

# MVHS Counselor's Corner

November 2015



**Ms. Lara Gordon**

School Counselor

## COLLEGE REPs coming to MVHS!

**Colorado Mesa University**  
Nov. 3rd at 12:30pm

**Western State Colorado  
University**  
Nov. 17th at 10am

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

**Adams State  
College Fair**  
Monday, Nov. 2nd at 10am

**SCHOLARSHIPS!**  
Scholarships are coming  
into the college resource  
center all the time...and  
check out the  
senior newsletter for  
scholarship information!  
Students need to watch  
deadlines!!!!

## SELECTIVE SERVICE

Young men turning 18 can  
register at [www.sss.gov](http://www.sss.gov)  
Pre-requisite for obtaining  
financial aid!

## TESTING INFO...

**ASVAB**  
November 19th  
11th grade only

## ACT

Next ACT test date is  
December 12th  
Registration deadline  
is November 6th  
Register at  
[www.actstudent.org](http://www.actstudent.org)

## **5 Secrets for Communicating with Teens!**

- 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)



## **Students are working on ICAPs!!**

Every year, students work on Individual Career and Academic Plans. Students use the College in Colorado ([www.collegeincolorado.org](http://www.collegeincolorado.org)) website to work on interest inventories, career exploration, future goals, and much more. Students in 9th—11th grade work on their ICAP in their social studies class once a month during the first semester. Seniors work on their ICAP during the senior seminar/portfolio class. Ask your son/daughter to share what they have been doing in College in Colorado!!