

IKE Counseling Updates

January 2018

2017-2018 BREAKDOWN AND CONTACT INFORMATION

A—Da:	Dr. Julia Jones-Lau	Julia.Jones-Lau@UticaK12.org	586-797-1369
Db—H:	Ms. Jennifer Kretchmer	Jennifer.Kretchmer@UticaK12.org	586-797-1360
I—Me:	Mr. Tom Versele	Thomas.Versele@UticaK12.org	586-797-1363
Mi—Sc	Ms. JP Stice	Josana.Stice@UticaK12.org	586-797-1367
Sd—Z	Ms. Lindsey Dunn	Lindsey.Dunn@UticaK12.org	586-797-1362

COUNSELING REMIND ACCOUNTS

If you would like to receive messages from the counseling office related to your graduation year, please sign up by texting:

Class of 2018	text @2018ike to 81010
Class of 2019	text @ike2019 to 81010
Class of 2020	text @ike2020 to 81010

COUNSELING OFFICE STAFF

Ms. Katie Lelito, Co-Op Coordinator	586-797-1368
Ms. Maria Manzo, Admin. Assistant Counseling	
Counseling Office Phone:	586-797-1390
Counseling Fax:	586-797-1391
ALL HOMEWORK REQUESTS	586-797-1390

SAT TESTING

All juniors will take the SAT on April 10th as part of the state assessment. Students should begin prepping for this exam by linking their PSAT scores to Khan Academy. This is not only FREE test prep, but it is the only test prep that Collegeboard (SAT) endorses. Students must have a Collegeboard account (many already have this from accessing PSAT/AP/SAT scores!) and a Khan Academy account. The following link will provide directions to link these accounts via YouTube: <https://www.youtube.com/watch?v=QlkCoQoZ21U>

ACT TESTING

The ACT is an optional college admissions test that is as valuable as the SAT. If you (your student) is planning on taking the ACT, you should sign up at www.actstudent.org. The ACT is readily accepted at all colleges and universities as a required college admissions test. See your counselor with questions regarding this test and/or test prep options available.

COFFEE WITH THE COUNSELOR

New this year! We are hosting 'Coffee with the Counselor' sessions throughout the school year. **The next Coffee with the Counselor event is scheduled for January 18th at 8:30 a.m. – 9:30 a.m. and will provide scholarship and financial aid information.** Sign up to attend at <http://www.signupgenius.com/go/60boc4aaba829a64-coffee>.

TUTORING

UCS students have free online tutoring available to them through a partnership with the public library. Students can login to <https://lh.tutor.com/default.aspx?ProgramGUID=2043cb95-45cf-4ab3-b003-2ad3a7f9959e> to connect to a professional tutor to receive help with difficult homework problems between the hours of 4pm – 11pm. Students login with their UCS student number (found on PowerSchool) and the last four digits of their primary phone number that is listed in PowerSchool. 'UCS' is in front of the student number. I.E.: UCS10001234, Password 5678 More information can be found on the UCS home page in Success Tool Kit.

Seniors,
Juniors &
Sophomores!

College Campus & Trade Program News

Already applied to several colleges? The next step in the application process is to visit the campuses and see which school fits you the best! *Schedule your visit in advance.*

DON'T WAIT UNTIL YOUR SENIOR YEAR TO VISIT COLLEGE CAMPUSES! THIS PROCESS SHOULD START IN GRADE 10!

AQUINAS COLLEGE:

GENERAL AQ DAY: April 20

Fine Arts AQ Day: March 1

BOWLING GREEN STATE UNIVERSITY:

UNIVERSITY PREVIEW DAYS: Monday, February 19th, 2018 and Saturday, April 28th, 2018

FERRIS STATE UNIVERSITY:

Spring 2018: March 21 from 5 - 7 P.M at Applied Technology Center.

HOPE COLLEGE:

Spring 2018: January 15 & 19 & 26, February 16 & 19, March 2 & 9

Junior Days 2018: Friday, April 6 & 13 & 20

LAWRENCE TECHNOLOGICAL UNIVERSITY:

LTU EXPLORATION DAY: March 23rd

Campus Open House: February 24th, 2018

LTU Preview Day: July 20, 2018 and August 3rd, 2018

On the Spot Admissions: July 24th & July 31st

Go to www.ltu.edu for more information on their upcoming events.

MACOMB COMMUNITY COLLEGE:

DISCOVER MACOMB

Saturday, February 17th (south campus) from 10AM - 1pm. Register at: www.macomb.edu/discovermacomb

MICHIGAN STATE UNIVERSITY:

MSU looks forward to welcoming you to campus and answering your questions about life as a Spartan. The Office of Admissions offers visit options for prospective, admitted and transfer students. All visits include a 90-minute, student-led walking tour featuring campus landmarks, a residence hall, a typical classroom, the main library, a dining facility and a workout facility. To schedule your tour, go to <https://admissions.msu.edu/>

Michigan Tech

Saturday tours are offered once a month during the academic year and include a group presentation with admissions and financial aid, a walking tour of campus, VIP passes, and lunch in one of our residence halls. January 27, February 17, March 24 (Preview Day for accepted students!) and April 7 To schedule your visit, go to

<http://www.mtu.edu/admissions/visit/plan/>

NORTHERN MICHIGAN UNIVERSITY:

Wildcat Weekend: March 17

NORTHWOOD UNIVERSITY:

Open House: January 27

Auto Open House: February 19

Career Expo Open House: April 24

SERVICE ACADEMY:

Information can be obtained through the contact information below:

U.S. Air Force Academy <http://www.usfa.edu> or 719-333-2520

U.S. Merchant Marine <http://www.usmma.edu> or 516-773-5391

U.S. Military Academy <http://www.usma.edu> or 845-938-4041

U.S. Naval Academy <http://www.usna.edu> or 410-293-4361

OAKLAND UNIVERSITY:

Friday, August 3, 2018 1:00 PM - 4:30 PM

Come to this event to find out! We'll discuss the college selection process, transitioning from high school to college, and how to finance your education. Our admissions and financial aid experts will be ready, so bring your questions! Reservations are required.

Michigan Apprenticeship Program Plus

Michigan Apprenticeship Program Plus is a partnership between Macomb Community College and Grand Rapids Community College to develop apprenticeship career pathways. MAP+ will work with high schools and others to provide pre-apprentice and apprenticeship training, employer/student matching, special events and outreach, associate degree attainment and four-year transferability options. Macomb Community College will focus on manufacturing (CNC machining, tooling, die, mold, welding, industrial maintenance, etc.) as well as supporting other traditional apprenticeship areas (construction, climate control, etc.). Grand Rapids will also include a focus on the information technology sector. MAP+ will work with area employers to increase the number of apprenticeships in the Macomb and Grand Rapids areas and beyond. Classes begin every semester. **For more information, please contact: Applied Technology & Apprenticeship Department 586.445.7438 • apprenticeship@macomb.edu or visit <https://www.macomb.edu/future-students/choose-program/applied-technology-apprenticeship/index.html>**

Employment Opportunities

Are you interested in a career in the medical field? Business? Engineering? Manufacturing? Health Care? Human Services? Arts & Communication? The School-to-Work Coordinator may have a career-oriented job opportunity available for you. The School to Work program gives a student an insight into a career of their interest. All students must meet the following criteria and apply for the program: G.P.A is above a 2.0

- Good attendance/No discipline
- Junior or Senior
- Reliable transportation from school to work
- Concurrently take a CTE class (Accounting I II, Auto, Construction/Trade, Med/Health Science & Careers, Med/Dental, Nursing Asst., Marketing I II, Machining, Welding, Small Engines, CAD, Design Engineering, MS Office, Small Business, School Store, Web Page I II)

Mrs. Lelito helps facilitate students obtaining a position with a company that they wouldn't have known about. All students in the School to Work program leave school an hour early to go to work. Transportation is not provided, and co-op does not guarantee a parking permit. Students in the program earn a grade and a credit upon meeting the responsibility of the course. If interested, please contact Mrs. Lelito in the Counseling Office or email her at Catherine.Lelito@uticak12.org

**The Counseling Center does not have resources to provide job placement, internships or job-shadowing to students. Co-op job opportunities are screened through the co-op coordinator and are the only placements/referrals made through the school. **

Scholarships

- **SENIORS!** There 5 pages of new scholarships with links located on Eisenhower's home page. Click on Students, then Seniors. This list was also be sent out through the REMIND account on January 8th ! <http://eisenhower.uticak12.org/cms/One.aspx?portalId=586283&pageId=5298441>
- **Don't forget to Check out the updated Scholarship list in Family Connection!!** Go to <https://connection.naviance.com/eisenhowerhs>, click sign in and Student and Family Sign In.

Extra Resource ~ This is an EXCELLENT link that shares the top scholarship platforms and other basic information regarding paying for college <http://www.reviews.com/best-scholarship-search-platforms/>.

KNOWRESOLVE - SUICIDE PREVENTION AWARENESS PRESENTATION

February 6, 2018

Eisenhower High School 10th and 12th graders only

Winter 2018

Dear Parent or Guardian of 10th and 12th Grade Students:

Eisenhower High School takes seriously the personal/social and physical safety of our students. To proactively address concerns of mental health (depression/emotional distress) and youth suicide, all 10th and 12th grade students will attend a **suicide prevention awareness presentation**, on **February 6, 2018**, in the morning as part of our campaign to **BREAK A SECRET, SAVE A LIFE**. The presentation is conducted by Dennis Liegghio, founder and president of KNOWRESOLVE, a 501(c)(3) non-profit organization dedicated to promoting mental health and preventing youth suicides through outreach, advocacy and education. Dennis has been presenting to our students in Utica Community Schools since 2007.

Dennis was 14 years old when he lost his father to suicide, and their last words were in anger. He blamed himself for his dad's death and struggled with his own depression and thoughts of suicide for many years. A song that he wrote about this experience was a turning point towards healing, and the inspiration for founding KnowResolve. Today, Dennis shares his story, his song, and his mission with thousands of teens and young adults each year hoping to connect those who are suffering in silence with the message that with help comes hope. In this powerful and inspiring presentation, Dennis openly shares his personal story, his music, and the fundamentals for suicide prevention.

Topics covered include

- Facts and myths about suicide
- Risk factors and warnings signs for suicide
- Available resources
- Tips for coping with emotional distress

The Counseling Department is coordinating this presentation and would like to share the following with you.

- Counselors will be present at the presentation and available after to assist any students who may be experiencing difficulties.
- If there is anything you feel we should know about your student prior to the presentation, please contact your student's counselor.
- Parents are welcome to attend the presentation.
- If you **DO NOT** wish for your child to participate, please have your student bring this form to the counseling office. Students not attending presentation will be given a study hour.
- If we **DO NOT** hear from you by February 1, 2018, we will assume your child has permission to participate in this presentation.
- If you have any questions or concerns about this program, please do not hesitate to contact the counseling department.

Sincerely,
Eisenhower High School Counselors

For more information on KNOWRESOLVE visit their website www.knowresolve.org and view the follow interview/video on YouTube <https://www.youtube.com/watch?v=8K10BHeQo8k>

Opt-Out Response

I, _____, DO NOT give permission for _____
to participate in Suicide Prevention Awareness Presentation at school on February 6, 2018.

***If opting out, it is the family's responsibility to send your student to the counseling office with
this form 2nd and 3rd hour on February 6, 2018.***

Parent Signature _____ Date _____
