

🌿🍂 **Welcome to the Fall Edition of the MHS Counseling & Career Center Newsletter!** 🍂🌿

🍎 Last Week Highlights 🍎

9th Grade SEL Presentation: Our counselors and social workers spent quality time in 9th grade English classes, focusing on Social and Emotional Learning (SEL). We discussed how to help others transition to high school and the importance of seeking help for oneself or others if there are mental health concerns. It was a meaningful and engaging session for our freshmen!

Senior Conferences: Senior conferences are in full swing! Our dedicated counselors are meeting with seniors to discuss their post-high school plans, ensuring they are on the right track for graduation and beyond.

Sept. 26 College Fair: We hosted a fantastic college fair with about 20 colleges in attendance. The turnout was amazing, and our students had the opportunity to explore various higher education options and gather valuable information.

Application Day for Seniors: October 4 Seniors had a dedicated morning to work on their college applications. It was a great opportunity to get those applications polished and ready for submission.

Continuing Senior Conferences: Our senior conferences will continue, with the goal of wrapping up by Halloween. We are committed to ensuring every senior has the support they need for their future plans.

📌 Things to Remember 📌

- **Seniors and Parents:** Create your FSA ID for the FAFSA now. Go to <https://studentaid.gov/> and click "Create Account" in the top right!
- **Mental Health Matters:** Remember the importance of mental health. If you or someone you know needs help, don't hesitate to reach out.
- **Suicide & Crisis Lifeline:** Call or text 988
- **NCAA Webinar:** Student-athletes, don't miss the NCAA Eligibility Webinar on Nov. 3. It's a crucial step if you're aiming to compete at the collegiate level.

Warm regards,

The MHS Counseling & Career Center Team

🎓 What's Coming Up 🎓

PSAT takers:

Mandatory Tech Check in the LGI after school on Tuesday, Oct 15. Bring your charged Chromebook to get into Bluebook, sign the required agreements and practice the application before the test !

PSAT: OCTOBER 29 at 7:45am Bring your charged Chromebook.

NCAA Eligibility Webinar:

Are you a student-athlete dreaming of playing your sport at the NCAA level?

Join us on Sunday, Nov. 3, from 6 to 7 p.m. Eastern time for an informative session with the NCAA Eligibility Center staff. Learn about the requirements and how to prepare for NCAA certification. Staff will be answering questions live, so come prepared to take your game to the next level! [Click here to register.](#)