



Stepping into a New You in the New Year!

As we step into the threshold of a new year, the allure of resolutions beckons us. In this symphony of new possibilities, it becomes all too easy to be swept up in external aspirations. Yet, in the midst of the excitement of goal setting and planning for our futures, let us not forget about the most essential component of our journeys: our mental health.

As the New Year is among us, utilize these methods as you embark on the New You:

- Reflect on your Mental Well-Being



- Set SMART goals
- Prioritize Self-Care
- Seek Support
- Be Flexible and Adaptive
- And, most importantly, as you step into 2024, remember that this

is not just a new year – it's a new you, fortified with mindfulness, self-compassion, and a commitment to flourish, one intentional breath, one shared moment, one step at a time.

FOLLOW US!

Our Counseling Department is officially on Socials! Give us a follow and X (Twitter) @dhs_counseldept. to stay up to date on ev-

erything happening. You can find us on Instagram and X (Twitter) @dhs_counseldept.



SCHOLARSHIP UPDATE

Heading to college? The FAFSA is now open! Head to [StudentAid.Gov](https://studentaid.gov) to begin your application for the 2024/2025 academic year.

REMINDERS

We have a master scholarship list available. Scan the QR code to access the list.

Planning a college visit?



Don't forget to turn in your College Visit Permission Form to Mrs. Grass one week prior to the scheduled visit.

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 SPRING 2024

January 16
U.S. Navy Lunch Setup
<https://www.navy.mil/>

January 22
Late Registration Deadline for the February 10 ACT test
Our School Code is: 262841

February 26

NCAA Presentation Night @ 6:30pm – more details to come

March 8

College Fair 9am – more details to come

April 9

ACT Testing Day @ DHS

HELPFUL LINKS

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

FAFSA

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

SCHOLARSHIPS

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

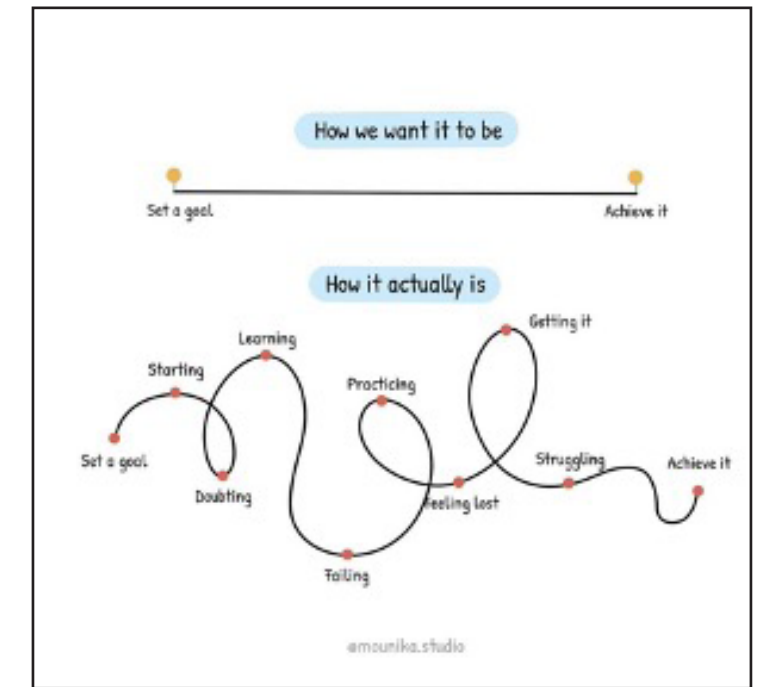
<https://www.act.org/content/act/en-missouri.html>

SAT

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

Wellness

Working toward goals is rarely a linear process. After setting goals, there may be numerous ups and downs that take us in different directions. Anticipating these changes may help develop realistic expectations



SCAN FOR LUNCH MENU



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