

OCTOBER  
2026  
EDITION



○ ○ ○ ○ MS. MUIR'S  
COUNSELOR CORNER



### SENIOR REMINDER

2027-28 FAFSA is open! Students, regardless of income, who want to be considered for federal, state, and school financial aid programs must complete this application (this includes interest in grants, scholarships, work-study, and loans.) Colleges and career schools use the FAFSA to determine how much financial aid you're eligible to receive. You must complete this form every year you plan to attend higher education.

[www.FAFSA.gov](http://www.FAFSA.gov)

Note: For those unable or unwilling to file a FAFSA application, the WASFA opens Oct. 1st (state aid-only).

[www.WSAC.WA.gov/wasfa](http://www.WSAC.WA.gov/wasfa)

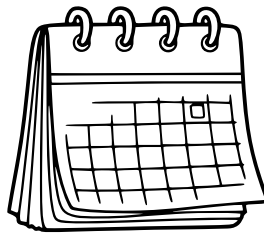
You may only complete one or the other.

### SchoolLinks is Available in Students' MyApps!

This is an all-in-one platform to help students with career exploration (take interactive quizzes to discover personal interests, strengths, and matching career paths) and college planning (research 2-/4-year colleges, take virtual campus tours, and schedule virtual visits). This is also the platform where students will complete the state-required High School & Beyond Plan.

#### Upcoming Events

10/2 - Delta College Fair & Expo  
10/6 - PoDS Meeting, 6:00pm  
10/5-9 - Pink Week  
10/6 - NHS Induction Ceremony, 6:00pm  
10/9 - Fall Fest  
10/13 - Fall Field Trip  
10/21 - Picture retake/make-up  
10/22 - PSAT Testing (10<sup>th</sup>, 11<sup>th</sup>)  
10/29 - Financial Aid Night, 6:00-7:30pm



Want to meet in-person or via Zoom?  
Visit [calendly.com/ms\\_muir\\_counselor](https://calendly.com/ms_muir_counselor) to make an appointment.



Students: Be sure to check your Delta email, PowerSchool, Teams and Minga regularly.  
Parents: Make sure you have both Parent Square and PowerSchool access!

### Mental Health Tip

Emotional intelligence is, in part, the capacity to understand and manage your own emotions. A key component includes self-regulation (the ability to manage your emotions and control impulses). All emotions are valid; all behaviors are not. We can develop self-regulation by practicing self-reflection, seeking feedback, improve listening skills, learn from mistakes, and developing empathy. Benefits include the ability to remain calm and not match others' negative energy. High emotional intelligence leads to benefits in mental health, relationships, and academic success; it is a super-power!