

December Counseling Newsletter

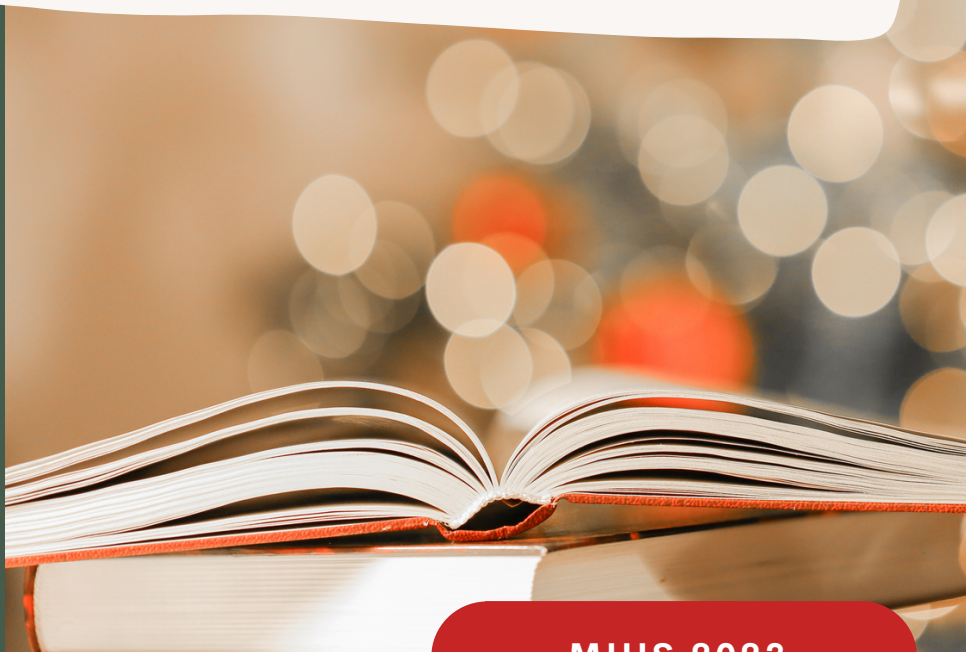


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- Seniors: Mid-Year College Reports
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Important dates

- 12/15: Last day to drop a class with a "W"
- 12/18-1/1: Winter Break



MIHS 2023



MAINTAIN YOUR MENTAL HEALTH DURING THE HOLIDAYS

The holidays can be a joy-filled season, but they can also be stressful and challenging for those impacted by mental illness. Above and below are some suggestions you can do to help maintain your mental health during the holiday season.

- Write a gratitude list and offer thanks.
 - Gratitude has been shown to improve mental health.
- Manage your time and don't try to do too much.
 - Prioritizing your time and activities can help you use your time well. It's okay to say no to plans.
- Set boundaries
 - Family dynamics can be complex. Acknowledge them and accept that you can only control your role. If you need to, find ways to limit your exposure.
- Exercise/Eat a balanced diet
- Set aside time for yourself and prioritize self-care.
 - Read a book, watch a movie, listen to music, take a walk outside.
- Catch up on sleep.
- Volunteer.
- Seek out support
 - Talk with friends, family, or a counselor.
 - If you or a loved one is experiencing a crisis, call the National Suicide Prevention Line at 988 or text the Crisis Text Line by texting NAMI to 741-741.





Testing Information

The College Board released PSAT scores for our region on November 16. Juniors who took the PSAT in October 2023 should check out this [website](#) to view more information about accessing their scores.

Please note that in order to view scores, students must have a College Board account. Juniors should be ready to log into their College Board account or create an account if they do not already have one. The link above shares information about that process.



PLEASE CONTACT
ASSESSMENT
COORDINATOR, DEBBIE
HANSON AT
DEBBIE.HANSON@MERCER
ISLANDSCHOOLS.ORG WITH
ANY QUESTIONS.



TESTING ACCOMMODATIONS

If you are a JUNIOR with an IEP or 504 that provides testing accommodations and you plan to take an SAT/ACT and/or AP exam this year, email Mike Neff, School Psychologist (mike.neff@mercerislandschools.org) to initiate the process of submitting a request for accommodations (if you have not yet done so). Please let Mr. Neff know which test(s) you plan to take along with the test date(s).

AP Exams: January 12, 2024

Students who are seeking accommodations for AP exams in May who have not been previously approved by the College Board should contact: Mr. Mike Neff, School Psychologist, at mike.neff@mercerislandschools.org by January 12, 2024.

Note: ACT accommodations do NOT apply to AP/SAT/PSAT testing, so students with approved ACT accommodations only will still need to contact Mike Neff by January 12th.

Second Semester

NEWS



Second semester is almost here! Students, please take a moment to check your second semester schedules in Skyward. If there are errors, you don't have 6 classes, or you are missing a graduation requirement, stop by the Counselor of the Day table during your off period for assistance.



Attention Seniors

As a reminder, senior mid-year transcripts (which include first semester grades) are automatically submitted to colleges if an initial transcript order has been made. Counselors will send your transcripts and mid-year reports to your colleges by mid February after semester grades are processed and posted.

Off Campus Credit

If you are trying to pursue any class for credit outside of MIHS, you **MUST** see your counselor and get it pre-approved and signed before you can begin the course.



Student Wellness Resources

The Resource and Referral (R&R) counselors at MIHS provide convenient student access to mental health wellness. Help is available for all types of concerns including stress, relationships, depression, eating issues, alcohol and drug issues, anger, and legal difficulties. Students can connect with either Caleb Visser or Chris Harnish via email or phone. Parents also can inquire about services and resources. Caleb can be reached at caleb.visser@mercerislandschools.org or 206.236.3290. Chris can be reached at chris.harnish@mercerislandschools.org or 206.236.3363.

SCHOLARSHIPS

The background of the entire page is decorated with falling US dollar bills and black graduation caps with yellow tassels. At the bottom right, there is a large dark red silhouette of a graduation cap with three white dots on its front. At the bottom left, there are several concentric dark red curved lines.

Mercer Island High School Scholarship Database

Click above for the scholarship database
curated and updated monthly by MIHS
counseling department staff.

Other Online Resources

Click on any of the links below for online scholarship
databases. Please note, MIHS does not endorse any of
these sites or scholarships. You should never pay to
apply for a scholarship.

[Access Scholarships](#)

[HBCU Connect](#)

[National College Resources Foundation](#)

[Scholarships.org](#)

[SallieMae](#)

Class of 2024



TUESDAY, DECEMBER 12

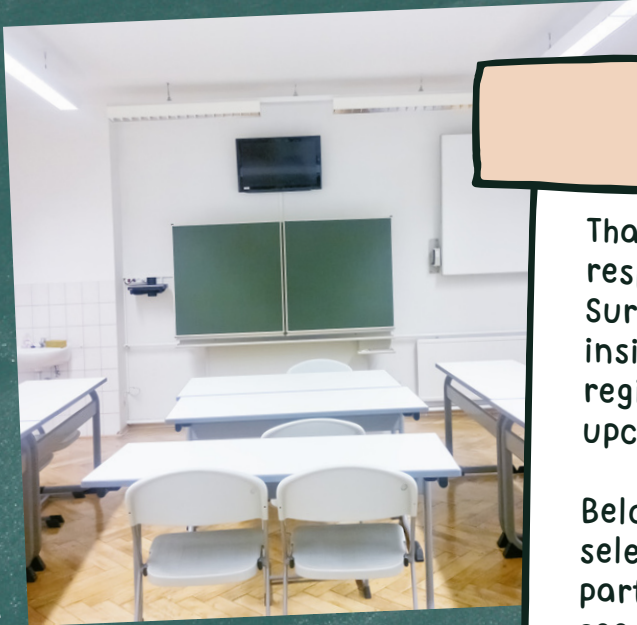
MIHS COLLEGE APP & ADMISSIONS WORKSHOP

Students! Come to the LPR during both lunches for a mid season workshop with Ms. Kenyon and Mr. Johnston.

- Tips for maximizing your winter break
- Ask questions about applications and admissions
- Eat Snacks!

**IN THE LPR @
BOTH LUNCHES!**

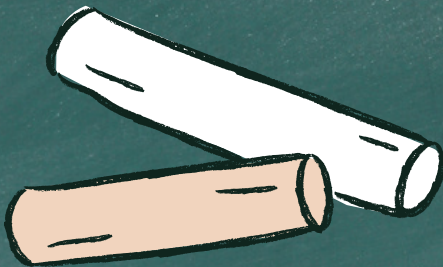
Winners Announced



Thank you!

Thank you all who took the time to respond to our "Course Registration Survey". This feedback was extremely insightful and we hope to enhance our registration process for all students this upcoming year.

Below, you will find the three randomly selected winners based on the participation in our Google Form. If you see these people out in the community, be sure to congratulate them!



Our "why"

Course registration is important for our school as it helps our school plan for the next year. Although it can be hard to think of classes you want to choose for the next year so early, this helps us determine how many classes we have, teachers we can hire, and the Core Schedule. We appreciate you giving us your feedback!

Winners:

- ☒ Christine Nakano
- ☒ Allison Huang
- ☒ Megan Opati