

# Counseling Newsletter

NOVEMBER 2024

## Upcoming:

11/5

Flex College Visits

(Michigan Tech University & Olivet University)

11/7

Suicide Awareness & Prevention Virtual  
Training @ 6pm

Flex College Visits

(Wayne State University & University of Toledo)

11/12

Flex College Visits

(GRCC & Grand Canyon University)

11/14

Flex College Visits

(Baker College of Muskegon & Kettering University  
& Northern Michigan University)

11/18

Last Day for ASVAB Sign Ups

11/19

Flex College Visits

(Ferris State University & Cornerstone University)

11/21

ASVAB Testing

College Prep Flex

(Scholarships & Financial Aid)

Paying for College Presentation @ 6pm

11/26

Military Flex

## Paying for College Presentation:

Join us for a presentation on all things FAFSA and paying for college on Thursday, November 21st at 6:00pm in VanSingel. No sign up necessary, open to all students and families.

## Suicide Awareness & Prevention Training

Thursday 10/7 from 6-7:30PM ET via Zoom

Youth are struggling with suicide and suicidal ideation at alarming and increasing rates. More than 20% of teens have seriously considered suicide, and among all young people, suicide is a leading cause of death. Suicide is preventable and suicide prevention is a shared and important responsibility among families and schools. Learn more at an upcoming presentation for caregivers and communities. Discussion will include:

- Dispelling myths
- Risk factors and warning signs
- Safety in our homes
- Starting the conversation
- Additional resources for support

To register, click [here](#). Additional information can be found on the attached flyer.

## Career Chats:

This weekly series of 30-minute live, virtual career conversations will highlight professions in a variety of career pathways, giving students the opportunity to learn more about a career of interest, or to explore new options. Professionals will share their own career path, along with valuable industry insights. Students can ask their own questions! These events are hosted by the Kent ISD. Click [here](#) for more information.

## Hand2Hand:

Many students go through tough times, and we know based on research that adequate nutrition has a positive link for a student's learning capabilities. If you feel like you would benefit from participating in our Hand2Hand program, please fill out this [form](#). If you need specific winter gear, please reach out to Mrs. Van Dam.

## The College Tour on Amazon Prime

Each episode of the award-winning TV series, The College Tour, shares the story of a single college or university through the authentic lens of its current students. Learn from real students about their real experiences on campus, as we offer viewers an insider's perspective on college life and college culture. This TV series is a comprehensive guide to aid your college research, helping you answer the ultimate question: 'Which college is best for me?' Take the ultimate campus tour now by watching episodes of this informative TV series. Episodes can be found on Amazon Prime Video or on [The College Tour website](#).

## ASVAB:

Do you have any interest in joining the military? Consider taking the ASVAB test on November 21, 2024!

The ASVAB is a standardized test that reveals areas of strength and ability in science, math, and language. This is the first step each member of the military takes before enlisting.

You can sign up for the ASVAB in the counseling office.

Sign ups close on Monday, November 18th.

## KCTC Communication:

Attention Sophomores & Juniors:

If you are wanting to tour KCTC, this is your **final call** to set up a visit. You must check in with Mrs. Van Dam in the counseling office to get a visit set up. If you plan to apply to KCTC for the 25-26 school year, a visit is required prior to requesting enrollment in March. Additional visit date to consider: the KCTC Open House will be held on February 5 and 6, 2025. This event is open to everyone.

## Emergency Mental Health Resources:

Suicide hotline: 9-8-8 (free, anonymous, available 24/7)

Trevor Project 1-866-488-7386 (call, text or online chat)

Network 180- (616) 336-3765 The Access Center remains open 24/7

Text "nice" to 741741

[Mental Health Resource Guide](#)

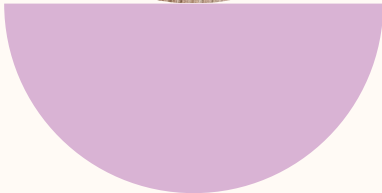
# Suicide Awareness and Prevention for Caregivers and Communities

## Thursday Nov. 7

6-7:30PM ET / 4-5:30pm MT

Presentation will take place via Zoom

Anyone can  
learn to help  
a student  
who is at risk  
of suicide.



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- **Risk factors and warning signs**
- **Safety in our homes**
- **Starting the conversation**
- **Additional resources for support**

### Facilitated by **Natalie Burns, LMSW, MA**

Natalie has expertise in the assessment and treatment of suicidal youth, psychosocial interventions with children and families, and suicide prevention in K-12 schools. She leads the crisis intervention work at [TRAILS](#), a youth mental health program working to make effective mental health services accessible in all schools.

3 ways to register: [Click Here](#)  
access QR code to the right  
or enter [https://bit.ly/TRAILS\\_11-7\\_training](https://bit.ly/TRAILS_11-7_training)

