

IHS COUNSELING NEWSLETTER

[COUNSELING WEBSITE](#)[BOOK AN APPOINTMENT](#)

UPCOMING EVENTS

- * **October Break**
Oct 5 - 9
- * **No School - Staff PD**
Oct 12
- * **WACAC College Fair**
Oct 18 @ UNR
- * **PSAT**
Oct 19
- * **Jr. & Sr. Parent Info Night**
Oct 19
- * **Nevada Bound**
Oct 23
- * **Dia de los Muertos/ Haunted House**
Oct 23 @ 5pm
- * **No School - Nevada Day**
Oct 30
- * **No School - Staff PD**
Nov 3



Counseling Spotlight

Hello, October, Highlanders!

As we settle into fall, the Counseling Department is here to support our students and families with academic planning, future goals, and personal well-being. Whether you have questions about classes, graduation, college and career options, or navigating a challenge, we encourage you to reach out. You don't have to figure everything out on your own!

October brings opportunities to explore your next steps through the PSAT, college events, and our Junior and Senior Parent Info Night. Seniors, keep making progress on

applications, recommendation requests, scholarships, and financial aid. Small steps now can help make the months ahead more manageable.

Students, check your school email regularly and stay connected with your advisor and counselor. Families, we appreciate your partnership and encourage you to review upcoming events and deadlines together.

We hope October Break gives you time to rest, recharge, and enjoy the season. We look forward to connecting with you this month!

Book an appointment

Student will not be pulled from core classes - please schedule before/after school, during lunch, or during electives with teacher permission. Parents, we kindly ask that you make an appointment in advance (except in emergencies), as we often have meetings, trainings, lessons, and planning outside the office and cannot often accommodate drop-ins.



Mental Health Corner

Healthy Relationships Begin with Respect

October is **Domestic Violence Awareness Month**, a time to raise awareness about abuse, support those affected, and encourage conversations about safe, healthy relationships.

Everyone deserves to feel safe, valued, and respected at home and in their relationships. Healthy relationships allow each person to set boundaries, express themselves, and spend time with friends and family without fear or pressure.

Recognize the warning signs

Abuse can involve more than physical harm. Threats, repeated put-downs, isolation from loved ones, pressure to do something uncomfortable, or controlling someone's phone and whereabouts can also be signs of abuse.

Students: If something feels unsafe or controlling, talk with your school counselor or another trusted adult. You deserve support, and abuse is never your fault.

Parents/Guardians: Make room for regular conversations about respect, boundaries, and relationships. Listen without judgement and remind your student that they can come to you for help.

Our Counseling Department is here to listen and connect students and families with support.

Support is available

Sierra Community House -
Call - (800) 736-1060

Tahoe Family Solutions
Call - (775) 413-5145



Balance Tip of the Month: Make Space for What Lifts You Up

You deserve moments of joy, connection, and calm. Make time for something that helps you feel like yourself- whether that's getting outside, listening to music, creating something or spending time with someone who helps you feel valued.

Balance includes both caring for yourself and allowing others to support you. You don't have to carry everything alone.

PSAT: Take the Next Step!

October 19 | Sophomores & Juniors

The PSAT/NMSQT gives students an opportunity to practice for the SAT and learn more about their academic strengths and areas for growth.

Sophomores: FREE

Build familiarity with the test and gain experience before your junior year.

Juniors: \$18

Your junior year PSAT/NMSQT is the quality test for entry into the National Merit Scholarship Program. Students must also meet the program's eligibility requirements.

Juniors interested in the National Merit Scholarship consideration should take the PSAT/NMSQT this year!

Sign up in the Main Office!

Students and families, please reach out to the Counseling Department with questions!

Junior & Senior Parent Info Night

Oct 19 | Hub @ 5:30pm

We've rescheduled our Junior & Senior Parent Info Night—thank you for your flexibility!

Join the IHS Counseling Department to learn about graduation requirements and diploma options, college affordability, FAFSA, scholarships, and programs such as Nevada Promise, Pack Promise, and WUE.

Bring your questions and learn how to support your student's next steps. We look forward to seeing you!

Senior Dates & Deadlines

- * **Senior Luncheon**
Oct 1
- * **FAFSA Opens**
Oct 1
- * **Junior & Senior Parent Info Night**
Oct 19
- * **Nevada Bound**
Oct 23
- * **Nevada Promise Due**
Oct 31

Keep Scholarships on Your Radar!

Scholarship opportunities are available throughout the year! Check the digital boards on the second floor and the **Scholarship Board outside of room 208** near the library for updates.

Our **Counseling page on the IHS website is regularly updated with new scholarship opportunities**, so check back often!

Explore each college's scholarship webpage for additional opportunities and deadlines. Some scholarships require a separate application, so plan ahead!

Make it a habit: Check for new scholarships weekly and keep a list of deadlines.



Seniors: Your October Checklist!

October is a great time to turn your plans into action! Seniors and families, review these priorities together and reach out to the Counseling Department if you need support.

☐ **FAFSA is Now Open!**

Complete the 2027-28 FAFSA at StudentAid.gov to apply for financial aid for college or eligible career training. Students and any required parent contributors will each need their own StudentAid.gov account. Check your schools' financial aid priority deadlines and reach out to Ms. Carney or Ms. Bri if you need assistance.

☐ **Start your College Applications**

Review application and scholarship deadlines for each school on your list. Begin your applications, work on any required essays, and request recommendation letters early. Give yourself time to review everything before submitting!

☐ **Using Common App? Connect with Your Counselor**

Complete the FERPA Release Authorization under **"Recommenders and FERPA,"** then invite your school counselor so they can submit your transcript and required school forms. Invite teachers and assign their recommendations to colleges as needed.

☐ **Nevada Promise: Apply by Oct 31**

Considering a Nevada community college? Submit your Nevada Promise Scholarship application before the deadline – even if you are still exploring your options! Applying is the first step; additional requirements must be completed to remain eligible.

☐ **Register for Nevada Bound: Oct 23**

Interested in the University of Nevada, Reno? Take the next step in exploring whether UNR is a good fit for you. Scan the QR code to register!

