

# Counseling Newsletter

FEBRUARY 2026

## Upcoming:

2/4 & 2/5

KCTC Open House (5:00 - 7:00PM)

2/12

Flex - Scheduling Video Presentation /Scheduling begins

2/13 - 2/16

No School

2/19

Flex - West Michigan Construction Institute Presentation

Flex - Northwestern MI College Aviation Program

2/21

ArtiFlex Automation Open House

2/26

Flex - Oakland University

## A Note About Scheduling:

On Thursday, **February 12<sup>th</sup>**, students will stay in their 5<sup>th</sup> hour for Flex. Their teacher will play a video that includes all the scheduling information for the 2026-2027 school year. All students will also receive an email with resources and documents that will help during the scheduling process. Students will input their course requests in PowerScheduler. Be sure to verify that you meet the prerequisite requirements for each class you register for, students who not meet the prereqs will be removed from the course and an alternate will be added in it's place. It is important to be intentional about selecting your alternate courses as you may be scheduled in one.

Counselors will be available during Flex on Tuesdays and Thursdays to meet 1:1 with 9<sup>th</sup> and 10<sup>th</sup> graders. Be sure to sign up for your counselor's Flex if you have questions. 11<sup>th</sup> graders will have a longer meeting with their counselor called their "Junior Chat". This meeting will include discussion on scheduling for next year, post secondary planning, etc. The counseling website has additional scheduling resources for students and families to review.

## KCTC:

KCTC is an opportunity for Junior and Senior students to participate in hands on learning through the Kent ISD. They have an abundance of programs to choose from. Visit the KCTC website for more information on the programs available.

***KCTC Applications will be available to pick up in the counseling office after Flex on February 12<sup>th</sup>.*** A program visit is a mandatory part of the application process. If you have not attended a visit yet, please plan to attend the KCTC Open House on February 4<sup>th</sup> or 5<sup>th</sup> which will count as a visit. Please return your signed application to your counselor who will submit your request through the online portal. ***Applications are due to your counselor by 3:00pm on Friday, March 6<sup>th</sup>.***

## Resources Corner:

- Suicide Prevention Guide for Caregivers and Communities
- 10 Cool Ways to Beat the Winter Blues
- Use this GPA calculator if you're interested in calculating your GPA!
- Senior Scholarship Spreadsheet

## From the Kent ISD:

***Career Chats:*** The Kent ISD offers a weekly series of 30-minute live, virtual career conversations that will highlight professions in a variety of career pathways, giving students the opportunity to learn more about a career of interest, or to explore new options. All Career Chats are virtual from 3:30-4:00PM. See the full schedule and register here.

***Workforce Development Calendar:*** In addition to Career Chats, the ISD also has a variety of workforce development opportunities. This website is always updated with the current and upcoming events!

## Emergency Mental Health Resources:

Suicide hotline: 9-8-8 (free, anonymous, available 24/7)

Trevor Project 1-866-488-7386 (call, text or online chat)

Network 180- (616) 336-3765 The Access Center remains open 24/7

Text "nice" to 741741

Mental Health Resource Guide