

Monthly Newsletter

APR 2025

Digital Footprint

It's made up of EVERYTHING you share digitally (texts, photos, videos, social media posts.) It matters when it comes to both college admissions and jobs. Do an audit. Look at all your social media accounts and examine them via a different lense. Consider an admissions officer or employer seeing them. Is it what you want the adult decision-makers to see?



Growth Mindset

Tips for success - Ways that you can work toward developing a growth mindset:

- Value the process.
- Be open to feedback.
- Embrace change.
- See failures as opportunities.

With a growth mindset, you believe that with effort, you can improve your skills & abilities; there is no limit to what you can accomplish.



Important Dates

- ✓ 3/31-4/4 Spring Break
- ✓ 4/23-4/24 SBA ELA (10th); WCAS (11th)
- ✓ 4/10 Freshman Fly-Up
- ✓ 4/18 Intern Fair (11th)
- ✓ 4/30 STAMP Testing



Community Resource

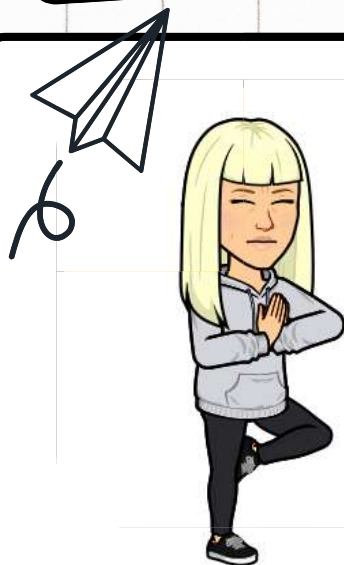
Kadlec's Community Resource Desk

This is a free service that connects people with the community resources they need.

They can help with housing/rent, food, utility costs, clothing, transportation, jobs, legal help, alcohol/drug recovery, counseling & more!



509-942-2956
M-F 8am-4pm



Mental Health Tip of the Month

Sensory Scavenger Hunt

Throughout your day, seek out things that satisfy, in a healthy way, your five senses. You'll become more present and will find a reduction in overall stress/anxiety. You should also see an improvement in your emotional regulation.

Need to Make an Appt?

calendly.com/ms_muir_counselor