



# COUNSELING NEWSLETTER



## MONTHLY RECAP

Happy Fall!

As we start getting back into the swing of things, it can sometimes feel overwhelming to adjust. Just know you are not alone and we have many resources within our school to help support you.

Please reach out to your school counselor by stopping by the counseling office, sending an email/Schoology message, or popping by the Counselor of the Day table. In addition, our MI Youth and Family Services counselors can be found in the R&R Space across from the main office.

As we head into the shorter days of Autumn, we want to remind you about the importance of self-care. Ensuring that you are getting enough sleep, eating balanced meals, drinking enough water, stretching and moving your body regularly, connecting with friends and doing something you enjoy each and every day are some simple ways to care for your physical and mental health.

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- MIYFS RESOURCES
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- UPCOMING EVENTS/WORKSHOPS
- AP/ACT/SAT INFO
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- FAFSA/WAFSA INFO
- CAREER HUB EVENTS



# What Do Counselors Do?

High school years are full of growth, promise, excitement, frustration, disappointment and hope. It is the time when students begin to discover what the future holds for them and that can be overwhelming. Fortunately, the MIHS counselors are here to help and support all students and families. Some of the concerns we can help with include what is listed below, but please know that this is far from an exhaustive list!

## ACADEMIC SUPPORT

School counselors play a critical role in ensuring schools provide a safe, caring environment and that students have the necessary mindsets and behaviors to advance academic achievement outcomes.

- Counselors help students work with their teachers when there is an issue or concern
- Problem solve with students when they are struggling to turn in assignment and assessments
- Offer meetings with both students and parents/families

## COLLEGE AND CAREER READINESS

As students progress through high school, counselors work with them on matters such as scheduling, transcripts and college applications. Counseling department services also extend to helping with the college search, discussing financial aid and writing letters of recommendation.

- Counselors create positive relationships with students, families, universities, and colleges
- Hold individual conferences with students and families to help throughout the college process
- Provide group presentations via webinars, in the classroom, and in-person
- Establish and maintain resource library of college information, scholarship information, and financial aid

## SOCIAL EMOTIONAL SUPPORT

High school counselors are educators uniquely trained in child and adolescent development, learning strategies, self-management and social skills who understand and promote success for today's diverse students.

- Counselors meet individually with students for any reasons such as: issues of stress, anxiety, depression, friendship concerns, family issues, etc.
- Partner with teachers to provide the best support and learning environment for students
- Meet with students and families and make referrals to resources and counseling outside of MIHS such as MI Youth and Family Services

## MI YOUTH AND FAMILY SERVICES

### YOUTH AND FAMILY SERVICES

The Resource and Referral Place based at Mercer Island High School is a satellite program of Mercer Island Youth and Family Services.

The R&R Place was established in 1979 through a unique partnership between the City of Mercer Island and the Mercer Island School District to provide students convenient access to counseling services.

- The R&R as it's known by students offers a safe and confidential place to seek support and guidance around the many issues and concerns facing adolescents today.
- A full-time MIYFS Counselor is on site to provide a range services, including individual counseling, facilitating youth leadership development programs and teaching emotional self-care
- A full-time Alcohol and Drug Intervention Specialist is also onsite offering guidance to help prevent substance abuse and, if necessary, to find other recovery support services
- Counselors also offer consultation to parents and school staff

# COPING SKILLS

These skills help us get through difficult times. Keep this list of coping skills handy for when you need it!



## DISTRACTION

ABSORB YOUR MIND IN SOMETHING ELSE

Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, clean and tidy up, garden, arts and crafts

- **Pros:** Gives your heart and mind a break, great for short term relief, great to get through crisis
- **Cons:** Can't do it for too long, doesn't resolve any underlying issues, meds can make it hard to concentrate

## GROUNDING

GET OUT OF YOUR HEAD AND INTO YOUR BODY AND THE WORLD

Use body & senses: smell fragrances, slowly taste food, notice the colors around you, walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise

- **Pros:** Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected), reduces physicality of anxiety
- **Cons:** Sometimes it's better to stay a bit dissociated (that's how your mind protects you)



## EMOTIONAL RELEASE

LET IT OUT!

Yell, scream, run! Try a cold shower, let yourself cry... and sob, put on a funny show and let yourself laugh! Try boxing, popping balloons, or crank up some music and dance crazy

- **Pros:** great for anger and fear, releases the pressure of overwhelming emotion
- **Cons:** Hard to do in every situation, feels odd



# SELF LOVE

LOVE  
*yourself*

Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), take a bubble bath or long shower, brush your hair, or buy a small treat

- **Pros:** Become your own best friend, your own support worker, great for guilt or shame, you deserve it!
- **Cons:** Can be really hard to do or feel superficial (but it's not!)

# THOUGHT CHALLENGE

Write down negative thoughts then list all the reason they may not be true. Imagine someone you love had these thoughts - what advice would you give them?

- **Pros:** Can help to shift long-term, negative thinking habits, trying to be more logical can help reduce extreme emotion
- **Cons:** The more emotional you feel, the harder this is to do (in particular, feelings of shame can make this hard)

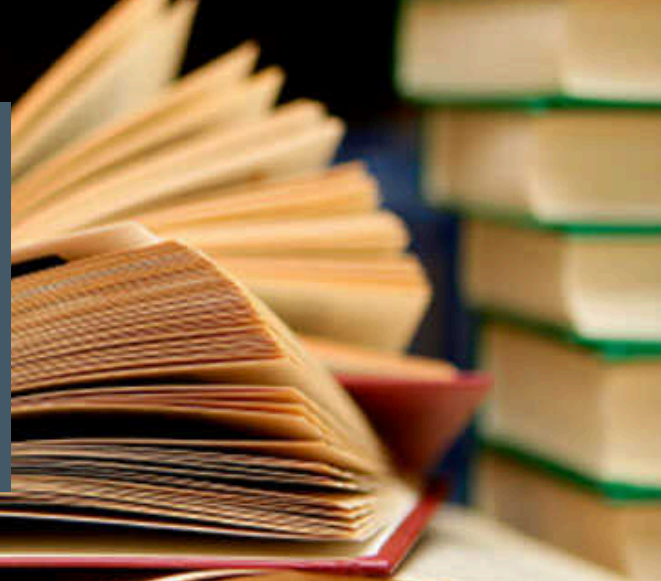


# ACCESS YOUR HIGHER SELF

Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause

- **Pros:** Reminds us that everyone has value and that purpose can be found in small/large things
- **Cons:** Don't get stuck trying to save everyone else and forget about you!

# AP, SAT, AND ACT EXAM INFORMATION



## 2024-25 MIHS PSAT News

AT MIHS, THE PSAT IS ADMINISTERED TO ALL JUNIORS EACH YEAR. THIS YEAR'S TEST ADMINISTRATION WILL TAKE PLACE AT MERCER ISLAND HIGH SCHOOL ON OCTOBER 28, 2024. THE PSAT IS FOR CURRENT JUNIORS ONLY

- The PSAT is optional
  - Parents or guardians who do not want their student(s) to take the PSAT, click here to complete a [2024 PSAT Refusal Form](#).
- There is no fee to participate in the PSAT at MIHS
- No need to pre-register in advance with the College Board
- There will be no make-up PSAT exam. The exam will only be administered on October 28, 2024,
- The PSAT offers standardized test practice and automatically enters students in the National Merit Scholarship (NMS) Competition.
- On Test Day students should bring:
  - Photo ID
  - School issued laptop (fully charged)
  - Acceptable calculator
  - #2 pencils with erasers (no mechanical pencils)
  - A sack lunch if you are testing with accommodations, as testing may extend beyond lunch
- Contact Debbie Hanson, MIHS Assessment Coordinator, with questions at [debbie.hanson@mercerislandschools.org](mailto:debbie.hanson@mercerislandschools.org)



## SAT/ACT Prep Resources

- Khan Academy and the College Board have partnered in offering free SAT Test Prep. Details can be found [here](#).
- King County Library System offers full Princeton Review prep through Tutor.com. Login and information [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/SAT testing. Learn more [here](#).

# AP EXAM NEWS

## MIHS

2024-2025

**EXAMS ARE OPTIONAL EVEN  
IF STUDENTS ARE ENROLLED  
IN CLASSES**

### NOV. 1

The last day to register and pay for your AP Exams online without incurring late fees

### MAY 5 - MAY 16

Exams will take place these days

## ACCOMMODATIONS

If you seek accommodations for AP tests in May and have not been approved previously by the College Board, contact

- Mr. Mike Neff, School Psychologist, at [mike.neff@mercerislandschools.org](mailto:mike.neff@mercerislandschools.org)
  - Already approved by College Board for accommodations for PSAT or SAT? These accommodations will apply to AP exams: no additional action is needed. If you have only been approved for ACT accommodations, these do NOT apply to AP/SAT/PSAT testing.

## 2024-25 AP EXAMS

This information is for students who are currently enrolled in AP Courses and/or those who wish to take the AP exams this spring

Contact Debbie Hanson, MIHS Assessment Coordinator, with questions at [debbie.hanson@mercerislandschools.org](mailto:debbie.hanson@mercerislandschools.org)

# Class of 2025 College Application Information

Check out all the new events, college visits, field trips, and workshops put on by the Career Hub. You can look at the many resources [here](#) or reach out to Ms. Kenyon!

## NAVIANCE

Please be sure your Naviance is updated with your final college list.

Your final list should include all Early Decision, Early Action, Regular Decision and Public WA colleges.

Tip! For colleges that you will be applying to via Common App - remember to add these to your Common App portal NOT Naviance.

Any schools NOT available in Common app SHOULD be added via Naviance. You've got this!

## TRANSCRIPTS

Before your official transcripts are sent to colleges and programs, it's a good idea to double check that all your academic information is correct. If you have not done so yet, please stop by the Counseling office and ask for an unofficial transcript.

Official Transcripts are ordered through Naviance. Be sure to pay your \$65 user fee so counselors can send transcripts to your colleges (any more than 20 colleges, you will be charged \$10 per application). In order for counselors to meet deadlines, students must request transcripts through Naviance at least 20 days in advance of a deadline. If you have an October deadline, please contact your counselor to ensure they are aware of your early deadline.

## NEED MORE HELP?

Counselors are available via the Counselor of the Day (COTD). Counselors staff the COTD table each day and are located across the hall from the Counseling Center.

Monday: Maddie LaPorte

Tuesday: Laura Karson

Wednesday: Katy Johnson

Thursday: Susie Brown

Friday: Molly Preston

Mrs. Kenyon will also be available during Tuesday and Thursday lunches for application support in the Career Hub.



# Financial AID SUPPORT

## The 12th Year Campaign Can Help

1



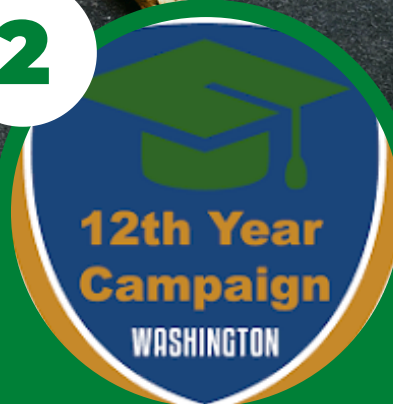
### FAFSA vs. WASFA

You should only complete one application, the FAFSA or the WASFA:

The [Free Application for Federal Student Aid](#), or FAFSA, is for need- and non-need-based financial aid from both the federal and state governments, as well as your college and some private scholarships. Most people should complete the FAFSA to get the most the money available.

The [Washington Application for State Financial Aid](#), or WASFA, is for financial aid from the state and some college aid, and is only for people who don't fill out a FAFSA due to immigration status—including being undocumented—or other federal aid eligibility issues. You can still be considered a Washington resident if you are undocumented.

2



### State-wide Financial Aid Events

- Oct 2, 5:30–7pm: [Parents and Caregivers Financial Aid Night Webinar](#):
- Oct 3, 5:30–7pm: [Class of 2025 Financial Aid Night Webinar](#)
- Nov. 13, 5:30–7pm: [Class of 2025 Financial Aid Night Webinar](#)
- December 11, 5:30–7pm: [Class of 2025 Financial Night Aid Webinar](#)
- Check [here](#) for local and in-person events!





# Islander Road Trip!

Hop into the Career Adventure Van! Check out some cool local spots where you can learn more about some cool careers. The van leaves MIHS one Thursday a month, all you need is a permission slip.

See Ms. Kenyon or your alpha counselor to sign up.

| Date     | Time          | Destination  |
|----------|---------------|--|
| 10/17/24 | 8:00-10:30 am | Renton Tech  |
| 11/21/24 |               | TBD (Construction Industry Training Council)                           |
| 12/19/24 |               | TBD (Fred Hutch)   |
| 1/16/25  | 8:00-1:00 pm  | Edmonds CC/AMSC/WATR   |
| 2/13/25  | 10 am-12 pm   | Lake WA Tech/WANIC   |
| 3/20/25  |               | TBD (Health Education Center at Pacific Tower/Seattle Central College) |
| 4/17/25  |               | TBD (Fairmont Hotel)   |
| 5/15/25  |               | TBD  |

MIHS Class of 2025, are you applying to a UC School? Then you should attend our .....



## October UC Workshop Schedule

**10/2/24- First Lunch in LPR**

(Led by Vanessa Peeck and Matilda Obaseki UC Irvine and UC Riverside)

**10/23/24- After School (Led by Kelsey Howard, UC Davis)**

**10/24/24- After School (Led by Cuca Acosta, UCSB)**

**10/31/24- After School (Led by Laura Gail, UCSC)**

UC SANTA BARBARA

UC RIVERSIDE

UC Irvine

UC SANTA CRUZ

UC DAVIS  
UNIVERSITY OF CALIFORNIA

MIHS Class of 2025, are you applying to a Cal State School? Then you should attend our .....

CAL STATE **APPLY**

**Application Workshops**

**Room  
206**

**Tuesday, October 22, 2024**

**Session 1: First Lunch**

Led by Sarah Faulk (SDSU) & Sarah Makar (Cal Poly)



**Session 2: Second Lunch**

Led by Axel Garcia (SJSU)



Islanders!!!  
Find your perfect fit October  
25-27 at a FREE #NACAC College  
Fair!  
#collegeadmissions

FALL 2024 *Includes STEM / PVA Component*

# NACAC National College Fair SEATTLE

Friday, Oct. 25  
9 a.m. - 12 p.m.

& Saturday, Oct. 26  
12 p.m. - 4 p.m.

Seattle Convention Center  
Seattle, Washington

NACAC 

National  
College Fairs



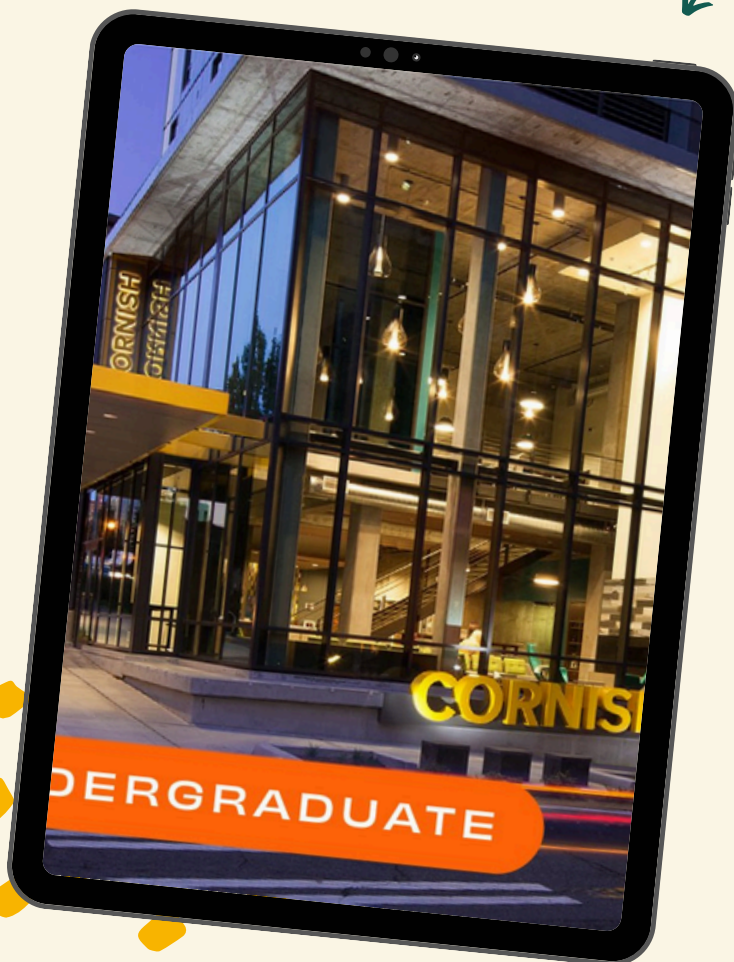
**REGISTER NOW!**  
[nacacattend.org/fairs](http://nacacattend.org/fairs)

# National Portfolio Day Association

Seattle, WA: Nov 2, 2024 ✨

11am-3pm at Cornish College of the Arts  
1000 Lenora Street, Seattle, WA 98121

Also available via online.  
Check dates [here](#)



✨  
Showcase your artistic evolution! Visit with counselors, admissions team members, and faculty from art and design schools for a portfolio review before applying to colleges or universities.

[REGISTER NOW](#)



**BELLEVUE**  
COLLEGE

# Discovery Day

Saturday, October 19, 2024  
10 a.m. to 2 p.m.

3000 Landerholm Circle SE, Bellevue, WA | Student Success Center (U-Building)



SIGN UP:

[bellevuecollege.edu/discovery](https://bellevuecollege.edu/discovery)

Whether you're planning to start classes this winter, spring, or beyond—discover what Bellevue College has to offer you!

- **Plan Ahead:** Our quarter system allows you to start your education when the time is right for you.
- **Flexible Enrollment:** Take advantage of our open access policy and enroll in the quarter that fits your life. Meet with advisors, learn about financial aid, and map out your academic plan.
- **Preview Your Future:** Get a sneak peek into our wide range of programs—from career-focused degrees to transfer pathways.

This fall, take the first step towards shaping your future!

- Tour our campus
- Explore our Student Success Center
- Join our information sessions

**15** Bachelor's Degrees

**9** Academic/Transfer Associate Degrees

**23** Professional/ Technical Degrees

**55** Baccalaureate Certificates

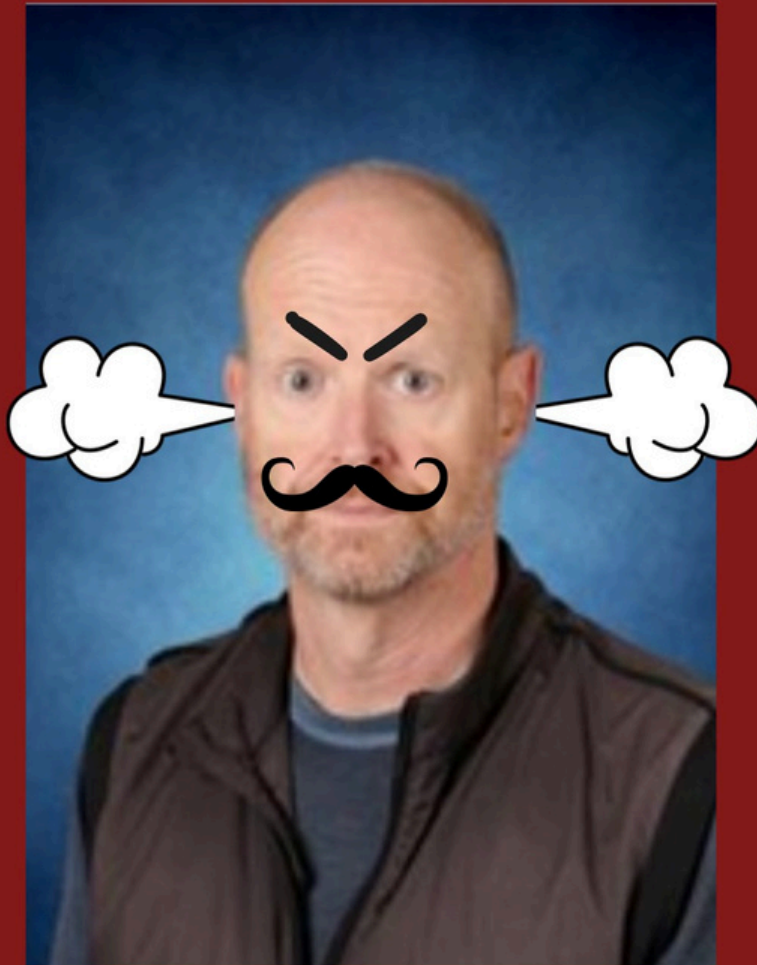
**15** Associate Certificates

Arts and Humanities • Health Science, Education, and Wellness Institute • School of Business & Technology • Science • Social Science



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# ORDER YOUR YEARBOOK!



**NOW!**