

GOOD NEWS

APRIL & MAY 2023

FREEDOM
COMES FROM
FACING WHAT
YOU FEAR.

@POSITIVELYPRESENT



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APRIL MINDFULNESS CHALLENGE MEDITATION

**MEDITATION CAN POSITIVELY
INFLUENCE OUR MOOD, OUR MENTAL
STATE, AND OUR PHYSICAL HEALTH.**

**SCAN THE QR BELOW
TO ACCESS A PLAYLIST OF
GUIDED MEDITATION VIDEOS,
CURATED BY MRS. BROWN.**

**THERE IS ONE FOR
EACH DAY IN APRIL.**



COURSE REGISTRATION FAQs

Q: I had my individual meeting with my Counselor, now what?

A: Complete the back side of your Registration Form (given to you by your Counselor), including signatures, and return to the Counseling Office!

Q: What if I change my mind after my individual meeting?

A: You have until May 1st to make changes! Just complete the Post-Meeting Change Form (in Schoology)

Q: What if I change my mind after May 1st?

A: After May 1st, you can submit your change request in the Fall.

**READY TO
QUIT VAPING?**

WE'RE WITH YOU

TEXT DITCHVAPE TO 88709



**THIS IS
QUITTING**



Scan here to hear Nia
Moore (from MTV's
The Challenge) speak
about how vaping
almost ended her life.

HELP!

HERE ARE
SOME
HELPFUL
STUDENT
RESOURCES!

THANKS!



The Rose-Hulman Institute of Technology offers FREE Science and Math homework help Monday-Friday, 5-10pm.

Go to: askrose.org for more information.



The Michigan Stay Well program offers "Beyond the Plate", a non-diet workshop exploring connections between food and wellness.

Go to: Michigan.gov/staywell for more information.



The ADHD brain is different, so those of us with areas of executive dysfunction or ADHD have different needs. If you are in need of ADHD resources, the Child Mind Institute is here to help!

Go to: Childmind.org for more information.



To Write Love On Her Arms is a non-profit organization that provides suicide prevention and mental health related resources, events, fundraising, merch, internships and more! (This is Mrs. Brown's FAVORITE org)

Go to: TWLOHA.com for more information.

COLLEGE CORNER

Thinking of attending?

Mercy Counseling
recommends:

VISIT:

- One school with less than 2,000 students
- One school with between 2,000 - 6,000 students
- One school with 6,000 - 12,000 students
- One school with 12,000 - 25,000 students
- One school with 25,000 plus students

ASK:

- If you think you know what you want to study - ask about the program.
- If you don't know what you want to study - ask "how do you help me figure out what I want to do?"
- Ask about a favorite campus tradition!

2023 Spring In-Person College Fair

Metro Detroit National College Fair

Tuesday, April 18

8:30 a.m. – 11:30 a.m.

&

6 p.m. – 8 p.m.

Suburban Collection Showplace



REGISTER NOW!
nacacattend.org/fairs



SIX GREAT OPTIONS FOR FINDING SCHOLARSHIPS

1

Going Merry

THE NEW, COOL KID

- \$20 billion database of scholarships and aid
- Lots of local scholarships
- Bundled scholarships - One application applies you to multiple opportunities!
- Apply directly on site, with auto-filled forms
- Filter, favorite, or ignore scholarships
- No advertisements
- iOS and Android apps

2

Fastweb

THE VETERAN

- Founded in 1995
- \$3 billion in scholarships
- Clean interface with basic filters & favoriting
- Internship and part-time job search
- Android and iOS apps

4

Chegg

Scholarships

THE ALL-ROUNDER

- \$1 billion in scholarships
- Clean interface with basic filters & favoriting
- Additional student tools to: Research colleges, Buy/sell textbooks, Find tutors

5

College Board BigFuture

THE PLANNER

- \$6 billion in scholarships
- College search and planning tools
- Many sweepstakes-style scholarships

3

Scholarships.com

THE GIANT

- \$19 billion in scholarships
- Social comments section to get advice from peers
- Quick signup process
- Some advertisements (sponsored content)
- Android and iOS apps

6

College website

THE NEW "HOME"

Once you've gotten admitted and/or decided on a college, check out their financial aid page, which often has information on scholarships available to their students.



JOYCE IVY COLLEGE ADMISSION SYMPOSIUM

The Joyce Ivy College Admissions Symposium (JCAS) is a spring program for high-achieving female high school students, families, counselors, and educators, led primarily by admissions professionals from some of the nation's most rigorous and selective colleges. Each interactive session will focus on a different topic related to the college admission and application process (financial aid, writing your college essay, letters of recommendations, making your college list, etc).

This year, we are delighted to host JCAS at Oakland University in Rochester, Michigan.

CLICK BELOW TO REGISTER

THE **Joyce Ivy**
FOUNDATION

FAFSA CHANGES

The Free Application for Federal Student Aid (FAFSA) is undergoing an overhaul with the new application launching next school year. This initial roll-out will impact the high school class of 2024 and any college students that will still be in college Fall 2024. The new FAFSA is simpler. Because of these changes and the major updates that need to be completed, the FAFSA will likely not be available starting October 1, 2023. At this time, the anticipated release date is December 1, 2023. Please note, there is a law that requires the form to be released by January 1st of the school year.

The new simplified FAFSA will contain significantly less than the 108 questions on the current FAFSA and the EFC will be replaced with the Student Aid Index. Additionally, the new bill requires transparency regarding Cost of Attendance on college and university websites.

You can learn more about the updated FAFSA below.

CLICK HERE
TO LEARN
MORE!

CLICK HERE
TO LEARN
MORE!

CLICK HERE
TO LEARN
MORE!

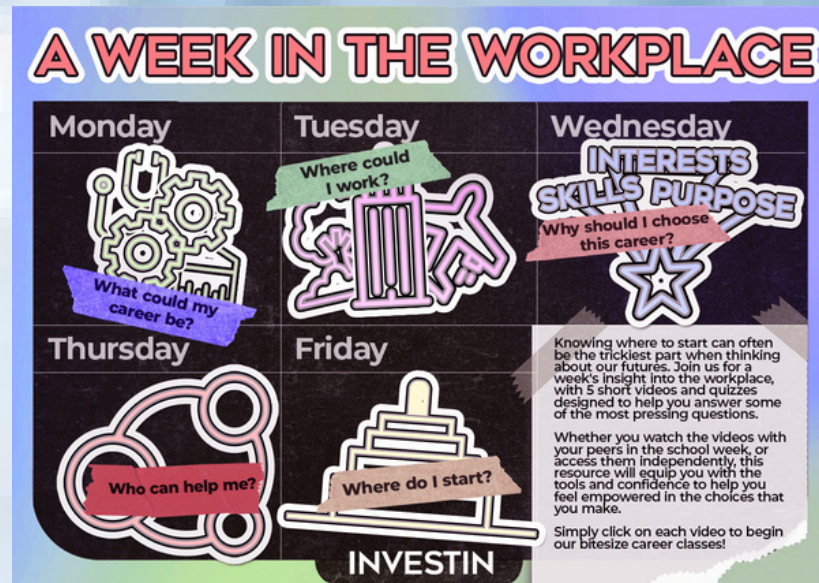
CHECK THIS OUT: A WEEK IN THE WORKPLACE

CLICK HERE

TO ACCESS

5 FREE QUIZZES

THAT CAN HELP YOU WITH
CAREER EXPLORATION!



CHECK THIS OUT: THE COLLEGE TOUR



Did you know that Prime TV has a series called "The College Tour"?

This is a great resource
to learn more about colleges
all over the country

from the comfort of your couch!

www.thecolleetour.com

In addition to college visits through the eyes of students,
"The College Tour" website provides brief courses on:

CHOOSING A COLLEGE MAJOR

FINDING THE RIGHT COLLEGE

OR

FIRST GENERATION COLLEGE STUDENTS

**STOP SCROLLING
AND
SCAN HERE INSTEAD!**



←
**SCAN HERE FOR AN
ART THERAPY ACTIVITY**



←
**SCAN HERE TO LEARN A
FEW TRICKS TO HELP
RELIEVE STRESS**



←
**SCAN HERE TO WATCH A TED
TALK CALLED "3 ELEMENTS
OF TRUE FUN AND WHY WE
SHOULD HAVE MORE OF IT"**





WHAT IS GASLIGHTING?

Gaslighting is a form of psychological manipulation, where one person's reality is repeatedly questioned or challenged, by another person.

THERE ARE 6 TYPES:



1

COUNTERING:

This is when someone encourages us to question our memory. They may say things insinuating that our memory is inaccurate, like: "Are you sure? You have a bad memory." Or: "And you're SURE that's how it happened?"



2

WITHHOLDING:

This is when someone refuses to engage in conversation. They may pretend not to understand us so to avoid responding. They may say things like: "I don't know what you are talking about." (when we know they do) Or: "I can't talk about this right now." (when they clearly can)



3

DENIAL:

This is when someone denies that something occurred or they deny saying something we heard them say. They may accuse us of making things up.



4

TRIVIALIZING:

This is when someone minimizes or disregards our feelings. They may say things insinuating that their feelings are valid and ours are not. They may call us "too sensitive" or say we are overreacting.



5

DIVERTING:

This is when someone changes the focus of our conversation and/or questions our credibility. They may say things like: "What you're saying sounds crazy." Or: "You know how you can be sometimes."



6

STEREOTYPING:

This is when someone uses a generalization commonly attached to one of our identifiers, as a way to manipulate our reality. For example: "You're just being dramatic like every girl."

3 COGNITIVE DISTORTIONS

(aka: negative thought patterns
aka: lies our brains tell us)

POLARIZED THINKING

Rigid, "black or white", or "all or nothing" thinking. Life is either perfect or a complete failure.

JUMPING TO CONCLUSIONS

MINDREADING: Assumptions are made about the thoughts or intentions of others, without evidence.

FORTUNE TELLING: Making negative predictions and conclusions without evidence.

EMOTIONAL REASONING

Emotions are deemed as fact. Incorrectly assuming a negative feeling is the only truth.

**IF EVERYTHING
FELT GOOD ALL
OF THE TIME,
NOTHING WOULD
EVER FEEL GOOD.**

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