



COUNSELING CONNECTIONS

National School Counseling Week

National School Counseling Week is February 5-9 this year.

Monday: Keep an eye out on socials for some motivational content.

Tuesday: Ever wonder what school counselors do? Stay tuned for a fun little video to highlight all we do within our school.

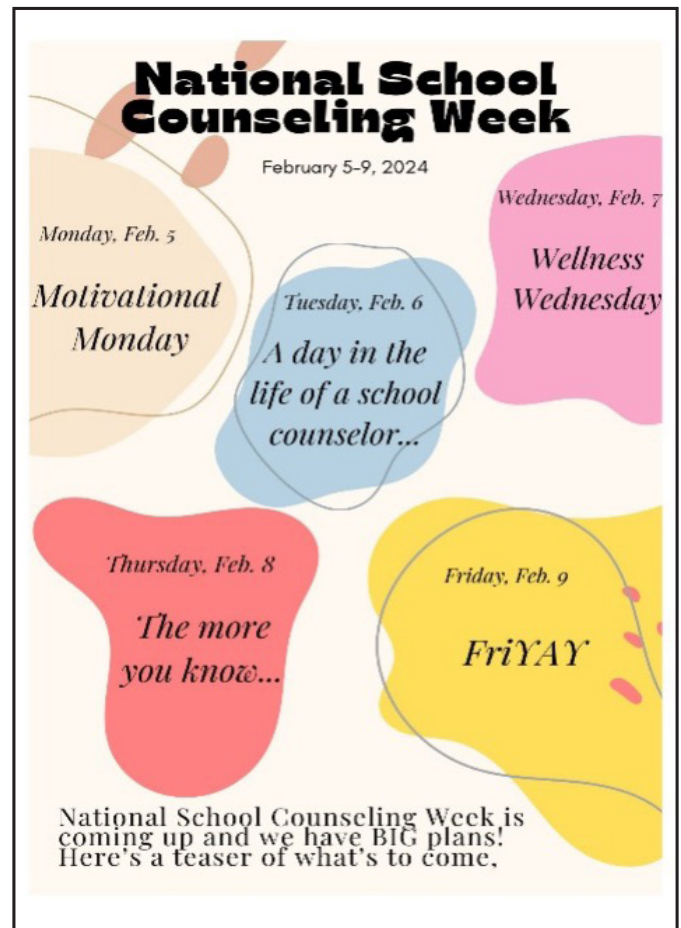
Wednesday: Join the counseling department in the gym at 8:50 a.m. for yoga and donuts.

Thursday: Time to highlight different colleges and careers!

There will be a bulletin board outside of the counseling office that will be updated bi-weekly.

FriYAY: Balloons, candy, and dress down— Hooray!

Wear **green** to support mental health. Please bring in \$2 to dress down. All proceeds will be donated to the American Foundation for Suicide Prevention—Missouri Chapter.



FOLLOW US!

Our Counseling Department is officially on Socials! Give us a follow to stay up to date on ev-

everything happening. You can find us on Instagram and X (Twitter) @dhs_counseldept.



**SCHOLARSHIP
UPDATE**

NCAA Eligibility Night

Join us on Monday, February 26, at 6:30pm as we host NCAA Assistant Director of Outreach and Strategic Partnerships, Ivory Long.

Encouraged for ALL high school students and parents who are interested in college athletics to attend.

Open to our incoming Class of 2028 students and parents.

Registration Required.

[Register Here!](#)

See flyer for more details (page 13 of DHS newsletter).

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.

[College Visit Form](#)

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

**LOOKING AHEAD
SPRING 2024**

February 5th-9th

National School Counseling Week

February 26th

NCAA Presentation Night @ 6:30pm—see flyer

March 8th

College Fair 9am

April 9th

ACT Testing Day @ DHS

April 25th

Build My Future STL Field Trip—more information to come

HELPFUL LINKS

DUCHESNE COUNSELING

<https://www.duchesne-hs.org/counseling.html>

FAFSA

<https://studentaid.gov/h/apply-for-aid/fafsa>

SCHOLARSHIPS

[Scholarship List 2023-24](#)

<https://www.fastweb.com/>

<https://myscholly.com/>

<https://myscholarshipcentral.org/>

NAVIANCE

<https://student.naviance.com/main>

COMMON APP

<https://www.commonapp.org/>

NCAA ELIGIBILITY

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

ACT

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

SAT

<https://satsuite.collegeboard.org/sat>

Wellness

Using the 54321 technique, you will purposely take in details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

What are 5 things you can see? Look for small details such as patterns on the ceiling, the way the light reflects on the surface, or an object you never noticed.

What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture,

and other physical qualities.

What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.

What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

GROUNDING TECHNIQUES FOR THE SENSES

- 5 THINGS YOU CAN SEE 
- 4 THINGS YOU CAN TOUCH 
- 3 THINGS YOU CAN HEAR 
- 2 THINGS YOU CAN SMELL 
- 1 THINGS YOU CAN TASTE 

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