

Mercy High School
Counseling Department

GOOD NEWS

February 2020



A MONTHLY NEWSLETTER

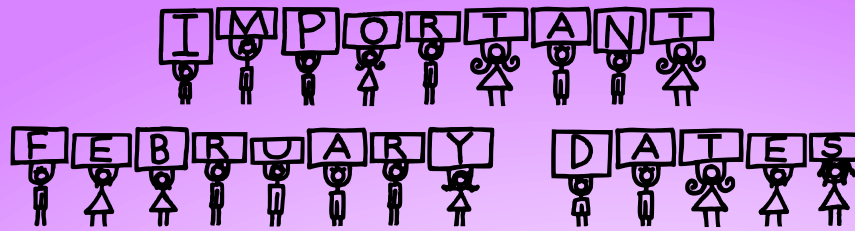
February 2020

Mercy High School Counseling Department

Good News

february 2020





FEBRUARY 4th

Course drop deadline

FEBRUARY 6th & 7th

10th Grade Career & Personal Planning Assessment
Presentations, Part 1 (through Religious Studies courses)

FEBRUARY 10th

Link Crew Monthly Meet Up during Adviser Group

FEBRUARY 11th

Black History Month Assembly

FEBRUARY 21st

10th Grade Career & Personal Planning Assessment
Presentations, Part 2 (through English courses)

FEBRUARY 24th

9th grade Course Registration Kick Off Meeting during Adviser Group

FEBRUARY 25th

10th grade Course Registration Kick Off Meeting during Adviser Group

FEBRUARY 27th

Parent-Teacher Conferences

(11th grade Course Registration Kick Off Meeting will be March 2nd)

Who do you follow?

If you are someone who wants to make efforts and take action toward a more positive mind, day, or life, it seems like a common sense move to try to surround yourself with positivity and avoid negative environments, negative people, and negative relationships. A young person I am working with has started to track her daily mood changes so that she and I can note any patterns in what influences her mood toward the negative.

So far, one major trigger contributing to a lowered mood for her: **social media.**

Have you paused to consider what social media accounts you follow and how it may be unconsciously impacting your mood or self worth? Throughout the day, we participate in much mindless scrolling through and quick viewing of images, captions, graphics, & memes. There is a chance that what you're absorbing in this manner may be contributing to how you feel. Further, even if a person is shielded from such a negative impact, I still wonder how a *positive* feed of social media messaging might impact one's mind in a positive way.

Does it sound worth a shot?

If so, I'd like to recommend a **Feed Cleanse**. It's simple.

Step 1:

Go through your social media accounts and unfollow, remove, or defriend all accounts that tend to post unkind messages, negative rants, unrealistic ideas, etc.

Step 2: Get picky about your feed. If your feed is lacking positivity, add some! I will provide some suggestions...

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INSTAGRAM

@caninecollege Check this out if you need a dose of “awww!” This account belongs to a college-themed, local doggy daycare center. They post adorable pics of the pups who attend their Freshman, JV, and Varsity Playing Fields.

@haleydrewthis Hope and realness is what you will find through Haley Weaver’s hand drawn account.

@workinprogress Want some inspiration? Mega positive feminist, Sophia Bush believes that all human beings are works in progress. This IG account teases and links you to podcast interviews of incredible humans doing great things.

@bodyposipanda If you are tired of gagging over media’s tired ideas of “traditional beauty” and want to join the body positive movement, get in on this inspiring beauty’s account.

@detroitzoo This local gem of an account serves you a quality, daily dose of zoo animal cuteness.

@recipesforselflove I LOVE this account’s graphic style, inclusivity, and real life inspirational approach. It’s like this account knows what we need to hear.

@girlboss This “professional network for ambitious women” has a little bit of everything; humor, positive messaging, inspiring female stories, and save-worthy memes.

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TWITTER

@tinybuddha This account promotes “simple wisdom for complex lives”. I couldn’t have said it better myself.

@inspirationday If you dig inspirational quotes, this account pushes out multiple happy tweets each day, accompanied by equally as enjoyable images.

@simonsinek You may be familiar with this guy’s popular TED Talks. His career is dedicated to promoting thoughtful, personal development and his tweets are designed to make you think and grow.

@afvofficial Just wholesome laughs here.

@tedtalks Just like you would expect from TED Talks, this account leads you to endless topics than can be utilized to expand your mind.

@mental_floss This account is overflowing with random, yet interesting knowledge and facts. Scrolling through these tweets will either help you feel smarter, or at the very least, give you some small talk material to help your social game.

@pundamentalism Cleverly crafted, puntastic tweets to make you smile, cringe, and roll your eyes.

Hopefully you find this simple task leads you to more mindful scrolling. Happy cleansing!

Written by Mercy Counselor, Mrs. Trish Brown

COLLEGE CORNER

According to a
2019 survey by Kaplan:

**ONE THIRD
OF
ADMISSIONS
OFFICERS
SEARCH
APPLICANT
SOCIAL MEDIA
ACCOUNTS**

Did You Know?

*Some college related
random facts and
common misconceptions*

**Brand new careers
are currently forming
every 18 months.**

(Not new jobs, new *CAREERS*.)

The careers many of our
students will engage in are
not even around yet.

Kelly Services, headquartered
in Troy, has a whole office
that studies what the future of
work could look like. I enjoy
reading the monthly trends
reports Kelly distributes. You
can find these report [here](#).

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Test-Optional College Admissions is a thing.

Change is definitely on the horizon here, with more colleges going test-optional each month.

Even ACT and SAT report that after the first semester of college, the best predictors of college success are the classes a student took in high school and how they did, not necessarily a student's test scores.

Indiana University, Lourdes University, and St. Mary-of-the-Woods all went test-optional at the end of January. Professionals continue to engage in really good research in this area. A recently published, [new independent research article](#) on this topic is worth reading. If you want to learn more about test-optional and standardized testing visit [FairTest](#).

Have you heard about the Michigan Transfer Agreement (MTA)?

(click above for more info!)

This is an initiative of the Michigan Association for Collegiate Registrars and Admissions Officers, who provides direct pathways for students to move from community colleges to 4-year institutions.

You should consider the MTA if:

- You want to save money by taking courses that are guaranteed to transfer.
- Your High School GPA is not where you want it to be and you really want to go to a certain college.
- You are not quite ready to live on campus and want to stay home another year.
- You want to explore a variety of courses (and majors) and the MTA can provide this at a lower cost.

Gigging!?! • What do 20 somethings have in common with members of AARP?

They gig. Once reserved for performers ("I got a gig tonight"), this mindset of work is increasing in the mainstream workforce. For the younger generation, jobs are not permanent. They view work as a gig and are more mobile. For the older generation, they may retire but are not ready to finish working, so they contract out for a bit - or gig. My own mother did this when she retired from her district Board of Ed and then worked as a consultant/fill in when needed. In my Gen X world, we may have full-time jobs but "gig" on the side. The National Association of Counties provides a great introduction to the [Gig Economy](#). Understanding the Gig Economy will help you understand your teen a little better as they talk about life beyond Mercy.

KNOW YOUR STYLE

... *of Learning!*

We have all likely experienced a High School or College class where the Teacher just does not seem to present the information in a way that speaks to, or clicks with our individual brain. Hopefully we can all name at least one class during those same years, where a Teacher *just seemed to get it*; the manner in which the material was presented made our individual brain feel like a sponge, soaking it all up. These two Teachers had very different Teaching Styles.

This is life in education. When a Teacher has a class full of students to teach, they will choose a style of preference, in which to present the material. As a student or recipient of information, we have zero control over how it will be presented. This does not mean that we have zero control over our success in said class. By simply understanding your individual Learning Style, you can explore some pretty effective options.

There are three Learning Styles; Auditory Learners learn most effectively by listening to information or speaking about it; Visual Learners learn best by utilizing sight to read words or see pictures; Kinesthetic or Tactile Learners learn most effectively by touching and doing. Once you know your primary or combination of Learning Styles, you have two options:

1. Adapt the material from class into another method that

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works best for your brain. For example: if a Teacher mostly presents straight lecture-style and you're a Tactile Learner, you would need to translate the lecture information into a hands-on experience. You could take your notes from what was said in class and turn them into your own mock-lecture, to teach to your bedroom walls or dog. When you come to parts where you feel that you do not understand what your lecturing, make a note to ask your Teacher in person about this section or subject. With this Learning Style, your brain is more likely to remember the experience of presenting the material to your pug and then the conversation that was had with your Teacher, than it is to remember the words your Teacher said and you wrote down.

2. Set up an appointment for individual help from your Teacher and share with them your newly understood Learning Style. Ask if they can help you better understand some of the recently taught concepts, via a Teaching Style that speaks more to your brain. Although they must choose a style in class that may or may not speak to every brain, when providing individual assistance, it is much easier for a Teacher to change modalities or revisit a concept in differentiated ways.

There are many assessments to help you discover your primary Learning Style. One quick and easy one can be found at educationplanner.org They even give you a list of study methods to try on, that best fits your Learning Style. Simply put, the better we know ourselves, the better we know our needs. Getting to know your Learning Style can help you find more academic success!

Written by Mercy Counselor, Mrs. Trish Brown



'Roadmap to Opportunity' Video Series

Videos highlight paths to high-wage, high-demand job fields.

The Michigan College Access Network has released a new video series, "[Roadmap to Opportunity](#)," to promote high-demand, high-wage fields in Michigan. These seven videos and their associated information sheets showcase **college, credentials, and careers** in the following fields:

- Carpentry
- Dental Hygiene
- Electrical Technology
- Heating & Cooling (HVACR)
- Information Technology
- Insurance and Physical Therapy.



Each video was filmed on a college campus in Michigan and features perspectives from a student, a college instructor, and an employer. Each information sheet introduces the field, shows a map of educational offerings in Michigan, provides projected job openings and estimated growth, as well as salaries/job titles associated with the various levels of postsecondary education—which includes certificates, associate degrees and bachelor's degrees.

More information can be found at roadmap2opportunity.org

Parents: We need to talk

*Check out the following information, provided by
Oakland County Youth Suicide Prevention.*

Why do I need to watch for suicide?

- Suicide is the second leading cause of death for those ages 10 to 24 in the U.S.
- For each suicide death, family and close friends are at a higher risk for suicide themselves.
- If you are concerned, talk to your child immediately.
- Knowing the risk factors and warning signs helps you help your child with concerns about himself or another student.
- Asking directly about suicide tells your child it's ok to talk about it with you.
- Take all suicidal thoughts, threats, and behaviors seriously.
- Most suicidal people want to end severe emotional pain.
- Emotional pain makes it hard to think clearly, consider options, or remember reasons for living.

What are the risk factors for suicide?

There are several to consider, not limited to:

Prior suicide attempt

- This is the strongest predictor of future attempts.

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Substance abuse

- Using alcohol and other drugs can be an attempt to self-medicate to ease the pain related to depression, traumatic events, or other issues.
- 96% of drug-related suicide attempts involved prescription drugs.

Mental illness

- 1 in 5 teens will have depression at some point.
- Many teens with depression are undiagnosed.
- Childhood depression often continues into adulthood, especially if left untreated.

Interpersonal conflict

Conflicts are a basic part of everyday life. For youth, some conflicts can seem impossible to deal with. As an adult, listening with empathy and providing support is key.

- **Bullying:** In-person or cyberbullying.
- **Trauma:** Examples may include injury, assault, legal trouble, physical, sexual, or emotional abuse.
- **Relationship breakups:** Impulsivity combined with potential inability to think through consequences before acting can increase risk for suicide following a breakup.
- **Sexting:** Teach your children to never take images they don't want family or future employers to see. Forwarding a sexual picture of a minor is a crime, even for a minor who forwards it.

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- **Recent loss:** Examples include moving, changing schools, divorce, or death of a loved one.
- **Questioning sexual orientation:** Sexual minority youth are more likely than their heterosexual peers to be depressed and attempt suicide.

Where can I find out more?

Here are some useful websites:

*** Is your home suicide proof?** *suicideproof.org*

*** Oakland County Youth Suicide Prevention Task Force**

oakgov.com/health/partnerships/Pages/Youth-Suicide-Prevention-.aspx

*** Suicide Prevention Resource Center** *sprc.org*



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