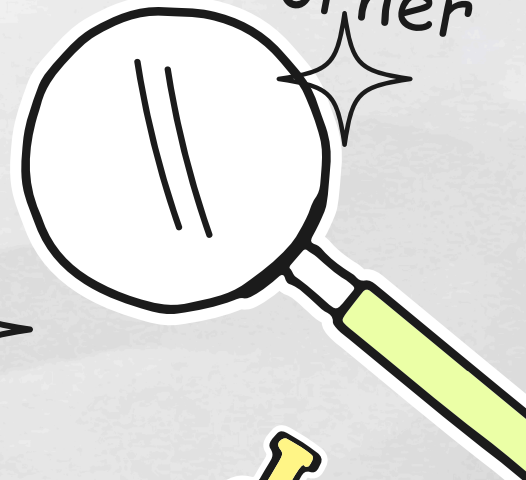


# MONTHLY NEWSLETTER - SEPT 2024

Ms. Muir's  
Counselor Corner



## SENIORS

### College-/University-Bound?

- Stay on top of your classes/deadlines from the start!
- Meet with me to review graduation progress & transcript accuracy.
- Finalize your list of college choices & apply.
- Create a calendar for college admissions, financial aid, & housing.
- Do you need SAT scores?
- Request letters of recommendation.
- Keep applying for scholarships!



## MILITARY INTEREST?



Start looking for cafeteria visits during lunch starting in October. Don't want to miss a particular branch? Let Mrs. Casciato know!  
[Melanie.Casciato@thedeltahighschool.com](mailto:Melanie.Casciato@thedeltahighschool.com)

# FRESHMEN

Did you know that joining a club can improve mental health and well-being? Clubs offer a sense of belonging, social support, opportunities for leadership, and boosts self-esteem! Not only that but clubs are a great way to help develop your character and the skills that will benefit you in school, your career, and in life. Be sure to attend our family mixer and club promotion event on Sept. 6th!



## MENTAL HEALTH TIP

How to feel less overwhelmed when life gets busy:

- Assess what needs to be done.
- Choose your tasks wisely (prioritize).
- Say no sometimes.
- Be happy with good, not perfect.
- Don't be afraid to ask for help.

Need to make an appointment with me?

[calendly.com/ms\\_muir\\_counselor](https://calendly.com/ms_muir_counselor)

Stay "in the know!" Check your Delta email & Teams pages daily!