

## Take Some Time to Enjoy the Beauty that Surrounds You!

*“You know it’s fall when the air turns brisk, the leaves turn crisp and it’s time to trade in the sandals for boots. There’s no better time for change than fall — so why not use the changing of seasons to try new things?”*

*-F. Scott Fitzgerald*



## New MindReach APP for Youth



The CCRB (The Community and Children’s Resource Board of St. Charles

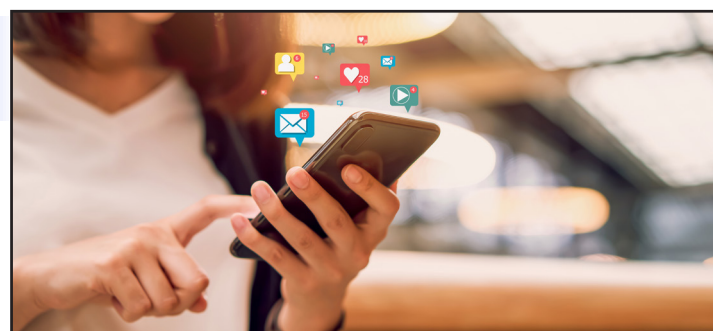
County) is excited to announce the launch of MINDREACH, a mobile phone app that combines self-assessments, access to mental health hotlines, definitions, parent support, and some fun into a single location. Developed for youth in grades 5 to 12 living in St. Charles County, this FREE app bridges the gap between technology and existing

mental health resources. Find it on your system App store. It is compatible with Apple and Android devices

With MINDREACH, you can:

- Contact 24/7 Mental Health support via call, text, or chat.
- Connect to a Peer Help-line hotline.

- Fill out self-assessments to learn your risk of anxiety, depression, and more.
- Find volunteer opportunities and ways to be active for your mental health.
- Take fun quizzes and share the results with your friends.
- Share the app with friends.
- And more!



## FOLLOW US!

Our Counseling Department is officially on Socials! Give us a follow to stay up to date on ev-

erything happening. You can find us on Instagram and X (Twitter) @dhs\_counseldept.

### SCHOLARSHIP UPDATE

The FAFSA does not open until December, but you can get ahead of the game and create your Federal Student Aid (FSA) IDs now. You MUST have an FSA ID prior to completing the FAFSA. Please watch the below linked video that explains how to create your FSA ID.

[How to Create your FSA ID](#)

### REMINDERS

Planning a college visit? Don’t forget to turn in your College Visit Permission Form to Mrs. Grass one week prior to scheduled visit.

[https://www.duchesne-hs.org/cmss\\_files/attachmentlibrary/Forms/College-Visit-Permission-Form.pdf](https://www.duchesne-hs.org/cmss_files/attachmentlibrary/Forms/College-Visit-Permission-Form.pdf)

SENIORS—Need your transcripts sent or a letter of recommendation??? Complete your request via Naviance. See Mrs. Grass for questions.

### LOOKING AHEAD FALL 2023

**Nov. 3**  
ACT Registration deadline for Dec. 9 test

**Nov. 16 @ 6:30pm**  
Parent Financial Aid Night @ DHS

**Nov. 17**  
ACT late registration deadline for Dec. 9 test

**December**  
FAFSA Opens—Delayed from the normal Oct. 1st

### COLLEGE REPS

College Reps are located in the Counseling Office unless otherwise noted. Please schedule with Mrs. Grass if you plan to attend.

[CLICK HERE FOR FULL LISTING](#)

### HELPFUL LINKS

DUCHESNE COUNSELING  
<https://www.duchesne-hs.org/counseling.html>

FAFSA  
<https://studentaid.gov/h/apply-for-aid/fafsa>

SCHOLARSHIPS  
<https://www.fastweb.com/>  
<https://myscholly.com/>  
<https://myscholarshipcentral.org/>

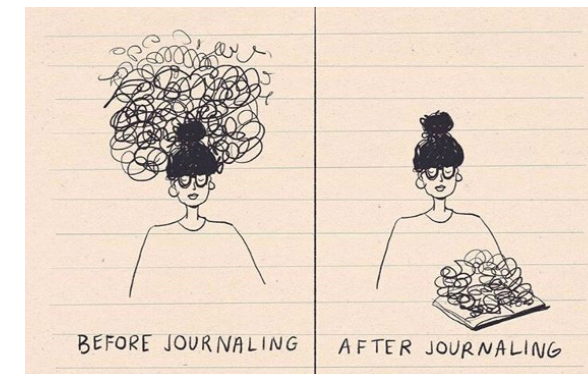
NAVIANCE  
<https://student.naviance.com/main>

COMMON APP  
<https://www.commonapp.org/>

NCAA ELIGIBILITY  
<https://web3.ncaa.org/ecwr3/>

ACT  
<https://www.act.org/content/act/en-missouri.html>

SAT  
<https://satsuite.collegeboard.org/sat>



Overthinking? Going through a difficult time? Happy? Sad? WRITE!

Journaling is the process of writing down our thoughts and feelings about our personal experiences.

The benefits of journal writing include:

- Self-awareness
- Ownership of feelings
- Honesty with self
- Release of emotions

**DUCHESNE HIGH SCHOOL**

# Financial Aid NIGHT

November 16, 2023

**DHS Cafeteria**    **6:30pm**

**A representative from the Missouri Scholarship & Loan Foundation will be presenting on Financial Aid 101, FSA ID, FAFSA and other resources to pay for college**

Students and families are invited to join us. Recommended for 12th grade, but all are welcome!

*Questions? Email Brittany Grass*  
[bgrass@duchesne-hs.org](mailto:bgrass@duchesne-hs.org)

[Click Here to Register](#)

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