

News from the Counseling Office

International
Community School

1/11/2017

Edition 1, Volume 3

Semester Finals Approaching

January 25, 26 & 27: Finals Schedule:

Final 7:30-9:30

Break 9:30- 9:45

Final 9:50- 11:50

Lunch 11:50

Bus departs at 12:30

Student Taught Academic Mentoring Program (STAMP)

STAMP is in full swing after a successful first semester filled with mentorship, relationship building, and memory making. So far, about 2/3 of our STAMP mentors have been trained in suicide awareness, partnering with our YES counselor to learn how to help a friend in trouble and how to seek out help from the appropriate resources. The final training will be **February 1**. Additionally, STAMP has a refresher retreat on **March 1** after school. If your student is a STAMPer, as a reminder, please avoid scheduling any appointments or outside of school activities until after 3:30 that day. We want all STAMPers to attend and be a part of the exciting stuff coming in the spring!



Child and Adolescent Mental Health

The majority of mental illness onset may occur in early childhood, adolescence, or young adulthood. Adolescent youth are also vulnerable for co-occurring substance use and abuse. Additionally, challenges that do not meet diagnostic criteria, including adverse childhood experiences (ACEs) and life-related mental problems and distress, may appear in in school-age youth and compound mental health issues and concerns.

The FACTS	Current Reality
20% of youth ages 13-18 have, or will have, a serious mental illness.	Mental illness is common during adolescence.
50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.	Adolescence and young adulthood are critical periods for identification and intervention of mental illness.
The average delay between symptom onset and mental health interventions is 8-10 years.	Early identification and treatment engagement is vital for improved quality of life.
Nearly 50% of students age 14 and older with a mental illness drop out of high school.	Students with mental illness need improved supports to succeed in school, career, college, and life.
Washington youth with co-occurring needs (both mental health and substance abuse) were the least likely to graduate on time (12%) and most likely to drop out (80%).	Youth with co-occurring mental health and substance abuse needs are less likely to graduate from and more likely to drop out of high school than youth without co-occurring needs.
In Washington, over 50% of youth in grades 10 and 12 reported not being able to stop or control worrying in the past 2 weeks. Over 60% of youth in grades 10 and 12 reported feeling nervous or anxious.	Youth are affected by mental distress caused by environmental stressors (examples: family crisis, end of a significant relationship, or death of a loved one). This impacts their daily experience in school and at home.
In Washington, over 30% of youth in grades 10 and 12 reported depressive feelings, including feeling sad or hopeless for at least two weeks in the last year. Over 25% of 8th graders reported depressive feelings.	Research consistently shows a strong link between suicide and depression. A diagnosis of depression elevates a person's risk for suicide.
In Washington, one in five 10th graders seriously considered suicide in the past year. Between 14%-16% of youth in grades 8, 10, and 12 reported they made a plan for how they would attempt suicide.	There are many risk factors for suicide, including having a mental disorder, substance-abuse disorder, or co-occurring disorder.

Information adopted from:

National Institute for Mental Health
INVEST Report
2014 Healthy Youth Survey Data

Mental Health Reporting
Suicide Awareness Voices of Education
National Alliance on Mental Illness

Resources for Families:

- [Mental Health Services and Info – Division of Behavioral Health and Recovery \(DBHR\)](#)
- National Alliance on Mental Illness (NAMI) – Washington
NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Washington provides resources, outreach, and advocacy.



If your student qualifies for a Free and/or Reduced Lunch, he/she may be eligible for other assistance for the following items:

- ✓ Class Fees/PE Shirt
- ✓ Focus Week Fees
- ✓ Camp/Summit Fees
 - ✓ Field Trips
- ✓ Yearbook Purchase For Seniors Only
 - ✓ Cap and Gown
- ✓ SAT/ACT Fee Assistance
- ✓ AP Test Fee Assistance
- ✓ College Bound Access

Please direct your student to counselor, Lis Christiansen, to inquire about these funds and potential support.



Career Cruising



Welcome to the new year! Students have done a terrific job of completing their Career Cruising activities. They have been working on many different exciting activities including resume building, career searching, college comparisons, and more. If your student has been absent or is not quite caught up with activities, Ms. Cummings will be following up with them and hosting a Career Cruising makeup day in February (Date TBD). Our next career cruising days will also be in February and students will work on the next set of college/career lessons.



College News



WA Council 2017 College Planning Day will be held at UW Bothell on **March 21**. The ICS counseling department will be taking all juniors to this state college planning event. Please keep your eyes and ears open for more information about this 3rd annual field trip.

Next month our awesome new Career and College Counselor, Kelsey Cummings, will be conducting our annual ICS 11th grade meetings for students and parents. These sessions will be roughly 55 minutes long, held in the library, and will encompass information on Senior Year Planning, College Application and Process, and Post-High School Planning. Parents are encouraged to attend with their students. All students are required to attend a session even if parents are unavailable, and students will receive a packet of information. Ms. Cummings has already sent an email out to all parents for sign-up, so snag a slot as soon as you can to get the best possible time for you and your student.



PE Requirement



The **LAST opportunity** this year for Juniors and Seniors to complete the Fitness Exam or Fitness Plan will be **March 8th**. Please see Ms. Cummings if students need study materials. This will be seniors' last opportunity to meet this graduation requirement. Also, we highly encourage juniors to give the assessment or plan a try while in their junior year. It is not an easy requirement to complete, and we hope that students will get started early.

Camp Cispus

We are just starting to get into the planning process for next year's middle school camp, Camp Cispus. Sophomores are eligible to apply for camp counselor positions and juniors are eligible to apply for camp counselor or camp planner positions. Applications will be handed out at the beginning of February. If your student is interested in being a part of our camp experience and building leadership skills, please encourage them to consider applying. More information to come!

ACT & SAT Test Dates (2016-2017)

ACT

To register for the ACT, visit actstudent.org.

Test Date	Registration Deadline	Scores Back Date
Sept. 10, 2016	Aug. 5, 2016	Sept. 20, 2016
Oct. 22, 2016	Sept. 16, 2016	Nov. 8, 2016
Dec. 10, 2016	Nov. 4, 2016	Dec. 20, 2016
Feb. 11, 2017	Jan. 13, 2017	Feb. 22, 2017
April 8, 2017	Mar. 3, 2017	Apr. 18, 2017
June 10, 2017	May 5, 2017	June 20, 2017

SAT

To register for the SAT, visit sat.collegeboard.org.

Test Date	Registration Deadline	Estimated Scores Back Date
Oct. 1, 2016	Sept. 1, 2016	Oct. 20, 2016
Nov. 5, 2016	Oct. 7, 2016	Nov. 23, 2016
Dec. 3, 2016	Nov. 3, 2016	Dec. 22, 2016
Jan. 21, 2017	Dec. 21, 2016	Feb. 9, 2017
Mar. 11, 2017	Feb. 10, 2017	Mar. 30, 2017
May 6, 2017	Apr. 7, 2017	May 25, 2017
June 3, 2017	May 9, 2017	June 22, 2017



As a parent, you've probably experienced a time or two (or more) when your kids have pushed your buttons. You're probably no stranger to how hard it can be to keep your cool in such times, either.

While you may have had some moments of losing your cool you can easily enhance your sense of calm if you have a plan of action.

Follow these tips and watch how your ability to stay calm with your children is enhanced:

1. **Take a break.** If you're home with your child 24/7, give yourself a break to refuel and recharge. When we are less than patient, we tend to become angry and our emotions block rational thinking.
- © After experiencing a strong emotion like anger, it takes most of us around 30 minutes to return to a "normal" emotional state, even though you might feel calm after 10 minutes.

- ⊙ Research has shown that after this happens, you're still physiologically "agitated" and more susceptible to becoming angry again. Think of this as a "kindling" effect of sorts. Try to take a break and get away from the kids, provided they are safe while you take a break.
2. **Count to 10.** If you're unable to get away for a bit, the next best option is to switch your focus. Try counting to ten or concentrate on your breathing.
 - ⊙ It's tough to control your body temperature, pulse, or blood pressure. However, your breathing is one of the few bodily functions you can control. And when we control our breathing, we can directly impact our blood pressure (Anderson, McNeely, & Windham, 2010) and our pulse (Publications, 2016). Truth be told, research has also shown that we can even control our body temperature via certain meditative practices (President & Harvard, 2002).
 - ⊙ Breathe deeply and slowly. Count your breaths and keep your mind occupied. Breathe in to the count of five seconds, hold that breath for five seconds and exhale for five seconds. Pay attention to the motion of your chest and feel the air moving in and out of your lungs.
 3. **Change your perspective.** Although it's hard to believe, *your child probably isn't being problematic on purpose*. Your kids just have a different perspective of the world. If they're too young to speak, all they can do to communicate displeasure is to cry and scream. Most times, behavioral issues are simply developmental in nature.
 - ⊙ What some consider "unreasonable misbehavior" is simply a part of being a child. *A child's brain isn't fully developed until they are in their 20's*. Try hard not to accuse a child of willful disobedience when perhaps a skill deficit is to blame.
 4. **Practice patience.** There are two ways to practice patience. You can mentally rehearse being more patient or you can actually practice your patience in low-stress situations.
 - ⊙ Think back to a time where you were less patient than you would have liked. Imagine yourself behaving in the way you'd prefer. Picture a different outcome. Practice this exercise several times a day.
 - ⊙ Try being more patient when you're only slightly stressed. If you practice in lower-stress situations, you'll be more successful during those times when you're about to lose your cool. A little self-talk can be helpful here. Try saying to yourself:

· "I've got this!"	· "I know just how to handle this."
· "I'm calm and relaxed."	· "This moment won't last forever."

You get the idea. What's important is that you come up with something that is meaningful to you, something that will help you "talk yourself through" a rough time.

5. **Extend patience to yourself, as well.** It's unreasonable to expect that you can completely avoid getting upset. Even though you're a parent, you're also human. Give yourself a break and remember that it isn't realistic to be patient at all times. As I always like to say, "You don't have to be really perfect, you just have to be perfectly real!"
Finding balance, staying calm and keeping your cool are worth the effort they take. It will improve the climate of your home, and you'll be an exceptional role model for your children.

Advanced Placement (AP) Exams

The 2016-2017 AP exam dates are May 1-5 and May 8-12. **Registration for tests will take place from March 6-17 here at ICS and also, new this year, online.** Any high school student may register to take any AP test; he or she need not be enrolled in an AP class in order to take a test. ICS students take AP tests at other schools in the district. AP Coordinator, Ms. Lis Christiansen, will be distributing more information regarding AP testing soon, including fees, how to register online, tips for testing, and where each test will be administered.

2017 AP Exam schedule		
Week 1	Morning 8 a.m.	Afternoon 12 noon
Monday, May 1, 2017	Chemistry Environmental Science	Psychology
Tuesday, May 2, 2017	Computer Science A Spanish Language and Culture	Art History Physics 1: Algebra-Based
Wednesday, May 3, 2017	English Literature and Composition	Japanese Language and Culture Physics 2: Algebra-Based
Thursday, May 4, 2017	United States Government and Politics	Chinese Language and Culture Seminar
Friday, May 5, 2017	German Language and Culture United States History	Computer Science Principles

2017 AP Exam schedule

Week 2	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.
Monday, May 8, 2017	Biology Music Theory	Physics C: Mechanics	Physics C: Electricity and Magnetism
Tuesday, May 9, 2017	Calculus AB Calculus BC	French Language and Culture Spanish Literature and Culture	
Wednesday, May 10, 2017	English Language and Composition	Italian Language and Culture Macroeconomics	
Thursday, May 11, 2017	Comparative Government and Politics World History	Statistics	
Friday, May 12, 2017	Human Geography Microeconomics	European History Latin	

College Board to Offer More Accommodations for Students with Disabilities and ELLs

The College Board announced that it will make it easier for students with disabilities to request test accommodations, and that it will provide, for the first time, testing supports to some English language learners who take the SAT. <https://www.collegeboard.org/releases/2016/college-board-simplifies-request-process-for-test-ccommodations>



Free Application for Federal Student Aid (FAFSA)

- ◎ **Thirty & seven-tenths percent (30.7%)** of WA high school seniors have successfully completed a FAFSA so far this year.
- ◎ In Washington State 2,295 have submitted a FAFSA with errors. A Common error that occurs is completing the 2016-2017 FAFSA instead of the 2017-2018 FAFSA. If you think you completed the FAFSA but it's not showing up, check your confirmation email to see what FAFSA year you applied for.

Washington Application for State Financial Aid (WASFA)

- ◎ Students that are ineligible for federal student aid due to immigration status may be eligible for some state financial aid programs by completing the WASFA. For more information and to apply, please visit: www.readyssetgrad.org/wasfa.
- ◎ Please remember the "Rule of One": every student should only complete one application - the FAFSA *or* WASFA.



Scholarship Information

Our next monthly scholarship workshop will be held with Ms. Cummings after school for juniors and seniors on **Monday, February 27th**. Keep an eye out for information via email. The workshop is a drop-in opportunity that will highlight the scholarship process, how-to's, do's and don'ts, resources, and an opportunity to get started.

Sample Scholarships, Workshops, Summer Programs

Each year, the ICS counseling department posts a number of scholarships and summer opportunities for students on the scholarship board in the student services hallway. Please encourage your student to periodically stop by and take a look at what's there. Below is just a sample of the various exciting opportunities we promote:

Washington State Opportunity Scholarship—Up to \$22,500

<https://www.waopportunitiescholarship.org/new-applicants/overview?srctid=1&erid=1415046&trid=d245bc5f-b4e6-4a18-8d44-d73784923d6f>

The Washington State Opportunity Scholarship (WSOS) supports low- and middle-income students pursuing eligible, high-demand majors in science, technology, engineering, math (STEM) or health care. The 2017–18 application opens Jan. 3, 2017, and has a February 28, 2017 deadline.

- ◎ Annual awards range from \$2,500–\$7,500 per year.
- ◎ Renewable up to five years based on credits completed and continued eligibility.

Approximately 1850 applicants will be selected this year. We strongly encourage students who meet the criteria to apply.

Leadership 1000 Scholarship—Up to \$20,000

<http://collegesuccessfoundation.org/wa/scholarships/11000/eligibility?srctid=1&erid=1410406&trid=20914f37-388e-4a87-924e-2aee2206c9dc>

The Leadership 1000 Scholarship provides college scholarships to students who will be attending an eligible four-year college or university in Washington state. A Leadership 1000 Scholarship can be customized around

a general set of requirements requested by the donor. The 2017–18 application opens Jan. 3, 2017, and has a February 28, 2017 deadline.

- ⊙ Annual awards range from \$1,500–\$5,000 per year.
 - ⊙ Some scholarships are renewable for up to four years.
- Approximately 80 applicants will be selected this year.*

2017 National APCA Scholarship Program

The *Asian Pacific Islanders for Professional and Community Advancement* (APCA), a non-profit Employee Resource Group of AT&T, is seeking qualified applicants for its 2017 National APCA Scholarship Program. We are proud to announce that 21 \$2,000 National APCA scholarships will be awarded for the 2017 academic year. Besides the 21 national scholarships, we are also offering 3 \$1,000 state scholarships to Washington State students. The scholarship program is open to all high school seniors of any ethnical or cultural background with a minimum GPA of 3.4 on a 4.0 scale.

Information about our scholarship program, the link to download the scholarship application, and the process to submit the scholarship application can be found at our web site: <http://www.apca-att.org/scholarship.html>. All scholarship applications must be submitted online by **11:59 pm Pacific Standard Time on Tuesday, January 31, 2017.**

The City of Sammamish has the opportunity to nominate one outstanding Sammamish student for a scholarship through the **AWC Center for Quality Communities**, a 501(c)3 organization sponsored by the Associations of Washington Cities. The AWC Center for Quality Communities promotes civic engagement and seeks to provide the public a better understanding of the role cities and towns play in Washington. They offer a Quality Communities Scholarship program and will provide six \$1,000 scholarships in 2017 as an investment into young leaders who are the future of our communities.

To be included in the City of Sammamish's selection process, applications are due by Friday, February 3, 2017. Complete the required application at www.cfqc.org

Cascade Warbirds (www.cascadewarbirds.org) is a local not-for-profit organization that offers Aviation Flight Training scholarships to area youth. You can find a description of this scholarship at www.theWashBoard.org or on our website. The deadline for this year's applications is February 28, 2017.

Girls at the Center of Development

Thursday, January 26th @ 4:30 PM - 7:30 PM

Location: Gates Foundation Visitor Center

\$20 for Educators and Community Members; **FREE to K-12 Students**

Join the World Affairs Council and the Bill & Melinda Gates Foundation Visitor Center for a workshop highlighting the Global Goals for Sustainable Development with a focus on Goal 5: Gender Equality. Hear from experts at the Gates Foundation supporting SDG advocacy efforts in the field of gender equality. We will also discuss curricular connections (relevant to students and teachers), and explore creative tools for explore gender equality in the classroom. Teachers, students, and all community members are welcome!

Workshop includes a tour of the Gates Foundation Visitor Center, 3 OSPI clock hours, classroom resources and original lesson plans, and a light dinner. Parking is provided by the Gates Foundation Visitor Center.

Digital Young Leaders Exchange Program

Applications due March 15, 2017

World Learning's Digital Young Leaders Exchange Program (DYLEP) is an online exchange program for high school students in Iraq and the United States. Through DYLEP, students develop leadership skills, learn how to work together with people of diverse backgrounds, and design concrete projects to address issues in their communities.

DYLEP is a program sponsored by the Stevens Initiative, a partnership aimed to increase exchanges between youth in the U.S. and Middle East. Selected students will participate in DYLEP completely free of charge, and learn using videos, discussion forums, online chats, webinars, and games. Students will also meet online in small groups to exchange opinions towards global issues with students in Iraq.

2017 National Youth Science Camp (NYSC)

Two Washington high school seniors will be selected from the applicant pool to receive a scholarship to exchange ideas with scientists and other professionals from the academic and corporate worlds. The selected delegates must not only demonstrate academic achievement in science, but also show potential for thoughtful scientific leadership. Application materials are available on the NYSC website at <http://apply.nysc.org> and must be submitted by March 1, 2017.

The NYSC experience is hosted and operated by the National Youth Science Foundation (www.nysf.com) and is offered at no cost to participants, so that selected delegates may attend regardless of their financial status. Educational and recreational programming, as well as meals, lodging, and round-trip air passage on scheduled airlines are provided free of charge.

The NYSC is held near Bartow in the eastern mountains of West Virginia, within the Monongahela National Forest. Delegates arrive in Charleston, West Virginia, on Wednesday, June 14, 2017, and depart on Saturday, July 8, 2017. The nearly month-long experience includes lectures and hands-on research projects presented by scientists from across the nation, overnight expeditions into the national forests, and a visit to Washington, D.C.

WISCI GIRLS STEAM CAMP

Applications due February 13, 2017

Join other girls from around the world for a unique educational opportunity and rich cross-cultural experience at the 2017 WiSci Girls STEAM Camp held in Malawi from July 30 – August 15, 2017. STEAM stands for Science, Technology, Engineering, Arts & Design, and Mathematics. The camp will include a STEAM curriculum led by experts in their fields, as well as leadership development activities and learning excursions within Malawi.

Applicants must be citizens and residents of Malawi, Liberia, Rwanda, Tanzania, Uganda, Zambia or the United States of America, self-identify as female and be between the ages of 15-18 to apply.



Global Classroom's 18th Annual World Citizen Essay Contest

2017 is The International Year of Sustainable Tourism for Development!

Now it's your chance to engage as a Sustainable Traveler...

Here's the prompt:

You have won an all-expenses-paid trip to the destination of your choice. In 1,000 words or less, describe where you will go (and why), and explain what steps you will take to ensure that your travels are truly sustainable.

The goal of the World Citizen Essay Contest is to promote discussion among students, teachers, families, and community members about the ways that individuals can effect positive change in the global community. Nine student winners (3 in Elementary School; 3 in Middle School; and 3 in High School) will receive **cash prizes** and recognition at a public awards ceremony.

The competition is open to Washington state students in the **3rd-12th grades**.

Essays must be **1000 words or less**.

Essays are due midnight on **Monday, March 5, 2017**.

