

Deer Park Jr/Sr High School Counselors' Corner Week of January 12th, 2020



WHAT'S NEW?

High School Level Scheduling: Parents, please know that scheduling for next year's courses will be starting in a few weeks. This process includes presentations by the counselors, opportunities to meet and ask questions, acquiring signatures for honors and AP level courses, and completing an online course selection. A final individual meeting takes place later in the spring to go over open bells, courses that didn't schedule, etc. Please be on the lookout for further information.

Freshmen: The 9th graders will soon be receiving a letter regarding an upcoming field trip. On March 11th, the freshmen students will travel to Cincinnati State to visit the Clifton Campus. Students will also travel to the Duke Energy Convention Center for the <u>Junior Achievement INSPIRE</u> career fair. At INSPIRE, our students will be on the floor of the convention center interacting with employers from the Cincinnati area and taking part in hands-on activities related to these fields. Please be on the lookout for this letter as it will have the permission slip on the back!

KNOW! If you're not familiar, the Wildcat Weekly Counselor's Corner will occasionally showcase an article from *Know*! from the Prevention Action Alliance. From their website: *"Know! gives the parents and caregivers of middle and high school-age kids the education, tools, strategies, and empowerment they need to raise children who are alcohol, tobacco, and drug-free. It's a personal, at-home program that's incredibly accessible." Click <u>HERE</u> to read more and find out how to sign up for their automatic newsletters*

IN CASE YOU MISSED IT

Suicide Prevention/Community Resources: It is always good to have resource numbers available. As always, please contact 911 if you feel like someone is truly a danger to themselves or others. The information below is from SERA (Suicide, Education, Research and Advocacy):

National Crisis Hotline: 1-800-273-TALK (8255) or say "Suicide Resources" to Siri on Apple Products <u>Crisis Hotline By County:</u> Butler County: 844-427-4747 Clermont County: 513-528-SAVE (7283) Clinton County: 877-695-NEED (6333) Hamilton County: 513-281-CARE (2273) Hamilton County Text Line: 839863 and text 4hope



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Northern Kentucky: 859-331-3292 Warren County: 877-695-NEED (6333) If you feel that you or a friend is in a crisis situation and/or fearful of hurting yourself or others and there isn't a caring adult you can reach right away, please contact 1-800-273-TALK (8255) or text 4hope to 741 741.

<u>Teen Depression</u>: Please check out <u>this article</u> from the **Prevention Action Alliance Know!** regarding identifying the symptoms of teen depression.

Teen Anxiety

<u>Here is a link</u> to an interesting article from Psychology Today regarding the reasons teens may be experiencing anxiety.

Important Information for Seniors

Cap and Gown packets were sent home with students in October. Students can obtain extra copies in the CCR office or they can be accessed electronically at https://www.herffjones.com/product/graduation .

Q: When should I order my cap and gown?

A: ASAP because cost increases and to ensure appropriate sizing.

Q: How can I order my cap and gown?

A: Orders can be placed on-line at www.graduateserviceinc.com or by phone at 513-272-5890. Graduates Services will accept cash, check or credit card.

Q: What if I cannot afford a cap and gown?

A: Please contact Ms. Madden at 513-936-4684

If you have not already completed your FAFSA, please do so ASAP (please remember that funding is given to those who apply early first). Fantastic information is located at: <u>https://studentaid.ed.gov/sa/fafsa</u>. If you have additional questions feel free to reach out to Ms. Madden at <u>madden.c@dpccsd.org</u>. **Many colleges have deadlines on December 1st.**



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Important Information for Sophomores

Sophomores interested in applying to Scarlet can do so starting November 18th. Applications are completed on-line at <u>https://application.greatoaks.com/</u>. The deadline for applications is 2/10. Interested students can also attend Open House at Scarlet Oaks on January 30th from 5:30-7:30.

Students interested in attending a shadow day on January 24th should obtain a permission slip from Mrs. Beck and turn it into Mrs. Vickrey no later than January 17th.