

Eagle Valley HS Newsletter

October 2019

UPCOMING DATES:

October 2nd - Academic Letter Night 6pm - Invite Only

October 6th - Aspen College Fair

October 7th - College Career Readiness Night 6pm @ EVHS

October 22nd & 23rd - Parent/Teacher Conferences

October 26th - ACT at EVHS

October 30th - PSAT 8/9 and PSAT/NMSQT at EVHS (register in the main office)



SHOUT OUTS:

EVTV has earned All Colorado, the top award for a high school broadcast journalism program in Colorado! The Devils' Advocate and Eagle Valley Student Media website were also recognized with awards of merit. Be sure to congratulate all our EVTV and Student Media students!



5 Ways to Manage Your Back-to-School Mental Health

Getting good grades. College and job applications. Extra-curricular activities. The list goes on and on. High school students face pressure every day to do everything and do it well. Since there is so much going on, mental health and our personal well-being can often be forgotten until it has an impact on our ability to live our life the way we want. Use these tips to help manage your MH:

1. **Address your basic needs:** Give your body what it needs; healthy food, water, sleep, and love.
2. **Make time for your hobbies:** Take a break from your school work and make time to do what you love!
3. **Practice relaxation:** When your stressed try relaxing your mind and body (yoga, listening to music, or go for a walk).
4. **Volunteer:** Giving back to others can increase our satisfaction and happiness.
5. **Ask for help:** don't be afraid to ask for help when you need someone to talk to.

What's so Important about College Visits?

Most students are aware of the components that go into the college application process, but often put college visits towards the end of their priority list. Visiting multiple schools allows students to gain perspective on what kind of environment they are looking for, and it also helps applicants highlight their interest in prospective colleges. Visiting a college is one way in which applicants can demonstrate their interest in a specific institution, as they get first-hand experience of the campus, and some colleges even track whether or not students have visited. Physically placing yourself in different types of college environments will help you determine what kind of learning atmosphere is most appealing to you. Tours and information sessions provide prospective applicants with the opportunity to ask questions, explore landmarks on campus, and learn what sets the college apart from others. While touring every college on your best-fit list in person may be ideal, we understand it is not always feasible. If you're unable to physically visit your top-choice schools, look into virtual tours. Additionally, viewing a college's social media channel can help students get a sense of the events and activities happening on campus. All in all, whether it's getting yourself on the campus and/or exploring a college through a virtual video, get the most from your experience and remember to lead with your heart and gut!



On the topic of college visits.... We have many college representatives coming to EVHS to meet with perspective students who are interested in learning more about a particular college/university. Log-in to your Naviance account and under the "Colleges" tab ,select "College Visits". Students can then see when the college reps. are coming and can register for the visit.

Ten Things to do as a Junior:

It's hard to believe it, class of 2021, but your senior year and graduation are quickly approaching! You may not have a plan for after high school yet or have any idea what a college application looks which is all okay, but we want to start to introduce the process to you so you can start thinking about post secondary options. Have a look at these helpful hints to get your college search off the ground in the best way!

1. Your coursework and grades matter! It's all about finding a healthy balance; we challenge you to challenge yourself in the courses you select while still maintaining positive grades. There is a lot of support here at EVHS, so be sure to reach out if you need help. Wherever you land on the grades/GPA scale, there is a school out there for you!

2. Consider taking both the SAT and ACT. Not only does it provide more information to the admissions committee, but both tests are set up a little differently and have different topics, so you may find that you perform better on one test than another!

3. Be open to a wide range of schools. Big, small, public, private, trade school, community, international, research universities and small liberal arts colleges. Explore them all, this is your time to do so. Keep an open mind! Just because you haven't heard of it or it's not a "bumper sticker" college, don't rule it out.

4. Participate in some extra-curricular things you love! We are not asking you to dip your toes in a million different activities, but colleges and universities like to see consistency and passion, so begin to identify your goals and areas of impact and stick to them!

5. Seeing a trade school, college, or university's campus firsthand can be the best way to find out if that school is a good fit for you. Take a look at the list of school you are interested in and decide on a few to visit. If it's aren't able to visit some of the schools on your list, visit one near your hometown - even if it's not on your list. It will at least give you a feel for what to expect and provide you with some information on what you may want out of a school.

"I've failed over and over and over again in my life and that's why I succeed."- Michael Jordan



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WHY STRESS AND ANXIETY AREN'T ALWAYS BAD

People generally think of stress and anxiety as negative concepts, but while both stress and anxiety can reach unhealthy levels, psychologists have known that both are unavoidable and that they often play a helpful, not harmful role in our daily lives. Stress usually occurs when people operate at the edge of their abilities - when they push themselves or are forced by circumstances to stretch beyond their familiar limits.

It's important to share that stress occurs in our day to day life; and that working at the edge of our abilities often builds those capacities and that moderate levels of stress can help build resilience when faced with new difficulties. Anxiety is an internal alarm system, that alerts us to threats both external and internal.

Viewing anxiety as sometimes helpful and protective allows people to make good use for it. For example, if a student starts to feel anxious at a party it's important for them to pay attention to that feeling because their nerves may be alerting them to a problem or situation. Stress and anxiety can certainly cause harm when it exceeds any level that a person can reasonably absorb, but next time you're feeling stressed or anxious sit with that feeling for a little while and know that **it is okay!**

Often times our bodies are just trying to tell us something, so listen to your body and talk it out with an adult or close friend. There are many coping strategies available, so be sure to see your counselor if you need suggestions.

