

COUNSELOR CORNER

December 2021

Monthly Newsletter



WHAT DOES IT MEAN TO BE PRESENT?

This December, when things feel crazy, we encourage you to be present. And what exactly does that mean? To be fully present is to rid yourself of all the extracurricular activities going on in your brain. It means to live in the moment. Last month, we talked about Gratitude and that same exact practice can play into being present. There are many grounding techniques that allow us to be fully aware of everything in the moment. This includes engaging and recognizing your five senses. We also feel strongly about minimizing screen time and having quiet time for your self as well as quality time with those you love most. Those who are able to be present often feel more alert and more at peace. Give it a try this month and let us know what works for you!



BE ON THE LOOKOUT FOR FLEX TIME ACTIVITIES!

The Counseling Department has many enriching activities planned (therapy dogs, self-defense, yoga, etc.) during Flex Time that aim to help support all students socio-emotionally. These activities are available on a first come, first serve basis. We will post them on Canvas so be sure to watch our Canvas page so you can sign up!



COLLEGE SPOTLIGHT: NORTHERN KENTUCKY UNIVERSITY

by Sami Rutowski

Norse up!!!

Northern Kentucky University is located just 7 miles south of downtown Cincinnati. NKU serves over 16,000 students but it feels like a small school. With 2,000 staff members, class sizes are extremely small and you get the opportunity to truly know your professors and classmates. You can receive a high quality education for a very reasonable price. There are 17 Division 1 Athletic teams, over 200 clubs, and 300 opportunities to study abroad. NKU allows you to get away from home, but also be close enough if you wanted to commute. I went to NKU and changed my major 3 times.... I finished with my Bachelor's in Human Services and Addictions with a minor in Psychology. I also had the awesome opportunity to play college soccer and compete in the NCAA Division 1 tournament. Along with playing soccer, I was involved in 3 different clubs and had a campus job. There are so many ways to get involved at NKU and that is what I was thankful for. I lived on campus my freshman year in a really nice dorm, then decided to rent off campus for my last three years. The amount of enriching opportunities available for students is amazing. You can truly find your passion at NKU. Some of my best memories and closest friends come from my four years at Northern Kentucky University. I wouldn't trade my experience for the world.

DECEMBER COUNSELING EVENTS/DATES

December 1st- Early college application deadline for many schools. Applications must be submitted by 11:59 pm.

December 11th- National ACT test date.

Midterm exams - 12/13-12/17

SCHOLARSHIPS

Be sure to check the High School Counseling Canvas Page for various scholarships opportunities.

JUNIOR FAMILY MEETINGS

Juniors- Don't forget to schedule your Junior Family Meeting with Mrs. Bunton or Mrs. Meis.

Mrs. Meis works with last names A-L and Mrs. Bunton works with last names M-Z. The links to schedule an appointment are on Canvas and QR codes in the Counseling Office.