



December 2018



FHS Counseling Connection



~ Emma Balow~ ~Michelle Breun~
 ~Dawn Peansky~ ~Faith Thompson~
 Wishing you a fantastic Hoiday season and warm wishes for the new year!



MN Top Snowfall:
 ~46.5 inches ~ January 1994
 Wolf Ridge Environmental Center near Finland, MN.

Senior College Panel

Seniors!!! Join us in the PAC on
December 20, 2018 @ 1:24 pm
 as 8-10 college students, (previous alumni) share their current experience with college and how they adapted to their new surroundings. Ask questions and seek advice about college life.



December	
12/3	College Goal Workshop
12/5	University Of Wisconsin-Riverfalls 10AM
12/7	Mid-quarter
12/8	ACT Testing (Pre-registration required)
12/10	South Central College 12:45PM
12/12	PSAT—9th grade
12/14	Final deadline to register for Spring PSEO @ SCC
12/17-19	Sophomore Meetings/Pre-ACT results
12/18	South Dakota State 8:15 AM
12/20	Senior Panel
12/24-1/1/2019	NO SCHOOL WINTER BREAK
January	
1/2	School resumes

Students!!! Unofficial TRANSCRIPTS are now available and can be printed from the computer!

Click on: 1) Infinite Campus 2) Reports 3) Transcripts 4) Print



Humans are hardwired to remember the negative things that happen daily. By focusing on the positive, we can retrain our brain to remember the good things. For the next 14 days challenge yourself to write down 3 good things that happen each day. Reflect on the positive event and ask yourself why did this good thing happen?

"The negative screams at you, but the positive only whispers" -B. Fredrickson



3
Good
Things!
3
Good
Things!

Winter can be hard on your mental health. Please reach out if you or someone you know is suffering from depression.

Winter blues got ya down?



Here are some symptoms of depression:

- *Feeling sad, empty, or numb
- *Sleeping a lot or having trouble sleeping
- *Feeling hopeless, helpless, worthless, guilty
- *Feeling angry or moody, crying easily, chronic worrying, panic attacks
- *Avoiding friends, feeling alone even when with friends.
- *Loss of interest in things that used to be fun
- *Difficulty concentrating
- *Recurring head, back or stomach aches