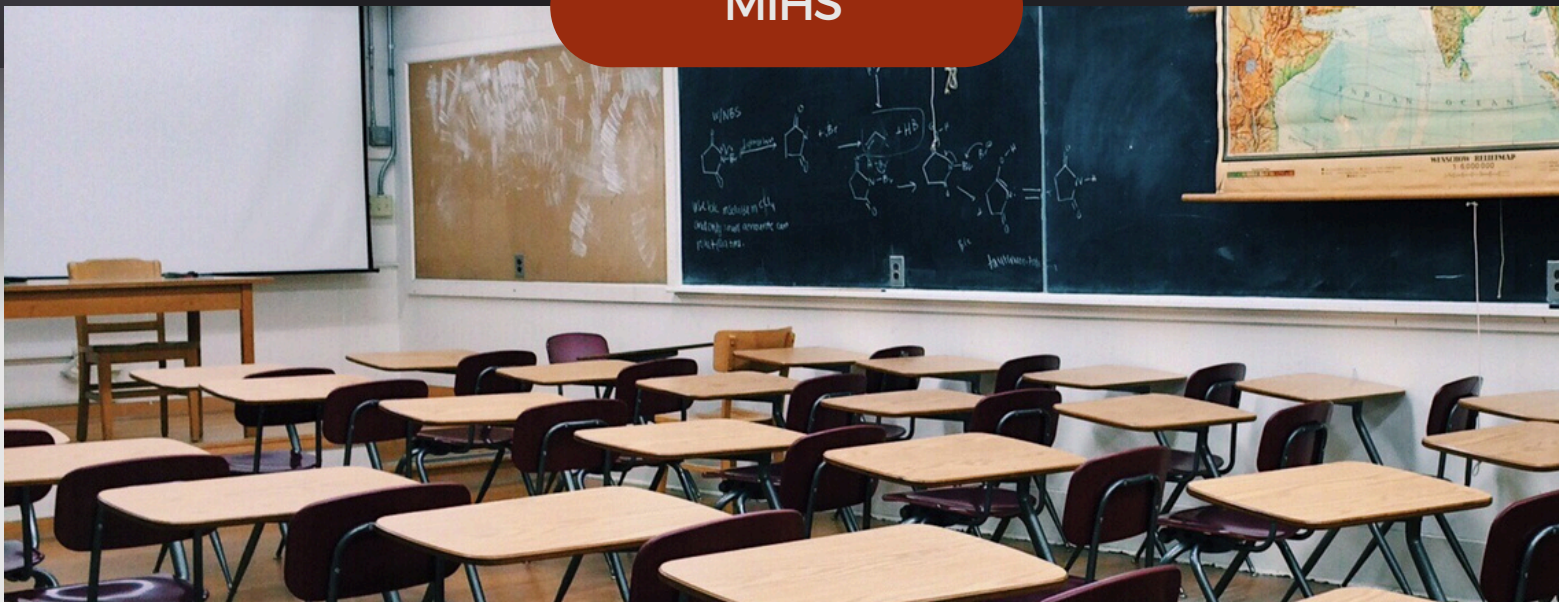


September

2024

# COUNSELING NEWSLETTER

MIHS



## Welcome Back Islanders!

The MIHS Counseling Team is excited to start another school year with you and want you to know that we are here to support you! Below is a brief introduction of how we plan to support ALL of MIHS students' academic goals, socio-emotional wellbeing, and post-secondary planning this year:

- Large group planning: Throughout the year we will have a variety of grade level activities during the school day and evening events
- We will continue to post slideshows/videos on our counseling website following student/parent presentations. Additional communication will be posted in the newsletter, email, and/or Schoology.
- Our friendly and wonderful counseling secretaries, Ms. Thrall and Mrs. Moore, are available to direct student and parent inquiries as well.

## Counselor of the Day

Counselors will be available during both lunch periods to answer brief questions. More in-depth conversations can be scheduled with your alpha counselors.



# SUICIDE PREVENTION

A W A R E N E S S M O N T H

# 988 SUICIDE & CRISIS LIFELINE

## PREVENTION

Mercer Island High School has been affiliated with UW's Forefront Suicide Prevention Program since 2015 with the goal of reducing the risk of suicide. Through the use of the LEARN curriculum, we strive to educate parents, students, and staff about the signs of suicide and provide the tools necessary to prevent suicide within our community.

Nationally, suicide rates have been increasing for two decades now. And during this time Washington's suicide rate has remained higher than the national average. Moreover, youth suicide has risen in recent years, along with anxiety and depression.

## SUICIDE PREVENTION TOOLKIT INCLUDES:

- Online suicide prevention and mental health trainings and webinars
- All Patients Safe suicide prevention training for healthcare providers
- LEARN® Saves Lives overview and frequently asked questions
- Resources for families and schools
- Videos about suicide prevention, building connection, and supporting those in mental health crisis COVID-19 resources

CHECK OUT THE REST OF THE  
TOOLKIT [HERE](#)



# MEET OUR NEW COUNSELING TEAM MEMBERS

## MS. LAPORTE

Maddie LaPorte is our newest counselor at MIHS. Before coming to Mercer Island High School she was living in Spokane, WA and attended Gonzaga University to get her Masters in School Counseling, Go Zags! Ms. LaPorte enjoys cooking, watching movies, and spending time with friends. She grew up in the Seattle area and is really excited to be back!



## MRS. MOORE

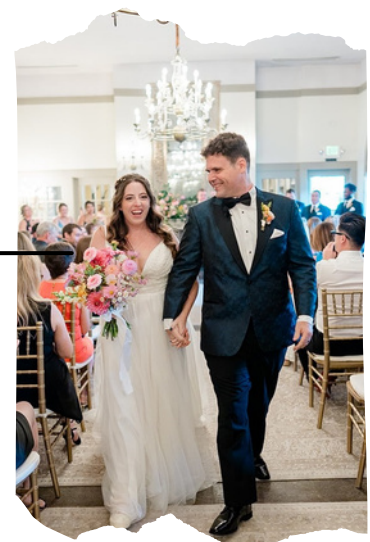
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Robin Moore is a proud mom of two MIHS alums ('18 and '21) and has lived on Mercer Island for 20 years. After volunteering for many years for Mercer Island Girls Lacrosse, the MIYFS Foundation and the Mercer Island schools, she worked briefly for Alaska Airlines before realizing she much preferred being engaged with the MI community. She's thrilled to be an official MISD employee and particularly excited to be part of the Counseling, College and Career Center! Originally from California, she went to college at UCSD and graduate school at UC Davis, and loves to travel, spend time with family and friends and hang out with their two giant labs!

## MRS. PRESTON

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Last but not least, you may notice another new name in the Counseling office this year. Molly Smith got married in July and will now be going by Molly Preston! She is happy to share details about the wedding if you are interested. Molly will continue to support Last names N-Si. She will be using this year as a transition but asks that families begin using her new email, [molly.preston@mercerislandschools.org](mailto:molly.preston@mercerislandschools.org)





# IMPORTANT DATES

- Last day to add first semester class: **Sept. 4 2024**
- Last day to add an MI online Course: **Sept. 18 2024**
- Last day to drop a class without a "W" on the transcript: **Oct. 2, 2024**
- Curriculum Night: **Sept 25 from 5pm-8pm**



## AP EXAM NEWS: REGISTRATION AND PAYMENT

Advanced Placement (AP) exams are not placement exams for high school courses; they are college-level assessments that potentially allow students to earn college credit before leaving high school

AP exams are designed for students currently enrolled in College Board AP courses, but may also be appropriate for students who have learned the requisite knowledge in other ways (home-school, self-study, etc.)



## FOR MORE INFORMATION

Please visit this [link](#)





# IMPORTANT DATES



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## PSAT UPDATE: JUNIORS ONLY!

At MIHS, the PSAT is administered to all Juniors each year. This year's test administration will take place at Mercer Island High School at 8am on Oct. 28. The PSAT is for current Juniors only

## SAT/ACT TEST PREP RESOURCES

- Khan Academy and the College Board have partnered in offering free SAT Test Prep. Details may be found [HERE](#)
- ACT offers a variety of test prep information on its website, including a free guide that students can order: [HERE](#)
- The MIHS PTSA offers mock ACT and SAT Tests for students to try out the assessments. Registration can be found [HERE](#).



Most up to date information [here](#)



# A message from **MI Youth and Family Services**

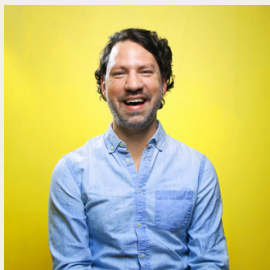


## Dear Parents & Caregivers

Through a unique partnership between the City of Mercer Island, the Mercer Island School District and MIYFS two licensed mental health counselors are available onsite at MIHS. Chris Harnish and Caleb Visser work collaboratively with students, families and school staff to support the social and emotional needs of MI teens as they navigate their way through the school year.

The R&R (which stands for Resources and Referrals) is based on-campus at MIHS and offers students a safe, confidential space to gather informally on a drop-in basis and to seek out support/guidance around the many issues facing adolescents today.

The MIYFS counselors are available to provide a range of services, including individual counseling, facilitating youth leadership and development programs, teaching emotional selfcare skills, substance abuse education, prevention and assessment services and if necessary assisting in making referrals to providers outside of the school setting. These services are also available to students who attend the Crest Learning Center.



**Caleb Visser, LMHC, MACP**  
caleb.visser@mercerislandschools.org  
206-236-3290



**Chris Harnish, CDP, CC, CPP**  
chris.harnish@mercerislandschools.org  
206-236-3363

Please do not hesitate to reach out, even to ask a simple question or check in about your teen. All of the services offered through the R&R are confidential and free

# GENERAL INFORMATION FOR ALL STUDENTS

## Post secondary Info

### USING NAVIANCE TO YOUR BEST ADVANTAGE

Looking to get started or further your college and career search? All MIHS students have access to Naviance, a college and career planning platform that allows students to take personal interest inventories, search for colleges and college majors, and learn about a wealth of career options. Students will be using Naviance and completing specific tasks for their High School and Beyond Plan throughout the school year (Islander Hour) but they are encouraged to spend time exploring Naviance on their own. Students should log in using "Clever."



### VIRTUAL COLLEGE REPS VISITS

Connect with college representatives through Zoom and in-person to find out details of particular college admission requirements and application recommendations. College reps are excited to meet our talented MI students! Look at the calendar [here](#).

- Sign up to meet with reps via Naviance!





# Class of 2025 College Application Important Information

## What you can do right now: In Naviance

- Do a College Supermatch
- Favorite (♥) Colleges you are interested in applying to and research
- When you are sure, add them to your "Colleges I'm applying to" List

## What you can do right now: In Parchment

- Set up your profile/account
- Request your free unofficial transcript
- Review your transcript to make sure everything looks the way you thought it would

## Tuesdays and Thursdays starting 9/3 at both lunches

Career Hub open for Senior application help drop in

## Beginning Tuesday, 9/10 @ MIHS

College Rep Visits during both lunches, before school on Wednesdays and after school\*\*\*Check Naviance for full calendar of visits\*\*

## Tuesday, 9/17 6:00-7:30 pm-

MIHS Post Secondary Planning Webinar

\*\*\*[Check Career Hub Website](#) or Schoology Class of 2025 for link\*\*\*

## Beginning Wednesday, 9/18 Class of 2025 Naviance "To Do" Steps

- Match Common App and Naviance
- Complete FERPA Waiver
- Order Transcripts
- Request Recommendation Letters (if applicable)
- Indicate Early Decision and complete paperwork (if applicable)

## Monday 9/23-Friday 9/27

MIHS College App Support Week

## Beginning Thursday, 10/10

Order and pay for transcripts, Transcripts and Counselor Reports begin going out to colleges



THE CAREER HUB @ MIHS

# COLLEGE APPLICATION SUPPORT

Do you have questions? Want a quiet place to work?

TUES/THURS | THRU NOV 30, 2024 |  
BOTH LUNCHES | CAREER HUB

Drop by during either lunch on Tuesdays and Thursdays  
September through November for help with essays, Naviance,  
online applications, college exploring, and anything else you  
need to help you get through this process.

Open to all members of the Class of 2025. The Career Hub is  
located right inside the Counseling Department.

Questions? Email Ms. Kenyon  
[christine.kenyon@mercerislandschools.org](mailto:christine.kenyon@mercerislandschools.org) or stop by the  
Career Hub anytime!

The MIHS Counseling Department Presents

# LIFTOFF CAMP

# MIHS Class of 2025

**September 16-27, 2024**

**Webinars \* Workshops \* Support \* College Visits**

Scan the code, visit the Career Hub Website/Upcoming Events, or stop by the Counselor of the Day table for more information on all the post secondary events during the weeks ahead!



# POST SECONDARY APPLICATION FAQs

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*Class of 2025*



## *How do I find out my current GPA?*

Seniors can contact Mrs. Moore (robin.moore@mercerislandschools.org) or Amanda Thrall (amanda.thrall@mercerislandschools.org)

## *What is the class size for the Class of 2025?*

There are 373 students in the class.

## *What is my school rank?*

The Mercer Island School District has eliminated the student ranking system. Therefore, seniors can report “No School Rank Available” on any post-secondary application.



## *How do I personally get a copy of my transcript*

At any time during the school year, students can request an unofficial transcript from Mrs. Moore or Mrs. Thrall in the counseling center.



## *How do I order an official transcript*

Seniors can order official transcripts beginning October 10, 2024. The Counseling team has posted a tutorial video that outlines the steps for ordering and paying for official transcripts.





# CLASS OF 2025

# Post Secondary

# WEBINAR



**Tuesday, September 17, 2024 6:00-7:30 pm**

**Presented by the MIHS Counseling Staff for MIHS students and their families**



## Post Secondary Options

We will share ideas for post secondary pathways and how to explore them



## College Application Process

We will unpack the college app process and timelines



## Supports at MIHS

We will connect you to resources at MIHS to navigate your post secondary plan



Join 9/17 at 6:00 pm  
[meet.google.com/rjh-xytb-iaw](https://meet.google.com/rjh-xytb-iaw)



# \*\*\*Personal Statement Workshop Schedule\*\*\*

## Led by College Admissions Representatives

Wondering what colleges and universities are looking for in your personal statement? Attend any workshop below and find out!

\*\*\*

Workshops are scheduled during English 12 classes and lunches to provide access to all Islanders who are curious about the college application process and how admissions officers evaluate essays.

\*\*\*

Any questions? See Ms. Kenyon in the Career Hub



Period	Monday 9/16 UW Bothell	Tuesday 9/17 Seattle U	Wednesday 9/18 Connecticut College	Thursday 9/19 Whitworth U	Monday 9/23 University of Puget Sound
1				Library	Library
3		Crest Block		Library	
4			Library- LPR	Library	
5				Library	Library
Lunch 1	Library-LPR	Library- LPR	Main Hall		
Lunch 2	Main Hall	Library- LPR		206-208	Library-LPR
6					Library
7		Crest Block		Library	Library

@ MIHS on September 16, 17, 18, 19 and 23



# Community Resources

**PARENTING IS IMPORTANT.**  
Figuring it out, isn't always easy.



## PARENTING MERCER ISLAND

Parenting is important. Figuring it out, isn't always easy. Visit [ParentingMercerIsland.org](http://ParentingMercerIsland.org), an online tool to support parents and those in a parenting role with everyday challenges. Select tools based on the age of your child/teen (0-19) and learn skills to support your child/teen's development. Topics for parenting teens include: Confidence, Peer Pressure, Stress and Anxiety, Establishing Rules about Alcohol, Friendships, and more! Follow us on Instagram at [#ParentingMercerIsland](https://www.instagram.com/ParentingMercerIsland)

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?

