

Counseling Booking Links

Online Counseling Appointments for All Students

Your school counselors are excited to share our Microsoft Bookings link with you all! Ms. Christiansen and Ms. Schwarz will now be accepting virtual appointments with students via Microsoft Teams. Please utilize our [ICS Counseling](#) Microsoft Bookings link to find our up to date individual availability. We look forward to meeting with you!

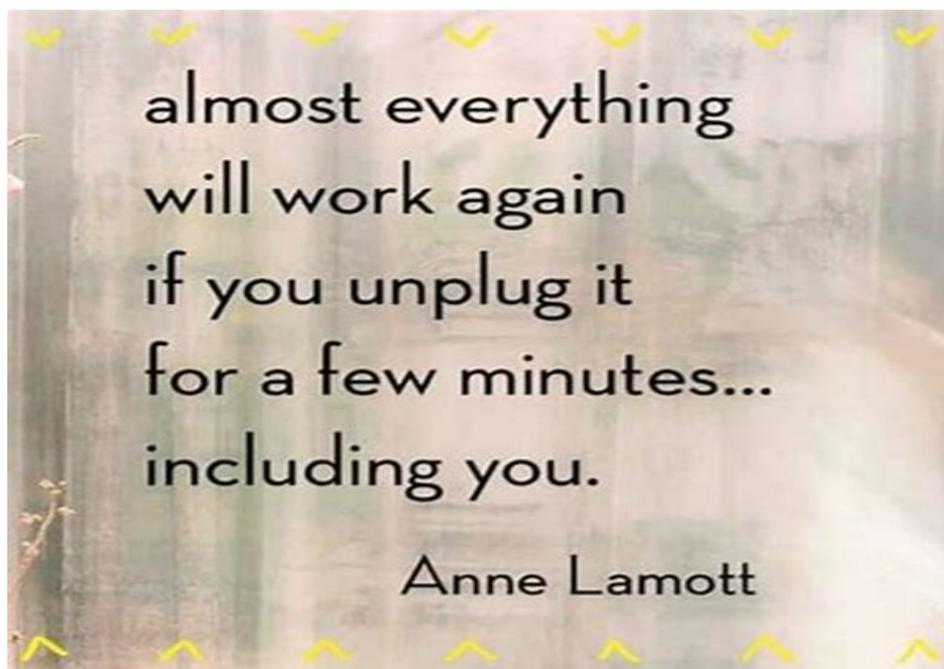
Parents and guardians are requested to email their student's counselor to setup an appointment for any of the following:

- Discuss their student's academic progress
- College and career planning
- Social/Emotional/Mental concerns

Please note that we have had a recent shift in caseloads:

Ms. Christiansen – 6th-9th grade

Ms. Schwarz – 10th-12th grade



YES Support Groups Available for LWSD Middle School Students At No Cost For School Year 2020-2021 (all virtual)

BGLAD 5:00-6:00 pm Tuesdays

A social support group for LGBTQ+ identifying middle schoolers across the district, led by two Mental Health Professionals. In group, we will share and learn about identities, develop self-understanding, and learn skills to navigate situations faced by the LGBTQ+ community. We will develop group activities and topics based on the group's interests.

Coping with COVID

TRAILS group focuses on learning effective strategies for managing symptoms of stress, low mood, and increased worry felt by many students during this time of remote learning and social isolation. 7 weekly sessions per series; Next series begin on January 13 and March 10.

YES Support Groups Available for LWSD High School Students At No Cost For School Year 2020-2021 (all virtual)

Recovery Group 1:00-2:00 pm Wednesdays

For students who are working toward or are in recovery from substance use. Learn healthy coping skills and tools, along with mindfulness strategies on how to support present and future goals of not using substances. Ongoing group, can join at any time.

Affected Others Group 2:30-3:30 pm Wednesdays

For students who are affected by others' substance use. Confidential space to explore and express feelings, build community and reduce feelings of isolation. Also a space to feel empowered and have fun. Ongoing group, can join at any time.

Quit Vaping Now 4:00-5:00 pm Wednesdays

For students who are determined to work towards not using nicotine products of any kind. Building motivation to quit by recognizing triggers, learning mindfulness strategies to reduce stress, and creating steps for success with realistic goals. 4-week series, starts again on the first Wednesday of every month.

YES Support Groups Available for LWSD High School Students At No Cost For School Year 2020-2021 (all virtual)

Coping with COVID-19 3:30-4:30 pm Wednesdays

This 7-session [TRAILS](#) group focuses on learning effective strategies for managing symptoms of stress, low mood, and increased worry felt by many students during this time of remote learning and social isolation (Must join in session 1) .

UPROADS 3:30-4:30 pm Mondays (every other)

A year-round pro-social sober activities program for youth that provides cost-free opportunities for sober fun through virtual social interaction with discussions, games, skill building and activities (ages 13-19). Ongoing group, can join at any time.

- To participate in any of these groups contact your school counselor and they will make a referral to the YES Behavioral Health Support Specialist or Prevention Intervention Specialist in your school building.
- Individual counseling support services are available for students.
- Consultation appointments and referral services are available for parents and caregivers.
- Click [here](#) for access to the list of YES Behavioral Health Support Specialists and their schools, phone numbers and office hours or you can contact your school counselor.

SAT/ACT Update

Check out [FairTest](#) for national information on ACT/SAT testing sites.

Washington's 2-/4-year colleges have stated that they will use a holistic review for the Class of 2021 college applications. Lack of an ACT/SAT exam score will not be seen as a deficit. This website also includes a [sortable list](#) of all the test-optional colleges in the country that is updated frequently.



PSAT/NMSQT Scheduled for January

The PSAT/NMSQT is typically offered each October. The PSAT/NMSQT is the Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test. The purpose of the PSAT is to familiarize students with the kinds of questions, style of directions, and physical environment of an SAT exam, and provides students with a projected SAT score range, personalized feedback, and a study plan. 11th grade students who take the PSAT/NMSQT are also automatically screened for the National Merit®Scholarship Program; an academic competition for recognition and scholarships.

The CollegeBoard is now offering a January test administration due to the number of districts across the country in a remote learning environment. The Lake Washington School District plans to offer the PSAT/NMSQT on Tuesday, January 26, 2021. The January administration of the PSAT/NMSQT provides the same experience and opportunity to qualify for the National Merit Scholarship Program as the October administration. Signups for the junior class concluded on December 2nd. If an 11th grader would like to put their name on the waitlist, please contact Ms. Schwarz at mschwarz@lwsd.org. Conditions for testing will continue to be re-evaluated as we get closer to the January test date. More communication to come after winter break.

Career Exploration

Designed with the intellectually curious student in mind, [Johns Hopkins Biomedical Engineering Innovation](#) (BMEI) is offering a challenging and fun online course that sparks an interest in engineering and STEM exploration! Johns Hopkins faculty created the Biomedical Engineering Innovation course to encourage creativity and instill confidence in students. In the course, students will model human efficiency and the cardiovascular system and design experiments to test these models and more. And students have the opportunity to earn college credit and strengthen their college applications. The [application](#) is now open for the **Spring Session: January 25 - April 23, 2021**. The application for the [Summer Session](#) of BMEI and [Explore Engineering Innovation](#) (EEI) will open on December 15th. Click [here](#) for eligibility requirements. Questions: For BMEI email ei-biomed@jhu.edu. For EEI email ei@jhu.edu.

College Planning Support

Step-by-Step guide for college search. Sophomores and juniors can use search tools on [BigFuture](#) to explore colleges without the pressure of application deadlines and have time to enjoy the discovery process. Students can spend 20-30 minutes checking out the [College Search Step-by-Step tool](#) and add a few recommended colleges to their list.

Virtual College Advising Opportunities For the Class of 2021

College Board is partnering with nationally recognized college access programs to offer seniors **free, personalized** virtual college planning by phone, email, text, and video chat sessions. Checkout the [virtual college advising page](#) to learn which programs they're eligible for and to sign up. Visit the Access to Opportunity [current access campaigns page](#) for additional information.

Virtual College Visits

LWSD Live Wednesday. Are you a student interested in exploring colleges and careers? Four LWSD high schools have joined forces this year to bring live college events every Wednesday to you and your family! There will be four-year colleges, two-year colleges, the military, as well as workshops covering important topics to help you navigate through the process. For More information, please contact your school college and career specialist. All of the sessions are recorded and can be watched at any time. Click [here](#) for recorded sessions.

Open to High School Students: 2021 Profile in Courage Essay Contest

The [John F. Kennedy Profile in Courage Essay Contest for High School Students](#) is officially open! Submissions are now being accepted from high school students for this year's contest. By submitting an original essay describing a leader who demonstrated [political courage](#) as described by President Kennedy in his book, *Profiles in Courage*, students can win one of 15 scholarship awards for college—including a **\$10,000 first place prize**. If you're new to our program you can learn more [here](#). Click here for more details and [eligibility requirements](#). Click here for [FAQs](#). **Contest Deadline is January 15, 2021.**

Scholarships/Grants

CollegeBoard Scholarship Search. Click [here](#) to find scholarships, other financial aid and internships from more than 2,200 programs, totaling nearly \$6 billion! Scholarship information is based on the College Board's Annual Survey of Financial Aid Programs. Enter as much information as possible to find the most matches!

College Board's Student Search Service® helps students connect with more than 1,500 colleges and over \$300 million in scholarships. Students can now join this program [online](#) at any time to start hearing from participating organizations. **This month's featured scholarship partners:** [APIA Scholarship](#), [Children of Fallen Patriots Foundation](#) and [Jackie Robinson Foundation Scholarship](#).

Scholarships/Grants

LGBTQ+ Scholarships fund LGBTQ+ students who have faced incredible barriers, regardless of school, major, or GPA. We see leadership, and leadership potential, in students who show up for their communities and want to help find new, better ways forward. Applications are due **Friday, January 8, 2021**. You can find out more details about the criteria, process, and application [here](#).

Cascade Warbirds 2021 Aviation Scholarship Program is an [organization](#) that promotes the restoration, preservation, operation and public display of historically significant military aircraft, is offering scholarships for **Private Pilot Ground School with Introductory Flights** to inspire today's young people to become the aviation pioneers of tomorrow. This scholarship is valued at \$1,350. Interested students, parents, and advisors should click [here](#) for program information and the 2021 Scholarship Application. The deadline to apply is **February 28, 2021**. For further information contact: Kerry Edwards, 425-743-7733, cwbpr@frontier.com.

Women's University Club of Seattle Foundation: Applications will be accepted from November 9, 2020 - February 16, 2021. Application is online [here](#) under the search name **Women's University Club of Seattle Foundation**.

Opp Loans: Click [here](#) to find more scholarships. The link has individual links for DACA, women, general scholarships, by state, and some extra insight.

Washington College Grant: The new [Washington College Grant \(WCG\)](#) gives more money to more students for more kinds of education after high school. Whatever you want to do next—from welding to nursing, from English to computer science—WCG can help you pay for college and training. WCG is not reserved for valedictorians or athletes. If you meet the eligibility requirements, you have money waiting for you. Amounts vary based on income, family size, and the school or program attended. Students and families can use the [financial aid calculator](#) to estimate their potential WCG award, but the only way to know for sure whether you qualify is to [apply for financial aid](#). Applications for the 2021-22 academic year are now open!

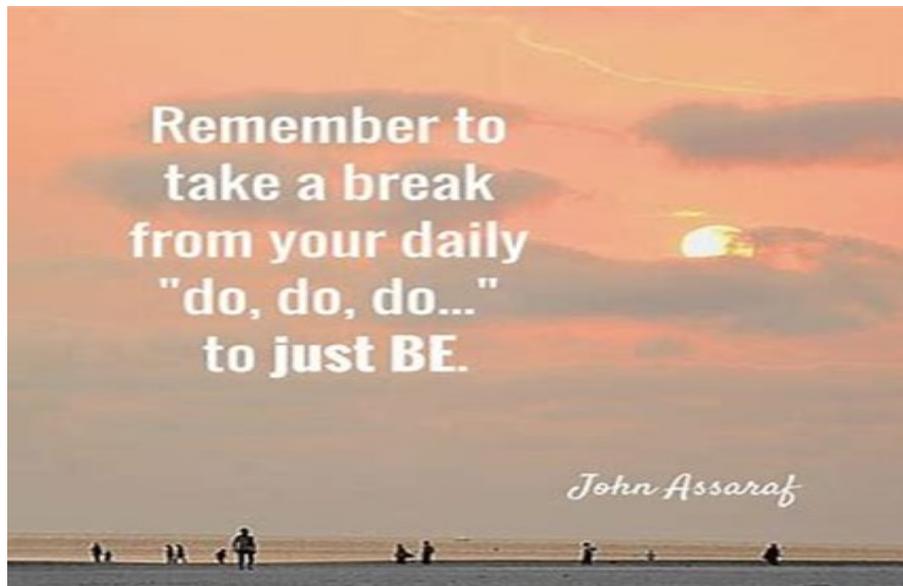
YMCA Earth Service Corps Environmental Leaders Summit

On Wednesday, January 20th YMCA Earth Service Corps will be hosting its annual [Environmental Leaders Summit](#). This year the event is virtual. This is a unique opportunity for participants to collaborate across generations and geography. I urge you to register now; the event is coming up fast and historically has filled before the registration deadline.

- What:** YMCA Environmental Leaders Summit
Who: High school students & environmental professionals
When: January 20th, 1:00-3:45 pm
Register: Register online [here](#)
Deadline: January 15th, 2020

Vacation During the Pandemic

We tend to equate vacation with travel. But during the pandemic, experts say it's important to take time off even if you aren't going anywhere. Click [here](#) to read The Washington Post article to learn more about why leaving behind vacation days isn't healthy.



“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.” ~Kitty O’Meara