



COUNSELING CORNER 1/2021

Monthly Counseling Center newsletter with tips and tricks to continue their learning for career prep and social/emotional skills at home
For more info contact Mrs. Nina at ngeoffroy@hanoverhornets.org.



COLLEGE READINESS

Our college of the month for January is University of Colorado. We will be focusing on UCCS, but will also look at CU Denver and CU Boulder. You can check out more info at the links below. A presentation on the 3 schools will be sent out.

[University of Colorado: Colorado Springs \(UCCS\)](#)

[University of Colorado: Denver \(CU Denver\)](#)

[University of Colorado: Boulder \(CU Boulder\)](#)

ACADEMIC SUCCESS

Thank you students for a great first week back! We know that starting school virtually this semester has been a challenge, but you have all risen to the occasion. One thing that can really help you to be successful is starting a routine. The image to the right is a great check-in to add to your weekly routine. Additionally, if you find you are struggling, there are now student tutors available. Please see the [school tutoring page](#) for more details.



commit30

@heyamberac



SOCIAL SKILLS

Last month students took the Indigo social/emotional assessment which identifies strengths validation, dos and don'ts of communication, motivators, more about themselves, and potential post secondary pathways. We will be using these in the classroom to better support your students. We suggest you look your child's results over with them and discuss. Please see the [guide linked](#) here to get a more thorough overview of the assessment and meaning of results.

EMOTION MANAGEMENT

Virtual learning can feel isolating at times. Many kids have expressed a struggle with this. As a family, having a few minutes together every day can make a huge difference. I suggest something that gets you moving but also allows you to connect, like a walk. Mrs. Nina is also available for student check-in's virtually.

If you are in crisis, the following resources are available 24/7:

- **National Suicide Prevention Lifeline**
 - Call: 1-800-273-8255
 - Chat:
<https://suicidepreventionlifeline.org/chat/>
 - Website: <https://suicidepreventionlifeline.org/>
- **Colorado Crisis Services**
 - Call: 1-844-493-8255
 - Text: text the word "talk" to 38255
 - Website: <https://coloradocrisisservices.org/>
- **Aspen Pointe**
 - Call: 719-572-6100
 - Website: <https://www.aspenpointe.org/>
 - Crisis Services:
[https://www.aspenpointe.org/health-care-services/crisis-services-\(text-call-walk-in\)](https://www.aspenpointe.org/health-care-services/crisis-services-(text-call-walk-in))
- **Call 911**
 - If it is a mental health emergency, you can request that the BHCON (said Beacon) unit be sent if available, if they are not available, you can also request a crisis intervention trained (CIT) deputy to respond if they are available. This will give you more targeted mental health support



COMMUNITY RESOURCES

Many people are struggling right now to make ends meet. There are many needing support with food, employment, transportation, paying bills, getting medical treatment, and more.

There is now a district community resource page. Along with all the resource links listed above, there are ideas to help bring families together, such as recipes and games, that can be found at

<https://sites.google.com/hanoverhornets.org/communityresources/home>



SCHOLARSHIPS

Since 1948, the Colorado PTA has awarded over 300 scholarships to graduating students who attend PTA/PTSA affiliated high schools. Criteria are below. The application can be found here.

In order to apply a student must:

- Be a graduating high school senior and a member of an affiliated PTA/PTSA high school in good standing
- Have been a Colorado resident for the last two (2) years.
- Plan to enroll as a full-time college student taking a minimum of 12 semester hours at a college or a vocational school.
- Have maintained a 2.5 grade point average on a 4.0-point scale.

Criteria used to determine the scholarship awards are: scholastic record, school/community service/work experiences, financial need, recommendations, and the student's plan as described in their 500-word essay.