

NOVEMBER 2025

# MIHS COUNSELING NEWSLETTER



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# PRACTICING GRATITUDE

November is traditionally a month when we think about giving thanks.

This month, take some time for gratitude. If you think you don't have time because of all you need to do, consider the research:

People who practice gratitude have an improved attitude, improved physical and psychological health, feel more positive, are able to handle challenges more effectively, and are more likely to have lifelong happiness. When you face life's challenges with gratitude, they become less overwhelming and more manageable, creating a sense of well-being.

### **Try one of these ideas:**

- **Go outside for a Gratitude Scavenger Hunt**
- **Write a list of 3 things each day for which you are thankful**
- **Call or send a note to someone you appreciate**
- **Be creative and show gratitude through art, dance or music**
- **Come up with your own idea!**



## Gratitude Scavenger Hunt

1. Find something that makes you happy.
2. Find something to give to someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing that you enjoy looking at.
5. Find something that's your favourite colour.
6. Find something you're thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.
9. Find something that makes you feel calm.
10. Find one thing that feels soft to touch.



Even taking one minute to be mindfully grateful each day, especially first thing in the morning, can have a positive impact on your well-being and state of mind! (Equity and Instructional Leadership, Puyallup SD, 2.Nov.2021)

# IMPORTANT DEADLINES

**03 - NOVEMBER**  
**21**

• PASS/NO PASS WINDOW OPEN



**11 NOVEMBER**

• VETERANS DAY - NO SCHOOL



**21 NOVEMBER**

• LAST DAY TO REQUEST A P/NP FROM TEACHERS FOR A CLASS



**26 NOVEMBER**

• STUDENT HALF DAY



**27 - NOVEMBER**  
**28**

• THANKSGIVING - NO SCHOOL  
• NATIVE AMERICAN HERITAGE DAY - NO SCHOOL

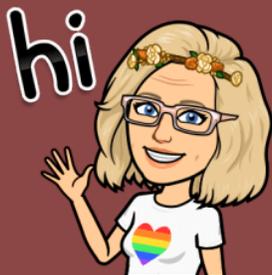


# STUDENT AND FAMILY RESOURCES



## After School Academic Support

Students are invited to take part in after school academic support. These sessions are designed to support students who are struggling to complete homework once they get home, who have questions about assignments, who might need a re-teach of a specific topic, who need time to make up an assessment after school, or any combination of these situations. Click [here](#) to look at the tutoring schedule. .



## College & Career Planning

The MIHS Counseling Dept. uses Naviance for 2026 seniors to communicate important updates to students and families. Classes 2027-2029 will be using [School Links](#) to explore their College and Career Goals. Students have time to explore this tool during Islander Hour, but can schedule times with their counselor if they have specific questions such as exploring careers and colleges, applying to colleges, completing their High School and Beyond Plan. They can also stop by the Career Pathways Hub/make an appointment with Ms. Kenyon or look [here](#) for additional resources.

## Additional Support

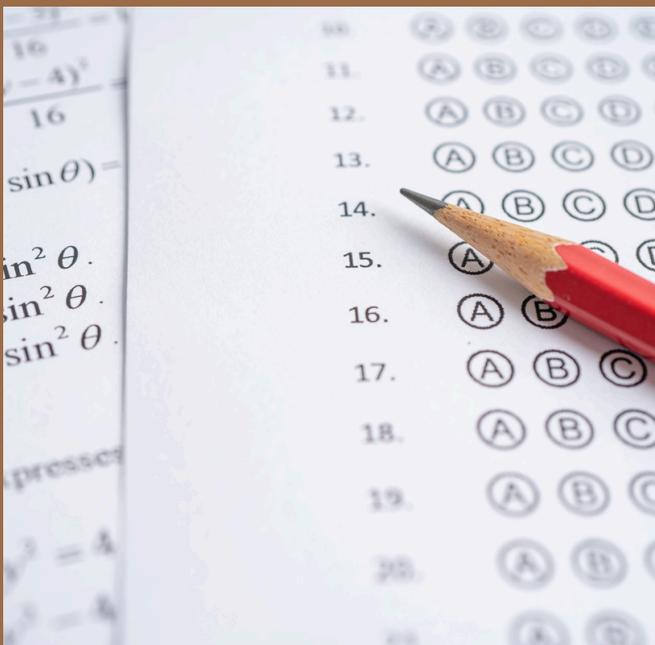
Mercer Island High School is committed to supporting all students through our four B's. One of the four B's is Removing Barriers which includes removing financial and social barriers to students who qualify for Free and Reduced Meals. When students are provided nutritious meals, they are able to perform better academically, behaviorally, and emotionally throughout the day. Through this [confidential document](#), MI is able to better communicate your students' needs to the necessary people and provide the resources your student needs to be successful in school. Please reach out to your counselor if you have any questions or concerns.



# OFF CAMPUS CREDIT AND TESTING ACCOMMODATIONS

## 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. You can find the form [here](#) and read more information [here](#).



## Testing Accommodations

If you have an IEP or 504 that provides testing accommodations and you plan to take an SAT/ACT and/or AP exam this year, e-mail Mike Neff, School Psychologist ([mike.neff@mercerislandschools.org](mailto: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).



## MIHS Financial Aid Week 2025- One a Day!

7 days of Financial Aid tips and actions to help MIHS families prepare for post secondary funding. Do one per day for a week to build your knowledge and resources. For more information, please visit the [Washington Student Achievement Council](https://www.washingtonstudentachievementcouncil.org/)



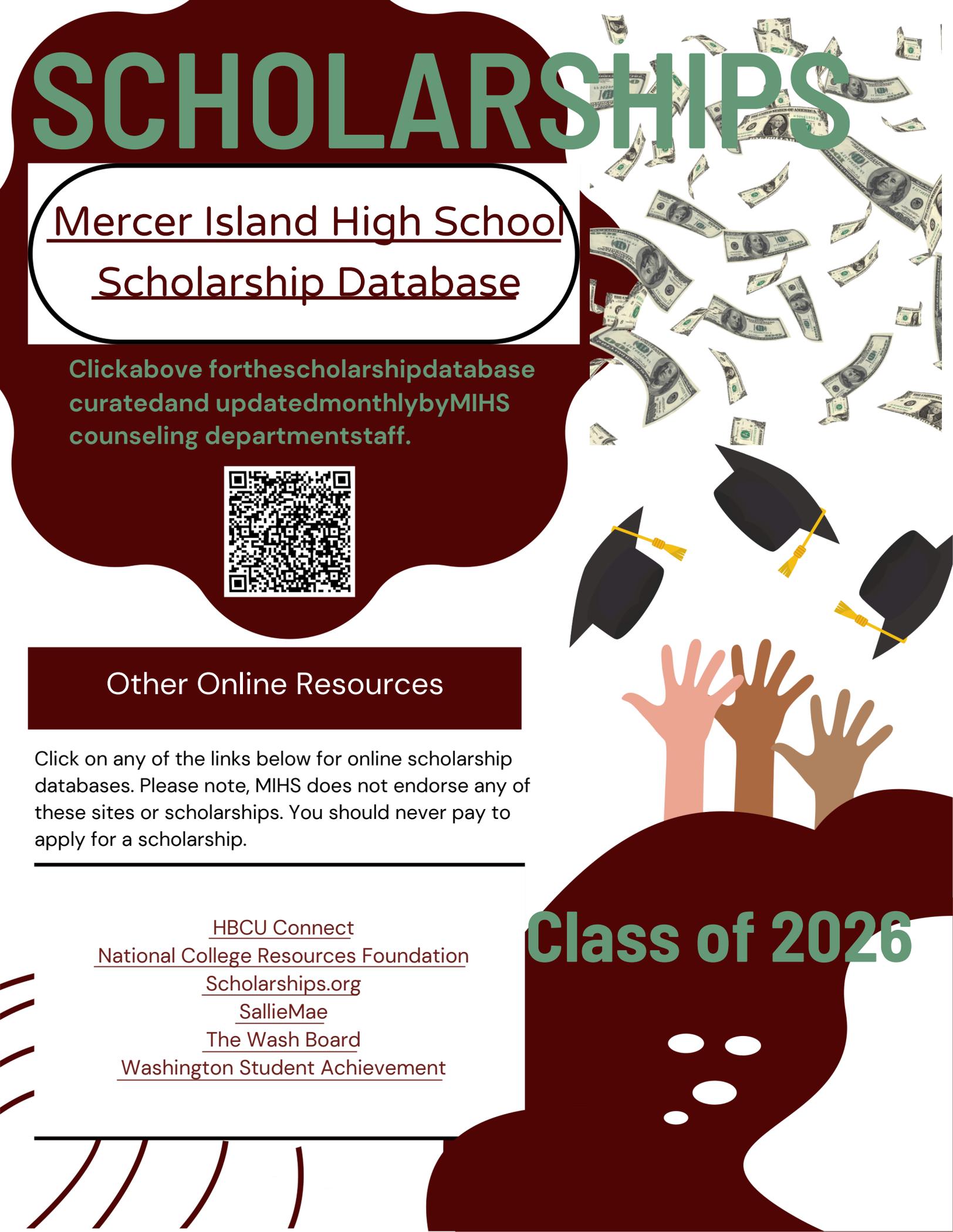
Day #1	<p><b>**If you do nothing else this week, please do this!*</b></p> <p>Watch this 37 minute video  <a href="#">Introduction to Financial Aid</a>          Brought to you by the Washington Student Achievement Council</p>	
Day #2	<p>Register for a <a href="#">LIVE Financial Aid Workshop</a>          November 18, 2025 5:30-7:00 pm          November 19, 2025 5:30-7:00 pm          Offered live in English and Spanish  <a href="#">On Demand</a>  <b>WASFA or FAFSA?</b></p>	
Day #3	<p><b>Take the quiz</b> to determine which is right for you          The Washington Application for State Financial Aid (WASFA) is for people who don't file a federal FAFSA application</p>	
Day #4	<p>Financial Aid Calculator- WA State  <a href="#">Estimate your award</a> from the Washington College and Pell Grant programs.          Net Price Calculator- <a href="#">Schools outside WA State</a></p>	
Day #5	<p><a href="#">Set up your FSA ID</a>          Click to access these handy FSA and WASFA account set up worksheets (<a href="#">English</a>) (<a href="#">Spanish</a>)          Creating an FSA ID is the first step to completing your FAFSA.</p>	
Day #6	<p>Learn about the CSS profile          Review the <a href="#">CSS Profile information</a> on College Board          The CSS Profile is an online application used by colleges and scholarship programs to award non-federal institutional aid</p>	
Day #7	<p>Western Undergraduate Exchange (WUE)          Check out the <a href="#">WUE Savings Finder</a> and the <a href="#">List of WUE Schools</a> to learn more about this cost saving program          The WUE was established to make college more affordable to western state students</p>	

### Other Resources

<a href="#">MIHS Scholarship Database</a>	<a href="#">12th Year Campaign Student Padlet</a>	<a href="#">Participating CSS Profile Schools</a>	<a href="#">List of College Net Price Calculators</a>
<a href="#">Live MIHS Scholarship Flyer</a>	<a href="#">Types of Financial Aid</a>	<a href="#">FAFSA and WASFA live help</a>	<a href="#">Research Study- Why Students Don't Apply</a>

Any questions about this information, please visit the Career Pathways Hub @ MIHS

# SCHOLARSHIPS

The background of the page is decorated with falling US dollar bills and graduation caps. The bills are scattered across the top and right sides, while the caps are positioned below them. At the bottom right, there are three raised hands in shades of pink, orange, and brown, reaching upwards. The overall theme is education and financial aid.

## Mercer Island High School Scholarship Database

Click above for the scholarship database curated and updated monthly by MIHS counseling department staff.



### Other Online Resources

Click on any of the links below for online scholarship databases. Please note, MIHS does not endorse any of these sites or scholarships. You should never pay to apply for a scholarship.

[HBCU Connect](#)

[National College Resources Foundation](#)

[Scholarships.org](#)

[SallieMae](#)

[The Wash Board](#)

[Washington Student Achievement](#)

## Class of 2026



MERCER ISLAND  
Healthy Youth  
Initiative

# YOUTH SUICIDE PREVENTION FOR ADULTS

**Tues. Nov. 18, 2025**  
**7:00 PM**  
**Zoom Webinar**



## **What to Know. What to Do. You Can Help.**

Come and **learn the evidence-based prevention strategies** that you can use to help a youth in crisis stay safe and get support. Just **like first aid and CPR**, this is valuable knowledge for everyone to have in their toolkit to **support a healthy family and community.**

*FOR ADULTS ONLY.*

Visit [www.intheforefront.org](http://www.intheforefront.org) for more information on this important topic.



CITY OF MERCER ISLAND  
YOUTH & FAMILY SERVICES

FREE event! Register at [MIHealthyYouth.com](http://MIHealthyYouth.com)