

December Counseling Newsletter



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Important dates

- 1/10: Last day to drop a class with a "W"
- 12/23-1/3: Winter Break



MIHS 2024



MAINTAIN YOUR MENTAL HEALTH DURING THE HOLIDAYS

The holidays can be a joy-filled season, but they can also be stressful and challenging for those impacted by mental illness. Above and below are some suggestions you can do to help maintain your mental health during the holiday season.

- Write a gratitude list and offer thanks.
 - Gratitude has been shown to improve mental health.
- Manage your time and don't try to do too much.
 - Prioritizing your time and activities can help you use your time well. It's okay to say no to plans.
- Set boundaries
 - Family dynamics can be complex. Acknowledge them and accept that you can only control your role. If you need to, find ways to limit your exposure.
- Exercise/Eat a balanced diet
- Set aside time for yourself and prioritize self-care.
 - Read a book, watch a movie, listen to music, take a walk outside.
- Catch up on sleep.
- Volunteer.
- Seek out support
 - Talk with friends, family, or a counselor.
 - If you or a loved one is experiencing a crisis, call the National Suicide Prevention Line at 988 or text the Crisis Text Line by texting NAMI to 741-741.





BELLEVUE
COLLEGE



RENTON
TECHNICAL
COLLEGE

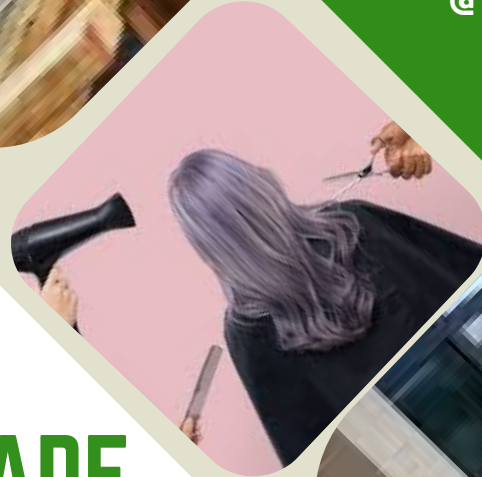


SEATTLE COLLEGES
North • Central • South



12/11/24

11 AM-3:30 PM
@ MIHS



***SKILLED TRADE
*TECH COLLEGE
*JOB &
*INTERNSHIP FAIR**

**WEDNESDAY, DECEMBER 11
11 AM-3:30 PM @ MIHS**

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

Questions?
See Ms. Kenyon

Second Semester



Second semester is almost here! Students, please take a moment to check your second semester schedules in Skyward. If there are errors, you don't have 6 classes, or you are missing a graduation requirement, stop by the Counselor of the Day table during your off period for assistance.



Attention Seniors

As a reminder, senior mid-year transcripts (which include first semester grades) are automatically submitted to colleges if an initial transcript order has been made. Counselors will send your transcripts and mid-year reports to your colleges by mid February after semester grades are processed and posted.

Off Campus Credit

If you are trying to pursue any class for credit outside of MIHS, you MUST see your counselor and get it pre-approved and signed before you can begin the course.



Student Wellness Resources

The Resource and Referral (R&R) counselors at MIHS provide convenient student access to mental health wellness. Help is available for all types of concerns including stress, relationships, depression, eating issues, alcohol and drug issues, anger, and legal difficulties. Students can connect with either Caleb Visser or Chris Harnish via email or phone. Parents also can inquire about services and resources. Caleb can be reached at caleb.visser@mercerislandschools.org or 206.236.3290. Chris can be reached at chris.harnish@mercerislandschools.org or 206.236.3363.





Big Presents

COMING IN 2025

Some big changes are happening in the counseling center as Mrs. Karson and Mrs. Johnson are both expecting baby boys early 2025!

Mrs. Johnson is expected to be out on maternity leave from February to June.

Mrs. Karson is expected to be out on maternity leave from March until the end of the year.

Both counselors will send emails out to families and will update about replacements soon.



PLEASE REACH OUT IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS.

SAT & ACT Information



Should you take the ACT or SAT?

More colleges and universities are going back to requiring test scores for admission. Some schools are still "test optional". You can check 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.



Register for the ACT [here](#)
Register for the SAT [here](#)



Testing Information

The College Board released PSAT scores for our region on November 14. Juniors who took the PSAT in October should check out this [website](#) to view more information about accessing their scores.

Please note that in order to view scores, students must have a College Board account. Juniors should be ready to log into their College Board account or create an account if they do not already have one. The link above shares information about that process.



PLEASE CONTACT
ASSESSMENT
COORDINATOR, DEBBIE
HANSON AT
DEBBIE.HANSON@MERCERIS
LANDSCHOOLS.ORG WITH
ANY QUESTIONS.



TESTING ACCOMMODATIONS

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

AP Exams: January 10, 2025

Students who are seeking accommodations for AP exams in May who have not been previously approved by the College Board should contact: Mr. Mike Neff, School Psychologist, at mike.neff@mercerislandschools.org by January 10, 2025.

Note: ACT accommodations do NOT apply to AP/SAT/PSAT testing, so students with approved ACT accommodations only will still need to contact Mike Neff by January 10th.

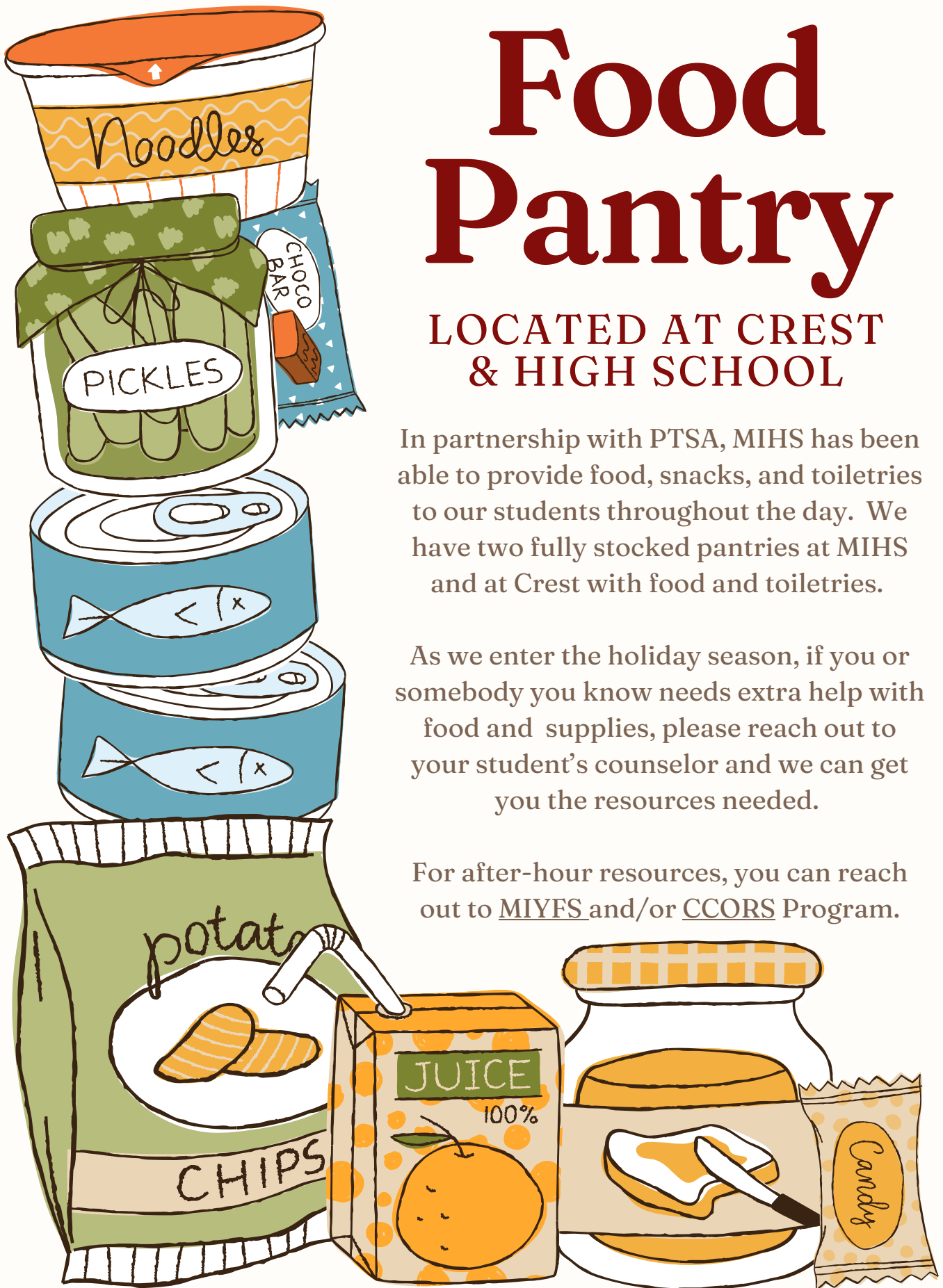
Food Pantry

LOCATED AT CREST
& HIGH SCHOOL

In partnership with PTSA, MIHS has been able to provide food, snacks, and toiletries to our students throughout the day. We have two fully stocked pantries at MIHS and at Crest with food and toiletries.

As we enter the holiday season, if you or somebody you know needs extra help with food and supplies, please reach out to your student's counselor and we can get you the resources needed.

For after-hour resources, you can reach out to MIYFS and/or CCORS Program.











Islander Road Trip!

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

What are you waiting for?

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	8:00-10:30 am	Construction Industry Training Council 
12/19/24	9:00 am-1:00 pm	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	12:00 pm-3:00 pm	Seattle Pipe Trades 
4/17/25		TBD (Fairmont Hotel) 
5/2/25	9:30 am-2:30 pm	Health Education Center at Pacific Tower and Seattle Central College 