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In Your Feelings During the Winter? Here Are Tips for the Winter Blues

1. Maximize Natural Light

- Get daylight early: Try to go outside within 30–60 minutes of waking, even on cloudy days. Morning light helps regulate your circadian rhythm.
- Sit near windows during the day.
- Keep indoor spaces bright: Open blinds, trim outdoor foliage that blocks light, use light-colored decor.

2. Stay Active

- Regular exercise boosts serotonin and endorphins. Even a 20–30 minute daily walk outdoors can help.
- If you can't go outside, try home workouts, yoga, or dancing indoors.

3. Maintain a Routine

- Keeping a consistent sleep schedule (waking up and going to bed at the same time) stabilizes mood.
- Structure your day to include pleasant activities and social contact.

4. Social Connection

- Winter can lead to isolation. Schedule regular calls, virtual hangouts, or safe inperson meetups.
- Join a club, class, or online community around a hobby.

5. Nutrition & Hydration

- Eat a balanced diet with enough vitamin D (fatty fish, fortified foods, supplements after checking with a doctor).
- Limit refined sugars, which can worsen mood swings.

6. Mindfulness & Stress Reduction

- Practice mindfulness, meditation, or deep breathing exercises.
- Try journaling to process emotions.
- Engage in cozy, comforting activities (reading, crafts, cooking) that you enjoy.

7. Plan Things to Look Forward To

- Schedule enjoyable events throughout the winter — small treats, weekend projects, planning a future trip.
- Decorate your space in ways that feel warm and inviting.

8. Seek Professional Help if Needed

- If symptoms are severe (persistent low mood, loss of interest, sleep changes, hopelessness), consult a healthcare provider. 

Next Year's Schedules Aren't Going to Make Themselves: Enrollment

Even though second semester has just begun, counselors are currently embarking upon the monumental task of enrolling students for the 2026/27 academic year. Throughout January and February, counselors will make individual contact with each of their students to select course-work for the upcoming year. It doesn't stop there as counselors will also brave the elements in February and venture out to Argo's feeder schools in Districts 104, 108, and 109 to schedule current eighth grade students so that they're ready to begin their Argo careers fully equipped to get into the flow of high school.

How does this exactly work? For current juniors in the Class of 2027, your senior year scheduling will be individualized and will take a little bit longer than previous years because counselors need to conduct credit checks so that graduation requirements can be fulfilled on time. Also, counselors need to make sure that senior schedules prepare students for their postsecondary plans. For current sophomores and freshmen, there is a calendar of days when English teachers will send their Speech and Communication or English 1 students down to Room 146 to look ahead to next year. Counselors will also discuss summer school and plead with students who need to make up missed credits, especially those in English and math. 



Argo Scholarships: Get That Bag!

There's no getting around it, college in the USA can be expensive. It's not only tuition, room, and board, college students also have fees and online textbooks that can make costs rise very quickly. To hopefully mitigate some of this, on the tentative date of January 16, the annual Argo District Scholarship application will go live for seniors to apply for a variety of awards. The deadline to submit applications is (again, tentative) February 13.

Here is what seniors can do while they wait for the 16th : check out the list of scholarships that will be available so that they are aware of the criteria and eligibility standards. This list is visible if one goes to argohs.net, pulls down on the Students tab and clicks on the Financial Aid and Scholarships link. From there, scroll to the bottom of the page to view the Local Scholarship Options. Once we hit January 16th, the application link will go live in the same location. Check with your counselor if you have any questions. Good luck and make sure to meet the deadline. 



In the Corner

Despite some initial apprehension, Ms. Bergman accepted the challenge of stepping into the corner and delivered. She handles students with A-De last names with aplomb.

CC: What made you want to go into school counseling?

MB: Prior to working as a school counselor at Argo, I was a teacher in the math department. I enjoyed working in the math department, and as a math teacher, I had positive interactions with our school counseling department. I also coached Track and Field with the department chair of school counseling at that time. So, I went back to school at Lewis University to earn my degree to become a school counselor while teaching math at Argo.

CC: What are your goals for this school year?

MB: Goals for work include doing my best to help and be a support for students and families at Argo.

CC: What do you like to do in your free time outside of work?

MB: I enjoy spending time with family and being an active person.

CC: What are some of your favorite movies and TV shows?

MB: One of the shows I regularly watch is Survivor. I've done several movie marathons which were fun and a little exhausting. The Star Wars movies were an event.

CC: What type of music do you listen to on your work commute?

MB: I would say I am one to listen to a variety of music when I create a playlist but then listen to the same playlists again and again. 



The bubbly Mrs. Bergman.