

988 Suicide & Crisis Lifeline Missouri

988 is a free, confidential, 24/7 lifeline. 988 offers rapid access to behavioral health support through connection with trained crisis specialists. Reach out in whatever way is most comfortable for you call, text, or chat. Missouri 988





DHS Testing Day!: Tuesday, April 9

On Tuesday, April 9 all juniors will take an ACT exam, the results of which may serve for college admission and scholarship eligibility purposes. Sophomores and freshmen will take the Pre-Act and the Pre-ACT 9 respectively. Testing will begin with the normal school

starting time of 7:45 a.m. and conclude, with students dismissed from school, at approximately 11:30 a.m. Seniors are dismissed from classes on Testing Day. All registration procedures will be completed at school. There is no cost for parents.

DLLOW US!

partment is officially on can find us on Instagram Socials! Give us a follow and X (Twitter) @dhs to stay up to date on ev- counseldept.

Our Counseling De- erything happening. You



DEADLINE FOR SCHOLAR-SHIPS IS FRIDAY, MARCH 22

Attention, 2024-2025 students! (and parents thereof!!) Please note the various scholarships listed here https://www. duchesne-hs.org/scholarships. html

Scholarships are available for incoming students as well as sophomores, juniors, and seniors. All require the DHS scholarship form to be filled out by Friday, March 22, 2024; many also require the FACTS form. Please read the details carefully. Contact bkuhn@duchesne-hs. org with any questions.

SCHOLARSHIP UPDATE

Looking for scholarships?

Scan the QR code below to access our master list of scholarships!

FINANCIAL AID LETTER

When it comes to college choices, financial aid is a critical component. However, financial aid letters include unfamiliar terms, confusing numbers, and nuances that can make differences to the actual offer and obligation. Here is a resource to help students and families unpack the details.

How to Read a Financial Aid Letter

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-Submit your final college/military/trade decision to Mrs. Grass by Tuesday, April 2.

LOOKING AHEAD **SPRING 2024** Friday, March 8

College Fair 9 a.m.

Tuesday, April 9 ACT Testing Day @ DHS

Thursday, April 25

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/applyfor-aid/fafsa

SCHOLARSHIPS Scholarship List 2023-24 https://www.fastweb.com/ https://myscholly.com/ https://myschola.rshipcentral. <u>org/</u>

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



Healthy boundaries can look like



Deciding how much personal information you share with others



Instead of trying to fit in, you express yourself authentically

Not feeling guilty about needing space or a break

Respecting the opinions of others, whilst having your own

@calm.courage



Saying no to

things you don't

feel like doing

Prioritising time to nurture your goals and well-being



The ability to speak up when someone speaks down to you

Mr. Gene Tinsley gtinsley@duchesne-hs.org Counseling Director, freshman and sophomore counselor

Mrs. Brittany Grass bgrass@duchesne-hs.org College and Career Counselor, junior and senior counselor

Mrs. Becca Baugh bbaugh@duchesne-hs.org Learning Consultant