

LISI'S PIECES

Newsletter from the High School Counseling Office



Important Dates:

- Oct 9– In-Service Day
- Oct 23/24—PSAT Tests
- Oct 26– ASVAB tests
- Oct 26– Financial Aid Night (6-8pm)
- Oct 26– First marking period ends
- Nov 3—ASVAB review
- Nov 4—SATs

Attendance Matters

Chronic absenteeism is a stronger predictor of whether a student will complete high school than test scores.

Research shows that missing just two days of school a month negatively impacts a student's academic performance.

Chronic absenteeism can impact a student's chances of getting into post-secondary schools or getting a job after high school.

Anxiety is noted as a main cause of chronic absences. If your child struggles with attendance due to anxiety, please contact me to discuss the Student Assistance Program.

Financial Aid Update

If your senior is planning to attend a post-secondary educational institution, you will need to complete the Free Application for Federal Student Aid. In years past, the FAFSA was open in early fall, but this year the government is making changes in an attempt to simplify the process. Because of this, the new FAFSA will not be available until December. Please plan to attend the Financial Aid night in October in order to learn more about these changes and other important information related to paying for post-secondary education.

"The road to here and everywhere on earth begins in the classroom."

- Hubert Humphrey

I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"> • Generally is a response to an <i>external</i> cause, such as taking a big test or arguing with a friend. • Goes away once the situation is resolved. • Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. 	<p>Both stress and anxiety can affect your mind and body. You may experience symptoms such as:</p> <ul style="list-style-type: none"> • Excessive worry • Uneasiness • Tension • Headaches or body pain • High blood pressure • Loss of sleep 	<ul style="list-style-type: none"> • Generally is <i>internal</i>, meaning it's your reaction to stress. • Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. • Is constant, even if there is no immediate threat.

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/findhelp.

nimh.nih.gov/stressand anxiety