



MIHS COUNSELING MAY NEWSLETTER

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Attention Seniors!

If you still need to order your cap and gown for graduation, please visit Jostens website [here](#).

A list of important dates and deadlines specifically for the Class of 2024 can be found [here](#).



I'M SO STRESSED OUT!

From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress vs. Anxiety

Stress

- Generally is a response to an external cause, such as taking a big test or arguing with a friend..
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is internal, meaning it's your reaction to stress.
- Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. You may be at risk for an anxiety disorder if it feels like you can't manage the stress and if the symptoms of your stress:

- Interfere with your everyday life.
- Cause you to avoid doing things.
- Seem to be always present.



Coping With Stress and Anxiety

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, there are ways to get help. Find more information on the National Institute of Mental Health (NIMH) website at www.nimh.nih.gov/findhelp.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.

More Resources

- NIMH: Anxiety Disorders (www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health (www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health (www.nimh.nih.gov/children)

- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health (www.nimh.nih.gov/talkingtips)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children (www.cdc.gov/childrensmentalhealth/depression.html)



NIH Publication No. 20-MH-8125

www.nimh.nih.gov

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Social Media @NIMHgov



Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

Do I have depression?



■ Do you often feel sad, anxious, worthless, or even “empty”?



■ Have you lost interest in activities you used to enjoy?

■ Do you get easily frustrated, irritable, or angry?



■ Do you find yourself withdrawing from friends and family?

■ Are your grades dropping?



■ Have your eating or sleeping habits changed?

■ Have you experienced any



fatigue or memory loss?

■ Have you thought about suicide or harming yourself?



Depression looks different for everyone. You might have many of the symptoms

listed above or just a few.

How do I get help for depression?



■ **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



■ **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called “talk therapy”), medication, or a combination of medication and talk therapy.



■ **Try to spend time with friends or family**, even if you don't feel like you want to.



■ **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



■ **Try to keep a regular sleep schedule.** ■ **Eat healthy foods.**



You're not alone, and help is available. You can feel better.
To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org.

In addition to your school counselor, MIYFS Counselors are available for support!

nimh.nih.gov/depression

NIMH Identifier No. OM 22-4321

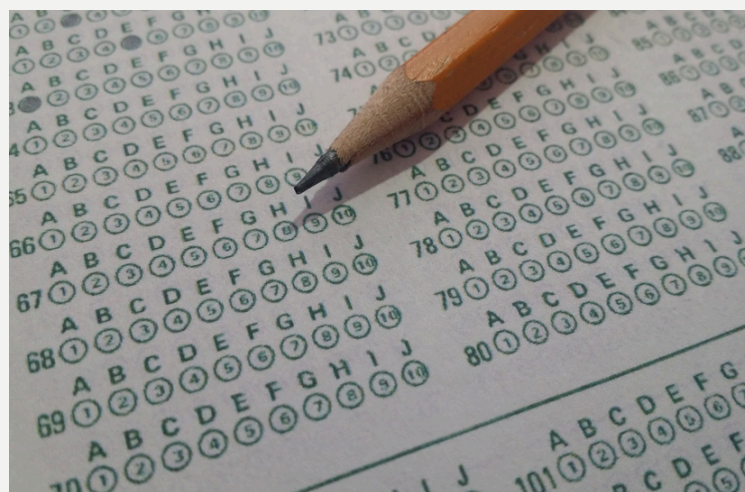
AP Exams

Updates

AP Exams are winding down for the year! Registration is closed and most students will begin/have finished testing! Woohoo!

AP Scores will be released in July. Watch this College Board webpage for updates: [College Board Score Reporting](#).

Students and families with AP related questions should contact MIHS Assessment Coordinator, Debbie Hanson, at debbie.hanson@mercerislandschools.org.



Testing

ACCOMMODATIONS

JUNIORS:

If you are a JUNIOR with an IEP or a 504 plan that provides testing accommodations and you plan to take an SAT/ACT and/or AP exam this year, e-mail 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).

SOPHOMORES

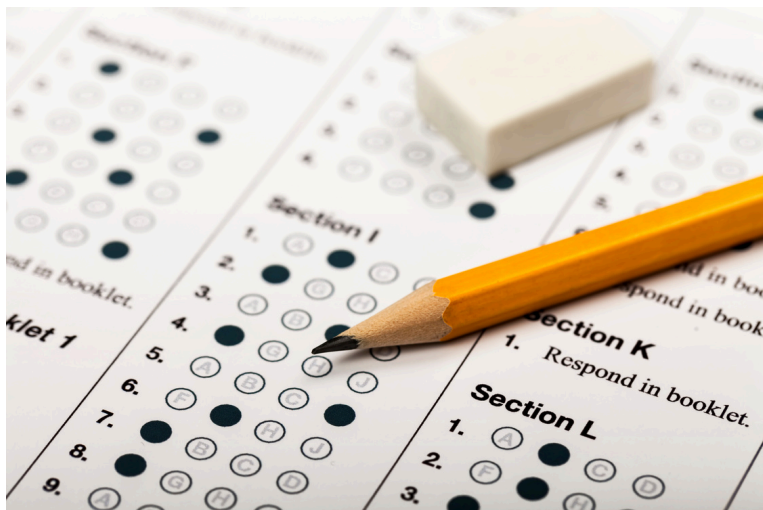
If you are a SOPHOMORE with an IEP or 504 that provides testing accommodations, contact Mr. Neff by the end of the school year so that accommodations will be in place for the PSAT next Fall and any future SAT and/or AP exams to be taken.

REGISTRATION FOR 2025

Registration for 2024 AP exams will begin in September, 2025

- Note: AP exams are not placement exams for AP courses, they are college-level assessments typically taken at the end of the school year for those completing AP classes or for those who have studied on their own for these rigorous exams. At MIHS, AP courses and exams are typically taken Junior and Senior year. Read more about AP exams [HERE](#).

SAT & ACT Information



Should you take the ACT or SAT?

Many colleges and universities are still "test optional," but some are moving back to requiring scores. You should consult your specific college/university's website for more information to determine if the school has moved to test optional admissions. 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.

Miscellaneous Information

WANIC Summer Programming

WANIC is offering summer classes in a variety of high-interest career areas! Just a few of the options include: Biosystems and Genetics, Computer Science, Culinary Arts, DigiPen, Fire and EMS, Welding, and so much more!

The secondary application window opens May 8th and closes June 1st. Course registration is based on space availability so not all courses may be open. Learn more [here](#).



High School and Beyond Plans

As we near the end of the year, it is important that students review the "tasks" they are to complete for their High School and Beyond Plan (HS&B).

Each year students are assigned tasks and are given time throughout that year to complete them in Islander Hour. It is important for all students to complete the assigned tasks in Naviance. Counselors are available at the Counselor of the Day table during both lunches if students have questions about their plans and tasks.

While all of the assigned tasks are useful for students to learn about their interests, possible career paths, and post-secondary options, the High School and Beyond Plan is also a state graduation requirement and is recorded on the transcript. Students can continue working on their tasks by logging into their Naviance account. The assigned tasks can be found under "My Planner" and then "Tasks."

SENIORS: High School and Beyond Plan tasks are due May 15th. If you need an extension due to unusual circumstances, please see your counselor at the CotD table.



Summer School

Mercer Island School District will be offering summer school this year for credit recovery and select additional courses. Summer school will be held June 25 through August 1 with additional possible assignments to be completed during the month of August. More details can be found [here](#).

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 what Running Start, in general.

RUNNING START 2024-25

Participation and enrollment in Running Start (RS) is a multi-step process, both at the high school and at Bellevue College (BC). Students who plan to participate in Running Start for the 2024-25 school year (next year's juniors and seniors) should complete all steps found on the MIHS Counseling website. Once enrolled in BC, students must carefully read all emails and follow ALL steps including vaccination verification, placement testing, orientation, and submission of the RS Enrollment verification form (signed by MIHS counselor). You can access more information about Bellevue College's Running Start application process [here](#).

Bellevue College's Course Catalog for Fall 2024 is [available online](#). You will be unable to register for classes until your Enrollment Verification Form (EVF) is submitted and confirmed as received by the Running Start office at Bellevue College. Once confirmed, enrollment for Fall will begin May 8th. Remember that counselors must sign the EVF prior to students submitting this document. Contact your counselor to set up a meeting and work to have your EVF submitted ASAP.

MIHS counselors are here to answer any questions about whether or not Running Start is right for you (and to have your EVF signed!), but please remember that we are unable to assist with the Running Start application process, placement testing, college accommodations, transportation, registration, etc.

Career Hub

Lunch & Learn

June 7-Both Lunches

With Ms. Kenyon & Mr. Johnston

Bring your 🍷 and 💻!

When?	What?	Where?
June 7	Rising Senior College App Workshop Essay Brainstorm Sign up for Common App Account Explore the Mysteries of Naviance Get Started!	Room 206



College Board Application Checklist:



MIHS Post Secondary Events

 **May/June 2024** 

** See Ms. Kenyon in the Career Hub for permission slips to these events!**

Day/Date	Time	Event	Location
Wednesday 5/15/24	10:00 am-1:00 pm	Lake WA Tech 2024 Spring Job & Internship Fair	Lake WA Tech (See Schoology)
Thursday 5/16/24	10:00 am-2:00 pm		WSU Everett (see Schoology)
Monday 5/20/24	7:30-11:00 am	**Lake WA Tech Field Trip** 	See Ms. Kenyon for permission slip
Tuesday 5/21/24	11:30 am-2:00 pm	Shoreline CC Career Fair	Shoreline CC (see Schoology)
Thursday 5/30/24	7:30 am-10:30 am	**Seattle Central College Field Trip** 	See Ms. Kenyon for permission slip
Wednesday 6/5/24	3:00-6:00 pm	Renton Career Fair	Renton Tech College (see Schoology)
Thursday 6/6/24	7:30 am-1:00 pm	** Wood Technology Center & Seattle Maritime Academy Field Trip** 	See Ms. Kenyon for permission slip 
Friday 6/7/24	Both Lunches	Rising Senior Lunch & Learn- College Application Summer Prep	Room 206

CAREER FAIR

11:30 AM
- 2 PM

**MAY
21**

**PUB (9015)
MAIN DINING
ROOM**

For the list of
registered
employers
and to learn
more:



Questions:

careercenter@
shoreline.edu

Shoreline
COMMUNITY COLLEGE
Engage. Achieve.

WorkSource
A proud partner of the American Job Center network



2024 RENTON CAREER FAIR 9th ANNUAL

UNITING TALENT WITH OPPORTUNITIES

WEDNESDAY, JUNE 5, 3-6PM

RENTON TECHNICAL COLLEGE CAFETERIA
ROBERTS CAMPUS CENTER (BUILDING I), 3000 NE 4TH ST

- Admission to this event is free of charge
- Engage with over 60 hiring organizations
- Metro bus stops are accessible at Renton Technical College
- Parking is provided at no cost
- Remember to bring multiple copies of your resume
- Enjoy refreshments from our onsite food truck

To register, scan the QR code or go to:
gorenton.com/renton-career-fair-2024



LAKE WASHINGTON INSTITUTE
OF TECHNOLOGY 2024 SPRING

JOB AND INTERNSHIP FAIR

All job seekers are welcome! Meet employers
actively recruiting for job/ internship opportunities
and seeking skills in various industries, network
and get hiring advice, and learn about LWTech
programs. Attendance and parking are free!

Date
15 May, 2024

Time
10:00am - 1:00pm

Location
**LWTech Main Campus
1800 152nd Ave NE, Kirkland, WA
East Bldg, 1st Floor - East Mall Area**

Job Seekers and Students ONLY!

To register, scan the QR code or click the
"Register Now" button.

Register Now

More info
LWTech.edu/JobFair

Employers:

To inquire about participating, please contact LWTech Career
Services at CareerServices@LWTech.edu or (425) 759-8711.

For more information on this event, contact LWTech Career Services at (425) 759-8711 or CareerServices@LWTech.edu. This event is presented by Lake Washington
Institute of Technology in partnership with WorkSource and Workforce
Development Council of Seattle-King County.



LWTech is an equal opportunity institution.
For accommodations, contact the LWTech office at
(425) 759-8711 or career@lwtech.edu.

WorkSource is an equal opportunity
organization. Auxiliary aids and
services are available upon request to individuals with
disabilities. Washington Relay Service: 1-800-833-6371

WorkSource Rainier's Monthly JOB FAIR

**May 15, 2024
1:30 - 3:30 pm**

2531 Rainier Ave S.
Seattle, WA 98144

Participating Organizations Include:

- Integrated Living Services
- ABM
- Alliance Building Services
- ADECCO
- Valley Cities
- ChildCare
- City of Seattle
- ResCare
- Hopelink
- Employment Security Department
- Security Services Northwest
- DSHS ALISA - Caregiver Careers
- Freedom Equity Group
- Pierce College
- DSHS - Community Services Division
- Parker Aerospace
- Union Cultural Center
- Plus more!

Questions? Contact Meghan Lee
meaghan.lee@esd.wa.gov

REGISTER HERE!

<https://worksource.com/g25HCCXCWQ2>

Or scan the QR code:



WorkSource
A proud partner of the American Job Center network

WorkSource is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.
Language assistance services for limited English proficient individuals are available free of charge. Washington Relay Service: 1-800-833-6371
The WQIA Title IX Harassment Response (Employment) services program receives support and funding from U.S. Department of Labor. Read more
about WQIA grant funding at <http://www.esd.wa.gov/esd/>

MERCER ISLAND YOUTH AND FAMILY SERVICES

Summer is a great time to take a mental break, recharge & build skills!

MAKE SPACE



SCAN ME!



How will YOU make space for yourself this summer?



Summer is a great time to take a mental break, recharge and build skills so that you can handle what's ahead. Making space to prioritize your mental health, make healthy choices and develop wellness habits will help you succeed academically and personally. It's all about finding balance. Visit Island Space (islandspace.mihealthyyouth.com) for some tips to recharge this summer!

Keeping Youth Safe

- **Talk about celebration expectations.** 80% of youth aged 10–18 still say parents are the biggest influence on their decision whether to drink. Set a firm limit then help your teen meet your expectations.
- **Facts support safe decisions.** Share facts and family/legal/school consequences of driving while impaired (alcohol or cannabis), binge-drinking, and the risk of fentanyl exposure from any socially available pills or powders.
- **Discuss the law:** Furnishing alcohol to minors is a crime. The Mercer Island Underage Drinking Ordinance creates a civil penalty for allowing underage drinking parties in a residence. DUI-cannabis and alcohol are both dangerous crimes. The Good Samaritan Law provides immunity from legal prosecution for anyone suffering an overdose or bystanders seeking medical aid.
- **Monitor off-island parties:** Renting a hotel room or using a vacation property for teen parties without supervision does not guarantee safety. Talk with other parents, ask about chaperones, and talk about never letting a friend “sleep it off” if seriously impaired.
- **Safe Hosting:** Keeping the celebration close to home? Secure alcohol, cannabis, and prescription medication. Check backpacks and no “in/out” privileges.
- **Have a plan for emergencies.** Consider a no-consequence ride home 24/7. Discuss what to do if pressured to use substances and need an “out.” Practice what to say if asked to get into a car with an impaired driver.



Visit MIHealthyYouth.com for more resources

Did you know?

**MOST Mercer Island
parents (95%) AGREE:**

**Parents should clearly
communicate with their
children about the importance
of not using alcohol.**

- Parents are the #1 Influence!
- Have small conversations early and often.
- Visit MIHealthyYouth.com for resources.



er Island Parent Survey, May 2021 | Q. 32 How much do
agree or disagree: "Parents should clearly communicate
their children about the importance of not using alcohol?"

***Did you
know?***

MOST MIHS students are making healthy choices!
Parents - take the opportunity to have important
conversations with your teens about the risks of
alcohol and other substances. Visit
<https://www.mihealthyyouth.com/preventionbasics>
and <https://starttalkingnow.org/> for scripts and
tips to get the discussion started.

MIYFS

Parenting MI

Parenting is important. Figuring it out, isn't always easy. Visit www.ParentingMercerIsland.org for information and resources to support everyday parenting challenges such as managing conflict, intentional communication, stress and anxiety and establishing rules about alcohol. Follow us on Instagram at Parenting Mercer Island for tips and resources!

