



## GUNN'S WEEKLY NEWS UPDATE

September 17th, 2017

Dear Titan Community,  
Please take a moment to read this week's updates from our Counseling and Wellness Programs. Have a great week.

### **SELF (9th grade)**

This week, SELF cohorts will practice getting "H.I.P.E.d!" Students will share highlights (H), interests they are involved with (I), personal achievements (P), or positive experiences (E). This exercise, which will be repeated periodically, helps create the positive, supportive learning environment that is central to SELF, and ultimately, to the school culture at large.

### **Wellness Center Update (All grades)**

We have been busy supporting students in several areas during suicide prevention month. This past week each student was given a wristband with the number for Crisis Text Line. Students were given the opportunity to stop by our Mental Health Resource Fair on Wednesday. Many students have also chosen to participate in planning initiatives with our Sources of Strength team as well!

### **Senior Conferences (12th grade)**

The Gunn Counselors have begun senior conferences. In the sessions, each counselor checks in with the student, goes over the college application process and shares services that are available in our expanded College and Career Center.

### **College Visits are Starting (11th and 12th Grades)**

We are beginning to have colleges visiting Gunn and to check to see who is coming, please check your Family Connection account for details. To be able to attend one of the sessions, sign up at least 24 hours in advance through Family Connection. When the seat count says full, it is full. No more can be added.

### **College and Career Corner ( 12th grade focus)**

College workshops 2017

Building a College List: Sept. 21st (Flex), Oct. 11th (PSAT Day)

Common App: Sept. 19th, Oct. 5th, and Nov. 14th (Flex), Oct. 11th (PSAT Day)

UC/CSU App: Oct. 3rd, Nov. 2nd, Nov. 14th, Nov. 28th (Flex), Oct. 11th (PSAT Day)

College Essay Writing: Oct. 11th (PSAT Day)

Additional senior workshops will be held October 11 during College and Career Day. There will be many topics to choose from. Please note that this is the same day as the PSAT.

Mrs. Kirsch is still taking appointments for grade 12 students wanting assistance. Last call and then the scheduling for Juniors must get started. Junior parents look for a message to go out in the next week via IC telling you about scheduling your Junior Visit. If you want your student to do this without you, let Mrs. Kirsch know.

### **College Fairs**

**Oct 8** STEM fair 1-4 pm at the SCC convention Center (near Great America)

**Oct 9** at 6:30-8:30PM in the Paly HS Gym. Please carpool, bike or walk as parking is limited. Meet 125 representatives from private California colleges and universities as well as out-of-state public and private institutions. Please go to <http://paly.net/list-of-colleges> for a list of participating colleges. The College Fair will have a Financial Aid Workshop at 7:30pm Dance Studio as well.

**Sept 27** the CSU presents information on all its sites at the SCC Convention Center from 6-8:30 pm.

Other off campus of interest:

Princeton, Vassar, UCB, Dartmouth and Northwestern will be at the SJ Marriott on Oct 1, 7PM -- a good time for meeting and talking with any of these school.

### **Family Connection (Naviance) Sessions (12th grade)**

We will be running a session on Family Connection for our seniors. The session will:

- support students new to the platform (or haven't logged in as a Gunn High School student yet)
- College search features
- Accessing "To Do's" for college packets

*Thursday, September 26<sup>th</sup> at lunch in the College & Career Center*

### **Parent Informational Evenings (9th and 10th grade)**

- **Wednesday, September 27, 2017**
  - 9th grade parents 6:30 - 7:30PM in our library  
Topics that will be discussed:
    - Gunn counseling services
    - Informational booths
  - 10th grade parents 7:45 - 8:45PM in our library  
Topics that will be discussed:
    - Gunn counseling services
    - Informational booths

### **Support PiE**

Thank you to all that have supported Partners in Education (PiE). The donations to PiE continue to support many programs at Gunn, including our guidance department. Your donations have made a difference for all students at Gunn.

Thanks for your support!

Mike Heffner  
Assistant Principal, Student Services  
Gunn High School