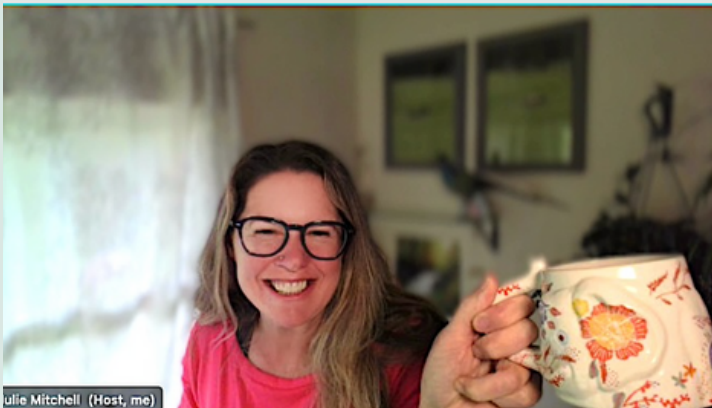




COUNSELING CORNER



Julie Mitchell (Host, me)

September at LaunchED

Meet us on the corner where education and well-being connect seamlessly at LaunchED! As the vibrant colors of autumn begin to paint our surroundings, September has seen our counseling team hard at work. Julie and Britt decided it's finally socially acceptable to break out the pumpkin spice-flavored teas while ensuring our students' well-being and success in LaunchED. We have been rolling out our ICAP surveys, laying the foundations for new club opportunities, and creating connections with our students. Both of us, Britt Hakonson and Julie Mitchell, are here to support the students and families in LaunchED to navigate the unique opportunities that come with virtual education. Throughout this month, we will continue to foster the growth of our students, offer guidance on academic and personal matters, and help develop essential life skills, all while ensuring a strong sense of community.

As we move forward, we encourage our students to take full advantage of the invaluable resources offered by our counseling department. Anyone is welcome to reach out to us. Pro tip- The student's advisory teacher will also have our contact information if you need help finding it.

UPCOMING EVENTS

SEPTEMBER 27
VIRTUAL INFORMATION
SERIES ON SCHOLRASHIPS
AND FINANCIAL AID

NO LATE START IN
OCTOBER

OCTOBER 12
SVVSD COLLEGE FAIR
AT SILVER CREEK HS

LOOKING FOR MORE
CONNECTIONS THIS YEAR?
EMAIL YOUR COUNSELOR
AND LET THEM KNOW!

Embracing the Importance of Senior Year Grades



As the final chapter of your high school journey unfolds, we want to remind you of the significance that your senior year grades hold. This period marks the culmination of your hard work, dedication, and growth over the past few years. The effort you invest now can impact your immediate future and set the stage for the exciting endeavors that lie ahead.

Counselor Britt Hakonson is ready to help your senior year be your best!



Here are a few reasons why your senior year grades really matter

College Applications: Many colleges and universities consider senior year grades as part of their admissions process. A strong academic performance during this critical year can enhance your chances of being accepted into your dream institution. Admissions committees appreciate consistency and a continued commitment to excellence.

Scholarships and Financial Aid: Exceptional senior year grades could open doors to merit-based scholarships and financial aid opportunities. These resources can significantly ease the financial burden of pursuing higher education and provide you with more options for your future.

Internships and Job Opportunities: Whether you plan to enter the workforce directly or explore internships, your senior year grades can showcase your dedication and discipline to potential employers. Many companies seek candidates who not only possess the required skills but also demonstrate a strong work ethic and the ability to excel under pressure.

Personal Growth and Development: The effort you put into your studies during your senior year can foster discipline, time management, and perseverance—skills that will prove invaluable in any future endeavor. This is also an opportunity to challenge yourself intellectually and embrace a love for learning that will serve you well throughout life.

Building a Strong Finish: Striving for excellence in your senior year is not just about the end result but also about the journey itself. It's about finishing strong, demonstrating your commitment to growth, and leaving a positive mark on your academic community.

Remember, we understand that senior year can be filled with a whirlwind of emotions, including excitement, nostalgia, and perhaps even a touch of anxiety. While striving for academic success is important, remember to take care of your well-being. Balancing your studies with self-care, meaningful experiences, and cherished moments with friends and family is essential.

Your senior year is a time of transition, and the choices you make today will influence your path tomorrow. Embrace this opportunity to shine and make the most of every moment. We believe in your potential and are here to support you as you navigate this exciting journey.

IMPORTANT COLLEGE APPLICATION INFORMATION & DEADLINES



COLLEGE FAIRS OF GREATER DENVER Offering Three Virtual Information Sessions September 27th, 2023



The Road Ahead: College Search and Selection- 5:00 pm

Scholarships: Tips to Find Them & How to Develop a Solid Application- 6:00 pm

Financial Aid: Navigating the Financial Aid Maze and Resources- 7:00 pm

REGISTER
HERE!

FAFSA for Financial Aid opens October 1, 2023

APPLY
HERE

COLLEGE FAIRS OF GREATER DENVER Offering in-person College Fairs October 4th -7th

REGISTER
HERE!



SVVSD College Fair
Silver Creek High School
October 12th, 6:00 - 7:30 pm

NACAC Virtual College Fair
October 15th

1:00 - 6:00

REGISTER
HERE!

2023 COLORADO FREE COLLEGE APPLICATION DAYS October 17th -19th, 2023

NCAC NATIONAL COLLEGE FAIR:
Colorado Convention Center
November 5th, 1:00 - 4:00 pm

REGISTER
HERE!

Featured Article

Supporting your child without enabling their anxiety can be challenging, but the tips from the article "[10 Tips for Parenting Anxious Kids](#)" from the Child Mind Institute offers guidance on how to help your child manage anxiety effectively, fostering their success both in their everyday life and at school. These tips can also serve as a valuable reinforcement of what many parents are already doing to support their children who may be impacted by anxiety.



Don't Eliminate Anxiety, Manage It. Instead of trying to eliminate anxiety, help your child learn to tolerate it, as this can lead to reduced anxiety over time.

Avoidance Reinforces Anxiety. Avoiding anxiety-provoking situations may provide short-term relief but reinforces long-term anxiety. Encourage your child to face their fears.

Express Realistic Expectations. Express confidence in your child's ability to manage situations without promising that their fears won't come true, as it can feed their anxiety.

Validate Feelings, but Empower. Acknowledge your child's fear, empathize with them, and instill confidence in their ability to face their fears.

Ask Open-Ended Questions. Encourage your child to talk about their feelings with open-ended questions, allowing them to reflect on their emotions.

Avoid Reinforcing Fears. Be mindful of your tone and body language to avoid suggesting that your child should be afraid of something.

Offer Encouragement. Recognize and appreciate your child's efforts in facing their fears, emphasizing that tolerance of anxiety leads to its reduction.

Shorten the Anticipatory Period. Minimize the time spent discussing anxiety-inducing events beforehand to prevent excessive rumination.

Plan Together. Discuss and create plans for handling anxiety-provoking situations with your child to reduce uncertainty and teach problem-solving skills.

Model Healthy Coping. Demonstrate how to handle stress and anxiety calmly, letting your child observe and learn effective coping strategies from your actions.

