



## Happy Holidays! *Self-care at Christmas*

- Deck the Halls (Make things cozy and Christ-massy)
- Bake Christmas cookies
- Spend quality time with someone you care about
- Enjoy a hot drink (hot cocoa or apple cider are my go-tos!)
- Clear some space in your schedule to do nothing
- Unplug from technology
- Try something new (Christmas-themed)



## The College Tour



[TheCollegeTour.Com](http://TheCollegeTour.Com) is a free resource with many helpful tools for

college-bound students. The College Tour offers TV episodes that are 30 minutes each, and share the story of a different college or university through the authentic voices of students. They cover big state institutions, small liberal arts schools, community colleges, trade schools, religious-affiliated schools, and more. The website also has College Tour Pages with searchable lists of every college in the country, and you can find tour pages for every college featured in the TV series. Finally, they have self-guided video-based classes designed specifically for high school students to help them start thinking about their higher education journey. Check it out!

## FOLLOW US!

Our Counseling Department is officially on Socials! Give us a follow to stay up to date on everything happening. You can find us on Instagram and X (Twitter) @dhs\_counseldept.



### SCHOLARSHIP UPDATE

The FAFSA will be opening in December! Be sure to create your Federal Student Aid (FSA) IDs now. You MUST have an FSA ID prior to completing the FAFSA. Please watch the attached 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/cms\\_files/attachmentlibrary/Forms/College-Visit-Permission-Form.pdf](https://www.duchesne-hs.org/cms_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

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

[Scholarship List 2023-24](https://www.fastweb.com/Scholarship-List-2023-24)  
<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>



## Mental Health Resources

**211** – The 211 hotline is a valuable resource for families seeking information and assistance with various social services, such as housing, food, transportation, and health care. The 211 network is made up of local organizations that are committed to serving their communities and providing highly trained, compassionate support. Dial 211 from any phone.

**988** – The 988 hotline connects individuals in emotional distress with local resources and support to address their mental health needs. In addition to providing immediate crisis counseling, the 988 hotline emphasizes local, personalized support, and resources to ensure that those in crisis receive the best possible assistance. Dial 988 from any phone.

**Compass Health** – Compass Health Network is a non-profit organization providing behavioral health services, including mental health services, to individuals and communities in Missouri. They offer a range of resources such as counseling, therapy, support groups, and other support to help address mental health needs and promote overall well-being.

### Behavioral Health Response

Urgent mental/behavioral health needs: 314-469-6644

### Counseling Providers:

Lutheran Family and Children Services: 636-949-5522

Megan Meier Foundation: 636-757-3501

Youth In Need: 636-946-0101

Kids in the Middle: 314-909-9922

FamilyFoward: 636-940-1119

The Child Center, Inc.: 636-332-0899

Compass Health: 636-946-4000

CHADS Coalition for Mental Health: 636-281-1990

### Psychiatric Hospitals:

CenterPointe: 1-800-396-4915

St. Joseph Health Center: 636-947-5000

SSM Behavioral Health: 1-800-426-2083

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