

COUNSELOR NEWS

Senior WorkKeys Dates: Nov 13th, Dec 11th, and Jan 16th from 8:30 a.m. to noon. Sign up in Counseling Office. Contact Mr. Houdek with any questions. Study materials are available in the Career Center

Mental Health Update:

The Red River HS mental health campaign continues this month with a focus on suicide/depression for special populations. A new Toilet Talk (see attached) was distributed with a focus on identifying signs/symptoms as well as what to do if you or someone you know might be depressed. Mr. Gaukler has also worked with the sophomore health classes for 4 days discussing coping with stress, depression, suicide, and Sources of Strength. Our overall goal is to encourage students to get help, if needed. Mental health is as important as physical health. Getting help is key. #MentalHealthMatters #NoShame #1in5 #Take5ToSaveLives.

Sources of Strength

For the month of November, Sources of Strength will run an "I am Stronger" campaign to help students identify their current strengths as well as strengths they may need to build up. All students are encouraged to participate.

Caring Adults Needed!

If you are an adult, teenagers need you more than ever before, despite what they might tell you. As a society, we believe that our teenagers need to become more independent as they grow into adulthood and we want them to become responsible, young adults. But too many times, we forget that becoming independent is a process that happens over time in which they **need** our guidance. They need us...to listen, to guide, to be nonjudgmental, and to reassure them they are loved unconditionally! We live in a busy world and it is easy to forget to stop what we are doing and listen to our teenagers.

Remember, this time of year is especially difficult for those who may be suffering from depression. If you notice visible changes in a teenager (such as sleep or appetite changes, lower grades, fatigue, withdrawal from family and friends, feelings of hopelessness, etc.), it would be helpful to have a "caring conversation" to find out what might be going on in their world. For further assistance and consultation, please contact a Red River High School Counselor. Also view information on the mental health hub.

Testive

Encourage your student to use **Testive FREE ACT** test preparation! **Testive is free, internet-based, interactive software that prepares students for the ACT test.**

The **Testive** online program will help develop stronger skills in all the subject areas that are on the actual test. **Testive** contains six full length practice tests and interactive quizzes for each content area. Visit RUready.ND.Gov

The format for your username is:

nd.lastname.first name.mmddyyyy (birthdate)

Your password should be your lunch account number.

Career Forum:

STUDENTS- Join us on Thursday, November 15th from 9-11 AM for a Career Forum focusing on Health & Wellness.

For the 1st time at HYSLOP Sports Center on UND's campus, students have the opportunity to explore careers relating to **human performance, biomechanics, kinesiology, occupational therapy, physical therapy** and also **public health**.

Due to parking challenges, a bus will be provided. STOP in the Career Center TODAY to sign up! Space is limited!!

(Next month –**Automotive & Diesel** followed by **Law Enforcement** in January.

Watch for more Career Forums focusing on a variety of careers in upcoming months.)

UPCOMING EVENTS

November/December

-10th grade Career Unit (4 year plan update and career research)

January/February

-10th grade conferences

-Students choose their classes for the next year

-Zaps ACT test prep seminar on February 27th and 28th

March

-State mandated ACT for Juniors on March 12th

April

-Make-up ACT for Juniors on April 2nd

-Altru Honor's Banquet for seniors on April 15th

-Summer school registration

May

-NTHS Banquet May 8th

-Awards Night on May 15th

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