

GOOD NEWS

April/May 2021



A MONTHLY NEWSLETTER

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SPRING IS...

@POSITIVELYPRESENT



- ... THE REMINDER THAT DELICATE SHOOTS MUST PUSH THROUGH DIRT
- ... THE REALIZATION OF HOW MUCH DARKNESS WE'VE SURVIVED
- ... THE TIME OF INDECISION, OF RESTLESS CLOUDS AND SOFT SUNSHINE
- ... THE KNOWLEDGE THAT NOT EVERYTHING BLOOMS AT THE SAME TIME
- ... THE ASTONISHMENT OF REGROWTH, OF THE FORGOTTEN REAWAKENING
- ... THE SEASON OF HOPE, OF TRYING BEFORE YOU KNOW YOU'LL SUCCEED

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Note to self: STOP!

Do negative thoughts haunt your mind?

Here are a few ways to use

Thought Stopping
to quiet negative self-talk.

Positive Self Talk

Instead of thinking:

"I'm so nervous!"

Think: "It's ok to be nervous. I
can do this!"

Verbal Interruption

literally say: "STOP!"

out loud, in response to
negative thoughts

The Power of Music

Make a Positivity Playlist!

When negative thoughts creep
in, push them out by listening
to your curated selection.

Meditate

Meditation is one of the most
impactful methods
of quieting the mind!

3 WAYS TO INCREASE

YOU'VE
TOTALLY GOT
THIS!

Positive Emotions

DO
YOUR
BEST

1. Track Your Emotions

Start by noting 3-5 positive emotions you have felt before (ex: happiness, joy, optimism, acceptance, hope, etc.). Next, think about your life and write down any moments when you remember feeling these positive emotions. Then, at the end of each day, make a list of any moments when you felt these positive emotions (list what you were doing, where you were, and who you were with). Commit to doing this for one week. Finally, read over your lists and try to find any patterns. Notice if certain people, places, or activities seem to consistently evoke positive feelings for you and try to bring more of these experiences into your life.

(You can also track negative emotions with the intention of trying to eliminate or reduce the activities, places, and people that elicit negative feelings in you)

POSITIVE
VIBES

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2. Start & Use a Positivity Collection

Start with a box or bag and begin to add pictures and items to your collection slowly, over time. The items in your container should be ones that make you smile, things that remind you of an important person in your life, or tokens from happy memories. When you are in need of more positivity, take a tour through your Positivity Collection and revisit why each item was added.



3. Begin a Gratitude Journal

A few times a week, write down something you are grateful for. This could be anything from friends, family, pets, etc. to certain places, smells, sounds, memories, etc. Perhaps you are grateful for your basic needs being met, for certain skills you have, or for living free from specific disadvantages.

Continue to journal often. The act of thinking of these entires as well as reviewing them from time to time, can help us to stay connected to our personal positivity resources, during times of negativity.

FIND
YOUR
FIRE

P2P IN THE WORKS

Below are Peer2Peer Club's upcoming campaign events that have been in the making! We can't wait to share more soon!

- P2P Mental Health Assembly - Apr. 23

- SPEAKER JUDY MALINOWSKI WILL JOIN US TO DISCUSS MENTAL HEALTH, WELLNESS, AND HOW TO FIND YOUR FIRE.

- Art Gallery Presentation - Apr. 26

- AS A REFLECTION ON OUR MENTAL HEALTH JOURNEY, STUDENTS WILL CONTRIBUTE TO THE ART GALLERY THAT WILL DISPLAY IN THE LOBBY.

- TENTATIVE: P2P Sticker Sale

- CAMPAIGN STICKERS WILL BE AVAILABLE TO PURCHASE FOR DONATION TO AN ORGANIZATION THAT WORKS TOWARDS MENTAL HEALTH INITIATIVE.

As always, Peer2Peer Club's mission remains at providing accurate and useful information about mental health and erasing surrounding stigmas. These campaign events will allow us to connect with you and spread awareness on mental health!

By Mercy P2P Leader, Izzy Zablock

Wellness Wednesday Webinars

April 15th:
The Nuts & Bolts-How to
Build a Strong College Application

April 21st
Creating the College List

MAY 12TH:
CRAFTING YOUR
COLLEGE ESSAY



Career Exploration

“What do you want to be when you grow up?” When we ask this question to young children they openly and enthusiastically share a variety of answers. Asking a teen what they want to be can result in a variety of emotions.

Career counseling has changed as we have moved into our Technology Revolution. The last big career changes we experienced were during the time of the Industrial Revolution. Similar to its predecessor, The Tech Revolution means we are experiencing the creation of new careers (not just jobs). The major difference between these two Revolutions is time. It took DECADES for new careers to develop during the Industrial Revolution. In our current new careers (not jobs, careers) are being formed every 18 months! That means our

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Marlins will have opportunities for careers when they leave Mercy and when they leave college that do not even exist now!

What does that mean for the career journey? First, it is important to develop skills that are applicable across fields. Time management, working with people, organization, presentation skills - all things our Marlins are learning daily. Second it is important to not just look at interests but also aptitudes when students are exploring careers. Personally, I would not be working in a career that involved analyzing, breaking down and creating complex systems (think engineering, lab research). Ironically, I went to college in the field of science to eventually work in a lab. I figured out that while I LOVE science, I am not a lab person. In my life as a counselor, my love of science is fulfilled as I learn more about brain science.

So how do our Marlins start exploring careers? All 10th - 12th graders have access to YouScience through SCOIR. This is one of the most well-respected career inventory programs in the country. Students will play 11 brain games and then complete a career interest inventory. Upon completion students are matched with careers based on their aptitude and their interests. The report also shares how students work in school, in social settings and in potential career settings. Students are also provided with one line statements to be used in resumes', applications and for interviews that describe who they are!

After a student completes their assessment, their Mercy counselor has access to the report as well!

Marquette University has a wonderful choose your major tool that adapts based on how a student responds to a previous question. The quiz can be found here

<https://www.marquette.edu/explore/choose-your-major/quiz.php>

Did You Know?

You have the natural aptitudes needed to excel in high-demand, high-wage careers that you've never considered, and maybe never even heard of.

YouScience uses 11 "brain games" to measure your aptitudes (natural abilities most important to career choice), and combined with your interests, matches you to 600+ careers. We help you find where your talents and passions meet - and answer the question "what do you want to do with the rest of your life?"



"When I saw the careers I was matched with, I thought 'no way!' Then, I saw how it explains you and I thought 'oh my gosh, they're in my head!' "

- Student, Rutherford County



Visit youscience.com to learn more



Written by Mercy Counselor, Mrs. Holly Bennetts

COLLEGE CORNER

CLASS OF 2021: APPLICATIONS ARE NOW OPEN FOR THE MACAC MAGGIE MILLER SCHOLARSHIP

APPLICATION MATERIALS CAN BE FOUND [HERE](https://macac.org/content.aspx?page_id=22&club_id=262200&module_id=198504)

[HTTPS://MACAC.ORG/CONTENT.aspx?page_id=22&club_id=262200&module_id=198504](https://macac.org/content.aspx?page_id=22&club_id=262200&module_id=198504)

SCHOLARSHIP ELIGIBILITY:

- * HIGH SCHOOL SENIOR ATTENDING A MACAC MEMBER HIGH SCHOOL
- * ATTEND A MACAC OR NACAC MEMBER POST-SECONDARY INSTITUTION
 - * GPA OF 3.2 MINIMUM
 - * FINANCIAL NEED MAY BE A FACTOR
- * ESSAY OR VIDEO AS DESCRIBED ON THE APPLICATION

Each school can send 2 applications to the scholarship committee.

Therefore, Maggie Miller Scholarship applications
are due to your Counselor
by 2:45pm on April 20th.

Please let your counselor know if you have any questions.

Scholar\$hip Opportunities\$

41 Mercy students have submitted 273 scholarships through our Going Merry Platform!

It's never too late (or early) to start your scholarship search at Going Merry.

If you have not joined the platform, visit <https://www.goingmerry.com/c/hollym-6wdxk>

Remember you can also start earning micro-scholarships from many schools when you create and update a profile at Raise.me and follow schools you are interested in.

Register here - <https://www.raise.me/join/6555292138>

So far Mercy students have earned this much \$ in micro-scholarships:

12th Grade Earnings:	11th Grade Earnings:	10th Grade Earnings:	9th Grade Earnings:	TOTAL Earnings:
\$43,148	\$317,748	\$52,565	\$39,740	\$453,201

NEGOTIATING

FINANCIAL AID

The current state of our world has altered how seniors and their families are making college decisions. Worries about distance, living on campus and finances are a few of the concerns families have. A new resource was launched on April 15 and provides form letters for students to request additional funds from a college based on changes to their family's financial picture. Swiftstudent is a platform developed by many leaders in the education world. From their website:

Started in 2020, SwiftStudent is the only free, central repository of financial aid appeals / requests letter templates for students. It is a free, foundation-backed resource designed with college students and financial aid officers.

SwiftStudent is a solution for students who don't feel empowered with information to advocate for themselves, and financial aid officers with limited capacity to reach all students facing special circumstances that are barriers to their education.

SwiftStudent is powered by the company FormSwift, a leading provider of tools to help you easily create, edit, and sign any document. The content for SwiftStudent was organized by the Seldin/Haring-Smith Foundation in partnership with students; financial aid officers; college counselors; and other experts from the National Association of Student Financial Aid Administrators (NASFAA); Achieving the Dream; Everett Community College; Generation Hope; Higher Learning Advocates; Hope Center for College, Community and Justice; Indian River Community College; Institute for Women's Policy Research; Montgomery College; National College Attainment Network; National Student Legal Defense Network; New America; Northwest Florida State College; Reach Higher at the Common App; and U Aspire.

Hope Center for College, Community, and Justice recently hosted a free webinar on this resource. You can register for the webinar and watch it on-demand here. You can learn more about SwiftStudent here.

As always, your counselor is able to meet with you regarding your college decision. Be well!

Written by Mercy Counselor, Mrs. Holly Bennetts

DISCERNMENT

What's Discernment Got to Do with it?

The Google Dictionary defines discernment as “the ability to judge well or (in Christian contexts) perception in the absence of judgment with a view to obtaining spiritual guidance and understanding.”

Discernment is often associated with a call to a vocation as a priest or other religious position, however, this is not the case. Every day we make choices, some are conscious and some are so much a part of our normal routine, we never even think about them. There are times in our lives when decisions seem a bit heavier - this is where discernment comes in. Spring is always a time of discernment in the life of a high school student. Seniors are discerning their post-high school path while the rest of the student body discerns their course schedule for the upcoming school year.

There are two terms to keep in mind when we enter discernment, “consolation” and “desolation.” Consolation brings peace. In religious terms, it brings us closer to God. It feels right, even if scary or new. Desolation brings us away from God. It can feel empty or agitated. Discernment has a component of reflection (where have I been, when have I felt consoled, when have I felt desolate, where do I feel like I am being moved, etc). Discernment also has a component of action. At some point, through reflection and quiet, action will be taken.

One of my favorite quotes, written by Frederick Buechner, serves as a great centering for the discernment process: “The place God calls you to is the place where deep gladness and the world’s deep hunger meet.”

As your Marlin (or yourself) enters a discernment/decision-making process ask the following questions and pay attention to how you feel:

“Why do you want to take this path?”

“What is pulling you in this direction?”

For seniors - visualize yourself on the college campuses you are deciding between and talk about attending a particular college. Sometimes hearing the words “I am going to attend Alpha U” and answering questions like you are attending can help you get to your decision. Switch it up and then verbalize “I am going to attend Beta College” again - answer questions like you are attending that school. This sounds rather simple, but it is extremely effective in helping you discern your path.



**Remember,
whenever we make a decision,
we are making it for the person
we are today.**

There are many great resources online and in print to guide you in discernment.

These are two of my favorites:

[HERE](#) & [HERE](#)

Written by, and photo taken by Mercy Counselor, Mrs. Holly Bennetts

Click Here, Here, Here, & Here

A FEW INTERNET SPOTS INTENDED TO
LIFT YOUR SPIRITS



[JUST A CUTE, FUNNY TIKTOK](#)



[TINYBUDDHA.COM](#)



25 INTERNET HAPPY PLACES
CURATED BY [THEOUTLINE.COM](#)



take the
REMINDER
you NEED

@POSITIVELYPRESENT

TRUST ~~that~~ THIS
will WORK OUT.

THE PAST *doesn't*
EQUAL the FUTURE.

IF you WANT a SIGN,
THIS is IT.

PRODUCTIVITY *isn't*
EVERYTHING.

IT'S NOT ~~too~~ LATE.
START *now*.

AUTHENTICITY
is your MAGIC.

MISTAKES are PART
of LIFE. *relax.*