

MVHS Counselor's Corner

November 2017



Ms. Lara Gordon

School Counselor

COLLEGE REPS visiting MVHS students!

University of Colorado -
Denver

Nov. 6th at 1:30 p.m.

Lamar Community College

Nov. 8th at 9:45 a.m.

*****To meet with colleges
students need to sign up
in the College Resource/
Counseling
Center!!**

SCHOLARSHIPS!

Scholarships are coming
into the counseling center all
the time...and check out the
senior newsletter on the
high school website or MV
District App for lots of
scholarship information!

TESTING INFO...

ASVAB

December 7th
11th grade only

PSAT 9

December 13th
9th grade only
\$10 fee

Students need to sign up in
the counseling center by
Nov. 15th!

COMING UP..

SLV Career Fair
Nov. 15th

9th or 10th grade students
Sign up in the counseling
center by Nov. 8th!!

5 Tips for Communicating with Your Teen

- 1. The secret to opening your child's ears:** *No matter how hard it might be, try to start all interactions with your child with understanding, even if you don't fully agree or even quite comprehend what they're talking about. Start from a place of understanding, and try to put yourself in your child's shoes first before telling her what needs to change. Instead of feeling like they have to defend themselves against you, they actually listen.*
- 2. Take the emotionality out of the equation.** *Emotion is your enemy when you're trying to get through to your teen. Remind yourself that what he/she says and does is not a reflection on you. You may not like how he/she is behaving—or even how he/she is thinking—but keep your emotions out of it, even if his behavior impacts you.*
- 3. Ask curious questions...not loaded questions.** *Ask your teen for his/her ideas and be collaborative. Let him see that you believe in him/her and that you're not mad at him/her for struggling in life. When you let him/her see that you have faith in their abilities and he/she has the space to work things out on their own, you will begin to develop true confidence in him/her.*
- 4. Stand on two feet.** *The truth is, you don't need anyone else to prop you up. You can validate yourself and solve your own problems. So if your child is acting out, that's his/her problem. Your problem is to decide how you will choose to behave toward him/her. That's in your hands, not theirs.*
- 5. Don't do anything until you're both calm.** *Another rule of thumb is to avoid doing anything until you and your child have both calmed down. It's never good to try to bring up a difficult subject or resolve a conflict in the heat of the moment. So if either you or your child is upset, pause and come back when you can address things in a calmer way.*

***Read more from the article: <http://www.empoweringparents.com/five-secrets-for-communicating-with-teenagers.php>

- If a child lives with criticism, he learns to condemn.
 - If a child lives with hostility, he learns to fight.
 - If a child lives with ridicule, he learns to be shy.
 - If a child lives with fear, he learns to be apprehensive.
 - If a child lives with shame, he learns to feel guilty.
 - If a child lives with tolerance, he learns to be patient.
 - If a child lives with encouragement he learns to be confident.
 - If a child lives with acceptance, he learns to love.
 - If a child lives with recognition, he learns it is good to have a goal.
 - If a child lives with honesty he learns what truth is.
 - If a child lives with fairness, he learns justice.
 - If a child lives with security, he learns to have faith in himself and those about him.
 - If a child lives with friendliness, he learns the world is a nice place in which to live to love and be loved.
- (Anonymous)



Financial Aid Information and FAFSA Nights at MVHS

General Financial Aid Information/FSA ID Night

Nov 15th at 6:30 p.m. in Counseling Center/Library
Come learn about financial aid options and create an FSA ID!!

FAFSA Workshop Night

Dec 5th from 6 to 8 p.m. in Library
Bring your documents and get help filling out the FAFSA!!
Or just ask questions!

