

News from the Counseling Center

International Community School

Spring 2018, Edition 3

2018 AP Testing Information

Students took/will be taking their AP Examinations between **May 7th and May 25th**. Please see the steps below to access AP Exam Scores this summer:

1. Before July

Sign up for a College Board account. It's best to provide the same information on your College Board account and your AP answer sheet. You may already have an account – try signing in to confirm. If you've forgotten your username or password, you can recover them. You shouldn't create a duplicate account – this may result in delays in score access. If you have recently changed your email address, make sure your account is up to date.

2. In July

Remember the following information to access your scores:

- Your College Board account username and password
- Your AP number (or student ID number if you provided it on your AP answer sheet)

3. Log on to apcentral.collegeboard.org to get your scores

Career Cruising



Career Cruising has been a terrific success this year. Our 8th-11th grade students have done an amazing job completing their Career Cruising profiles! For those that don't know, this year we had some dedicated students join the High School and Beyond Plan team. These students are known as our Career Cruising advocates and have done a wonderful job of guiding the homerooms through their lessons and activities throughout the year. We are very proud to see this program helping so many students and I am excited to continue it next year. Coming up soon, we will be hosting our Career Cruising make-up days. Students who

Name _____

Grade _____

Students will need to see Ms. Cummings to pick up transcript(s). It takes 1-3 school days to process after received. (Student is responsible for addressing, stamping, and mailing).

***Common App/Online Request:** Your transcript is automatically sent with your application when you invite your counselor into the application system.

- Official Transcript (Sealed) Number of Copies _____
- Unofficial Transcript (Hard Copy) Number of Copies _____
- Email a PDF of my unofficial transcript to me @ _____

*Students must request ACT and/or SAT scores directly from the College Board and/or ACT website.

ACT email: actacom@act.org / phone 319.337.1270 / website: <http://www.actstudent.org/>

SAT email: <https://sat.collegeboard.org/contact> /phone 866.756.7346 /website: sat.collegeboard.org/scores

School Code: 480552

International Community School

11133 NE 65th St

Kirkland, WA 98033

ICS Counselors:

Lis Christiansen 425-936-2384 lchristiansen@lwsd.org

Kelsey Cummings 425-936-2385 kelcumplings@lwsd.org

Student Signature: _____ Date: _____

Summer Programs

Students can check out our Summer Programs bulletin board in the hallway to lyceum to see some great opportunities for their summer! Volunteering, camps, courses, jobs, travel programs, internships, and more can show up on the board. Our college and career counselor, Ms. Cummings will frequently send notifications to students for summer programs to their school emails when information becomes available. Students can also check out the ICS website for more regarding summer opportunities.



Counseling Instagram

To learn more about event updates, counseling news, reminders, and opportunities, your student can follow us @ ICSschoolcounselors, our counseling department Instagram page.



College Bound 2018

We are so proud of our graduate here at ICS! Some of our student have reported their exciting news to us and we wanted to share with you all some of the schools our 2018 will be off to this Fall:

University of Washington: Bothell	University of Washington: Bothell
Washington State University	Seattle University
University of Washington Seattle	Western Washington University
Whitman	Santa Clara University
Reed	Wesleyan
Gonzaga	University of Southern California
Vanderbilt	Northeastern
Colby College	San Diego State University
Rice	University of British Columbia
Cornell	Georgia Tech
UC Davis	Osaka University, Japan
Emory University	University of Pittsburgh

How to Talk About "13 Reasons Why"

The Netflix series "13 Reasons Why" has highlighted the impact of bullying, sexual assault, violence, grief and teen suicide. If peers, friends and families aren't prepared to intervene and provide support when a student needs help, problems can arise.

In anticipation of the May 18, 2018 release of the second season of "13 Reasons Why," we wanted to provide some resources that may be valuable to you and your student as you discuss the issues presented in the series.

Some of these difficult topics include:

- Bullying
- Grief
- School violence
- Mental health concerns (stress, depression, anxiety, etc.)
- Sexual assault
- Unhealthy peer relationships

To begin the discussion with your student, here are some sample conversations starters you can present before or after watching each episode of "13 Reasons Why." Additional conversation starters can be found in the "13 Reasons Why" discussion guide at 13reasonswhy.info

- What do you think about what happened in this episode?

- Do you think the characters in the show are behaving in ways that are similar to people you know? How so? How are they different?
- Did parts of the story make you think about how people who are struggling do not show the full picture of what they are dealing with to others?
- What did you learn about “so-and-so character’s” situation from this episode? For example, what did you learn about what happened to Jessica and sexual assault?
- How does what you have seen change how you view some things that happen in real life?
- Do you think the adults did anything wrong? What could they have done better?

Students’ personal struggles often come to light when triggered by a tragic event, uncomfortable experience or viewing/hearing a form of media (television show, film, music, etc.) that touches on sensitive topics. It’s important for peers, families and school staff to be on the lookout for warning signs that indicate a student needs support:

- changes in school performance (e.g. grades, attendance)
- changes in mood
- increased disciplinary problems at school
- complaints of illness
- difficulty dealing with existing mental health concerns
- problems experienced at home or family situations (stress, trauma, divorce, substance abuse, poverty, domestic violence)
- communication from teachers about problems at school
- withdrawal

The school counseling team here at International Community School is here to assist you and your student. Please visit our counseling page to reach us or learn more about what we can do for your student. Below are a few references you may find helpful.

Netflix “13 Reasons Why” Resources

13reasonswhy.info

American School Counselor Association “13 Reasons Why”

www.schoolcounselor.org/13Reasons

National Sexual Violence Resource Center

www.nsvrc.org

American Foundation for Suicide Prevention

afsp.org

National Suicide Prevention Lifeline: 1-800-273-8255

King County Crisis Line: 1-866-427-4747

Teen Link (6-10pm): 1-866-833-6546

Trevor Project: 1-866-488-7386

The Importance of Sleep

Sleep research shows that a teenager needs between nine and 10 hours of sleep every night. Yet most teens are sleeping only about seven or eight hours a night on average. Chronic sleep deprivation can lead to reduced alertness and concentration, poorer academic performance and feelings of sadness and irritability.

Tips to get a good night's sleep...

TIPS FOR TEENS TO PROMOTE A

GOOD NIGHT'S SLEEP

The infographic features six tips arranged in two rows of three. Each tip is represented by a circular icon and a text box below it. The tips are: 1. Waking up at the same time each morning (alarm clock icon). 2. Physical activity during the day (soccer ball icon). 3. Worrying about things at night (puzzle pieces icon). 4. Avoiding caffeine after 4pm (coffee cup with a red X icon). 5. Winding down at night (person meditating icon). 6. Avoiding phones, tablets, and TV before bedtime (laptop with a red X icon). Dashed lines connect the icons in a path across the top row and then down to the bottom row.

Try to get up at about the same time each morning.

Enjoy some physical activity during the day, preferably outside.

Worrying about things at night? Set time aside during the day for problem-solving.

Avoid drinking caffeine after 4pm as it's a brain stimulant.

Allow time to wind down at night. If you're working or studying, stop at least 30 minutes before bedtime.

Avoid phones, tablets and watching TV just before bedtime.

For more resources and information on how to talk to your teen about sleep, please take a look at the following resources:

<https://sleepfoundation.org/sleep-topics/teens-and-sleep>

<https://psychcentral.com/lib/7-ways-parents-can-help-their-teens-get-enough-sleep/>

https://www.uclahealth.org/sleepcenter/body.cfm?id=63&iirf_redirect=1