

GOOD NEWS

February/March 2023

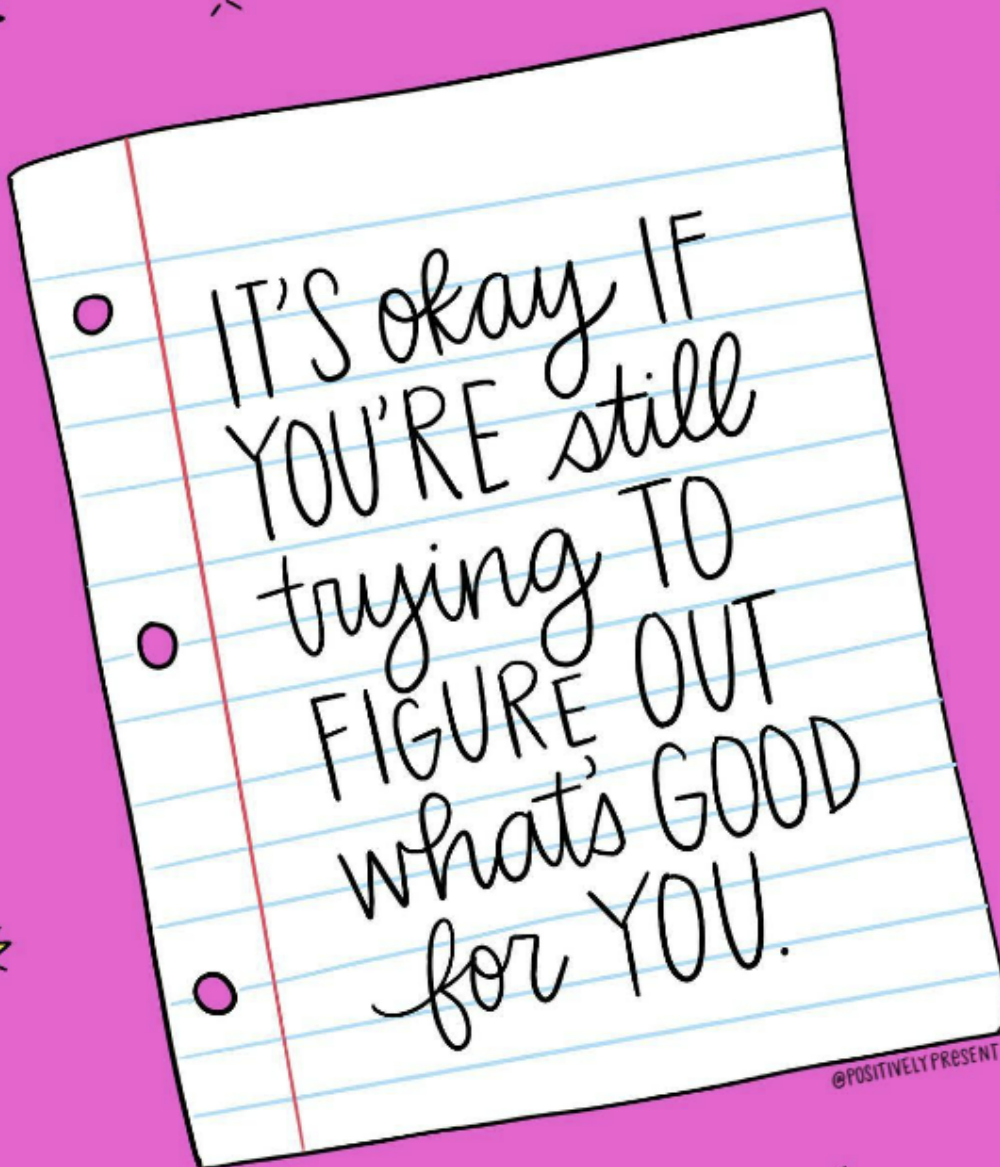


Image used with permission from Dani DiPirro @positivelypresent

Registration is Coming!

DURING FEBRUARY & MARCH, ALL 9TH, 10TH, & 11TH GRADERS WILL
COMPLETE THE FOLLOWING
2023-2024 COURSE REGISTRATION TO-DO LIST:

☐

Class Meeting

CLASS MEETINGS WILL OCCUR ON FEB 21ST, 23RD, & 27TH, DURING ADVISER GROUP. AT THIS MEETING, STUDENTS WILL HEAR ABOUT AVAILABLE COURSES AND MERCY'S COURSE REGISTRATION PROCESS.

☐

Course Guide Review

MERCY'S COURSE GUIDE CONTAINS GRADUATION REQUIREMENT DETAILS AND UPDATED COURSE NAMES, DESCRIPTIONS AND REQUIREMENTS, STUDENTS SHOULD USE THIS GUIDE TO MAKE THEIR PRELIMINARY COURSE CHOICES.

☐

Course Selection in Powerschool

EACH STUDENT MUST ENTER THEIR PRELIMINARY COURSE CHOICES INTO POWERSCHOOL, PRIOR TO THEIR INDIVIDUAL REGISTRATION APPOINTMENT WITH COUNSELING.

☐

Individual Registration Appointment

EACH STUDENT WILL BE ASSIGNED A DAY AND TIME TO MEET WITH THEIR COUNSELOR TO REVIEW, DISCUSS, AND/OR CHANGE PRELIMINARY COURSE CHOICES.

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Submit Signed Registration Form

REGISTRATION IS COMPLETE ONCE THE REGISTRATION FORM IS SIGNED BY A PARENT/GUARDIAN AND SUBMITTED TO COUNSELING.

Do These 5 Things

AND WATCH DAILY ANXIETY DECREASE!

Eat Healthy

ADOPTING HEALTHY EATING HABITS WILL DECREASE THE FREQUENCY AND INTENSITY OF ANXIOUS THOUGHTS AND FEELINGS

Prioritize Sleep

WHILE WE SLEEP, OUR BODIES WORK TO MAINTAIN BRAIN FUNCTION AND SUPPORT PHYSICAL AND MENTAL HEALTH

Daily Exercise

MOVE YOUR BODY FOR A MINIMUM OF 10 MINUTES A DAY.

Express Your Feelings

EXPRESS YOURSELF THROUGH WRITING, ART, OR TALK TO A FRIEND, FAMILY MEMBER, OR PROFESSIONAL.

Meditation

RESEARCH SHOWS THAT MEDITATION CAN BE MORE BENEFICIAL THAN MOST ANTI-ANXIETY MEDICATIONS

UNDERSTAND YOUR LEARNING STYLE

VISUAL LEARNER

VISUAL LEARNERS BEST REMEMBER
INFORMATION THAT IS PRESENTED
IN WRITTEN WORDS, CHARTS,
DIAGRAMS, PICTURES, OR SYMBOLS

KINESTETIC LEARNER

KINESTETIC LEARNERS ARE
HANDS-ON LEARNERS WHO LEARN BEST
WHEN MULTIPLE SENSES ARE ACTIVATED.
THEY ABSORB INFORMATION THROUGH
EXPERIENCE AND ACTIVITY.

AUDITORY LEARNER

AUDITORY LEARNERS BEST REMEMBER
INFORMATION WHEN IT IS
PRESENTED IN CONVERSATION, SONG,
LECTURE, OR READ ALOUD.

[CLICK HERE](#)

TO LEARN ABOUT YOUR
LEARNING STYLE
AND TIPS ON
HOW TO STUDY!



COLLEGE FAIRS

COLLEGE FAIRS ARE AN EXCELLENT WAY TO EXPLORE COLLEGES. WHETHER YOU ARE A 9TH GRADER OR A SENIOR, YOU CAN LEARN ABOUT THE VARIETY OF OPTIONS THAT EXIST. THE NACAC COLLEGE FAIR IS A GREAT OPPORTUNITY TO SEE OVER 100 COLLEGES FROM ACROSS THE COUNTRY. THE METRO-DETROIT FAIR IS TUESDAY, APRIL 18TH.

[CLICK HERE](#)
[TO REGISTER](#)



ACCEPTED, DEFERRED, POSTPONED, DENIED, OH MY!

OVER THE PAST FEW WEEKS, MANY COLLEGES HAVE RELEASED THEIR ADMISSION DECISIONS. WE HAVE STUDENTS IN OUR BUILDING WHO ARE ECSTATIC, SOME WHO ARE SAD AND SOME WHO ARE IN LIMBO. THESE EMOTIONS, PAIRED WITH THE TALK OUTSIDE OF THE SCHOOL REGARDING DECISIONS CAN CREATE A LOT OF ANGST FOR SENIORS.

IT'S IMPORTANT TO PLACE ALL THESE DECISIONS IN CONTEXT OF WHAT THEY ARE – A MOMENT IN THE PATH OF A PERSON'S LIFE. THEY ARE NOT A STATEMENT ON WHO THE STUDENT IS OR THEIR WORTH. IF A STUDENT IS DENIED, IT STINGS. IT HURTS BEING TOLD NO. LET'S FLIP THE NARRATIVE. A STUDENT TOOK A RISK, THEY PUT THEMSELVES OUT THERE – THAT'S BRAVE.

DEFERRALS (POSTPONED – UM) CAN CREATE DIFFERENT FEELINGS. THE SADNESS THAT THERE IS NOT AN ACCEPTANCE, BUT ALSO AN UNCERTAINTY ABOUT WHAT IS NEXT. WITH NO DECISION BEING RENDERED, THE STUDENT IS LEFT WAITING. IT'S IMPORTANT FOR STUDENTS TO FOLLOW THE DIRECTIONS IN THEIR PORTAL FOR THE COLLEGE IF THEY ARE DEFERRED AND IT IS IMPORTANT TO START TO LOOK AT OTHER OPTIONS. THIS COULD TURN INTO AN ACCEPTANCE, BUT HAVE A PLAN JUST IN CASE IT DOES NOT.

A FEW YEARS AGO, I HEARD THE TERM, “REDIRECTION” INSTEAD OF DENIAL – AND I LOVE IT! DENIED IMPLIES THE END OF A PATHWAY. IN REALITY, A PATHWAY HAS JUST BEEN REDIRECTED. PARENTS, TEACHERS, AUNTS, UNCLES, ALMOST ALL ADULTS HAVE BEEN REDIRECTED AT SOME POINT IN THEIR LIVES – WE CAN BE GREAT SUPPORT AND TEACHERS FOR OUR SENIORS AS THEY NAVIGATE THESE FEELINGS. FEEL THE FEELS. IT'S OK TO BE MAD, ANGRY, DISAPPOINTED OR SAD. THEN, FOCUS ON THE PATHWAYS THAT REMAIN. OUR SENIORS ARE MORE THAN A DECISION IN A PORTAL.

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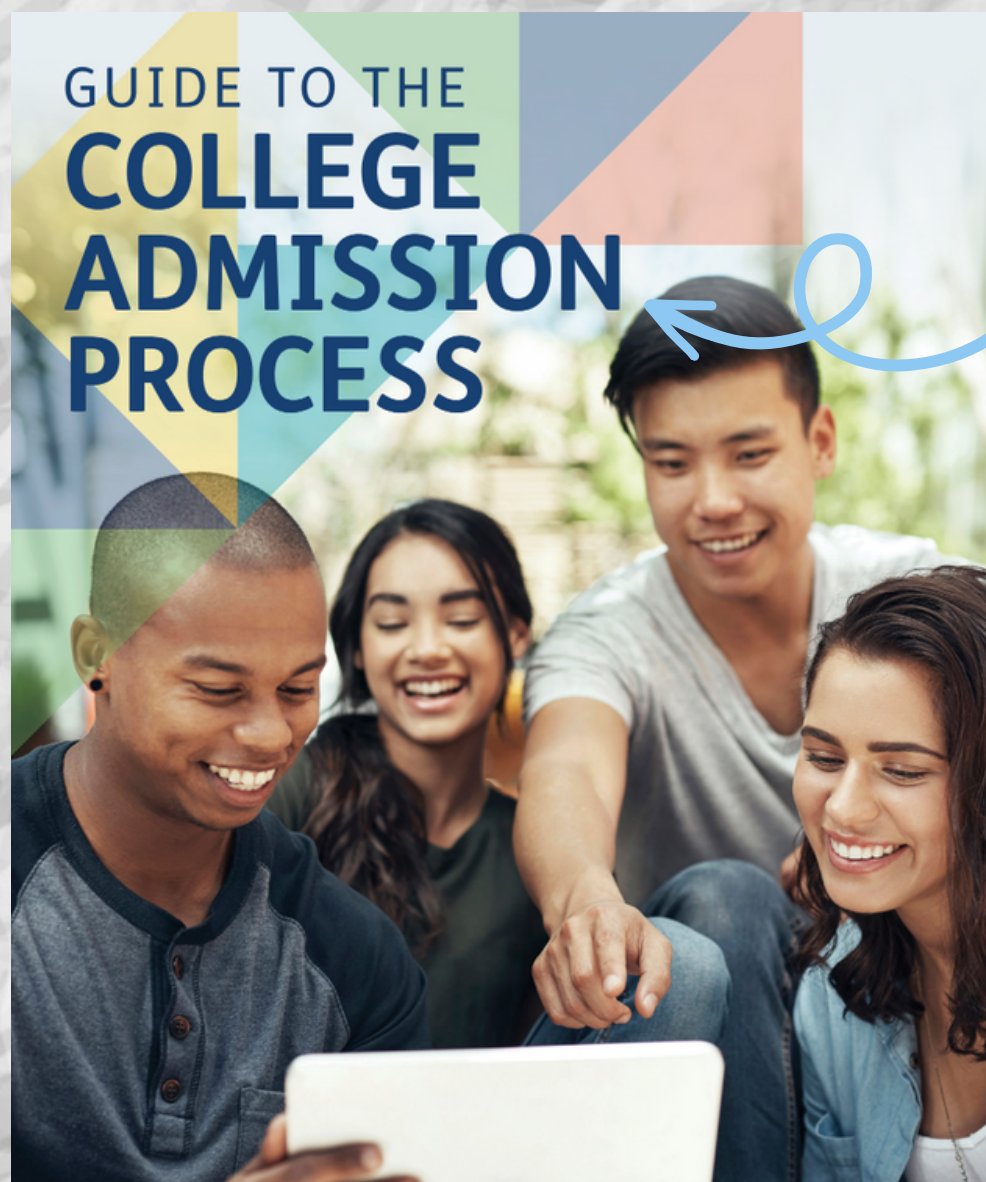


THIS BLOG BY EVA DODDS FROM ROOT COLLEGE ADVISING GIVES A LIGHT-HEARTED EXPLANATION OF INSTITUTIONAL PRIORITY: **IT'S DENY AND HERE'S WHY.**

THIS BLOG BY RICK CLARK, GEORGIA TECH, TALKS ABOUT **3 MESSAGES PARENTS OF HIGH SCHOOLERS NEED TO HEAR ABOUT COLLEGE ADMISSIONS.**

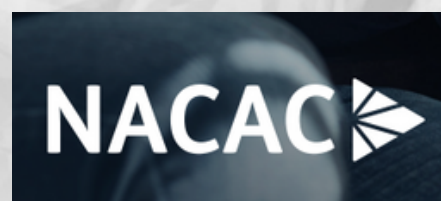
SENIORS – DON'T FORGET TO SHARE YOUR DECISIONS BY ENTERING OUR "ACCEPTED" OR "REDIRECTED" RAFFLE IN THE COUNSELING OFFICE!

Written by Mercy Counselor, Mrs. Holly Bennetts



GUIDE TO THE
**COLLEGE
ADMISSION
PROCESS**

**CLICK BELOW
TO ACCESS
THIS AMAZING
104 PAGE
DOCUMENT**



MONTHLY MINDFULNESS

FEBRUARY

IN FEBRUARY, WE ARE GOING TO FOCUS ON **GRATITUDE** AS A MINDFULNESS SKILL. WHEN WE ARE IN "AUTO-PILOT" MODE, OR NOT LIVING MINDFULLY, WE OFTEN FAIL TO RECOGNIZE AND APPRECIATE THE WIDE SPECTRUM OF THINGS (PEOPLE, PLACES, EXPERIENCES, ACTUAL THINGS, ETC.) THAT WE ARE GRATEFUL FOR.

THIS MONTH, RATHER THAN LET YOUR AUTOTHOUGHTS OVERSHADOW YOUR GRATITUDE, TAKE 60 SECONDS EACH DAY TO NOTE AT LEAST ONE THING YOU ARE GRATEFUL FOR.

NEED A CHEAT SHEET? SEE THE LAST PAGE!


NEED A REMINDER? [CLICK HERE](#) TO SIGN UP FOR DAILY REMINDERS!

MARCH

IN MARCH, WE ARE GOING TO FOCUS ON **MINDSET MINDFULNESS** AS A MINDFULNESS SKILL. IT IS HEALTHY TO EXPRESS EMOTIONS, THE POSITIVE AND NEGATIVE ONES. IT IS ALSO NECESSARY TO VENT EVERY ONCE IN A WHILE. HAVE YOU EVER PAID ATTENTION TO HOW OFTEN WE SIMPLY COMPLAIN THOUGH? OFTEN WHEN WE ARE LIVING IN "AUTO-PILOT" MODE, WE ARE UNAWARE OF JUST HOW MUCH UNNECESSARY NEGATIVITY WE SPEAK INTO THE WORLD.

THIS MONTH, RATHER THAN ENGAGING IN UNCONSCIOUS COMPLAINING, LET'S KICK THE HABIT! IN THE COUNSELING OFFICE, YOU WILL FIND A JAR OF BRACELETS. WEAR THIS BRACELET EVERY DAY THIS MONTH. WHEN YOU HEAR/FEEL YOURSELF SAYING A NEGATIVE COMMENT OR COMPLAINT, MOVE THE BRACELET TO YOUR OTHER ARM. DO THIS ALL DAY.

MOVING YOUR BRACELET (OR ENCOURAGING OTHERS TO MOVE THEIRS) WHEN COMPLAINTS APPEAR WILL BRING THIS UNNECESSARY NEGATIVITY TO YOUR CONSCIOUSNESS AND INCREASE YOUR SELF AWARENESS. THE GOAL WOULD THEN BE TO DECREASE HOW OFTEN YOU COMPLAIN, ATTEMPTING TO GO AN ENTIRE DAY WITHOUT NEEDING TO MOVE THE BRACELET.



YOU WERE NOT PUT
ON THIS EARTH TO
SPEND ALL YOUR
TIME WORRYING.

@POSITIVELYPRESENT



today I'm grateful for

.....
a person:

.....
why:

.....
a place:

.....
why:

.....
an activity or accomplishment:

.....
why:

.....
bonus! what else?

.....
why:

.....

tiny farmhouse

by Amy McKay

www.amymckay.com

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