

FEBRUARY 2024

MIHS Counseling Newsletter

Course Registration is now open! Please start signing up for your classes before March 8!



Inside this issue:

- Self Love Challenge
- Upcoming dates and deadlines
- Course registration for 2023-24
- Senior Mid-Year Transcripts & Paying for College
- AP Exams
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- College and Career Updates

SELF LOVE

in February



Love Yourself

February may be considered the month of love due to Valentine's Day but it is not just about romance and significant others. It can also be a month for self care, self love, and fostering relationships with family, friends, and caring for others in your life.



Benefits of Self Care

- Helps build resilience
- Helps recognize emotional responses
- Boosts your immune system
- Improves your self-compassion
- Increases the ability to give more to others
- Makes you more productive



How to Practice Self Care

- Sleep – rest your mind and body
- Meditate – breathe deeply and find peace in your surroundings
- Create – cook or bake, draw, journal, read; do something you love
- Focus on something you are grateful for
- Read affirmations aloud to yourself
- Move – get out into nature, stretch, do yoga, go for a walk
- Try our February Self Love Challenge



February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Say I love you every time you look in the mirror	2 Unfollow social media accounts that don't make you feel good	3 Take a relaxing bath or shower
4 Make a vision board	5 Cook yourself or family breakfast	6 Wear something you feel extra confident in	7 Write an inspirational note on your mirror	8 Give yourself 5 compliments today	9 Watch something that makes you laugh	10 Spend time in nature
11 Enjoy your favorite sweet treat	12 Start your morning with 5 minutes of meditation	13 Buy yourself something small that you love	14 Write yourself a love letter, read it when you are feeling down	15 State 3 positive affirmations	16 Dance to your favorite song	17 Clean your room and make your bed
18 Wake up early and watch the sunrise	19 Spend 10 minutes stretching	20 Journal about what you want to achieve this year	21 Make yourself a cup of tea or hot chocolate	22 Spend 10 minutes writing down what you are thankful for	23 Spend the night in with friends and family	24 Sleep in with no alarm
25 Watch the sunset	26 Take 5 deep breaths every hour (set reminders)	27 Make a list of 10 things you're proud of	28 Go to bed an hour earlier than usual	29 Set a goal for yourself to complete in March		

Self Love
Challenge

IMPORTANT DATES AND DEADLINES

- February 1: 1st day to submit Running Start enrollment verification forms to BC for spring quarter
- February 9: Qmlativ registration begins (grades 9-11)
- Mid February: Seniors! Mid year transcripts will be sent to colleges
- February 19-23: Mid Winter Break (No School)
- March 8: Qmlativ registration closes (grade 9-11) at 3:59pm
- March 27: Skilled Trades and Community Technical College Fair (at MIHS)
- April 30: Class of 2025 (Rising Seniors) Case Study and College Fair
- June 8: Graduation

Course Registration

2024-2025

Registration
season is
here!

Current 9th-11th graders received information in their Science classes or Islander Hour about registering for classes for next school year. Please check our [course catalog](#) for any questions about our classes.



Students' course selections must be made in Qmlativ by March 8 (11:59 pm). All students are encouraged to speak with their families and teachers in deciding which courses they should take. School counselors are available daily at the COTD table for questions.

The MIHS Curriculum Fair took place during the February 7th Islander Hour. Students had the opportunity to view talk with their teachers to learn more about their course options for the 2024-25 school year.



Attention

Seniors

MID YEAR TRANSCRIPTS

Now that our first semester has come to a close, your MIHS counselors will be sending your mid-year transcripts to your colleges and post-secondary programs after grades have been posted and transcripts have been updated. This will happen AUTOMATICALLY as long as the following applies:

- The one-time \$65.00 transcript fee has been paid. This fee covers all transcripts sent throughout the admissions process – initial transcript (sent by the application deadline; mid-year transcript (sent after 1st semester); and final transcript (sent at the end of the school year to the final choice college).
- The college is listed in your Naviance account. If you have a special circumstance that involves your grades and/or official transcript, please contact your alpha counselor right away.



SCHOLARSHIPS

Scholarships are also listed on the [MIHS Counseling Webpage](#). Your college or university's financial aid webpage may also provide scholarship opportunities. Don't forget to file your FAFSA or WAFSA!

Note: If you have changed your schedule since you first applied to your colleges, it is up to you as the student to inform your colleges of this change.



MERCER ISLAND SCHOOLS FOUNDATION

2024 PENNY YANTIS SENIORSCHOLARSHIP

\$3,000

APPLICATIONS DUE MARCH 18, 2024

The *Mercer Island Schools Foundation* is now accepting applications for the **2024 MISF Penny Yantis Senior Scholarship**

- **Eligible:** Mercer Island School District graduating seniors who attend Mercer Island High School, Crest Learning Center, or are in the ATP.
- The Penny Yantis Scholarship recipient will agree to prepare a short speech to give at the Breakfast of Champions, the Foundation's spring fundraiser, on April 30th.

A *Mercer Island Schools Foundation* binder is in the MIHS counseling office. The binder contains programs and teacher grants the MISF has funded over many years for your review. **Please don't remove the binder**, but feel free to take pictures of the pages if you need them. Please ask one of the counselor administrators if you can't find it.

***NOTE ***

PLEASE make sure to do your research and learn which programs, grants, and enrichment activities have been FUNDED by the Mercer Island Schools Foundation.

APPLY AT MISF

SAT/ACT Resources

Running Start Info



Running Start Fall 2024

Your MIHS Counselors are partnering with Bellevue College to host a Running Start information session for current 10th and 11th grade students. If you are interested in taking courses at the community college through Running Start during the 2024-25 school year, don't miss this session! The session will be held on Wednesday March 6 during Islander Hour.

Please note that Running Start students and their parents are required to attend an information session held by the college (separate from this event) before they can register for classes. You can find more information about Running Start at Bellevue College [here](#).

AP Exams

AP Exams are coming up in May. You can access the AP Exam Schedule [here](#).

SAT/ACT Prep Resources

- Mock ACT/SAT Practice Tests are available via the MIHS PTSA for interested students. Mock tests will be taken in the MIHS Commons. Test dates, payment information, and additional information can be found on the [PTSA website](#).
- Khan Academy and the College Board have partnered in offering free SAT Test Prep. Details can be found [here](#).
- ACT offers a variety of test prep information on its website, including a free guide that students can order [here](#).



Lake Washington Institute of Technology

11615 132nd AVE NE Kirkland 98034

Students & Families Welcome!

PRESENTACIÓN EN ESPAÑOL 5:30-6

wanic.org



Washington Network for Innovative Careers

Preparatory College & Career programs for 11th & 12th graders

425-739-8400

wanic@lwisd.org



SEATTLE INTERNATIONAL UNIVERSITY FAIR

Meet with 23 Universities from 10 Countries

- American College of Thessaloniki
- Bocconi University
- Franklin University Switzerland
- Goldsmiths, University of London
- IE University
- James Cook University
- John Cabot University
- Macquarie University
- Newcastle University
- The American University of Paris
- The American University of Rome
- University College Dublin
- University of Auckland
- University of Bristol
- University of East Anglia
- University of Kent
- University of Manchester
- University of Melbourne
- University of Roehampton
- London University of Sheffield
- University of St Andrews
- University of York
- Victoria University Wellington

THURSDAY FEBRUARY 29, 2024

5:30-7:30 pm

Odle Middle School
502 143rd Ave NE
Bellevue, WA 98007

Click or Scan to Register:

[Click](#)



Career Hub



Thursday Lunch & Learns

With Ms. Kenyon & Mr. Johnston

Bring your 🍷 and 💻!

When?	What?	Where?
Feb 29	Summer Options “Food for thought” around volunteering, working, preparing for college, etc	Room 206
March 7	Resume Writing Get started or refine your resume for job & college applications, scholarships and teacher recommendations	Room 206
March 28	Interview Prep Prepare for interviews with potential employers or programs	Room 206

Parenting an Adolescent or Teen?

Interested in finding connection, resources, and support? PEPS and Mercer Island Healthy Youth Initiative are offering programs just for you!



Join a FREE 4-week online program designed specifically for parents of adolescents and teens. Groups will explore topics including adolescent brain development, effective communication, and mental health to help adults gain the confidence they need to support their adolescent's healthy development. Meetings are led by a Group Leader trained in adolescent development and group facilitation.



REGISTER

The Art and Science of Parenting a Middle Schooler

Meets on Monday evenings from 6:30-8:30pm on March 4, 11, 18, 25, 2024.

This 4-week series is open to Mercer Island parents & caregivers of middle schoolers (10-14 years old).



REGISTER

The Art and Science of Parenting a High Schooler

Meets on Thursday evenings from 6:30-8:30pm on March 7, 14, 21, 28, 2024.

This 4-week series is open to Mercer Island parents & caregivers of high schoolers (15-19 years old).

Thanks to federal grant funding, the Mercer Island Healthy Youth Initiative is offering Mercer Island families an opportunity to participate in a Parents of Adolescents and Teens (PAT) Group at no cost to participants through PEPS. Adult participants will attend via Zoom without children, with up to 10 families in each group. *NOTE: This course is interactive and is not a presentation. Members will be asked to participate with their cameras on for the group to be most effective.*

Spots are limited — reserve a spot today!

Register: www.MIHealthyYouth.com **Questions?** Contact HealthyYouth@mercerisland.gov

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