

Happy Holidays! *Self-care at Christmas*

- Deck the Halls (Make things cozy and Christmassy)
- Bake Christmas cook-
- Spend quality time with someone you care about
- Enjoy a hot drink (hot

cocoa or apple cider are my go-tos!)

- Clear some space in your schedule to do nothing
- Unplug from technol-
- Try something new (Christmas-themed)



The College Tour



TheCollegeTour.Com is a free resource with many helpful tools for

college-bound students. The College Tour offers TV episodes that are 30 the story of a different tions, small liberal arts every college featured

leges, trade schools, reli- ly, they have self-guidgious-affiliated schools, ed video-based classes minutes each, and share and more. The website designed specifically for also has College Tour high school students to college or university Pages with searchable help them start thinking through the authentic lists of every college in about their higher eduvoices of students. They the country, and you cation journey. Check it cover big state institu- can find tour pages for out!

schools, community col- in the TV series. Final-

FOLLOWUS!

to stay up to date on ev- counseldept.

Our Counseling De- erything happening. You partment is officially on can find us on Instagram Socials! Give us a follow and X (Twitter) @dhs_



SCHOLARSHIP UPDATE

The FAFSA will be opening in December! Be sure to create your Federal Student Aid (FSA) IDs now. You MUST have an FSA ID prior to completing the FAFSA. Please watch the attached video that explains how to create your FSA ID.

How to Create your FSA ID

REMINDERS

Planning a college visit? Don't forget to turn in your College Visit Permission Form to Mrs. Grass one week prior to scheduled visit.

https://www.duchesne-hs.org/ cmss files/attachmentlibrary/ Forms/College-Visit-Permission-Form.pdf

SENIORS-Need your transcripts sent or a letter of recommendation??? Complete your request via Naviance. See Mrs. Grass for questions.

LOOKING AHEAD FALL 2023

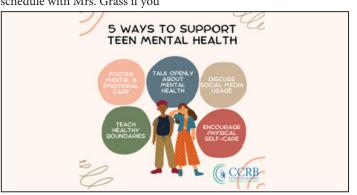
December

FAFSA Opens—Delayed from the normal Oct. 1st

COLLEGE REPS

College Reps are located in the Counseling Office unless otherwise noted. Please -

schedule with Mrs. Grass if you



plan to attend.

CLICK HERE FOR **FULL LISTING**

HELPFUL LINKS

DUCHESNE COUNSELING https://www.duchesne-hs.org/

counseling.html

FAFSA

https://studentaid.gov/h/applyfor-aid/fafsa

SCHOLARSHIPS

Scholarship List 2023-24 https://www.fastweb.com/ https://myscholly.com/ https://myschola.rshipcentral.

NAVIANCE

https://student.naviance.com/ main

COMMON APP

https://www.commonapp.org/

NCAA ELIGIBILITY

https://web3.ncaa.org/ecwr3/

https://www.act.org/content/act/ en-missouri.html

SAT

https://satsuite.collegeboard. org/sat

FamilyFoward: 636-940-1119

Youth In Need: 636-946-0101

Behavioral Health Response

Counseling Providers:

The Child Center, Inc.: 636-332-0899

Kids in the Middle: 314-909-9922

Megan Meier Foundation: 636-757-3501

Compass Health: 636-946-4000

CHADS Coalition for Mental Health: 636-281-1990

Mental Health Resources

211 – The 211 hotline is a valuable resource for families

seeking information and assistance with various social

services, such as housing, food, transportation, and health

care. The 211 network is made up of local organizations

that are committed to serving their communities and

providing highly trained, compassionate support. Dial

988 - The 988 hotline connects individuals in emotional

distress with local resources and support to address their

mental health needs. In addition to providing immedi-

ate crisis counseling, the 988 hotline emphasizes local,

Compass Health – Compass Health Network is a

personalized support, and resources to ensure that those

non-profit organization providing behavioral health ser-

vices, including mental health services, to individuals and

communities in Missouri. They offer a range of resources

support to help address mental health needs and promote

such as counseling, therapy, support groups, and other

Urgent mental/behavioral health needs: 314-469-6644

Lutheran Family and Children Services: 636-949-5522

in crisis receive the best possible assistance. Dial 988 from

211 from any phone.

any phone.

overall well-being.

Psychiatric Hospitals:

CenterPointe: 1-800-396-4915

St. Joseph Health Center: 636-947-5000

SSM Behavioral Health: 1-800-426-2083

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