

MAIN EVENTS: **ALL FREE**

April 7<sup>th</sup> – Wii Mario Carts  
Tournament

April 14<sup>th</sup> – Open Gym and Ice  
Cream (LP Prom Night)

April 21<sup>st</sup> – Canvas Painting Art  
Night (limited number of  
canvas available. First come,  
first serve - get there early.)

April 28<sup>th</sup> – at Y (still in  
planning)

\*Activities are subject to  
change due to weather and/or  
resources. If D38 is closed,  
RAD Y-Night is canceled.



# Y-NIGHT

YL TEEN CENTER @ Tri-Lakes YMCA  
**High School Friday Nights**

**8:30-11:30 pm**

“Main Event(s)” 9:30-10:30 – presented by your RAD Team

**ALL High School Students are  
Welcome with VALID HS ID**

Gaga Ball  
Volleyball  
Xbox/Wii

Corn Hole  
Ping-Pong  
Basketball

Music  
Futsal/Soccer  
Board Games

**ALL FREE**

**SNACKS/FOOD**

**#MONUMENTAlDifference**

**Enter & exit through YL Teen Center entrance on the  
north end of the Tri-Lakes YMCA.**



# COUNSELOR CONNECTION

At Palmer Ridge High School

April 2017

Issue 3

## Upcoming Events

### US Military Academy Information Day

At Denver South High School

Saturday, April 22, 2017

\* See your counselor for more Information

### 2017 Youth Advisory Council:

### Cops and Kids Dodgeball Tournament and Fundraiser for Teen Suicide

Prevention

Saturday, April 22, 2017

10 am – 1pm

Coronado High School

\* See your counselor for more information

### Take Charge

Wednesday, April 26, 2017

5:00 pm to 8:30 pm

Palmer Ridge High School

### Student Wellness Resource Night

Monday, May 1<sup>st</sup>, 2017

6:00 to 8:00pm

Tri-Lakes YMCA

### Graduation Day

Monday, May 22, 2017

6:00 pm

Broadmoor World Arena

## Upcoming Opportunities for Success

The countdown to the end of the 2016 – 2017 school year is on and we would love to help you finish up strong. If you have not met with your school counselor this year, please drop in for an appointment. We would like to hear how this year has gone and how to help you be successful in the future!

### Senior Showcase:

What is the Senior Showcase? Every year we collect information from our seniors who have been offered scholarships from colleges, universities, academy appointments, etc. We display the information we receive right outside the front office. Any senior who receives an offer should complete the form (included in the Graduation Handbook) and return to Mrs. Feil in Neighborhood C no later than **April 21, 2017**. When you return this form you will be included in the Senior Showcase in the front office and will be invited to the Senior Awards Night on May 15, 2017. Along with the form, please include a wallet sized photo for the Senior Showcase.

### What's My Story?™ College Application Preparation Workshops

Are you a junior that is interested in the college application process? The interactive "What's My Story?™" workshops are led by the former dean of admissions, Peter Van Buskirk, and include role-play activities, essay reviews, mock interviews, and interactive exercises. The workshop is offered for juniors and rising high school seniors and cost \$300 for 4 hours. If you are interested or would like to register, check out the website, [here](#).

### “You’re In! Now What”

The Best College Fit Planning Blog offers multiple resources for students and parents. The recent post “You’re In! Now What” written by Peter Van Buskirk illustrates the importance of examining colleges that have accepted you and tips for campus visits. To read the article, visit the blog [here](#). Happy planning!

## Parents, We Need Your Feedback!

While the School Counseling department continually works to create positive learning environments, support individual needs, and present resources, we know that there is always room for improvement. Therefore, we would love to gain feedback from parents/guardians to enhance our comprehensive school counseling program. Throughout the months of May we will be collecting anonymous responses to a short survey on our school counseling program. Please check your email throughout the month and be on the lookout for the Family Survey 2016- 2017 School Year. We would love to hear from you! We are looking forward to working with you and enhancing our program to best meet the needs of you and your families.

## Mental Health Quicklinks

- [Parent Resource Guide](#)
- [Monument Mental Health Providers](#)
- [Community Mental Health Providers](#)
- [El Paso County Resources](#)
- For a full list of resources visit PR's Personal-Social Resource webpage at [PR Personal-Social Resource Webpage](#).

## Getting Help

If you are concerned  
or someone you  
know needs  
immediate help:  
**Call 911**

## Suicide Prevention Quicklinks

- [Suicide Prevention, Awareness, Support](#)
- [National Suicide Prevention Hotline](#)
- [American Foundation for Suicide Prevention](#)
- [Warning Signs of Suicide](#)

## Mental Health and Wellness within the Community

### **PARENTS: Tips for Supporting Your Teenager**

We understand that the life of a teenager is full of changes, stress, opportunities, excitement, and frustrations and we want you to know that we are there to support you and your students throughout the time. Creating connections and building upon strengths can greatly facilitate your teen's emotional wellbeing. If you are interested in ways to offer support to your teenager please visit the website below:

<https://parents.au.reachout.com/skills-to-build/connecting-and-communicating/things-to-try-supportive-parenting>.

The site offers multiple resources including information on free parenting support, how to be a good role model for your teenager, facilitating your teen's emotional, intelligence, and supporting the development of your teen's strengths.

### **Safe2Tell "Make a Report. Make a Difference"**

Safe2Tell is an anonymous reporting system for individuals to make reports from anywhere, 24 hours a day, seven days a week. To make a report one can call 1-877-542-7233 or use the downloaded mobile app. For additional information visit the website at <https://safe2tell.org/home>.



### **TAKE CHARGE!**

On **Wednesday, April 21, 2017**, from 5:00 to 8:30 pm, The Colorado Positive Coaching Alliance will present "A Character and Leadership Experience" brought forth by the El Pomar Foundation. The event will take Place at Palmer Ridge High School. The night for students, parents, and community members will focus on social media, personal characteristics, and overall wellness. There will be social activities, breakout sessions, and large group presentations. We hope you can make it!

### **Student Wellness Resource Night**

The Tri-Lakes YMCA, School District 38, and Path2Empathy are collaborating to present a Student Wellness Resource Night, for parents, students, and community members, that supports positive connections while presenting helpful resources. The event will take place on **Monday, May 1<sup>st</sup>, from 6:00 pm to 8:30 pm**, at the local Tri-Lakes YMCA. Overall, the night will include informational booths with community resources and educational support on a variety of topics, including a keynote presentation from Path2Empathy, breakout sessions of "Getting Real- What is Happening with Our Kids," "P2E for Elementary School Parents," and "Social Media's Impact on School Safety,".

### **Practical Tips Regarding Teen Stress and Resiliency- A Resource from District 20**

On Wednesday, March 1, 2017, Dr. Poland and Mr. Lieberman conducted a live webinar "Coming Together as a DCC Community in Times of Crisis: The Importance of Hope in Our Community." If you would like to gain insight and educate yourself on suicide and the challenges that many students face, a recording of the webinar is available at <http://tinyurl.com/gsh473c>.

### **Teen Think Tanks**

Pikes Peak Suicide Prevention is currently recruiting teens from El Paso County to participate in a study funded by El Paso County Public Health to better understand issues teens face every day. If you have a student or are a student, between the ages of 13-19, and would be willing to help in the process please fill out the questionnaire online at <https://goo.gl/forms/kcBCtaYlKzdE0YFU2>. If you would like more information regarding the Teen Think Tanks, please contact Pikes Peak Suicide Prevention at [719-573-7447](tel:719-573-7447) or [Info@pikespeaksuicideprevention.org](mailto:Info@pikespeaksuicideprevention.org).

**Social Work Corner by  
Mrs. Sell**

**Parenting 101**

If only there was a course with a very easy to understand manual for how to be the perfect parent! There is good news; kids are not expecting perfection from you, just active participation. Do your kids possess the qualities that you want for them? Teaching your kids these attributes can be a bit of a challenge in our over scheduled world. Many nights there isn't even time to have everyone home at the same time to enjoy dinner together as a family. However the little interactions add up and do more than you think they do. Those little ways you model good behavior, you teach empathy, and give your attention to the little things are all ways you are ensuring your kid will have all those honorable qualities you want them to have. We have all heard "practice what you preach." Our kids are watching us, each and every day they see how we interact with others. They see how we respond to stress. They are watching while we are on our phones instead of making personal connections with others. Take note and take advantage of those little opportunities to help your teen be their own amazing and unique selves. Don't allow society or social media to influence them in a way you don't support. Most importantly, seek help from others. Asking for assistance isn't always easy but, if you are having a difficult time, it's worth a try. Life is tough at times, but with the right support we can all get through. Merriam-Webster defines Role Model as "a person whose behavior in a particular role is imitated by others," be the Role Model your teen needs most in life

**Internship and Summer Programs**

**Colorado College Summer Session**

Colorado College offers pre-college block courses that are specifically designed for high school students throughout the months of May, June, and July. CC Summer Session also provides a co-curricular program designed to support students' holistic growth through hikes in the Rocky Mountains and visits to cultural and heritage sites. Additionally, students will have access to special informational sessions on tips to applying to selective colleges and universities and the opportunity to interview with an admissions officer. For more information on the program please visit [www.coloradocollege.edu/precollege](http://www.coloradocollege.edu/precollege).

**Town of Monument Summer Job Opportunities- Seasonal Street/ Park Tech 1**

The Town of Monument is seeking a qualified applicant to join the Streets and Parks Department throughout May 1<sup>st</sup>, 2017 to October 31<sup>st</sup>, 2017 for maintenance work. Candidates must have a driver's license, be able to lift 75 lbs., and irrigation maintenance is preferred. The hourly rate will depend on experience. To apply, visit [www.townofmonument.org](http://www.townofmonument.org). Applications will close **Monday, April 10<sup>th</sup>, 2017 at 5:00pm**. If you have any questions contact the Director of Public Works, Tom Tharnish, at (719) 884-8039.

**Town of Monument Summer Job Opportunities- Summer Youth Job Program**

The Town of Monument is looking for individuals between the ages of 16-21 to join the Public Works Department for the Summer Youth Program. The position will involve work outside on erosion control, park improvements, trash pickup, storm water system maintenance, weed control, and fire mitigation. The working hours are from 7 am to 3:30 pm and the pay rate is \$11.00 per hour. You can apply at [www.townofmonument.org](http://www.townofmonument.org). Applications must be submitted by **Monday, April 10, 2017**.

**The Memorial Junior Medical School Program:**

Memorial Hospital is offering a three day, immersive program designed to give students a full view of healthcare careers. Student applicants must be in 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> grade, have a GPA of 3.0 or higher, and be interested in a healthcare career. The program offers discussions, hands-on activities, department tours, and engaging sessions. The program sessions vary throughout June, July, and August. The application will cost \$25 and the program costs \$150 (includes food and a shirt). If you are interested, apply online at <https://www.volgistics.com/ex/portal.dll/ap?ap=1598381043> or contact Ms. Merrihew for more information. There are only 48 positions so make sure to sign up quick.

**Air Academy Federal Credit Union's High School Internship Program**

AAFCU offers a paid internship opportunity for high school students interested in gaining experience in the financial services field. The internship provides students with the opportunity to learn about the credit union's financial products and services, develop career skills in a professional work environment, and receive mentoring by leaders within the organization. The internship is open to students in 11<sup>th</sup> or 12<sup>th</sup> grades during the 2017-18 school year. Applications must be submitted by **April 14<sup>th</sup>, 2017**. If you are interested please see your school counselor for more information.

**FBI Teen Academy**

The FBI Denver Division and Denver Chapter FBI Citizens Academy Alumni Association cordially invites all interested Colorado and Wyoming high school sophomores and juniors to apply to attend one of two Teen Academies which will be held June 13, 2017, and August 1, 2017, from 8 a.m. to 5 p.m. at the FBI Denver field office. During the academy, students will be afforded an opportunity to learn about how evidence and hazardous material are collected at crime scenes, discover how FBI SWAT executes arrests, tour the gun vault, learn about bomb threats and cases, the Undercover Program, and meet FBI Agents, Victim Specialists, Intelligence Analysts, Forensic Accountants, Linguists, and others. The application, release form, and a supporting essay must be received by the FBI Denver field office by 4 p.m. on **April 15, 2017**. If interested, visit your school counselor for an application. Specific questions regarding the FBI Teen Academy or the application process can be directed to Public Affairs Specialist SA Amy Sanders via e-mail at [Amy.Sanders@ic.fbi.gov](mailto:Amy.Sanders@ic.fbi.gov).

## What's New with ICAP?

Throughout the month of April students will continue to work on 4 year planning and postsecondary goals. If you are a Junior or Senior please review the information below and update it on your checklist in Naviance.



### Juniors:

- ✓ Complete the "Game Plan" survey.
- ✓ Fill out the Jr. Interview (Under About Me tab).
- ✓ Update your Favorite Careers and Clusters.
- ✓ Update your resume.
- ✓ Complete "Super Match" College Search.

### Seniors:

- ✓ Take a look and apply for COF if you are college bound/ finalize NCAA materials/Common App if needed.
- ✓ Add 2 post-graduate goals
- ✓ Review with your counselor on your specific Post-Secondary Plans.
- ✓ Review the Senior Timeline (PRHS website → Counseling Department → College and Careers tab → SENIORS.
- ✓ Update Naviance with accept/deny (Under Colleges tab → Colleges I am Applying to → by the college mark your answer).
- ✓ Mark as complete on your checklist.

## Summer Manufacturing Internships

Pikes Peak Community College, Colorado Advanced Manufacturing Alliance South, and Manufacturer's edge have partnered to provide paid summer internships. Each intern will be individually matched with the company that best fits the student's interest. Applicants must be 11<sup>th</sup> or 12<sup>th</sup> graders, willing to work at least 15 hours per week for 6 weeks, and have a sincere interest in manufacturing as a career (production technician, engineer, welder/solder, CNC machinist, tool and die maker, quality assurance specialist, maintenance technician, logistics and supply chain technician, CAD/CAM operator. If you are interested, contact the Career Pathways Coordinator, Joy Zincone, at 719-502-2351 or email at [joy.zincone@ppcc.edu](mailto:joy.zincone@ppcc.edu).

## Wagner Equipment Co. Apprentice Program Colorado

A technical career program for highly motivated individuals looking to be employed as a Technician (mechanic) with Colorado's Caterpillar equipment dealer. Students of the program have the opportunity to earn an Associate's Degree at the community College of Aurora, part time salary throughout the first year and full time salary and benefits throughout second year, and a monthly housing stipend for those sponsored. To apply go to [www.wagnerequipment.com/employment](http://www.wagnerequipment.com/employment). You can also contact Sarah Kaminsky, the Wagner Equipment Co. recruiter, at 303-739-3097. To be considered for the Colorado program applicants must have their application completed and to Wagner Equipment Co. before **May 31, 2017**.

## Financial Aid and Scholarships

Check out some of the upcoming March scholarship deadlines below. Don't forget to log on Naviance to view more detailed information, additional requirements for colleges, and the most recent updates of scholarship opportunities.

**NOTE:** Once you are logged on, click the *colleges tab* and scroll down to the bottom of the page to find scholarship information.

Scholarship and Potential Award	Details	Deadline
Worldstudio AIGA Scholarships  <a href="http://archive.designigniteschange.org/pages/47-scholarships">http://archive.designigniteschange.org/pages/47-scholarships</a>	Scholarships to benefit minority and economically disadvantaged students who are studying art and design disciplines in colleges and universities within the United States.	April 21, 2017
Palmer Lake Art Group Scholarship  *View attached documents on Naviance <a href="http://palmerlakeartgroup.com/">http://palmerlakeartgroup.com/</a>	A scholarship for LP District 38 seniors who have a desire to continue work in the field of fine art or commercial art. Applicants must be students in the art department.	April 24, 2017
Hispanic Annual Salute Scholarship  *View attached document on Naviance.	A minimum of \$2,000 scholarship that honors outstanding senior student volunteers. Applicants must include and essay written on the organizations preferred topics.	April 28, 2017
Nicole Lyne Fields Memorial Scholarship  *View attached documents on Naviance.	A scholarship available to high school seniors attending an accredited EL Paso County, Colorado school. The amount of the scholarship will be determined by the Scholarship Committee on an annual basis.	April 30, 2017