this helpful guide on Creating a College Board Student Account.





COLLEGE & CAREER INFORMATION

ALL colleges offer campus tours and info sessions! Check their websites or contact their Admissions Departments. Many colleges offer special visitation days to welcome students & families to campus.


Did you know...? Students may be excused to attend a college visit. See Mrs. Martinez in the Admin office for the Eagle Absence Form *in advance*!

Be sure to RSVP for these NM college events!

- UNM Combined BA/MD (medical) virtual info session: 10/5/23 @ 6 PM. [RSVP here](#).
 - UNM Fall Preview Day (all grades): Sat., 11/18/23: [RSVP here](#).
 - New Mexico State University Aggie Experience Days: 10/21/23, 2/19/24, 3/23/24. [RSVP here](#).
 - Eastern NM University Open House Preview Days: In person: Sat., 10/28/23 and 3/23/24; Virtual: Sat., 11/18/23 and 4/20/24. [RSVP here](#).
 - New Mexico Tech Exploration Day: Sat., Nov. 4 @ 9 AM - 3 PM. [RSVP here](#).
 - UNM Health Professions Symposium, 4/13/24. [Info & RSVP here](#).
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Ms. Velhagen held a College & Career Information Night for families of seniors on August 24, and visited all 12th grade English classes in August/September, with an overview of what seniors need to know about the college search, applications, career research, financial aid & scholarships, trades & military options, and more. She will be visiting 11th grade English classes with a college & career presentation later this year. Families of juniors and sophomores, there will be College & Career Info Nights for you later this year, announced via email to families.

On Sept. 21, all juniors and seniors attended a **college & military fair** in the Eldorado courtyard, and students were encouraged to attend the RMACAC NM College Fair at the ABQ Convention Center on 9/17. Later this year we'll host an event highlighting apprenticeships and careers in the trades, and well as a full career fair.



Wondering what you should be doing each year of high school to **prepare** for college? [See this timeline](#).

Want to start searching for **scholarships**? Check out the [Counseling Scholarship page](#) and consider signing up for one of the scholarship search engines listed there.

FINANCIAL AID/FAFSA CHANGES



The FAFSA (Free Application for Federal Student Aid) opens for seniors *THIS YEAR ONLY* in **DECEMBER 2023 (exact date to be determined)**! Normally the FAFSA opens on Oct. 1, but the federal government is making some major changes to the online form this year, primarily to make it shorter and more user-friendly for families applying for college financial aid.

Parents/guardians of seniors can get started right now by setting up the mandatory FSA ID (one for the student, one for a parent) to required to submit the FAFSA.

Learn more about the types of financial aid available through the FAFSA here.



ASVAB

10th - 12th graders may sign up to take the Armed Services Vocational Assessment Battery (ASVAB) for military placement or simply for career feedback. The ASVAB is free and will be given in the **EHS Lecture Hall on Thursday, Nov. 30 @ 8:40 AM. Sign up here!**

YOU SCIENCE CAREER ASSESSMENT

All sophomores will take a detailed career assessment in their Chemistry classes in October. Juniors & seniors have already taken YouScience and have access to their personalized feedback and career suggestions for 10 years after taking the assessment! Students log in here to pull up their results.



QUESTIONS? CONTACT VALERIE VELHAGEN, EHS COLLEGE & CAREER COUNSELOR: VELHAGEN@APS.EDU