



2024

MIHS

MARCH

COUNSELING NEWSLETTER



IN THIS ISSUE

- MIYFS R&R Counselors
- SAT & ACT Information
- WANIC Info for 2023-24 school year
- PNWCC College Credits
- Running Start Info
- College and Career Updates and Events
- MI Parent Edge Updates

Important Dates

- March 4: Last day to drop with a "W" (withdrawal)
- March 27: Skilled Trades and Community Technical College Fair (at MIHS)
- May 23: Last day to DROP a course (seniors)
- June 6: Last day to drop a course (grades 9-11)
- June 8: Graduation

*New month, a new beginning,
new mindset, new focus, new
start, new intentions, new results*





YOUR MIHS R&R COUNSELORS *Here For You*

Mercer Island Youth and Family Services (MIYFS) counselors partner with MIHS to assist all students with issues of concern, including: stress, relationships, depression, eating issues, alcohol and drug issues, and struggles with anger.



Appointments

Students can make an appointment with either Caleb Visser or Chris Harnish. Parents also can inquire about services and resources at 206.236.3290 (Caleb) or 206.236.3363 (Chris).

Quick Tips for Stress Management

- Exercise and eat regularly
- Get enough sleep
- Make time for fun AND quiet
- Get outside
- Talk it out
- Write about it
- Practice Mindfulness



SAT & ACT Information

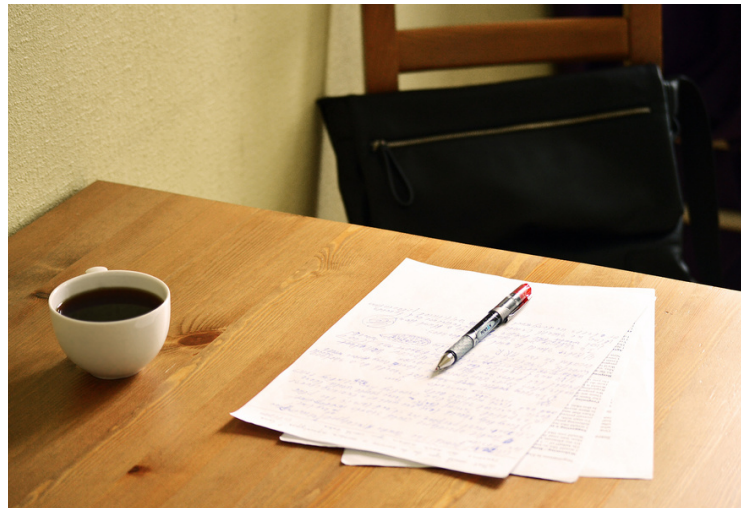


Should you take the ACT or SAT?

Many colleges and universities are now "test optional" although some are requiring test scores. You should consult your specific college/university's website for more information to determine if the school is test optional. Another helpful resource is the Fair Test website. Whether you should take the ACT or SAT is dependent on your schools' admission requirements. Please also note that some scholarship opportunities may require a test score.

Opportunities to Prepare

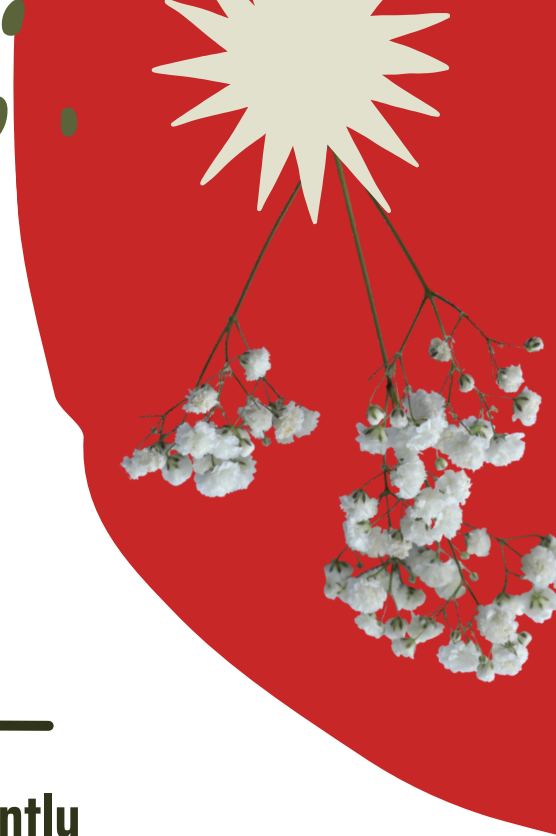
- The MIHS PTSA offers mock SAT and ACT tests. This is a great option for students to try out and practice these assessments in an environment where the scores don't matter for college entry. Visit the PTSA website for more information on how to register.
- Khan Academy and the College Board have partnered in offering free SAT Test Prep. Details may be found HERE
- The ACT offers a variety of test prep information on its website, including a free guide that students can order HERE
- King County Library System offers free online test preparation for library members. Details can be found HERE.



If you need/plan to take a standardized test, it is recommended that students have these tests taken by the end of their junior year. Students with IEPs or 504s should reach out to Mike Neff to initiate the process for accommodations and must be approved by College Board.



WANIC: Career and Technical Education



Registration for WANIC programs is currently open for current sophomores and juniors. Spaces are limited and registration closes April 15, 2024.

WANIC (Washington Network for Innovative Careers) offers career and technical education for high school juniors and seniors. WANIC is an excellent option for MIHS students who are looking for specific career coursework and training. Juniors and seniors may enroll in half day programs (all of which earn high school credits) in the following areas:

- Automotive Technology
- Baking & Pastry
- Building Industry Technology
- Cisco Networking
- Culinary Arts
- Dental Careers
- DigiPen Art & Animation
- DigiPen Data Analytics & Visualization
- DigiPen Game Design
- DigiPen Music & Sound Design
- DigiPen Video Game Programming
- Fire & EMS
- Health Science Careers/Nursing
- Medical Careers
- Sports Medicine



See next page for information about their open house on March 21 from 5-7pm.





WANIC Skill Center Open House



Thurs. Mar. 21, 2024

5 - 7 pm

Featuring
2024-25
Full Year
Programs



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@lwsd.org

PACIFIC NORTHWEST COLLEGE CREDIT (PNWCC)

How To Earn College Credit During High School



DO YOU QUALIFY?

MIHS has several courses that provide students the opportunity to earn both high school and college credits. These college credits originate from many of our local community colleges, including Bellevue College and Lake Washington Technical Institute. For students who are looking to earn academic credibility, this program is ideal, efficient and quite a bargain! Most importantly, students can earn college credit without ever leaving the MIHS campus. It's also important to know that whether the credit originates from a 2- or 4-year college, academic credibility earned is equally invaluable.

STEP 1: Complete one or more of the following MIHS classes during the 2023-2024 school year:

- Accounting
- Biotechnology
- Business Communication & Technology
- Engineering Tech 1 & 2 (must complete both sections)
- Graphic Design (Beginning)
- Photography (Beginning)
- Health/Image
- Horticulture Marketing (Beginning)
- Marketing (Advanced)
- Material Science
- Robotics (Beginning)

STEP 2: Earn a B or better in the course (for yearlong courses, a B or better must be earned in both semesters)

STEP 3: Complete the PNW College Credit registration at <https://www.pnwcollegecredit.org/> by June 1, 2024 (this deadline applies to courses completed either 1st or 2nd semester)

STEP 4: Pay the \$50.00 registration fee at <https://www.pnwcollegecredit.org/> by June 17, 2024 (NOTE: This fee covers ALL PNW College Credit courses taken in the 2022-2023 school year.)

Running Start



CHECK OUT THIS VIDEO

Bellevue College has produced a short video you may find helpful if you're considering Running Start or just want to learn more about Running Start, in general.

RUNNING START 2024-2025

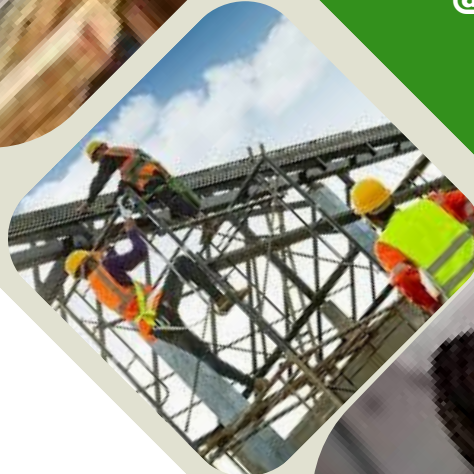
The MIHS Counseling Department and Bellevue College partnered to present an information session for students and families on March 6th during Islander Hour.

Students who plan to participate in Running Start for the 2024-2025 school year (current sophomores and juniors) must participate in an information session held by the community college **BEFORE** students are permitted to register. You can access more information about Bellevue College's Information Sessions [here](#).

Students who are interested in Running Start should review all of the documents on the [MIHS Counseling Webpage](#). There you will find course equivalency information, commonly asked questions, and additional MIHS Running Start policy information.



**3/27/24
9AM-2PM
@ MIHS**



SKILLED TRADE & TECHNICAL COLLEGES FAIR




**WEDNESDAY, MARCH
27 9 AM-2 PM @ MIHS**








- Meet professionals
- Find out about training and internships
- Talk with community college reps
- Learn about trade career paths & salaries



**Questions?
See Ms. Kenyon**



MIHS Post Secondary Events March 2024

Day/Date	Time	Event	Location
Tuesday 3/5/2024	Both lunches	Military Recruiting Tables 	Commons
Tuesday 3/5/2024	Both lunches	Pacific Northwest College of Art 	Main Hall
Wednesday 3/6/24	Both lunches	University of Utah 	Main Hall
Wednesday 3/6/24	1st lunch	Penn State 	Main Hall
Wednesday 3/6/24	2nd lunch	Northern Michigan U 	Main Hall

Day/Date	Time	Event	Location
Thursday 3/7/24	Both Lunches	Career Hub Lunch & Learn: Build Your Own Resume 	Room 206
Thursday 3/7/24	1st lunch	Massachusetts College of Pharmacy & Health Sciences 	Main Hall
Thursday 3/7/24	1st lunch	Willamette University 	Main Hall
Tuesday 3/19/24	11 am-1:30 pm	Cap & Gown Pickup 	Commons
Thursday 3/21/24	1st lunch	Texas A&M U- College Station 	Main Hall
Tuesday 3/26/24	2nd lunch	University of Arizona 	Main Hall
Tuesday 3/26/24	Both lunches	Military Recruiting Tables 	Commons

Day/Date	Time	Event	Location
Wednesday 3/27/24	9 am-2 pm	Skilled Trades and Community College Fair 	Commons/Main Hall
Thursday 3/28/24	Both Lunches	Career Hub Lunch & Learn: Interview Prep 	Room 206



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
April 4	Senior Decision & Fin Aid Seminar Let’s talk about the choices you have for next year and see how we can help! Seminar & Discussion Format	Room 206

JOIN US

TECHNOLOGY & DIGITAL LIVES

SCREENWISE

Helping Kids Thrive
(and Survive)
in Their Digital World



**Growing
Up in
Public**

NATIONAL
BESTSELLER

COMING OF AGE
IN A DIGITAL WORLD

Parent

Circle

**MARCH 19TH @ 12PM
MERCER ISLAND
LIBRARY**

More info at MIParentEdge.org



MI Parent Edge

Equipping families with ideas, insight, and community to help them thrive.

Please contact at miparentedge@gmail.com if you are interested in getting involved!